



## SPEAKERS, DEMONSTRATORS, ENTERTAINERS & TOUR GUIDES DIRECTORY

Using recommended and reliable sources, Suffolk West Federation have compiled a directory of local speakers, entertainers, demonstrators and tour guides to help WIs plan their meeting and events programmes. WIs can also source their own or use The WI Hive to glean fresh ideas from other WIs.

If you have a recommendation for the directory, or any feedback, please contact [fedsec@swfwi.org.uk](mailto:fedsec@swfwi.org.uk)

The directory is organised into the following categories:

Crafts	Food & Drink	History	Music & Arts	Plants & Gardening
Public Affairs & Charities	Science & Sport	Travel	Wildlife & Animals	Wellbeing

Use the key included to indicate availability:

M - Mornings	A - Afternoons	E - Evenings	SN - Short notice	O - Online
--------------	----------------	--------------	-------------------	------------

### IMPORTANT NOTES

- **Always confirm bookings and fees in writing.**
- Include the following information when booking:
  - Date and meeting venue location, including postcode
  - Subject of talk/demonstration
  - Timings
  - Approx. size of the audience
  - Confirm any requirements (i.e. screen, projector, tables etc.)
- Re-confirm arrangements 7-10 days before the meeting.
- Fees should be paid by the WI Treasurer.
- **Don't forget, your WI is entitled to claim 10% of sales made at your WI meetings (as stated in our T&Cs).**

## CRAFTS

### Churchouse Stained Glass

Michelle Russell  
Elmswell IP30 9DD

07713 445129  
[johnr1949@gmail.com](mailto:johnr1949@gmail.com)

**A Journey with Glass:** Includes the history of stained glass, and demonstrations of lead foiled and fused glass.

£££ FOC

**Availability:** M, A & E

### John Briggs

Colchester CO12HU

07931 645377  
[797briggs@gmail.com](mailto:797briggs@gmail.com)

**Spinners, Weavers and Dyers:** Stella Briggs started to spin in 2015, and three months later had taught her husband, John. Since then they have taught 25 other people to spin and to weave. They were also a regular fixture in Bridge Cottage, for the National Trust at Flatford, for eight years.

£££ FOC (+45p per mile)

**Available:** M, A & E

## FOOD & DRINK

### NEW!

### Coopers Croft Vineyard

Nick Watson  
Coopers Croft  
Wickhambrook CB8 8UZ

07860503555  
[cooperscroftvineyard@hotmail.com](mailto:cooperscroftvineyard@hotmail.com)  
[www.cooperscroftvineyard.wordpress.com](http://www.cooperscroftvineyard.wordpress.com)

*A family vineyard producing award-winning White & Rosé still wines and a Fizz. All of which have won the best in region, Bacchus in 2022, Rosé in 2019, and Fizz in 2023.*

**Vineyard Tours:** Enjoy a behind the scenes tour of the vineyard which is tended to by hand and was established in 2012 with Pinot Noir and Bacchus vines and, more recently, Cabernet Noir.

£££ FOC

**Tour times:** E & O

### **Yum Yum Tree Fudge**

19B Woolpit Business Park

Woolpit IP30 9UP

07802 807416

[Jenny@yumyumtreefudge.com](mailto:Jenny@yumyumtreefudge.com)

[www.yumyumtreefudge.com](http://www.yumyumtreefudge.com)

**Yum Yum Tree Fudge Factory Tour:** See how their fudge is made and how the team operate an eco-business. The tour includes a hot fudge drink on arrival, as well as free tasters and the chance to stock up on fudge and gifts from their factory shop. There are only 25 flavours to taste, so make sure you're hungry!

£££ FOC

**Tour times:** Tuesdays @11am

## **HISTORY**

### **Adrian Tindall**

Bury St Edmunds IP33 3EP

07715 050318

[adriantindall5@gmail.com](mailto:adriantindall5@gmail.com)

*Adrian was a County Archaeologist for 30 years and is now Chair of the Bury St Edmunds Tour Guides. He published a history of Bury St Edmunds Market Cross in 2024 and is currently writing a history of Bury St Edmunds Athenaeum.*

### **A Neat and Beautiful Theatre - the story of Bury St Edmunds Market Cross:**

Bury's Market Cross has a long and colourful history. From medieval corn exchange to Georgian playhouse, from Madame Tussaud to Franz Liszt, this illustrated talk will tell the story of the Market Cross and the people and events that made it the centre of social life in Georgian and Victorian Bury.

### **Persons of Quality - the story of Bury St Edmunds Athenaeum:**

From Georgian Assembly Rooms to World War II canteen, from Charles Dickens to Bob Marley, Bury's Athenaeum has been a place of leisure and pleasure for three centuries. This illustrated talk will tell the story of the building and of those personalities who enjoyed and enlivened it.

**A Handsome Little Town - a Virtual Tour of Bury St Edmunds:** This illustrated talk will take you on a tour of 1,000 years of Bury's history, from monks and martyrs to

Saxon kings and Tudor queens, from talking wolves and Magna Carta to Georgian Chic and Mr Pickwick.

**The Montpellier of Suffolk - Bury St Edmunds' French Connections:** From William the Conqueror's doctor to a Queen of France, from a Georgian émigré to a Victorian cyclist, from Napoleon to D-Day, the story of Bury St Edmunds has for 1,000 years been linked with that of France. This illustrated talk will take you on a tour through the ages, exploring Bury's sometimes surprising French Connections.

**An Extraordinary Man - the life and death of Walter Guinness, Lord Moyne of Bury St Edmunds:** This illustrated talk will tell the story of Walter Guinness, heir to a brewing fortune, war hero, gentleman spy, explorer, anthropologist, Bury St Edmunds MP, friend of kings and statesmen, and a man whose tragic death shocked the world.

