



Chairman's Chat Hello everyone and a very Happy New Year. I think we have all realised over these last two strange years, quite how important communication is and to this end, I'd like to encourage members to read our excellent in-house magazine The Hive. We produce this twice a month with news and information from around our WIs, the second issue is dedicated to events and activities. If members don't receive it they miss out. I've heard only too often, "I'd have gone to that if I'd realised it was on". Only recently a member queried why I was talking about Paul Martin in the same breath as the Annual Meeting, because he's our speaker I said, she didn't know as she'd not dipped into The Hive where all the information could have been found, now she knows and she's going to get a ticket.

I am fully aware that not everyone can or wants to receive The Hive via email but can I reiterate again

the WI Office will print and post copies for a small charge. If you'd like to take advantage of this please contact the WI Office, and please pass on this offer to those you know don't use a computer.


Today it is cold, grey and foggy, typical January weather. I'm a January baby and how often I remember friends not turning up for my party as it was too foggy at a time when cars didn't have natty little fog lamps, some didn't even have heaters and probably parents didn't want to risk the journey down the lane to our house in the winter. My mother always made her speciality 'mushrooms' for pudding. Green jelly, half a banana for a stalk with half a pink meringue sandwiched on top for the cap, we ate the blasted things for what seemed days after! Happy days!

Enough of my ramblings, have a brilliant year everyone and I'll see you very soon.

Julie Higgins Federation Chairman

Happy New Year from the WI Office

We were looking forward to welcoming you back this month, but to keep us all safe the WI Office is closed to visitors for a little longer. We're still hard at work, just behind closed doors, and you can still contact us in the usual ways with any enquiries.

We'll keep you up to date on the situation via your secretaries and the WI Hive, but for instant updates you can also follow us on Facebook [here](#). To follow us click  at the top of our page and select follow. Don't forget to like us too!

This issue we have news from us and our WIs, as well as a recap of all our upcoming events.



Recently we had to cancel our January Soup & Natter. However this was made difficult as not everyone attending had provided a contact number/email.

Please could we ask that you always provide us with a contact number/email when booking events, that includes group bookings!

We only ask for these details to be able to contact you should it become necessary to cancel an event or to make a substantial change. Please be assured we never pass on your details to a third party and they are stored securely.

♡ *Rachel Hows and Rachel Sparks, Office Team*

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

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

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

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



SWFWI Website

Have you seen our website? It's recently been revamped & is filled with everything you need to know about us!

Over the past six months a dedicated team have been working their magic to bring our Federation website up to date, but none of it would have been possible without our web wizard Anne Ling. Anne is responsible for bringing our ideas to life on screen and she can help you do it for your WI too.

This year we want to spread the WI word to women all over West Suffolk and a fast and free way to do this is online. Each WI has a designated page on our website where potential new members can find out about your WI, and you can promote your upcoming meetings and activities. All you need to make this happen is a WI member who is willing to be your Web Editor and keep your information up



Julie Higgins
Federation Chairman



Useful Links

- Our Facebook page
- Our Twitter page
- Our Instagram page

Find a local WI

Inspiring the women of West Suffolk since 1920!

The WI is a safe space to make new friends, learn new skills or to step onto your soapbox and campaign for the future.

As part of the UK's largest women's organisation, Suffolk West Federation has 46 WIs dotted across the rural landscape of West Suffolk that offer all kinds of opportunities to all kinds of women. Each of our WIs meet monthly and offer a varied programme of events throughout the year.

to date. No experience necessary! Our web wizard will get you set up and is happy to help with getting your WI online.

For more information contact Anne directly via webeditor.swfwi@gmail.com

Click [here](#) to check out the website for the latest news and events from Suffolk West.

Public Affairs WI Campaign News

GET READY FOR GREEN HEARTS EVERYWHERE. FEBRUARY 2022

For the past few years members have been making green hearts to hang in their windows, on trees etc in their neighbourhood as part of the *Show the Love* campaign. The reason behind it is to show the WIs commitment to encourage everyone to take care of the environment so our lovely planet can be passed on in all its beauty to future generations, and this year we would like to inspire more of you to join in.

We have a few crafty ideas and a template available on our website [here](#). Use the template to cut out your hearts using whatever materials you have to hand; fabrics old or new, you could recycle greetings cards, wrapping paper, even cardboard. If you don't have anything green then



decorate it; grab some felt pens or glitter, let your imagination run riot and green hearts roam free!

Don't forget to show us your creations. Send your pictures to office.swfwi@gmail.com and we will feature them on our SWFWI Facebook and Instagram.

Find out more information about the campaign [here](#) on the Climate Coalition website.

don't miss this!

Make Sure You Have Your Say!

Every member has the chance to pick which of the shortlisted resolutions they support the most.

