



THE WI HIVE

Your monthly buzz on Suffolk West 

WI Office Information

We're here to tell you what's been happening at Suffolk West since last issue!

NFWI Annual Meeting At the end of May and blessed with sunshine, twenty-seven members set off to Cardiff for a three-day mini break.

Arriving just in time for lunch, we piled out of the coach and into The Royal Mint where we enjoyed tea, cake and a full behind the scenes tour. Amazed by what we'd seen and heard, we headed to our Premier Inn in the scenic setting of Cardiff Bay. Later that evening members relaxed in the bar, some got an early night, whilst others took a sunset stroll along the bay.

The next morning, we set off for the Annual Meeting. Only 17 of us were lucky enough to have tickets, so whilst we headed off to St David's Hall everyone else went their separate ways to explore the city - hopping on open top buses, soaking up the history of Cardiff castle and enjoying a river cruise along the Taff.

Your WI delegate will have told you about the meeting, so all we will say is it's a brilliant chance to learn how the WI continues to thrive and evolve, and enjoy inspiring talks from guest

speakers. If you have the chance, go! After the meeting we re-grouped and headed to Barry Island to unwind with ice cream.



Pat Collinson

Friday morning came too soon. It was time to pack our bags and head home, but not before stopping in Bicester where some of us day dreamed over Alexander McQueen outfits!

Next year's meeting is at the prestigious Royal Albert Hall on Wednesday 5 June, so look out for more information from us later this year!

Music in the Park We want to apologise again that we had to cancel our event with The Nightingales. All refunds are being processed as quickly as possible, please be patient and bear with us.

Rachel Hows & Rachel Sparks | Office Team

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01284 336645 | office.swfwi@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

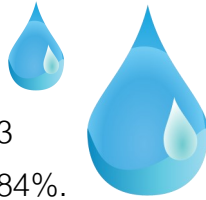


Public Affairs Campaign Corner



New campaign! Clean Rivers for People and Wildlife

The Clean Rivers for People and Wildlife resolution passed the 2023 Annual Meeting with a majority of 84%.



Our new resolution urges WI members, the wider public, local authorities and Government to make, support and promote applications for appropriate stretches of our rivers to be designated as bathing waters. Once designated as a bathing water, the Environment Agency and water companies are under a duty to test waters for bacteria levels, and to improve the condition of the waterway.

The NFWI Public Affairs team have put together the MyWI Clean Rivers hub which includes information about the resolution and ways that you can take action. [Click here](#) to find out more!

Get involved locally and have your say with the Sudbury Clean Water Initiative!

Sudbury Town Council and the River Stour Trust have joined forces and are petitioning for designated bathing water status for the River Stour between the Granary Cut in Sudbury and the Great Cornard Lock.

You can support their application by signing their petition [here](#)



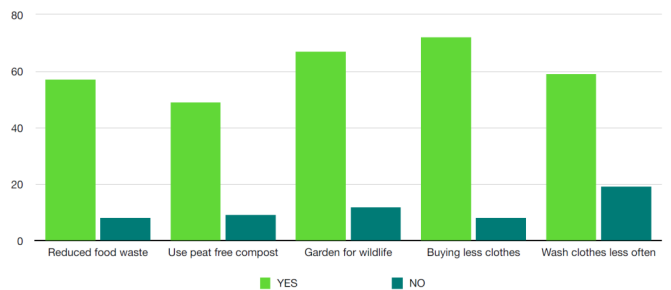
Green Actions Survey

Our Suffolk West Climate Ambassadors recently set up a Green Actions Survey.

It was completed by 93 members of the Stour and the Gainsborough WI groups.

Questions covered the following areas:

- Diet
- Gardening
- Fashion
- Recycling
- Energy consumption
- Travel



Results indicate that WI members are doing a great job with many of the green actions.

although the tricky actions, such as buying solar panels/a heat pump/an electric vehicle/ using public transport were not adopted, perhaps due to financial reasons or lack of public transport in the area.