**Mr Soane Came to Breakfast - James Oakes, John Soane and 81 Guildhall Street:** How did 'Mr Bury St Edmunds' James Oakes persuade renowned architect Sir John Soane to design an extension to his home in Guildhall Street, Bury St Edmunds in 1788? This illustrated talk will describe this unlikely collaboration and show the evidence of it that can be seen today.

**1,000 Years of the Abbey of St Edmund:** From its foundation by King Cnut in 1020 to its dissolution by Henry VIII, the Benedictine Abbey of St Edmund was for five centuries one of the richest monasteries in England. This illustrated talk will describe how and why the abbey was founded, how it grew to be so powerful, and why it now stands in ruins.

**Bury St Edmunds in the Great War:** Bury St Edmunds faced unprecedented dangers in the Great War. This illustrated talk will look at the impact of the war on Bury, from the heroics of the Western Front and hardships of the home front to the nightmare of the Zeppelin raids

£££ £70 (+25 per mile from BSE)

**Availability:** M, A, E, SN & O

**Catherine Buchanan**

Bury St Edmunds IP33 1EF

07974 927019

[callsaints@btinternet.com](mailto:callsaints@btinternet.com)

**All I want for Christmas:** History of toys.

**20<sup>th</sup> Century Woman of Bury St Edmunds:** Women who made their mark.

**From Guilds to Governance:** How Bury St Edmunds became a town.

**The History of Food & the Great English Tea Ceremony:** How food was cooked, table manners and a demonstration of the English tea ceremony.

**How Trains came to Bury and Changed the Town:** The development of the railways in Bury St Edmunds.

**Ouida - The best-selling Victorian novelist:** Born in Bury St Edmunds and hated the town, her books were the 'Bodice Rippers' of her day.

**NEW! First and Last Women of Suffolk**

**NEW! RAF Felixstowe the people not the planes.**

£££ Donation (Travel FOC)

**Availability:** M, A, E, SN & O

**Clare Tour Guides**

Geoffrey Bray

Clare CO10 8NP

07483 280388

[geoffreysbray@gmail.com](mailto:geoffreysbray@gmail.com)

**Clare Castle Country Park:** Clare Castle Country Park was created around the ruins of Clare Castle and incorporates the now defunct Clare railway station on the Colchester to Cambridge branch of the Great Eastern Railway.

**The History of Clare:** An illustrated talk.

**Clare Tours:** Book at 90 min tour of Clare for your WI.

**£££** £25 min. donation to Clare Castle Country Park (+25p per mile)

**Availability:** M, A, E & SN

## NEW!

**Derek Adams**

Sudbury C010

07985 617559

[derek@derek-adams.co.uk](mailto:derek@derek-adams.co.uk)

Derek is the author of *Exposure: Snapshots from the life of Lee Miller*, a biography in a series of poems.

**Lee Miller - 20th Century Woman:** Talk about the extraordinary life of American-born photographer Lee Miller, a model, muse, surrealist, photographer, and WW2 war correspondent. Can be interspersed with poems from his book.

*Approx. 45 mins plus 15 mins Q&A.*

**£££** £50 (+Travel TBA)

**Availability:** M, A, E & SN

**Edward Gildea**

Saffron Walden CB10 2AB

07930 910037

[edward@edwardgildea.co.uk](mailto:edward@edwardgildea.co.uk)

[www.edwardgildea.co.uk](http://www.edwardgildea.co.uk)

**Insights into Great Paintings:** With a degree in the History of Art from the University of Cambridge, Edward conveys his passion for great art and the way that artists use paint. Includes well known paintings by Piero de la Francesca, Leonardo da Vinci, Titian, Tiepolo, Pieter de Hooch, Georges de la Tour, Mattia Preti, John Everett Millais, Holman Hunt and David Hockney. With luck, it will help audiences to develop their own personal engagement with great works of art.

**Why the music to 'Jerusalem' is wrong:** Jerusalem' is probably our most patriotic anthem. It stirs our souls, makes our hearts beat faster and fills us with pride. It is a National Treasure. But did Blake intend it to be patriotic? What if the answer to all the rhetorical questions isn't 'Yes'? What is the second verse about? Revolution? Sexual liberation? This talk will take you from the Sistine Chapel and disease-ridden 18<sup>th</sup> century

London, via the life of Mary Woolstonecraft, to the Paris Riots of 1968 and the outer reaches of the Universe....

**The Nude in Art:** The nude features frequently in Art and sculpture, but when does it become erotic and when does eroticism slip into pornography? What is innocent and what is voyeuristic? This illustrated talk will look at Art from Classical Greece, through the Renaissance and the French Salon to the 20<sup>th</sup> Century, exploring what has shocked people, what they found acceptable, and how those distinctions have changed through the centuries.

£££ £75 (+20 per mile). Costs can be reduced for small WIs.

**Availability:** M, A, E & SN

**John Saunders**

Bury St Edmunds IP33 3GY

07794 409793

[jes767894@btinternet.com](mailto:jes767894@btinternet.com)

*John served as a police officer for 32 years. He is an accredited Bury St Edmunds tour guide with a passion for local history.*

John offers **twelve talks**, several newly written, on a wide range of subjects including the personalities, buildings and the history of Bury St Edmunds; historic accounts of local policing and crime; people of the past who made a difference; local Catholicism. The full list of subjects, including new topics, is available on request.

