



# THE WI HIVE

Your monthly buzz on Suffolk West 

## Chair's Chat

I'm delighted to write that the **Federation Get Together** at the end of October is a **sell-out!**

Marking our **103<sup>rd</sup> anniversary**, how appropriate we are meeting at Horringer Community Centre in the village so closely connected to our founder Lady Theodora Bristol, President of Suffolk West Federation from 1920 to 1954. What would she make of us today? The world we live in is so very different. However, we remain committed to spending time with family, enjoying being with friends, having new experiences and collectively campaigning to enhance our local communities.

Last week the **2023/24 resolution shortlist** was announced, this has created a flurry of activity for our PA team. Please read the **PA Memo** on **pg. 2** for information on the resolutions and forthcoming discussion events at Suffolk West.

Recent visits to WIs have included when Tom and I went along to **Pakenham WI's** fund

raising morning for St Nicholas Hospice. The refreshment table groaned with cakes and savouries of every type. Members must be congratulated on providing such a magnificent spread! A very successful morning with £697.50 raised.

They say good things come in small packages and that was certainly true of **Horringer Court WI** when I went along for their October meeting, all the members made me so very welcome, my opportunity now to say thank you.

We have a very busy few months ahead crammed with a varied programme of activities so please book early to avoid disappointment.

Maggie Glavin | Suffolk West Chair

## WI Office Information



We are still taking WI diary orders **until 31 October**. Diaries are £7.50 each +£1.25 pp and will be delivered by the end of November. Place your order with our Finance Assistant, Rachel Sparks via [finance@swfwi.org.uk](mailto:finance@swfwi.org.uk) or 01284 336645.

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

01284 336645 | [office@swfwi.org.uk](mailto:office@swfwi.org.uk) | Reg. Charity Number 1179294

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



# Public Affairs

## Campaign Corner

### Resolutions Shortlist 2023/24

We can now share with you the 2023/24 NFWI shortlist which includes the following four proposed resolutions:

**Dental Health Matters.** There is a chronic shortage of NHS Dentists and people are suffering health issues as a result. The NFWI calls on the Government to increase investment in the training and retention of dentists and to review the current inadequate NHS contracts in order to ensure everyone can access an NHS dentist wherever they live.

**Impacts of poor housing conditions.** Poor housing can have a deleterious effect on human health and wellbeing, safety and quality of life and can disproportionately affect the most vulnerable groups in society. The NFWI calls on the UK Government to boost housing standards and regulations, increase funding for housing renovations, increase the supply of affordable and secure housing and strengthen collaboration with local authorities, housing associations and other relevant stakeholders to develop strategies that address local housing challenges.

**Say 'no' to gambling advertising.** Harm caused by excessive gambling is a global

problem. Some countries are already addressing this by banning advertising. The NFWI calls on members, the government, regulators, the NHS, educationalists and gambling charities to work together towards achieving a complete ban on gambling advertising. This will reduce gambling harm, save the NHS money, protect family relationships and decrease the number of suicides, around 400 per annum at present.

**Improving Outcomes for Women in the Criminal Justice System.** There is an urgent need to radically reform decision making in respect of women in the criminal justice system and in particular, pregnant women and women with children. We urge cross government collaboration to deliver on the 2018 female offender strategy by setting goals, robust governance and performance measures to reduce the number of women who have committed non-violent offences from being imprisoned.



## Resolutions Discussion

We will be hosting two events across West

Suffolk in November to help you make an informed decision on this year's resolutions!

It's your chance to learn more and discuss them with other WI members. You can find all the details on [pg.4](#).

# EVENTS

## How to book.

Call 01284 336645

Email [finance@swfwi.org.uk](mailto:finance@swfwi.org.uk)

**eventbrite**

## How to Pay.

Credit or debit card

Suffolk West Fed of Women's Instit BACs

08-92-99 | 65868449



## CRAFT & CHAT

Monday 30 October

10AM-12PM | Park Farm Business Centre

WI Members £2 (Pay on the door)



## Mahjong

at Park Farm Business Centre

30 Oct | 6 & 20 Nov | 4 & 11 Dec | 2-4PM

Subs: From £5 + £2 per session

Contact: [cassbacj@gmail.com](mailto:cassbacj@gmail.com) to book

## FEDERATION GET TOGETHER

TUESDAY 31 OCTOBER  
7.30PM-10PM

HORRINGER COMMUNITY CENTRE

**SOLD OUT**



## Soup & Natter

at Park Farm Business Centre

WI Members £8 | Non members £8.50



Friday 3 November | 12.30-2PM

Carrot & Coriander or Celery

**NEW** Friday 8 December | 12.30-2PM

Courgette, Pea and Mint or

Tomato and Red Pepper

# THINKING DIFFERENTLY

Autism & ADHD in Women & Girls  
Look beyond the stereotypes. Share your experiences.

