



Hello from the WI Office ♥ Thanks to everyone who sent in their comments and suggestions for future Federation events. They have been shared with our Events committee and given them plenty of food for thought. They are now busy looking into a potential trip to the RHS Garden Hyde Hall, as well as a theatre trip. Look out for more information in the near future!

As mentioned last issue, this is your final twice a month copy of The Hive. As of April it will be published monthly on the last Thursday, but don't worry you won't be missing out, it will be a bumper issue still packed with all the news and events from across Suffolk West. If your WI has something to shout about the deadline is Wednesday 20 April.

♥ Rachel Hows and Rachel Sparks, Office Team

STURMER WI
Murder Mystery Evening
Stumer Village Hall
Saturday 26 March | 7.15PM
£12 per person
with Fish & Chip Supper.
Bring your own drinks.
To book call Jo Porth 01440 703087

RATION BOOKS TO
Rock 'n' Roll
26th MARCH - 10th APRIL 2022
www.burystedmundsguildhall.org.uk
A new free exhibition at Bury St Edmunds Guildhall.
A secret room, local heroes, an amazing moment in history.
Explore and discover real-life local heroes including The WI at the Ration Books to Rock 'n' Roll exhibition.
26 March - 10 April | 10am - 4pm
FREE ENTRY
Find out more about it [here](#)

Don't forget to order our new promotional poster to advertise your WI. Contact the [WI Office](#).

theWI | Suffolk West
INSPIRING WOMEN
DON'T DELAY! JOIN TODAY!
The WI is everything you want it to be
Forge friendships • Learn new skills • Campaign for the future
There's never been a better time to find out more about the UK's largest women's organisation. We offer all women all kinds of opportunities.
office.swfwi@gmail.com | 01284 336645
facebook.com/swfwi | suffolk-west.thewi.org.uk

soup n natter at Park Farm

£7 per WI Member | £7.50 non member

Book via [WI Office](#)

Friday 1 April | 12.30-2PM

The two soups on offer to tantalise your taste buds will be Tomato & Herb and Broccoli & Stilton.

Friday 6 May | 12.30-2PM

Savour the flavour of either Carrot & Coriander and Courgette, Pea & Mint.

WI Office, Unit 11, Park Farm Business Centre, Fornham St Genevieve, Suffolk, IP28 6TS

01284 336645 | office.swfwi@gmail.com | Reg. Charity Number 1179294

Open Tuesday-Wednesday 10am-4pm & Thursday 10am-2pm

BACS: SUFFOLK WEST FED OF WOMEN'S INSTIT | Sort Code: 089299 | Account number: 65868449





Rougham Church to Rushbrooke ...and back!

Tuesday 5 April | 10AM
Rougham Church | IP30 9JJ
£3 per person
Book via [WI Office](#) or Secretary

Pack a flask and pull on your walking boots for a five mile circular walk.

Beginning at Rougham Church, walkers will meet in the church car park for a 10am start, and will walk via Rushbrooke Church as well as the demolished Rushbrooke Hall whilst soaking up the Suffolk scenery.

Please note there are no toilets and dogs are not allowed. Sturdy shoes or boots are advisable.



Make a Junk Journal

Monday 25 April | Sturmer Village Hall
Friday 29 April | Park Farm
10.30AM - 2.30PM | £18 per member
Book via [WI Office](#) or your WI Secretary

Preserve all those mementos we lovingly hold onto (theatre tickets, invites, confetti etc) with a masterclass in junk journaling.

PLUS! We're hosting TWO workshops across the county to cater for all our WIs!

Just bring along your memorabilia and lunch.

FEDERATION ANNUAL MEETING

THURSDAY 7 APRIL 2022
DOORS 9.15AM | 10AM MEETING
CULFORD SCHOOL



If you missed out and would like to go on the waiting list email office.swfwl@gmail.com

For you lucky ladies who did snap up tickets here's a few hints and tips for the day:

- Doors open 9.15am for complimentary tea and coffee. The meeting starts at 10am.
- Our sub committees will have stands and will be on hand to answer your questions.
- Lunch will be at approx. 12pm for one hour.
- The bar will be open at lunchtime.
- Also on sale will be raffle tickets, tickets to all our events and our Suffolk West merchandise.
- We accept cash or card.
- Our speakers **Scarlett & Mustard** will be selling their award winning range of condiments in the morning and at lunch. **Paul Martin** will be selling and signing his book after the meeting.
- Don't forget you can also bring along your WI's donation to ACWW's Pennies for Friendship.
- We have a special performance at the end of the meeting so please stay in your seats! The end time is approx. 3.30pm.
- **IMPORTANT!** If you or anyone in your household tests positive for COVID or shows any symptoms from 2 April you should notify the WI Office immediately and not attend.