*Guided tours of Bury St Edmunds are also available.*

£££ £50 (Travel TBA)

**Availability:** M, A & E

**NEW!**

**Pakenham Water Mill**

Ian Robertson

**The history and modern activity of Suffolk's working watermill**

£££ FOC (+45p per mile)

Great Barton IP31 2SW

07876 644 611

[ijfrob@gmail.com](mailto:ijfrob@gmail.com)

[www.pakenhamwatermill.org.uk](http://www.pakenhamwatermill.org.uk)

**Availability:** A, E, M & SN

### **Roger Pugh**

Thetford IP24 2TU

01842 760035

[roger1andclare1@tiscali.co.uk](mailto:roger1andclare1@tiscali.co.uk)

**NEW! The Tudors in the East:** The deeds and misdeeds in the East of England of the nation's most spectacular and controversial Royal Dynasty of all time. Ranging from the most extravagant and grandiose Royal Tour ever, by Queen Elizabeth I; the creation of a vast East Anglian army by Queen Mary I - "Bloody Mary" - to power her way to the throne; to King Henry VIII walking barefoot through the snow on pilgrimage to England's most famous shrine, only to destroy it later in the most outrageous act of destruction of the whole religious Reformation.

**Uncle Sam's Roots in Eastern England:** No English region has made a greater contribution to Colonial America and the USA than Eastern England.

**The Most Secret Place on Earth:** The story of the ultra-secret development of the military tank and the creation and training of the World's first tank force at Elveden in Suffolk in 1916. *Fee donated to Hope and Homes for Children.*

**The Tudors in the East:** The source of so many dramas which battered or buttressed the Tudor monarchs in their London bastion and the wider realm was here in the East of England.

**Fee:** £50 donation to charity (+£5 travel)

**Availability:** M, A, E & SN

## **NEW!**

### **Stephen Moody**

07594665346

Illustrated talks include:

Bury St Edmunds:

- General history
- A Town within a Town (life within the Abbey)
- Written In stone
- Carvings and Curiosities
- Darker side of the Abbey
- Medieval Grid
- Dissolution and all that!
- Who, What, Why, Where, When?
- Bury Architecture One Century at a time
- Ladies of the Town
- Gentlemen of the Town
- Royal Links
- That's Entertainment
- Ghostly and Macabre
- Crime and Punishment
- Lark & Linnet... the two rivers
- Bury businesses
- Abbeygate Street
- Medieval life and Times
- Riots and Rebellion
- Tudor Bury/ Dissolution
- Georgian Bury
- Victorian Bury
- 20th Century Bury
- Hub Of East Anglia (Bury transport through the ages)
- The Markets and Fairs
- Retail in Bury St Edmunds history and current
- The Theatre Royal
- The Cathedral Tower

**Lavenham:** General history

**Long Melford:** General history  
**Sudbury:** A Suffolk market town  
**Nursery Rhymes:** Origin and history  
**Christmas Traditions:** Origin and history  
**Shops & Shopping:** Remember these names?  
**Retail Memories:** Bury St Edmunds going forward  
*Duration of talks can be 45 mins to 90 mins.*

~~£££~~ £50 (Travel FOC)

**Availability:** M, A, E, SN & O

## MUSIC & ARTS

### **Barrie, Pete & Nicky**

07396 615873

[huttwise@uwclub.net](mailto:huttwise@uwclub.net)

*Barrie and Pete have been performing in various local bands since the 1960s, whilst Nicky has been singing for over fifteen years.*

**Songs from the 60s:** The musical trio perform a wide selection of songs from the 60s. *Performance lasts minimum of one hour.*

~~£££~~ £70 (incl. travel within 5 miles of BSE. Over 5 miles TBA)

**Availability:** M, A & E

## NEW!

### **Bury Reel Club**

Susan Marshall

Bury St Edmunds IP33 2PU

07786488877

[Marshalltechnicalservices@hotmail.co.uk](mailto:Marshalltechnicalservices@hotmail.co.uk)

[www.luckenboothcircle.co.uk](http://www.luckenboothcircle.co.uk)

### **Scottish Country Dancing demonstration**

~~£££~~ FOC

**Availability:** Evenings only

**Charles Garland**

Thurston IP31 3RX

07785 752080

[Charles.garland@talk21.com](mailto:Charles.garland@talk21.com)

**Dad's Army - The nation's favourite comedy:** Charles was assistant to David Croft OBE and Jimmy Perry OBE for more than twenty years. He was a BBC television producer, director and writer, who delivers a fascinating, and predictably amusing talk. It includes anecdotes and personal insights about the writers, the cast, and what sets Dad's Army apart from the rest of the TV comedy archive.

**From Vicar's Son to BBC Producer:** From life in the Vicarage, and behind the scenes in the parish church, to a diverse career as a dancer in a musical, clarinet player in a military band, singer/guitarist and organist in hotels and clubs, cabaret artist and restaurateur in London's Belgravia, until Charles joined the BBC as Sir Jonathan Miller's assistant. He then rose from making the tea on Hi-De-Hi! to becoming producer of David Croft's last TV comedy series, Oh Doctor Beeching! and series editor of Dad's Army.

**TV Comedy – How a Sitcom is Created, Script to Screen:** Charles discusses how a comedy script begins its journey, and the many processes it goes through before it appears on screen, seldom fewer than two years later. With insights into the machinations of TV Heads of Things, and an explanation into the mysterious jobs (such as best boy and key grip) which appear in the credits.

~~£££~~ £80 (+45p per mile)

*Fee is negotiable for smaller groups.*

*Talks last approx. one hour*

**Availability:** M, A, E, SN & O

**Circle Dancing**

Jen Lerner

Bury St Edmunds IP32 6AU

Participatory session of folk dances from around the world, plus background information. Can be standing or seated, or a mixture, to fit the mobility needs of your group. No partner needed; all dances taught beforehand.

