



Chairman's Tête-à-Tête

Hello again, I'm doing this in a bit of a rush, I'd forgotten it was that time again! It's always nice to talk to you all however and this week we had the opportunity to chat to a number of you on Zoom at our rather strange Annual Meeting, no frills, no guest speakers, no going for a coffee in the bar beforehand but we did have a very good meeting. We started with Jerusalem, Rachel managed to work out how to play it about five minutes before we started, well done that girl! We gave the report of the sub committees, the financial report and the Board report from Park Farm all in separate rooms....surreal or what. I do hope those of you who joined it felt a real part if it and you will report back to your WIs in the near future, thank you for your company.

Hasn't the weather changed, the nights are darker, the mornings are too and it's often darkish inbetween but we did manage to go blackberrying again so more yummy pies are in order. Aren't the other berries beautiful this year, the hips and haws are huge and the birds haven't descended on them yet. The Virginia creeper on the side of our house is turning a

delicious shade of red and it's gone a bit nuts creeping over the upstairs windows, Graham's up there now pulling it off the glass. He's being 'helped' by Slater who's sitting patiently on the grass watching him and Batty's shouting helpful advice from the paddock or is she just asking for a ginger nut biscuit - probably the latter I guess.

I shall end as usual on an extract from a poem about the time of year by D Maitland Bushby which really sums up the month....where has the year gone?

October! October

There's magic in the name

A clear sky, a blue sky,

And sunsets all aflame.

October! October!

It's harvest time again;

The high corn, the low corn,

Is gathered in the bin.

Julie Higgins, Federation Chairman

Hello from the WI Office Pinch, punch, first of the month! We rounded off September by holding our Annual Meeting via Zoom. It was a stripped back version of what we're all used to with only WI delegates attending. We didn't have the fancy frills, we just discussed the business which your delegate will relay to you in due course, but by the powers of technology we did muster a chorus of Jerusalem!

I don't think any of us ever imagined we'd still be in this situation right now, but as we are let Suffolk West give you something to look forward to! We are launching our October online events in this edition of The Hive. It's now even easier to sign up using our new Eventbrite page, visit eventbrite.co.uk/d/online/swfwi to see for yourself! You can still also book your tickets with the office, call us on 01284 336645.

Don't forget to keep sending your news, we love to hear it! The cut off for the next issue is 12 October. Keep smiling everyone ♥

Rachel Hows, Federation Secretary

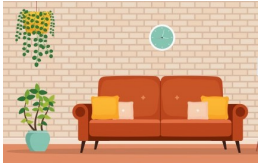
NEW at SWFWI! We have launched a brand new sub committee. The **Events Committee**, chaired by Janet Brown with Maggie Glavin as vice chair, aims to work closely with our other subcommittees organising exciting events for you, our members, to enjoy. Ranging from our Annual Meetings to coach trips to peruse museums and gorgeous gardens, we will make 2021 great again!

'Suffolk West on your Sofa' will be continuing for the foreseeable future. You can find October's listings on the next page. You can also keep up to date by following us on social media:



Click the icon and it will take you straight to our page.

Most importantly, we would like to hear from you about what future events, trips and subjects for zoom talks you would like to see! So please do send your ideas to Janet Brown at janet.brown555@btinternet.com



Suffolk West On Your Sofa

We have another exciting programme of online events in October for you to enjoy!

- Thursday 8 October, 2pm
Curiously Contrary's School of Creativity with Abigail Lagden
Join artist Abigail Lagden to learn the fabulous art of fabric sculpting. Abigail will demonstrate a fabric bottle collar, taking you through every stage step by step with full demonstrations and explanations.
- Tuesday 13 October, 7.30pm
The Hare and the Turnip with Graham Higgins
An illustrated talk inspired in part by Michael Wood's History of England, Graham looks at the small rural area of West Suffolk around Denham (St Mary) and Desning. You will not find Desning on any current OS maps, except in the name of a farm, but at the time of the Domesday Book and for a time before and afterwards it was incredibly significant. You will be surprised how Boudicca, The Romans, Normans, the merry monarch Charles II, great landowners, and dynasties have all played out in this Suffolk backwater. As to the hare and the turnips, you will have to join us to find how they have come in and out of this history!
- Thursday 15 October, 7pm
Let's Craft: Make a gift bag with Margaret
A re-run of Margaret's extremely popular craft session. To take part you will need: 12"x12" paper/card approximately 200 gsm, scoring tool or scoring board or blunt knitting needle, ruler, pencil, scissors, hole punch, wet glue, double sided tape or redline tape, embellishments (for decorating) and ribbon.
- Wednesday 21 October, 7.30pm
The Music of J.S.Bach with David McKee
Director of Music at Cheltenham College, David McKee presents a talk with musical excerpts of J.S.Bach and how his work shaped classical music forever. This talk covers Cantatas, Orchestral Music, music for Keyboard and of course his well known large scale choral works.