Suffolk West Climate Ambassadors plan to follow up this survey in September with additional advice/information focused on one of the actions.

We'd like to thank: Haverhill Owls, Kedington, Hundon, Thurlow, Sturmer, Glemsford, Sudbury Gainsborough, Melford Poppies and Sudbury Sunflowers for all taking part.

Leslie Tunbridge | SW Climate Ambassador



The Creative Leisure Activities Committee recently received a heart felt thank you from My Wish charity for all the hand crafted items donated by WIs.

For many years, Suffolk West members have been knitting, sewing and crocheting items that provide comfort and support for West Suffolk patients and their families. It could be as simple as a hat to keep a prem baby warm or a bag to make transporting syringe drivers easier.

If you would like to get involved, My Wish are currently asking for the following items for the Neonatal Unit:

- ☑ Baby blankets: approx. 22" square.
IMPORTANT! The knitting or crochet must be fine enough that little fingers can not become trapped
- ☑ Cotton baby quilts: approx. 30" square.

They also need:

- ☑ Syringe Driver Bags: pattern is available from sally.daniels@wsh.nhs.uk
- ☑ Property bags: 8" x 6" drawstring bags.

Items can be delivered to the My Wish office (located inside the main entrance of West Suffolk Hospital) or posted to: My Wish, West Suffolk Hospital, Hardwick Lane, IP33 2QZ.

Thank you for your continued support!

Linda Bevan | Creative Leisure Committee



Our June **GOLDEN TICKET** winner is
Linda Gray (Chevington WI)

DENMAN UPDATE FROM NFWI

theWI
DENMAN

We know WI members have been waiting for an announcement about what is next for Denman, following the sale of the college. We have been working hard behind the scenes to develop a new model that works for our members today, a model which is inclusive, flexible, and accessible for all our members

When Denman was opened in 1948 it was innovative and filled an identified gap. In 2023 we face the same challenge to ensure the legacy lives on.

Our fundamental vision of the new model is one that offers free online education to WI members, making it more convenient and accessible for all. This means our online Denman at Home offer will continue as it is today, but with no costs for WI members!

In addition, to support the continuation of in-person education, but not fixed in one physical location, we will offer grants to federations to regionally expand the WI's educational network which can be accessed without significant travel or personal expense.

We are now completing the final stage of the Charity Commission consultation, which includes a public notice of the intention to use funds, and the details of where you can share your feedback. The proposal is that we release £2.75m of the proceeds of the sale to fund this new educational model. This will leave the remaining funds (£4 m) in permanent endowment accruing interest and ensuring a sustainable future for the Denman Trust. For further information visit:

www.thewi.org.uk/denman

EVENTS

It is essential we have your email or phone number to contact you directly about your booking. Same applies for group bookings.

To book use one of our five easy options:

- Call 01284 336645 & pay by card
- Email office.swfwi@gmail.com
- Use The Hive booking form (pg. 12)
- With Your WI Secretary at your WI meeting
- Via **eventbrite** *booking fees apply



3, 17 & 31 July | 7 & 21 Aug | 2-4PM

Subs: WI Members £5 | Non Members £9
+ £2 per session

Previous experience not necessary, learn as you play. Includes refreshments and the chance to win back your money!

Contact cassbacj@gmail.com to join.



WI Members £8 | Non members £8.50

NEW Friday 14 July | 12.30-2PM
DATE! Ham and Lentil or Spiced Parsnip

NEW Friday 4 August | 12.30-2PM
Chicken or Mushroom

CRAFT & CHAT



Monday 31 July

10AM-12PM | Park Farm Business Centre

WI Members £2 (Paid on the door)

Our craft gang meets each month.

Let the WI Office know if you'd like to attend.

Pay the £2 fee on the day!

Cromer End of the Pier Show

Friday 8 September | Cromer

10AM @ Bury Bus Station | 2.30PM Show

WI Members £47 | Non Members £49

**last
few
tickets**

Cromer End of the Pier Show is the only end of pier show in the world! Don't miss out!