07896 495574

[jenlerner@gmail.com](mailto:jenlerner@gmail.com)

[www.jenlerner.com](http://www.jenlerner.com)

£££ £80 (Travel TBA)

**Availability:** M, A, E & SN

**Hattie Bennett**

Felixstowe IP11 9RZ

07778 153155

[hattiebennett@hotmail.com](mailto:hattiebennett@hotmail.com)

**Me and My Cello:** A life in music

**Travels with a Champagne Quartet:** The life and times of a function quartet, with musical excerpts.

**Christmas memories:** Songs and music over the years.

**Music and Musicians:** Stories about musicians Hattie has worked with and memorable music.

**A Short History of Music:** from the roots of music to the present day. Can include audience participation.

*Talk runs 45-60 minutes, but can be amended to required length.*

£££ £50 (Travel TBA)

**Availability:** M, A, E & SN

**NEW!**

**Haughley Hoofers**

Dorothy Froude

07958 063612

[dot.froude@gmail.com](mailto:dot.froude@gmail.com)

**Northwest Clog Dancing:** Haughley Hoofers give a demonstration of Northwest clog dancing, and some background information about the dance style, with the opportunity for WI members to join in.

£££ £120 (Travel FOC)

*Session lasts approx. one hour.*

**Availability:** E

**Jane Hoggar**

Eye IP23 7BX

07714006470

[Janehoggar@btinternet.com](mailto:Janehoggar@btinternet.com)

[www.facebook.com/janehoggarauthor](https://www.facebook.com/janehoggarauthor)

**My Life as A Bluebell Girl:** Throughout her life Jane has managed to carve a career in entertainment. Her proudest moment must be performing at the world-famous Lido de Paris on the Champs Élysées for Miss Bluebell.

**La Belle Epoque:** A musical history of the Folies Bergère and the Moulin Rouge - the origin of cabaret in Paris.

*Talks are approx. one hour, fully amplified with song, dance and costumes plus time for Q&A.*

*Jane's memoir, Bluebell Girl, will be on sale afterwards.*

**£££** £200 (+40p per mile)

**Availability:** M, A, E, SN & O

**NEW!**

**Kate Baker**

Ipswich IP9 2BZ

07824 770940

[hello@katefrancesbaker.com](mailto:hello@katefrancesbaker.com)

**From Idea to Publication:** When a 50th weekend away led to the beginnings of a novel embedded in the suffrage movement in Southern Ireland during 1911 and 1912. Kate will reveal what she's learnt about the craft of writing during the four years of growing MAID OF STEEL, what she's done differently with book two, and how writing short stories for People's Friend magazine taught her to hone into the theme.

**£££** £40 (Travel TBA)

**Availability:** M, A, E, SN & O

**Ms Cherry Bombe**

Chelmsford CM2 8PX

07901 650217

[lindsey.barrell@aol.co.uk](mailto:lindsey.barrell@aol.co.uk)

**Burlesque, Me and the WI:** Lindsey gives a fabulously funny and heart-warming talk that covers how she discovered burlesque, and then the WI, and brought the two worlds together. From empty nest to huge success, and via dance classes and craft sessions, Lindsey will take you on a journey that a lot of us can relate to.

**Does My HRT Patch Look Big in This Corset?** Lindsey's follow up to Burlesque, Me and the WI, this is the story of a middle-aged woman navigating the trials and tribulations of the menopause whilst being a busy burlesque performer and speaker. Where does one stick the HRT patch when wearing a corset? Lindsey combined her love of burlesque with her WI membership over 10 years ago and has collected many tales and costumes on this fabulous journey which she would love to share with you. Just how do you manage to run 2 Burlesque troupes, consisting of WI members (some of whom are in their 80's) when some days you have no idea who you are?

**NEW! Ant, Dec, the WI and Me. As Seen On TV:** Lindsey talks about how she appeared on primetime TV shows and won, not one, but two fabulous free holidays! Yes it does happen to 'normal' people. And neither would probably have happened if I hadn't been part of the WI! Have you ever wondered how people get chosen to go on the telly? Or whether the people who win things on telly are even 'real' people? Or what goes on behind the scenes? Are the TV hosts as nice as they seem? Do you wonder if the whole thing is fake and made up just for the cameras? Well wonder no more.

**Fee:** £75 (Travel TBA)

**Availability:** M, A, E, SN & O

## NEW!

**Ruth Leigh**

Woodbridge IP13 0NL

07961 025352

[ruthleighwrites@gmail.com](mailto:ruthleighwrites@gmail.com)

[www.ruthleighwrites.co.uk](http://www.ruthleighwrites.co.uk)

**From Downpipe to Dead Salmon:** A freelance writer's journey to fiction

~~£££~~ £60 (+45p per mile)

**Available:** M, A, E & SN

**ShantyFolk**

Ian Clark

**The origins and meanings of shanties and other sea songs:** Shanty Folk is a five-piece *acapella* shanty crew who have been singing together since 2014. Having

Assington CO10 5LN

07811 716565

[igclark72@yahoo.co.uk](mailto:igclark72@yahoo.co.uk)

performed at several shanty festivals in the UK, they have a wide repertoire of shanties and songs of the sea.

£££ £75 donation (+45p per mile max. 2 vehicles)

**Availability:** M, A, E & SN

**Stephen Amer**

Toft Monks NR34 0EA

07909 510976

[doo-wop@live.co.uk](mailto:doo-wop@live.co.uk)

*Stephen is a full-time musician and singer.*

**WI Singalong Session:** Stephen leads some gentle breathing and relaxation exercises before leading an interactive singalong workshop with well-known and fun songs.

**Singing for Wellbeing:** Stephen's organisation *The Voice Cloud* promotes music for wellbeing and health. During this interactive talk and singalong session, he demonstrates how music can benefit physical, emotional and mental health.

**Sea Shanties and Maritime Music:** Stephen is passionate about the musical heritage, traditions, and folklore of East Anglia and rural England. His work explores the region's ethnomusicology and cultural history, uncovering the stories behind its unique identity.

As leader of the Rogue Shanty Buoys—a folk group reviving traditional maritime music—Stephen is dedicated to preserving this legacy. In this session, he will explore the role of sea shanties aboard sailing ships before 1870, demonstrating how these songs reflected the rhythms and routines of seafaring life. He will showcase a variety of shanties once sung by East Anglian sailors, highlighting their practical and cultural significance.