- Wednesday 28 October, 7.30pm
The Great War; from research to reward with Paddy Stevens
Paddy Stevens was educated at Cheltenham College before being commissioned into the Royal Air Force in 1973. Paddy retired from active service in 2008 and gained a first class honours degree in history and World War Studies at the University of Birmingham.
Based on his personal journey from amateur family/ancestry enthusiast through to academic historian and published author. Paddy will present his talk about The Great War which affected every family in the land, if not the Empire, from 1914 and onwards for the next six decades in one way or another, with many families today still trying to explore the feats and endeavours of their very brave WW1 forbears. Through his own journey of exploration and discovery, the talk may help illuminate potential avenues of personal interest for members of the audience as well as recounting some amazing and hitherto unknown WW1 stories. The final reward from all the various types of associated research is, of course, that the sacrifice of our Great War generation is honoured and cherished, and that we are true to our annual pledge: We will remember them.

Tickets for all our online events are **£5 per person**, so invite your friends from other WIs, other Federations, from your village, from your knitting club, EVERYONE is welcome to join us!

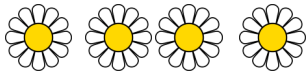
EXCITING NEWS! You can now book tickets using Eventbrite. Visit Suffolk West's page [here](#). Choose from our exciting list of events, buy your ticket and Eventbrite will send you all the details you need to join. Don't forget to check your spam/junk emails for your confirmation email.

You can even follow us to be kept up to date with new events we add. You can book at any time, even when the office is closed!

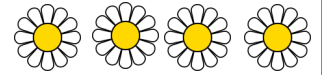
You can still book through the office if you prefer. If you need any help please contact us on office.swfwi@gmail.com or 01284 336645, Tuesday-Thursday 10am-4pm.

We look forward to seeing you from the safety of your sofa very soon





The Daisy Chain



Linking together our WI members across the county

The WI meetings below took place prior to the latest UK Government restrictions.

Please make sure your WI and sub-groups continues to comply with the latest Government guidance.

Mildenhall WI On a hot sunny August day (when the rules allowed us) 22 ladies met for a socially distanced outdoor meeting in the lovely courtyard at the Barleycorn Cafe in Mildenhall. Shelby, the owner created individually ordered lunchboxes for us to enjoy with drinks included. She took time to tell us about the provenance of the ingredients she uses and about the local ethical farmers she buys from. We conducted some necessary WI business in the sunshine and thoroughly enjoyed the opportunity, at last, to catch up with our friends.

Anne Greenfield, Secretary

Horringer Court WI We've been making the most of the September sun with another walk - what a fantastic day weather wise! We had to negotiate the railway line, when two trains decided to arrive plus the farmer watering his field so shower dodging.



Big bonus was the treacle tray bake provided by Sheila, plus the glorious church and lake at Great Barton.

Cannot wait for the next one!

Lucy Fromings, WI Member



Sudbury QH WI

HOPE

Pain, Hunger, Illness and Change

Make Scary Bedfellows in our Head

Darkening the Soul on the Brightest Dawn

Unknown Horrors Can Fill the Mind

What Might Happen Given Time

But Hope is Stronger than Them All

Filling our Hearts with Calming Vibes

Always Keep Hope Close and See

She will Flourish and Kill All Negativity

Written by Marie Retzback, President

Walsham Le Willows WI Since the relaxation of lockdown Walking Netball has resumed at Walsham le Willows Sports Club, pictured are WI members Mary and Ruth who take part in these sessions. Fern another WI member joins in the Thursday evening sessions.



Before actual matches were

allowed to be played socially distanced exercises in groups of five were organized by our netball hosts Jan and Tammi all using individual balls, these proved very popular and competitive with two sessions being held some days. Games have now recommenced with new distancing rules and also involves balls and hands being frequently sanitized.