Tickets on sale until 21 July!



Monday 11 September | 10AM-12PM

Park Farm Business Centre | £30 pp

Molten Wonky are back with a fantastic fused glass workshop! Create a sun catcher using different types of glass. Starting with a paper design, a clear glass template is laid over your image which you decorate with glass fragments, rods, confetti and glitter. Each piece will be fired and available to collect at a later date. Tickets on sale until 24 August!



Friday 29 September | 7-10PM
Moreton Hall Community Centre
£15 per person

*Rally up the cleverest clogs you know
for our Federation Quiz Night!*

Everyone one is welcome to join in, and
enjoy a fish and chip (or chicken/vegetarian)
supper. The bar will also be open!

Maximum of six per team (must include one WI
member per team).

Don't forget to order your food when you book!

don't
miss
this!

Photo Frame Workshop

Friday 20 October | 10AM -1 PM

Park Farm Business Centre

WI Members £17

Join Janet Brown to create a
custom made fabric A4
photo frame.



There will be a choice of ways to decorate
your calico based frame - choose from
stamping, stencilling or adding
embellishments. All craft materials will be
provided, but if you have decorations you
wish to use then please bring them along.

Holkham by Candlelight

Monday 4 December | Norfolk

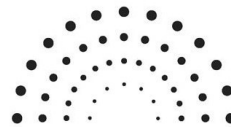
10AM @ Bury Bus Station

WI Members £49 | Non Members £51

To add your name to the waiting list contact

office.swfwi@gmail.com

just one
ticket
left!!



THEATRE
ROYAL
BURY ST EDMUNDS

Snow White Pantomime 2023

The Events Team are
thinking of booking
tickets to the panto in
January 2023. **Are you interested?** If
you are email office.swfwi@gmail.com

Walsham-le-Willows
Open Gardens
AUGUST BANK HOLIDAY SUNDAY & MONDAY



Walsham Open Gardens 27th & 28th August

11AM - 5.30PM

£8 per person. U16s Free.

Group discount available

The Gardens weekend is a long established
successful event. In addition to 40 open
gardens, with a minibus to help you round if
you are beginning to feel weary, there will be a
flower festival and art exhibition in the Church
and also a Village Market.

Refreshments will be available as well as BBQ.
Walsham le Willows WI have been a key part of
the event over the years and they will be rolling
up their sleeves again this year, so call in and
you might well meet some familiar faces!

Walsham Weekend has a lovely atmosphere
helped by the brass bands playing, the bells
ringing, the Morris Dancers dancing and the
streets and gardens full of folk having a jolly
time!

For more information contact John Stebbing
(Open Gardens Trust Secretary) 01359 259061
or visit www.walsham-le-willows.org



Editor's Note

We love your reports but we're now getting so many we could dedicate The Hive to them, so we're trying something new with The Daisy Chain. We'd like WIs to send in a photo with just a 50 word description of what you got up to.

To be featured send your content to office.swfwi@gmail.com by the 19 July.

Hundon WI Our June meeting was an afternoon visit to **Ashdon Museum**. Curated by Glen Miller, who started collecting objects as a young schoolboy and built up quite a collection over the years. By 1995 it was decided the collection should be safeguarded for the future and became Ashdon Village Museum.

From the moment you step inside you are transported back in time. Each exhibit tells a story and we all recognised items that parents or grandparents had owned!

Top of my list of displays had to be memorabilia from Ashdon WI, formed in 1918. It included a membership card, programmes, badges, a tablecloth to mark the 1953 Coronation and an exquisitely embroidered verse of Jerusalem. A photograph of an outing to the coast by Charabanc, which became an annual event in 1926, leaves no doubt in my mind that the ladies of Ashdon WI knew how to have a good time!!



Ashdon WI Display

Tricia Ager | WI Programme & Media

Horringer & Ickworth WI What a fascinating evening we had with beachcomber **Kate** from **Beach Bonkers**.