£££ £70 (+35p per mile)

**Availability:** M, A, E, SN & O

## NEW!

**Stuart Green**

Ely CB62RA

07719438288

[sgreen1234@yahoo.co.uk](mailto:sgreen1234@yahoo.co.uk)

[www.facebook.com/profile.php?id=61572368472146](https://www.facebook.com/profile.php?id=61572368472146)

*Stuart Green is a founder member of the Cambridgeshire based crew, Isle 'ave a Shanty, who have played many shows and festivals, as well as releasing two albums. He also presents The Folk Club radio show, which broadcasts online.*

**Shanty Workshop:** The workshop is suitable for groups of all ages and is designed to teach the history of shanties as well as having fun and singing along, and can include a variety of activities:

- Illustrated talk on the history of the sea shanty
- Discussion on some of the relevant maritime language used on ships, and often used as part of the song lyrics
- Investigation into writing modern shanties with a historic narrative, using one of Stuart's own songs as an example
- Analysis of different types of shanties with sung examples.
- Group singing of classic shanties
- There is also an option to write your own shanty choruses to teach each other and to share them with the group as a finale.

*Workshops last approx. one hour. All materials, projector & screen, amplification etc will be provided.*

**£££** TBA

*Stuart is prepared to work with individual budgets.*

**Availability:** M, A, E & SN

**Stuff & Folly**

Phil Butcher

[stuffandfolly@gmail.com](mailto:stuffandfolly@gmail.com)

**Stuff and Folly:** A group of local writers, with over 25-years' experience, specialising in performing short plays and sketches, mostly comedy, with script in

[www.facebook.com/stuffandfolly](http://www.facebook.com/stuffandfolly)

hand, interspersed with anecdotes. Stuff & Folly have also written award-winning plays for the stage and aim to always present high-quality entertainment.

*Only available to perform at venues in the North Suffolk/Norfolk border area.*

£££ £60 (Travel TBA)

**Availability:** A & E

## PLANTS & GARDENING

### **Peter Beale Roses**

Simon White

Attleborough NR17 1QR

07848294595

[simon.nataris@gmail.com](mailto:simon.nataris@gmail.com)

*Simon is the retired Garden Centre Sales Manager for Peter Beales Roses, Vice chair of Norfolk and Norwich horticultural Society and a judge for Anglia in Bloom.*

**Who dares prune?** Gives people confidence in pruning roses

**Highlights of Chelsea and Hampton Court:** Never been to these shows then I bring them to you.

**Climbers and Rambling Roses for every situation:** Name the position there is a climber or rambling roses that will fit.

**Growing for Gold:** How plants are grown for Chelsea and Hampton Court Flower Shows and how the stands are created.

**Gardens of East Anglia:** 26 Gardens across East Anglia that I think are worth a visit.

**Beautiful Bulbs:** Shows how diverse the bulb family is

**Never a dull moment:** Colour 12 months of the year from a modern town garden.

**Holly Wreath Workshop**

£££ £60 (+50p per mile)

**Availability:** M, A, E & SN

## NEW!

### **Sustainable Plant Store**

Chris Wiley

Bury St Edmunds, IP30 9BX

07544762448

[chris.wiley@hotmail.co.uk](mailto:chris.wiley@hotmail.co.uk)

[www.sustainableplantstore.com](http://www.sustainableplantstore.com)

*Established in 2022, Sustainable Plant Store was founded by Chris Wiley and specialises in sustainable, eco-friendly alternatives to popular plants and garden products. Chris is also Co-Ordinator for Bury in Bloom. His talks include:*

**Snowdrops:** Varieties for a long season, history, differences between flowers etc.

**Hellebores:** Unusual varieties, history, how to grow, save and sow seed etc, where to see them etc.

**Sweet Peas:** Unusual varieties, history, how to grow, save and sow seed etc, plus Chris' exciting new variety

**Bury in Bloom - Behind the Scenes:** A dive into twelve months of Bury in Bloom - always an eye-opener!

**Sustainability in Horticulture:** How we can all adapt the way we garden and what the new trends are.

*Talks are approx. 45-60 mins.*

£££ £60 (+45p per mile)

**Availability:** E & SN

## PUBLIC AFFAIRS & CHARITIES

## NEW!

### Anglia CPR

Marie Honeyfield

IP33 2AE

07725339536

[info@angliacpr.co.uk](mailto:info@angliacpr.co.uk)

[www.angliacpr.co.uk](http://www.angliacpr.co.uk)

### Everyone can do something – developing a community of life savers: CPR

Champion, First Aid Trainer and Registered Nurse Marie, can guide you through a range of life saving skills including:

- Would you know what to do if someone collapsed? How to do CPR and use an Automated External Defibrillator.
- Could you spot the signs of sepsis? How to become sepsis savvy, spot the signs and symptoms and how to get help.
- Do you have a home first aid kit? How to turn everyday household items into potential lifesaving equipment
- It is just an allergy isn't it? Myth busting anaphylaxis, recognising the signs and symptoms and how to give auto adrenaline injectors.

£££ FOC (+45p per mile)

**Availability:** M, A, E SN & O

### British Sign Language

Lindsey Barrell

Chelmsford CM2 8PX

07901 650217

[lindsey.barrell@aol.co.uk](mailto:lindsey.barrell@aol.co.uk)

*Lindsey has been delivering workshops and talks on BSL for 16 years and is now also part of the WI's Learning Hub tutoring team.*

**An Introduction to British Sign Language (BSL):** In this session Lindsey will take you through the BSL alphabet, BSL history, some myth busting, some BSL etiquette and factoids and some basic greetings.