**BURY ST EDMUNDS LIBRARY**  
**FRIDAY 3 NOVEMBER**  
**2PM-3.30PM**  
**£3.50 PER PERSON**

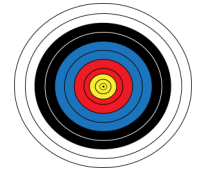
## Kaffee, Kuchen & Kurling

Monday 13 November

10.30AM - 12.30PM | Risby Village Hall

£10 per person (incl. refreshments)

Similar to bowls, each team has a set number of stones and take it in turns to slide a stone towards the target.



With a new take on this classic sport, it can now be played indoors on any smooth flat surface and it allows all abilities to take part!

## Craft Dabble Day

Friday 17 November | Park Farm | 10AM - 4PM

£25 per person (incl. refreshments)

Dabble in a day of crafts, and with guidance from our creative team you'll make:

- a Scandi style wall hanging
- a beaded plant pot holder
- pom pom Christmas decorations
- & decorate a plant pot

All materials and refreshments will be provided.



Wednesday 22 November | 7PM-9PM

Long Melford Village Hall

Monday 27 November | 2PM-4PM

Park Farm Business Centre

**FREE** (incl. refreshments)

The WI is unique in putting members at the heart of its campaigning. The resolutions process allows every WI member to have their say on what we campaign on.

This is your chance to learn more about the four shortlisted resolutions (see pg.2) for 2023/24 and make your voice heard!

## CRAFT & CHAT



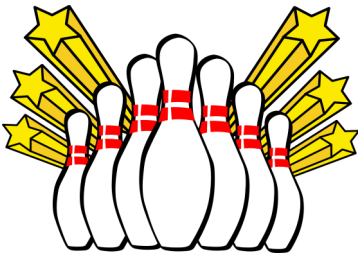
Monday 27 November

10AM-12PM | Park Farm Business Centre

WI Members £2 (Pay on the door)

## Ten Pin Bowling

Wednesday 29 November | 10.30AM - 12PM  
Bury Bowl | WI Members £10



Roll up your sleeves and show us your best shot with the chance to play two games of ten pin bowling. Tea or

coffee is included with your ticket. Bowling shoes are provided, but don't forget your socks!

Bury Bowl has free parking and a café.

Doors open 10.20am.

## Christmas Craft Coffee Morning

**NEW** Friday 1 December

10.30AM - 12.30PM | Park Farm Business Centre  
£3 per person (Pay on the door)

Enjoy a morning of mince pies and the chance to a



make a mini cracker with your crafty friends.

Small crafts will also be available to buy.

Please notify the WI office if you're coming!

## Christmas Afternoon Tea

Tuesday 12 December | Park Farm  
2.30PM - 4.30PM | WI members £15



*Pull on your festive jumper and dust off your Christmas sequins for a festive afternoon tea with your WI friends.*

The menu includes sandwiches, scones and cake, and a glass of Prosecco or Nosecco.

## Keep Calm! Let's Do Science

Saturday 17 February 2024

Culford School | 10AM - 3.30PM

WI Members £35 | Non Members £37

Children (14-18 yrs.) £28

### WITH GUEST SPEAKERS



**Luke Browning**, a

Biochemical and Molecular

Scientist who is working on

replacements for single use plastics.



**Morwenna Degnan**, a

Biomedical Scientist who heads

up three pathology labs for

Gloucestershire NHS. She will speak

about the impact of pathology during

Covid and answer questions related to

the WI Make a Match stem cell

campaign.



**Chris Bell**, Look East weather

presenter and Chief

Communications Officer and forecaster

at Weatherquest Ltd. Chris will talk

about weather predictions, why weather

patterns exist and the link to climate.

Your ticket also includes tea or coffee

and a buffet lunch. Over 14s are

welcome as long as they are

accompanied by a WI member.

All talks will include a Q&A and you will

have the chance to chat with our

scientists at lunch.





# FEDERATION ANNUAL MEETING

THURSTON COMMUNITY COLLEGE

THURSDAY 11 APRIL 2024 | DOORS 9.15AM

## WITH GUEST SPEAKERS



### Becky Jago | ITV Anglia

You'll recognise her from your TV screens, now she's going to be the star of our Annual Meeting!

Becky Jago has worked in the media for over 25 years. Starting her career at Vibe FM, she then moved to Anglia TV as their weather presenter. In 2001, she became the main presenter of Newsround and later joined Capital Radio to be Chris Tarrant's, then Johnny Vaughan's, side-kick on the breakfast show. She's also worked on Sky Sports News and GMTV's Entertainment Today, before returning to ITV Anglia in 2005. She has been the co-anchor of the 6 o'clock news for 15 years.