CRAFT & CHAT



Park Farm | 10AM-12PM
Monday 25 April | 23 May | 27 June | 25 July
£2 per member | Pay on the day

Bring along the craft you are currently working on, whether it's stitching, knitting, crochet or beading, and tend to it over a natter & cuppa with other keen crafters ♡





2022 Resolution Conference

Wednesday 27 April

2.30PM & 7.30PM | Via Zoom



Members ONLY | FREE

Book via [WI Office](#)

You've voted for the resolutions and the one with the most selections was *Women and Girls with ASD & ADHD - under-identified, under-diagnosed, misdiagnosed, under-supported*. Now the next stage in the process is the Resolution Conference where you will have the opportunity to hear from expert speakers talking about the resolution as well as time for you to ask questions. There will also be guidance for delegates attending the Annual Meeting.

We are offering a daytime and evening session so all our members have the opportunity to take part!



Women Walk the World

29 April



Put on your walking boots for ACWW this April!

ACWW's work to support women and girls has gone on, despite the pandemic. Join them for this year's Women Walk the World on or around 29th April and help them raise much needed funds! Like many charitable organisations, their funding has really suffered over the past two years and even small amounts can make a big difference.

So put on your walking boots and walk with your WI, friends and family to raise funds for ACWW.

For more information on how to get involved contact our ACWW representative Val Simpson val.simpson_copy@outlook.com



Nordic Walking East Anglia

Taster Session | Tuesday 10 May

10AM | Nowton Park | Bury St Edmunds

£3 member | £4 non member

Book via [WI Office](#) or your WI Secretary

Nordic Walking uses specially designed Nordic Walking Poles, derived from cross country skiing, to deliver a full body workout in a manner that is sociable, outdoor and fun and can be adapted to be enjoyed by a wide range of people regardless of fitness level, age or gender.

We will be based on the football pitches near the main car park. There will not be a physical fitness declaration form to fill in but there will be a waiver to sign to say you are fit to walk.

Please wear comfortable lightweight layers and walking boots with a good tread. Poles are provided. Toilets and café are on site. Parking £2.



Tuesday 17 May

£40 member | £42 non member

Book via [WI Office](#) or Secretary

Discover almost 400 memorials amongst some 25,000 trees in remembrance of our heroes.

The National Memorial Arboretum is a site of remembrance in Staffordshire to honour the fallen, recognise service and sacrifice, and foster pride in the British Armed Forces and civilian community.

Coach pick up points include: Sudbury 7.30am, Bury St Edmunds 8am and Newmarket 8.30am.

Anticipated arrival at the Arboretum is 11.30am. You will have all day to explore and participate in activities including land train tours (incl. in your ticket) and memorial talks. Food and drink is available on site. Coach departs approx. 4.30pm. Inevitably it will be a long day, but a journey worth making!

SCIENCE FOR ALL



Tuesday 31 May | 10am | Culford School

£20 per member | £23 non members

Includes tea/coffee on arrival & buffet lunch

Book via [WI Office](#) or your [WI Secretary](#)

Do you love Science? Join us at Culford School for a day of science where you will be welcomed with complimentary tea or coffee before taking your seat to hear from our scientific experts.

Professor Matthew Bothwell from The Department of Astronomy, Cambridge received his PhD from the University of Cambridge and has worked as a postdoctoral researcher at Steward Observatory, University of Arizona. Matthew loves explaining the mysteries of the Universe and beyond. What do you want to know about Astronomy, come and ask Matthew and find out the answer.

Morwenna Degnan has been a qualified Biomedical Scientist for 20 years. After leaving Culford School, she studied Biomedicine at The University of Hull. Morwenna has worked in many NHS hospitals including Addenbrookes and currently manages three labs in Gloucestershire. She is qualified in Haematology and Clinical Biochemistry and has also worked as a stem cell scientist. If you want to know how Biomedicine fits in the world of medicine this is the talk for you.

Then, after a delicious buffet lunch we will settle back down to listen to Alison from The Whipple Museum, Cambridge. The museum is part of The Department of Philosophy and History of Science. Donated by Robert Whipple in 1944 the museums collection includes scientific instruments and apparatus from the 17th-19th century plus models, photographs, books and other materials related to the history of science. Let Alison tell you more about the history and the founding of this fascinating museum. She will also bring along some exhibits for you to look at and handle.

Tickets on sale until 30th April.

2023 WI Diary

With life getting back to normal you might need a hand getting organised, so why not order your 2023 diary?

Next year's **WI Diary** is red and completely recyclable with the exception of the ribbon. Due to the rising costs of paper (30% more expensive than in 2021) diaries will be **£7.50 each (+£1.25 postage)**. Collection is also available.

Order yours in advance via the **WI Office** or your **WI Secretary** by **31 August**. Delivery will be approx. the end of September.

This year there's also an A5 diary that will be sold exclusively on the NFWI shop [here](#) for £10.



WI Bulb Scheme

If you would like a copy of the WI Autumn 2022 bulb catalogue then you can pick up yours one of three ways:

- Pick up a copy at our **Annual Meeting**
- Request a copy via post from the [WI Office](#)
- Or this year you can request a **digital copy and digital order form** from [WI Office](#)

Orders must be sent to the WI Office by **1 June**.