**Fee:** £75

**Availability:** M, A, E SN & O

### Bury Drop In

Sabine Dornbusch

Bury St Edmunds IP33 1NR

**Bury Drop In:** Raising awareness for homelessness, highlighting the reasons and exploring solutions. Introducing the amazing work of our volunteers and the community support.

07483 314 445

[sabine.dornbusch@burydropin.org](mailto:sabine.dornbusch@burydropin.org)

[www.burydropin.org](http://www.burydropin.org)

£££ FOC

**Available:** M, A, E SN & O

### **Cancer Support Suffolk**

Kimya Piper

Ipswich IP4 2BD

07743 936253

[educator@cancersupportsuffolk.co.uk](mailto:educator@cancersupportsuffolk.co.uk)

[www.cancersupportsuffolk.co.uk](http://www.cancersupportsuffolk.co.uk)

*At Cancer Support Suffolk, we are focused on life — before, during, and after cancer.*

**Cancer Awareness:** CSS's mission is to educate the community about early signs and symptoms, support individuals through treatment with non-clinical therapies, and provide a safe, welcoming space through wellbeing workshops during recovery and beyond. Cancer does not discriminate by age, race, or gender — and neither do they.

CSS is proudly local. They believe in this beautiful corner of the UK and are dedicated to making it a place where people of all ages can access the support they need. That's why every pound raised stays in Suffolk. The work is ongoing, and so is their commitment — collaborating with local healthcare providers, councillors, businesses, and more to ensure that our community is educated, supported, and never alone.

Kimya can deliver a talk about general cancer awareness, signs and symptoms to look out for, discuss the available screening programmes, and bring her prosthetics along to chat about self-examination.

£££ FOC

**Availability:** A & E

### **Doxa Project**

Ray Balmer

Rougham IP30 9JX

**The Doxa Project Kenya:** Set up to help educate the poorest children in the urban slums of Kenya, this is an inspirational story of how a 22-year-old man's vision, impacted on the lives of many children & families.

07946 462779

[raybalmer1@gmail.com](mailto:raybalmer1@gmail.com)

£££ Donation (Travel FOC)

**Availability:** M, A, E & SN

**Edward Gildea**

Saffron Walden CB10 2AB

07930 910037

[edward@edwardgildea.co.uk](mailto:edward@edwardgildea.co.uk)

[www.edwardgildea.co.uk](http://www.edwardgildea.co.uk)

**Adventure, Activism and the Climate Crisis:** An account of Edward's circumnavigation, sailing across all seven oceans and spiced with life-changing experiences of the effects of global warming on our seas and mountains, this illustrated session will explore some of the realities of the Climate Crisis.

**Of Icebergs and Albatrosses:** Illustrated with slides and his own original poetry this talk captures Edward's experiences of sailing around the world in Clipper Round the World Yacht races and into the Arctic and Antarctic Oceans. It will describe the connection you feel with the energy of planet as you sail across oceans. What is it like to helm during a Pacific storm? How do you cope with big waves? What is life like below decks for weeks on end?

£££ £75 donation (+20 per mile). Costs can be reduced for small WIs.

**Availability:** M, A, E & SN

**Jeannie Bloomfield**

Walsham le Willows IP31 3AB

07368 499213

[bloomfield644@btinternet.com](mailto:bloomfield644@btinternet.com)

*Jeannie is a patron for Bury St Edmunds Women's Aid Centre.*

A victim of domestic violence, Jeannie now raises awareness and campaigns for more funding and help. She is also a partner in Women Engage and End Domestic Violence. *Jeannie's book 'There's Always Hope' will be available to purchase.*

£££ Donation to BSE Women's Aid (Travel FOC)      **Availability:** A, E & SN

**NEW!**

**Little Acorns Fostering**

Heather Frick  
Great Wratting, CB9 7HD

07552 447788  
[heather@littleacornsfostering.co.uk](mailto:heather@littleacornsfostering.co.uk)  
[www.littleacornsfostering.co.uk](http://www.littleacornsfostering.co.uk)

**What is foster care or fostering?** When babies, children or young people can't be looked after by their own family, a local authority and fostering agency work together to provide them with someone suitable to look after them. Foster care, or fostering, is one option. The child or young person will temporarily live with another person or family in their home. There are different types of foster care, and they can be very short, or can continue for years. New parents who need support with their baby can also be placed in foster care so they can learn the skills they need and gain confidence. Talk includes:

- the national and local fostering
- who can foster
- the process to become a foster carer

£££ FOC

**Available:** M, A, E, SN & O

**Michelle Attrill**  
Haughley IP14 3PA

07770 974971  
[attrillproductions@talktalk.net](mailto:attrillproductions@talktalk.net)

**Introduction to Deaf Awareness and British Sign Language:** Spend some time talking about Deafness and the day-to-day impact of having a hearing loss. Find out who can help and learn about British Sign Language, including how to sign the alphabet and some helpful phrases.

**Professional Civil Celebrancy:** Learn about the history of the Celebrant movement and what a Civil Celebrant does. What makes a beautiful baby naming ceremony, a wonderful wedding or a fond farewell. Whether it's the beginning, the middle or the end, Lavender Celebrancy can tell your story.

**Fee:** £70 (+45p per mile)

**Availability:** E, SN & Z

**NEW!**

## NatWest

Susan Smith

Bury St Edmunds IP33 1BQ

07711763312

[susan.s.smith@natwest.com](mailto:susan.s.smith@natwest.com)

**Financial Workshop:** Susan, along with another NatWest colleague, presents free financial foundation workshops. These can focus on

- frauds and scams
- changes and choices to cost of living
- steps to financial wellbeing

£££ FOC

**Availability:** M, A, E & SN

## Petra Wenham

Ipswich IP7 6QH

07779 112245

[petra@thewenhams.org](mailto:petra@thewenhams.org)

*As featured on the cover of WI Life, Petra is a trans activist and proud member of Cake & Revolution WI, Suffolk East.*

**Have you never met a trans woman?** Petra talks about her own 'journey' becoming a trans woman, as well as the biology (chromosomes, genes, intersex conditions etc.), legal issues and the media. Her aim is to give an understanding of the transgender condition and in the process hopefully correct any misrepresentation.