At your next WI meeting you will have the chance to select your preferred resolution. If you can't attend the meeting you can still take part by filling in the selection form on page 22 of the November/December issue of *WI Life* and send it the WI Office by 14 February. Can't find your copy? You can vote by email or phone too.

NFWI will announce at the end of February which two resolutions which will go head to head at their Annual Meeting in June 2022.

Membership Advisory Committee

The Membership Advisory Committee is a trained team of WI Advisers who are always on hand to answer your queries and help with the smooth running of your WI.

WI Advisers are re-appointed on a yearly basis and we are pleased to announce our Suffolk West Advisers for 2022 are:



Maggie Glavin (MAC Chairman)



Sue Beavan



Janet Brown



Brenda Dyer



Angela Green



Julie Higgins



Jill Newell

Each Adviser is assigned to a WI and they are here to help your members and your WI collectively. Please refer to the Suffolk West Year Book for your Advisers contact details or ask your secretary or the WI Office.



SWFWI Board of Trustees

Variety is the spice of life and our Trustees try their hardest to provide you with it, but have you ever thought of something we're missing? Ever thought you could do it better?

Why not step into a Trustees shoes and sit in on one of our meetings to see if you could be part of



upcoming events

- ★ James Bond from an Architectural Point of View with Chloe Degnan

Friday 28 January | 7.30PM | Via Zoom

£5 | Book via [WI Office](#) or [Eventbrite](#)*

Pour yourself a Martini Miss Money Penny and join Chloe Degnan, a third year student of architecture, to discover how architecture influenced 007.

*Eventbrite add an 80p booking fee.

- ★ Soup & Natter | Park Farm

Friday 4 February | 12.30-2PM

£7 per member | £7.50 non member

Book via [WI Office](#)

The two soups will be Carrot and Coriander, & Courgette, Pea and Mint.

- ★ Craft & Chat | Park Farm | 10AM-12PM

28 February | 21 March | 25 April

£2 per member | Book via [WI Office](#)

- ★ Spring Wreath Workshop | Sturmer VH

Monday 28 March | 10AM-3PM

£25 per member | Book via [WI Office](#)

- ★ Federation Annual Meeting | Culford School

Thursday 7 April 2022 | 10AM

From £17 per member | Book via [WI Office](#)

- ★ NFWI Annual Meeting 2022 | Liverpool

Friday 10 - Sunday 12 June

£192pp | Book via [WI Office](#)

the team that keeps the Federation ticking. We're always looking for new faces and fresh ideas.

Meetings take place the first Tuesday of each month either at the WI Office or via Zoom.

Email office.swfwi@gmail.com for more information.

the daisy chain

LINKING TOGETHER WI MEMBERS ACROSS THE COUNTY

Moreton Hall WI It was lovely to see so many members at our January meeting. We started the evening with a glass of prosecco to welcome in the New Year, before turning out attention to the proposed Resolutions for 2022.



Our speaker was Sue Stubley from the Suffolk Hedgehog Hospital. Sue has been caring for sick and wounded hedgehogs for 14 years and is the founder of the Suffolk

Hedgehog Hospital which is funded entirely by donations. The hospital offers help, medical care, food, and accommodation to between 2 to 15 rescued hogs a day. The aim is to release the animals back into the wild as soon as they are fit and well again. Hedgehogs are endangered for various reasons. Their natural habitat has been destroyed, they are susceptible to lung worm, which is carried by slugs and snails, and they are vulnerable to climate change which disrupts their hibernation pattern. Although hedgehogs can live for eight or nine years, they rarely survive beyond

eighteen months. Sue's talk was fascinating, and we all enjoyed meeting 'Greta', one of her rescued hogs, as well as her dog 'Lottie' who definitely 'stole the show'!



Greta the Hedgehog

Our next meeting is on 2nd February 2022 at Moreton Hall Community Centre at 7.30pm when our speaker will be from Medical Detection Dogs. If you are interested in joining, please get in touch. Prospective members are always welcome, and your first meeting is free! Contact Alison on 01284 701433 or Annette on 01284 769407

Alison Shawcross, WI President

Wickhambrook WI December was a very busy month for us. We started off by holding a shopping afternoon in our WI hall. There were many colourful stalls selling cards, gift wrapping, silver jewellery, cosmetics, garden plants and wreaths as well as local honey, preserves and jams. There was the usual raffle and the chance to win a hamper full of goodies. The WI craft stall had an array of homemade gifts on offer and refreshments were available with cakes made by WI members.



Gillian mans the raffle

On the same day we also planted a Spindle tree outside our hall in preparation for the forthcoming Queen's Jubilee.

And finally we celebrated our 95th anniversary at the Bedford Lodge Hotel in Newmarket. Our institute was founded in 1926 and moved into its own hall in 1929. We hold our meetings on the second Tuesday of the month with a variety of speakers and other events throughout the year. Wickhambrook currently has 41 members including a number of new recruits.