Faith & Feminism

Monday 11 July

£38 per member | £40 non member

Book via [WI Office](#) or your WI Secretary



Discover the fascinating origins of the Coptic Orthodox Church followed by a trip to Knebworth House to learn about the five centuries of remarkable women, including Suffragettes, associated with the Lytton family's ownership.

Coach pick up points include: Sudbury 8am, Bury St Edmunds 8.30am and Newmarket 9am.

Anticipated arrival at the Coptic church is 10.30am. Refreshments will be provided on arrival. **The Coptic Orthodox Church**, founded in the first century in Egypt, is one of the most ancient Churches in the world. Tucked away in the midst of the peaceful greenery of Shephalbury Park, a magnificent Gothic manor house is now part of The Coptic Orthodox Church Centre in the UK. The tour includes **the history of the Christian Coptic faith**, the location and **its links with other faiths** and community groups, followed by a Q&A. There is also an opportunity to visit to the magnificent **Cathedral of St George**.

After the tour (approx. 12.15pm) you will hop back on the coach to **Knebworth House** for the **Lutton Ladies tour**, arriving in time to for lunch which can be purchased on site or you can bring your own.

The **Lutton Ladies tour** will start at 2pm and will tell the **stories of fascinating characters** such as **Mrs Bulwer Lytton** who remodelled the house in the early 19th century; Rosina, who refused to act the meek Victorian wife after the break-up of her marriage to eminent author Sir Edward Bulwer Lytton; the militant **suffragette Lady Constance Lytton**, who disguised her identity to fight for the cause of Votes for Women, and **Lady Pamela Lytton**, Winston Churchill's first love.

There will be some extra time for exploring after the tour. The coach will depart for Suffolk at 4.30pm.

Tickets on sale until Thursday 30 June.



Friday 2 December 2022 | £65 per member | £67 non member

Book via [WI Office](#) or your WI Secretary

Thursford Christmas Spectacular is the biggest Christmas show in Europe with it's extravaganza of non-stop singing, dancing, music, humour and variety.

Coach pick up points are Sudbury 10am & Bury 10.30am. Our tickets are for the 2PM matinee performance. We will arrive with plenty of time for you to enjoy lunch and to browse the on-site shops. The show lasts approx. 3 hours.

This year you can **pay in full** when booking or you can **take advantage of our payment plan** and pay a **£40 deposit** when booking and the **balance by 8 September**. Deposits are non refundable.

Name:	WI:	Email:
Tel:	Address: <i>Tickets are emailed. Include an address if you would like them posted.</i>	

Event/Item	Price	No. req	Names & Emails	Required information
Soup & Natter Friday 1 April 12.30-2PM Park Farm	£7 per member £7.50 non member			Dietary requirements:
Rougham to Rushbrooke Tuesday 5 April 10AM Rougham Church	£3 per person			Wear sturdy shoes. No dogs allowed.
Craft & Chat April May June July 10AM-12PM Park Farm	£2 per member Paid on the day			Please tick session(s): <input type="checkbox"/> 25 April <input type="checkbox"/> 23 May <input type="checkbox"/> 27 June <input type="checkbox"/> 25 July
Make a Junk Journal Mon 25 April Sturmer Fri 29 April Park Farm 10.30AM-2.30PM	£18 per member			Bring your own lunch. Please tick session(s): <input type="checkbox"/> 25 April <input type="checkbox"/> 29 April
Resolution Conference Wednesday 27 April 2.30PM & 7.30PM Zoom	FREE			Please tick session(s): <input type="checkbox"/> 2.30PM <input type="checkbox"/> 7.30PM
Soup & Natter Friday 6 May 12.30-2PM Park Farm	£7 per member £7.50 non member			Dietary requirements:
Nordic Walking Tuesday 10 May 10AM Nowton Park	£3 per member £4 non member			
National Arboretum Tuesday 17 May Staffordshire	£40 per member £42 non member			Coach pick up point: <input type="checkbox"/> Sudbury <input type="checkbox"/> Bury <input type="checkbox"/> Newmarket
Science for All Tues 31 May 10AM Culford School	£20 per member £23 non member			Buffet lunch included. Dietary requirements:
Faith & Feminism Monday 11 July Knebworth	£38 per member £40 non member			Coach pick up point: <input type="checkbox"/> Sudbury <input type="checkbox"/> Bury <input type="checkbox"/> Newmarket
Thursford Christmas Friday 2 December Norfolk	£65 per member £67 non member			Coach pick up point: <input type="checkbox"/> Sudbury <input type="checkbox"/> Bury
2023 WI Diary	£7.50 + £1.25 P&P			<input type="checkbox"/> Post <input type="checkbox"/> Collect

Total paid: £

By:

BACS (See front of Hive for bank details)

Cheque (SWFWI)

Secure online payment link (contact the [WI Office](#))