### Adrian & Lily Turner | Yum Tum Tree Fudge

Yum Yum Tree Fudge has two aims: to make the UK's best quality fudge and to be the most environmentally friendly fudge maker. They only use natural ingredients and less sugar and more dairy so it's creamier. They'll be bringing along samples so you can taste the difference and plenty of fudge for you to shop!



### Chris Bales | Suffolk Police Cyber Security

The Internet is a powerful and useful tool, but in the same way that you shouldn't drive without wearing your seat belt or leave your front door unlocked, you shouldn't venture online without taking some basic precautions. Chris Bales is a Cyber Security Adviser at Suffolk Police and will be sharing advice on how to stay safe online.

## Pre-ordered lunch boxes will be available by Elite Cakes and Buffets

Lunch boxes include two filled rolls, a savoury item, a sweet treat, fruit and packet of kettle crisps.

All tickets include tea or coffee on arrival and at lunch. Free on site parking.

Please include dietary requirements and accessibility seating arrangements when booking.

## TICKETS

WITH LUNCH £32 | WITHOUT LUNCH £22



### Editor's Note

Thank you to all our WI reporters. However, please remember to stick to our 50 word limit!! We love your reports, so the more we can fit in the better.

To be featured next month send your 50 words and photos to [fedsec@swfwi.org.uk](mailto:fedsec@swfwi.org.uk) by 9AM Wednesday 15 November!

### Hundon WI

Stephen Amer talked to us about the health benefits of music. Whether you sing, play or just listen, it can make you feel good. It is also proven to benefit those with psychological or physical difficulties, and dementia. We certainly felt the benefit from an unexpected sing-along!



### MORETON HALL WI Open Evening

**Wednesday 1st November**  
**Moreton Hall Community Centre**  
**At 7.30pm**

**Speaker— Amanda Sutherland**  
**Trends of a Decade**

An entertaining and informative evening celebrating the changing trends in costume design and fashion.



**All Welcome**  
**Tickets £5**  
**Available On the Door**



### Melford Poppies WI

The Gainsborough group meeting was enjoyable as usual. It was interesting to hear what we had all been up to. The competition was judged and the rose bowl was presented to Sudbury Gainsborough. After a lavish 60s style buffet, we were invited to the 2024 meeting which will be hosted by Melford Poppies.

### Thurston WI

Last month we took part in the national WI Day with a display at Thurston Co Op. We received a positive response and hopefully we might gain a few members.



Our Soup & Chat lunches continue to be very popular, and average around 30 attendees. We recently had a cookery demonstration by Lily, The Walking Wok, as ever very popular with members.

### Rickinghall WI

Charlotte Giddings from Brownie & the Bean gave an inspirational talk on starting her own business selling coffee, luxury brownies and cakes with her husband (a baker). From being nearly bankrupt during lockdown, to winning a small business award and featuring in a Barclays Bank advertisement, her energy, initiative and commitment is amazing, likewise the sample brownies she brought for us to try!



### Drinkstone WI

This month we were joined by Dr Simon Poole. Simon is an expert on the Mediterranean Diet and he is passionate about the health benefits of using extra virgin olive oil. He told us lots of facts and how statistics have proved that the diet combined with lifestyle can lead to a healthy long life.

### Great Ashfield & Badwell Ash WI

This month we had an open meeting and our speaker was Rodney Howell from Medical Detection Dogs. He gave us a fascinating talk on how they train dogs to detect various cancers, Parkinson's and also now Covid. They also train puppies to become support dogs for people with life threatening health conditions.

### Chevington WI

In October, we had speaker Michelle Russell who guided us through the beautiful types of Stained glass; Lead work, copper work and glass in a kiln. The colours were stunning and Michelle was very informative.

The meeting was well attended with three new ladies visiting. The competition was won by Elizabeth Chapman.



### Sturmer WI

Sturmer ladies enjoyed two cookery workshops last month. They made



ravioli and tiramisu from scratch and then dined on what they had produced. The tutors added a tomato salad and toasted bread and a glass of wine.

Everyone took home recipe sheets, as well as tiramisu to share with family and friends. Thanks to Gill and Jane from Suffolk East Federation of WIs for tutoring and providing all equipment and provisions.



### Bury St Edmunds Afternoon WI

After a fire practice, Sally welcomed three new members to our October meeting. We were then let loose on a Ploughman's Lunch which quickly disappeared, followed by a nice cup of tea, before we played handbag bingo. This caused a lot of amusement but nobody had a bicycle pump or screwdriver in her handbag.