*Talk lasts 50 mins + Q&A time.*

£££ FOC (+18p per mile)

*Donation to Mermaids & Lighthouse charities welcomed*

**Availability:** M, A, E & O

## NEW!

### SERV

Maria Cook

07771633961

[suffolk-events@servsc.org.uk](mailto:suffolk-events@servsc.org.uk)

[www.servsc.org.uk](http://www.servsc.org.uk)

**The Work of SERV: Service by Emergency Response Volunteers** support the NHS 24/7 delivering, blood, plasma, human donated milk and any request that is needed.

£££ £50 donation (Travel FOC)

**Availability:** M, A, E & SN

**Suffolk West Public Affairs Team**

Gwen Williams

Bury St Edmunds IP33 2PD

07768 175235

[pa@swfwi.org.uk](mailto:pa@swfwi.org.uk)

**Confused between a WI resolution, campaign and mandate?** Find out more about why the WI stands up for causes close to members' hearts and about ongoing WI campaigns.

**£££** FOC (+45p per mile over 20 miles from IP33 2PD)

**Availability:** M, A, E, SN & O

## SCIENCE & SPORT

### NEW!

**Dr. Andrew Moncrieff**

07831 698430

[andrewcmmoncrieff@gmail.com](mailto:andrewcmmoncrieff@gmail.com)

**Fish Faeces and Forensic Science:** The role of forensic geology in the Soham murder enquiry.

**I've nothing to fear; I'm innocent:** Technical evidence in miscarriages of justice.

**Fire investigation in the UK:** Why house fires start, how to avoid them and what to expect if the worst happens.

**£££** £50 (+38p per mile)

**Availability:** M, A, E, SN & O

### NEW!

**Darren Clarke**

Saffron Walden, CB11 4DN

07983858338

[darrenstedm@gmail.com](mailto:darrenstedm@gmail.com)

**Small Things Remembered:** How metal detecting plays a part in discovering village history.

**Chasing Shadows:** Ghostly tales from a Paranormal investigator.

**Saint Edmund:** Sorting the facts from the fiction around an East Anglian icon.

£££ Donation (Travel TBA)

**Availability:** A & E

**Lucy Lewis**

Fulborn CB21 5DW

07970 362269

[lucylewis898@gmail.com](mailto:lucylewis898@gmail.com)

**Lighting The Fuse:** In 1989 Lucy was the first woman to operate as a bomb disposal officer. She served two years with the Royal Engineers and then 8 years with the Royal Military Police before leaving as a Major to start a family. In 2018 Lucy became the first female Marshal at the University of Cambridge where she leads one of the world's oldest Constabularies, assisting with ceremonies and protecting freedom of speech. Her bestselling memoirs 'Lighting the Fuse' were published in July 2021 with extracts in the national press.

*Lucy can bring along signed copies of Lighting the Fuse for sale or is happy to sign members own copies.*

£££ £80 (Travel included)

**Availability:** M, A & E

## TRAVEL

### NEW!

**Wendy Wu Tours**

Keith Norman

07983 474493

[keith@wendywutours.co.uk](mailto:keith@wendywutours.co.uk)

*Wendy Wu Tours is the UK's leading touring specialist, offering extraordinary fully inclusive tours to over 40 countries worldwide.*

**Japan:** A Journey through some of its glorious destinations.

**China:** A journey to its fabulous sights you knew about and some you probably don't!

**Group Touring Holidays:** A guide to the benefits of group touring as a group, with your partner or friends or as a solo traveller

£££ FOC

**Availability:** M, A, E, SN & O

## WELLBEING

### **Amanda Sutherland**

The Design Studio  
Haverhill CB9 0AA

07939 845041 | 01440 702105

[info@themakingboutique.com](mailto:info@themakingboutique.com)

[www.amandasutherland.co.uk](http://www.amandasutherland.co.uk)

### **From Costume Design to becoming a Bridal Accessories and Fascinator**

**Designer:** Amanda shares her background as a costume designer for stage and screen and how it led to setting up her own business.

**Trends of a Decade:** A showcase of original garments from the 1920s-1950s; moving onto the designs of the 20<sup>th</sup> century.

**Make Do & Mend:** Demonstrating ways to adapt everyday clothing from worn and badly fitting garments into exciting and unique fashion pieces.

**The Essential Guide to Colour, Shape and Fashion Choices:** Highlighting the importance of identifying body shapes and choosing the right clothes to enhance your appearance.

**NEW! Creative Hypnotherapy:** An introduction into the creative world of hypnotherapy where Amanda will explain the reasons behind fears, phobias and anxiety, run a few creative mind games and finish off with the highly effective arrow technique to reduce pain.

Having recently completed a diploma in Hypnotherapy, this new and exciting talk promises to be fun, informative and beneficial.

*Talks last approx. 45-60 mins. Amanda's gift shop will be open at the end of the session.*

£££ £55 (+45p per mile)

**Availability:** M, A, E & SN

**Christine Webber**

Eye IP23 7HH

07711 419267

[christinewebber@christinewebber.com](mailto:christinewebber@christinewebber.com)

[www.christinewebber.com](http://www.christinewebber.com)

*Christine Webber is a writer and broadcaster. Back in the 70s and 80s she was the leading news presenter for Anglia Television. Since then she has been an agony aunt, trained in psychotherapy and these days she is an expert on positive ageing and writes novels about characters who are all over 50!*

**Positive Ageing:** How to live as well as possible for as long as possible. *Christine has a book that will be on sale after her talk.*

**Fee:** £100+ (Travel FOC)

**Availability:** M, A, E & SN

## NEW!

**New Moon Herbal**

Katrina Redman

Mildenhall IP28 7JL

07793055897

[katlander@hotmail.co.uk](mailto:katlander@hotmail.co.uk)

[www.newmoonherbal.co.uk](http://www.newmoonherbal.co.uk)

**What is herbalism?** Herbalism used to be the common form of medicinal help all over the world, forgotten in England but still used in many parts of the world. Learn how it can help you with common conditions, hormone imbalances and first aid, as well as its benefits.