Dorothy digs for the Jubilee tree



Wickhambrook WI with special guest SWFWI Chairman Julie Higgins

We pride ourselves on being a friendly and welcoming organisation and this recent celebration was a chance to mirror that.

Wendy Mansfield, WI Member

Melford Poppies WI Long Melford WI started in May 1918, in the last months of WW1. It was fitting therefore, that on 11 November 2021, the Long Melford WI became the Melford Poppies. Martin Richards from the British Legion, was with us for the event, teaching us how to use defibrillators and apply CPR. Of course, we had a cake, made by Sue at Tanswell's Bakery.

In December we enjoyed a meal at the Bull, where a surprise celebrity popped in to chat with us all. If you remember an advert for Campari, where Lorraine Chase was not wafted from Paradise but Luton Airport, you will recognise our visitor. Lorraine chatted about various pantomimes and told a few tales of life on stage.



Surprise guest Lorraine Chase of Campari fame

Later in the month we had our annual social evening at the Old School, where our traditional 12 Days of Christmas sing-song had all of us acting out the milking, dancing, leaping etc.

Rosey Eade, WI Member

Risby WI Stephen Spencer told us about TWAM, Tools with a Mission at the end of 2021.

This is a small charity which is dedicated to repurposing tools for the ultra-poor of the world, especially Africa. The charity has been in existence since 1984 and is supported by approximately 500 volunteers and 5 employees.

The volunteers collect unused, unloved, and unwanted tools of every description which are revitalised and revamped to furnish tool kits suitable for establishing self-sufficient trades people.

Stephen encouraged us to donate any unused old mechanical sewing and knitting machines, knitting needles, even computer leads. It was a very interesting talk from a speaker who cares about his charity.

Jean Savigar, WI Committee Member

Hundon WI Lamb, pork, prawns, wine, sherry, creme brûlée, cheesecake.... What a selection we ate at the Plough in Rede, somewhere I will definitely go again. A great celebration with our ladies, it was lovely to chat and catch up as well as eat to excess!! Fortunately I had elasticated waist trousers, phew!

But now our thoughts turn to this New Year and our first meeting of 2022 is for armchair yoga with Sally Russo our Yoga Guru.

Carol Massey, WI Member

Bury St Edmunds Afternoon We welcomed 20 members and two visitors to our December meeting where Jen Larner taught us circle dancing.

Circle dancing is folk dancing to music from all over the world danced in a circle. This can be adapted to different levels of mobility and balance so everyone could participate.

We began by getting into a big circle and under the instruction of Jen we started dancing. We soon learnt which was left and which was right and then we had to step forward and back which proved another challenge.

We then sat on chairs in a circle. We moved our feet, arms and swayed our bodies. We had to concentrate on counting how many claps and stamps we had to do. Everybody thoroughly enjoyed themselves and felt very relaxed and calm afterwards.

The committee served tea and everybody enjoyed the nibbles and a good chat. We collected our Secret Santa gift and went home feeling very contented. What a lovely way to spend an afternoon.

Many thanks must go to all our members for bringing toiletries in for the Bury St Edmunds Women's Aid Centre that filled my car boot. They were very thankful for them.

Gill Norman, WI Secretary

Name:	WI:	Email:
Tel:	Address: (for posted items)	

Event	Ticket price	No. required	Names of attendees	Other information
James Bond.... Friday 28 January 7.30PM Via Zoom	£5			Book via email or Eventbrite
Craft & Chat Monday 24 January 10AM-12PM Park Farm				CANCELLED
Soup & Natter Friday 4 February 12.30-2PM Park Farm	£7 per member £7.50 non member			Dietary requirements:
Craft & Chat Monday 28 February 10AM-12PM Park Farm	£2 per member Paid on the day			
Craft & Chat Monday 21 March 10AM-12PM Park Farm	£2 per member Paid on the day			
Spring Wreath Workshop Monday 28 March 10AM-3PM Stumer Hall	£25 per member			
Federation Annual Meeting Thursday 7 April 2022 10AM Culford School	£17 incl. tea/coffee £23 incl. lunch			Dietary requirements if opting for lunch:
Craft & Chat Monday 25 April 10AM-12PM Park Farm	£2 per member Paid on the day			
NFWI Annual Meeting 2022 10-12 June 2022 Liverpool	£192 per member			Please include email addresses

PAYMENT DETAILS (Please include a reference (i.e. name of event/item) with payment).

Total paid:	By:	BACS (See front of Hive for bank details)
		Cheque (payable to SWFWI)
		Online payment (contact the WI Office for your link)

IMPORTANT INFORMATION

- Postage prices are for individual orders only and **not** bulk orders by WIs. Contact the WI Office for larger orders.
- Tickets will be issued via email ten days before the event. Please include an address if you would like them posted.
- Ticket cancellations: If you can no longer attend an event contact the [WI Office](#) within seven days of the event. A refund is only possible if the ticket can be resold. A £2 administration fee will be charged.