### Fornham All Saints WI

Bury St Edmunds

Rickshaws came to tell us how it started and then took us, two at a time, on a tour of the village! Initially offering rides to people who needed a little



assistance in getting out and about, they now deliver prescriptions and shopping and take folk out from care homes for joy rides. BSE Rickshaws won The Queen's Award for Voluntary Service which is the highest award a local group can receive in the UK, equivalent to an MBE!

### Horringer Court WI

This month we welcomed Maggie Glavin and it was good to have a catch up. We reminded members of all the events listed in the Hive and hopefully some will attend, and we had a Beetle Drive which was so much fun. To hear the shouts of *"I've got a body"* and *"I need a head"* might be cause for concern from anyone passing by!

### Great Barton WI

We welcomed George Irving from Muntons, who explained how Suffolk barley is converted into malt extract. We discovered that malt is used extensively to enhance the flavour of both food and drink. Members were given a pot of malt to take home and are now experimenting by adding it to their cakes and savoury recipes!

### Woolpit WI

It was a busy September for Woolpit WI, starting with a fascinating talk from Kevin Boardman about the Women on the Oregon Trail. Our fantastic WI Day event with displays and cream teas attracted seven potential new members, and a tool and sewing machine collection was well supported by our local community.

POLSTEAD W.I.



Our October speaker was Lisa Matthews from the Nature Citizen Community Garden in Polstead.

She gave a mesmerizing talk on how she and her helpers have created a wonderful nature space for the village to enjoy. By creating a nature space, together we can build a nature network, providing food, water and shelter for the little creatures that we so rely on for our survival.



Our October GOLDEN TICKET winner is

**Isabel Glasscock (Bury WI)**

## Lark Valley Group Meeting

It was wonderful to have a full house for our first group meeting since 2018! We were greeted warmly by Sally Waterson, president of Bury Afternoon who were our hostesses. Our speaker Christine Adams, told us about her incredible Auntie May, Miss Savidge, who moved her house from Ware, Hertfordshire to Wells-Next-the-Sea in Norfolk after Ware Council placed a compulsory purchase order on the property to demolish it to build a new road. Miss Savidge contested it and decided to move the house herself, with the help of three men and a lorry. She had a year to do it and drew up plans, numbering all the timbers which were pegged together, also the roof tiles, and removed fireplaces, all the time refusing help. Once in Wells she lived in a caravan while rebuilding the house. She was then nearly 60 years old, and the project took her 23 years, to the end of her life. She could be seen in all weathers climbing scaffolding when she was well into her eighties! After she died, Christine had the task of sorting out her aunt's house. In her will she left the house to Christine's children, on the condition their parents finished rebuilding the house. A very enjoyable evening, with delicious refreshments. Thanks to Bury Afternoon, with a special mention of three supporting husbands Kevin, Barry and Graham who served drinks, washed up and sorted out the sound system.

## EVENTS CALENDAR

Craft & Chat   30 Oct 10AM -12PM   Park Farm	WI Member £2 (Pay on the door)
Federation Get Together   31 Oct 7.30PM - 10PM   Horringer	<b>SOLD OUT</b>
Soup & Natter   3 Nov 12.30-2PM   Park Farm	WI Member £8 Non Member £8.50
PA Coffee Afternoon   3 Nov 2PM - 3.30PM   BSE Library	£3.50 per person
Kaffee, Kuchen & Kurling   13 Nov 10.30AM- 12.30PM   Risby VH	£10 per person
Craft Dabble Day   17 Nov 10AM- 4PM   Park Farm	£25 per person
Craft Dabble Day   20 Nov 10AM- 4PM   Sturmer	<b>CANCELLED</b>
Christmas Afternoon Tea   23 Nov 2.30-4.30PM   Park Farm	<b>SOLD OUT</b>
Resolutions Discussion   22 Nov 7PM-9PM   Long Melford VH	<b>FREE</b>
Resolutions Discussion   27 Nov 2PM-4PM   Park Farm	<b>FREE</b>
Craft & Chat   27 Nov 10AM -12PM   Park Farm	WI Member £2 (Pay on the door)
Ten Pin Bowling   29 Nov 10.30 - 12.30PM   Bury Bowl	WI Member £10
Christmas Coffee Morning   1 Dec 10AM -12PM   Park Farm	£3 per person (Pay on the door)
Holkham Hall   4 Dec 10AM   Bury Bus Station	<b>SOLD OUT</b>
Soup & Natter   8 Dec 12.30-2PM   Park Farm	WI Member £8 Non Member £8.50
Christmas Afternoon Tea   12 Dec 10.30AM-12.30PM   Park Farm	WI Member £15
Let's do Science   17 Feb 2024 10AM-3.30PM   Culford	WI Member £35 Non members £37
FAM   11 April 2024 9.15AM   TCC	