Katrina can also offer an herbal walk to identify local herbs which grow all around us. She can also offer a session making your own bespoke herbal tea. *Both of these sessions require longer than 45 mins.*

£££ From £20 (Travel TBA)

**Availability:** M, E, SN & O

**Sarah Nicholson**

Hadleigh IP7 5JL

**In Search of Lost Glitter – how I wrote about grief and got my sparkle back:**

When Sarah's husband died unexpectedly in 2010, she started writing a blog. So

07968 052316

[sarah.nicholson7@gmail.com](mailto:sarah.nicholson7@gmail.com)

[www.sarahnicholsonwrites.com](http://www.sarahnicholsonwrites.com)

many people were touched and helped by her words she was encouraged to write a book. In search of lost glitter was published in 2024.

Sarah will talk about her grief journey, putting the pieces back together, bringing up two sons, a subsequent cancer diagnosis and moving back to Suffolk where her story began.

~~£££~~ £50 (Travel FOC)

**Availability:** M, A, E, SN & O

## NEW!

### SCL Fitness

Sophie Lamb

Sudbury CO10 1YA

07891814552

[scl-fitness@hotmail.com](mailto:scl-fitness@hotmail.com)

[www.sclfitness.co.uk](http://www.sclfitness.co.uk)

### Personal training, nutrition, and exercise for pre and post op scoliosis

~~£££~~ FOC (Travel TBA)

**Availability:** M, A, E & O

### Springwood Sun Club

Janina & Nigel Newman

Bury St Edmunds IP32 7JJ

07931 198023

[SpringwoodVisitor@hotmail.com](mailto:SpringwoodVisitor@hotmail.com)

[www.springwoodSunClub.co.uk](http://www.springwoodSunClub.co.uk)

### Naturism; Social Nudity in a Safe and Non-judgemental Environment: An

informal conversation that challenges inaccurate stereotypes. Janina helps run a Naturist Club and Nigel is a member of Christian Naturist Fellowship.

~~£££~~ FOC

**Availability:** M, A, E & SN

## WILDLIFE & ANIMALS

**Barbara Meyer**

Woodbridge IP12 3JY

07912 161969

[barbara@bigcatphotography.co.uk](mailto:barbara@bigcatphotography.co.uk)

[www.bigcatphotography.co.uk](http://www.bigcatphotography.co.uk)

## **NEW!! Wildlife In East Anglia**

**Big Cats Around the Globe**

**Wildlife Photography and Its Role in Conservation**

**Wildlife Conservation: Helping Endangered Species**

**On Safari in South Africa**

**Wildlife in Sherwood Forest**

**Stories Behind Photos**

**Focusing on Wildlife**

**Seals in Lincolnshire and Norfolk**

**£££** £85 (Travel TBA)

**Available:** M, A, E, SN & O

## **Hawk Honey**

Horham IP21 5EG

07787 550671

[hawkhoney@rocketmail.com](mailto:hawkhoney@rocketmail.com)

**The Forgotten Bees:** We all know about honeybees and bumblebees, but what about the myriad species of other UK bees who need our help. Discover the forgotten bees and what we can do to help them.

**Wasps - Malicious or Misunderstood?** Wasps always get a bad press, but are they as bad as we think they are, or are they really our friends? Find out more about this much maligned creature and maybe learn to love wasps!

**£££** £65 (Travel FOC)

**Availability:** E & SN

**Jonathan Houseago**

**How to help our hedgehogs:** Giving an insight into hedgehog ecology, behaviour

Thurston IP31 3PE

07952 415206

[info@seagomacwildlife.co.uk](mailto:info@seagomacwildlife.co.uk)

[www.seagomacwildlife.co.uk](http://www.seagomacwildlife.co.uk)

and conservation, finishing with ten simple practical tips on how you can help hedgehogs and make your garden hedgehog friendly.

*Everyone will be given a booklet of supporting notes.*

**Fee:** FOC

**Available:** M, A, E & SN

### **Larkwood Lakes**

Tony Whittingham

West Stow IP28 6EY

07468 589316

[tony@larkwoodlakes.co.uk](mailto:tony@larkwoodlakes.co.uk)

[www.larkwoodlakes.co.uk](http://www.larkwoodlakes.co.uk)

**Larkwood Lakes - the journey from a trout fishery to a nature reserve:** It was a long-term ambition to find a piece of Suffolk that we could turn into a nature reserve. After 25 years of looking and visiting countless sites, we eventually found the perfect site just five miles from our home in Bury St Edmunds. We now have a wonderful place with two chalk streams, two lakes and a vast range of habitats. My talk covers the route to wild the land, encourage biodiversity and increase the numbers of each species inhabiting the area.

**£££** £75 (+30p per mile)

**Availability:** M, A, E & SN

### **Nan Eshelby**

Haverhill CB9 0DE

07552 288188

[bombusthebee@gmail.com](mailto:bombusthebee@gmail.com)

[www.bombusthebee.com](http://www.bombusthebee.com)

**Spark a Love of Nature:** Author and illustrator of children's picture books and nature inspired gardener, learn about Nan's story and how you can all help.

*Nan's books will be on sale after at a discounted price.*

**£££** £50 (Travel FOC)

**Availability:** M, A, E & SN