Ruth Frost, WI Member

Pakenham WI In August we held an outdoor committee meeting, when at long last we decided unanimously to 'bite the bullet' and resume indoor WI meetings in October. After much planning we contacted our members for their approval. Our delightful speaker Alison was also very keen to join us with an update on her Ugandan orphanage. However, as we all know, new government regulations came into force in September meaning we have had no alternative but to cancel all monthly and committee meetings for the foreseeable future.

I have the pleasure of taking part in the first Suffolk West Federation Annual Meeting via Zoom on 29th September. This should prove an ideal opportunity to exchange ideas and thoughts on how we progress in the future.

Looking ahead, in January 2021 Pakenham WI celebrates it's 100th anniversary. We hoped to have a celebration with the entire village to mark this auspicious occasion. Fingers crossed that a vaccine break through will happen to make 2021 a year to remember in a good and positive way!


Mary Kirby, President

Honington & Sapiston WI "Honington and Sapiston WI founded in November 1919 planted 19 trees here in November 2019" is the inscription on the small plaque on the oak seat under this huge oak tree on the Euston Estate.



At the beginning of September six members set out to see how the trees are progressing. It was a slow walk as there was so much to talk about after all the weeks apart. Most of the trees seemed to be "alright" and after a rest we carried on in the same direction and completed our circular walk back to the village hall. It was most enjoyable, even though the weather was miserable the participants were not.

Susan Smith, WI Member

Don't forget! Your WI can now order printed copies of The Hive from the WI Office for just 11p per issue plus postage. Our aim is for all members to receive a copy of The Hive fortnightly, enabling us all to connect with the wider Suffolk West WI family! Contact the WI Office to order yours 



ACWW Corner: Our representative Val Simpson keeping you up to date with the latest ACWW news.

DATE FOR YOUR DIARY!

ACWW's Women Walk the World 2020 will take place around 15th October. Will you join in? Invite a friend, a WI member, or perhaps a husband or dog, and have a socially distanced walk near your home. You can make your donation to ACWW to support rural women and find out more information [here](#).

Office Information

Address: WI Office, Unit 11, Park Farm Business Centre, Fornham St Genevieve, Suffolk, IP28 6TS
Tel: 01284 336645

Email: office.swfwi@gmail.com

Reg. Charity Number: 1179294

Open Tuesday-Thursday 10am-4pm

Any payments can be made to **SWFWI CIO** by BACS
Sort Code: 089299 | Account number: 65868449
(please include a reference) or cheque.

Public Affairs Memo: WI campaign news update 5 Minutes that Matter survey

Earlier in 2020, SWFWIs were asked to survey their members regarding the GP surgery they attended, and report on how cervical screening was promoted.

Summary: Twenty WIs responded, together supplying the names of 25 different GP surgeries. 17 of those GP surgeries were reported to be displaying posters, leaflets or TV screen information on cervical screening. One WI also reported seeing a cervical screening poster at their local Leisure Centre.

(No information was given on the other surgeries, so these may also have promotional material on display)

Some WIs reported solely on a visual check of their surgeries and others requested information on the screening process, from the sending of letters to follow-up procedures.

Points of note: One WI felt that members should not be wasting the time of health professionals and should contact the West Suffolk CCG for information instead.

Many WIs reported on the NHS Trust's routine sending out of letters inviting ladies to attend screening, and the follow up for non-attendees. Although there were minor variations, almost all of those who responded reported on a robust system.

One GP practice followed up non-attendees with telephone calls and one-to-one chats and reassurance if required to encourage attendance.

Another practice had outsourced the admin of their cervical smear screening letters, and ladies were sent appointments rather than just a letter asking them to make an appointment. (This is how breast screening operates in my part of West Suffolk). Non-attendees were followed up by the GP practice.

Mount Farm practice was reported as having a higher percentage take-up of cervical screening than regional and national targets.

One GP practice had promotional material available in different languages, and also material suitable for ladies with learning disabilities.

Conclusions: Overall, GP practices are working hard to get as many women as possible to attend screening. There is a robust system in place, but it mostly relies on women making their appointment, and being registered with a GP in the first place.

Val Simpson, Public Affairs Committee