We learned how lucky we are with the wealth of material to be found on our Suffolk beaches, Orford Ness in particular, being one of only five rare shingle beaches in Europe - so, very special. Best time to hunt is in Winter, when the beach is quiet and high tides bring in the treasures, Kate reminding us of items we could take as keepsakes and those best left to provide food and shelter for other marine animals.

From the wealth of her collection we were able to handle a mermaids' purse and whelk eggs as well as a whale ear, shark's teeth (surprisingly small), sea poppy, sea cabbage root and, Kate's favourite, a porpoise vertebrae. But the most awe-inspiring was a fossilised sea sponge which was 80 million years old! More soberingly she showed us examples of plastic found on our beaches together with photos of the pitiful damage inflicted on marine wildlife by this. Such an energetic, enthusiastic and inspiring speaker - shame she is soon to retire to pursue her other ecological interests.

Carolyn Brown | WI President

Moreton Hall WI We were so lucky that **Mary Newton** was able to step in at the last minute for our June meeting. You may remember an article about Mary in the April edition of WI Life. Mary was a London-based forensic pathologist for forty years. She worked on some very high-profile cases that you may have heard of, such as the murder of Stephen Lawrence and the Night Stalker attacks. Her riveting talk entitled **'Blood, Sweat and Fears'** covered a variety of topics such as the power of DNA profiling and blood pattern analysis.


Contrary to public perception, Mary assured us that forensic science is not a male dominated profession. Women are well represented and successful in the field because they tend to be tenacious and meticulous – both qualities that make for good forensic scientists. By the end of the evening, she had certainly proved the point. Her talk was absolutely fascinating, and I suspect that most of us will never look at Sellotape in the same way!

Alison Shawcross | WI President

Jill Gooch | Suffolk West Trustee

I have two special friends that I am thankful for,
 Every day they jump over the fence and come
 knocking at my door,
 They say give us some corn & some peanuts too,
 You don't need to vacuum because we will do it
 for you.
 What a joy to have friends like these,
 Who know I am lonely and they want to please,
 I'm just so lucky to have so many furry friends,
 Thank you all for not letting me go round the bend.

Rickinghall WI Our June meeting speaker was **Sarah Clark** from **Suffolk Recycling**. Suffolk Recycling deal with our domestic waste as well as the eleven recycling centres across Suffolk.

 **Suffolk recycles** Sarah told us what can and can't be recycled in our home recycling bins and the importance of washing containers so any left over contents don't contaminate paper, cardboard etc and make them non-recyclable.

We also learnt that waste from our black bins is not sent to landfill but instead sent to giant furnaces where it is burnt, and the contents from our brown bins is turned into compost.

Larger items can be recycled at local recycling centres. You can find a full list of items here www.suffolkrecycling.org.uk and if you require assistance unloading this can also be arranged.

Bury St Edmunds' recycling centre has a Re-use shop where you can donate items suitable to be re-sold. These will be tested and cleaned before being put on sale. It's also the ideal place to grab a bargain! The money raised goes to the Benjamin Foundation which provided emotional wellbeing support for children and young people.

Sarah finished her talk with a quiz about recycling which was won after a tie-break question by Jackie Arnold.

In May we recommenced our Tea and Chats at the new café in Botesdale. Our June session was held at Wortham Tea Room, when again we enjoyed a lively chat over tea and cakes.

Rosemary Setterfield | WI President

Wickhambrook WI Making the most of the warm summer evening, this month we threw open the doors and took the meeting outside. We were treated to a fabulous high energy demonstration from the **Bury St Edmunds Green Dragon Morris dancers** who are celebrating their 30th anniversary this year. With bells and rags, sticks and accordions, drums and flutes – the troupe shared some of their favourite original dances with us accompanied by some toe tapping beats! Between songs we learnt about the history of the Morris, this group's specific style and the emergence of young teams featuring many talented young women.



Bury St Edmunds Green Dragon Morris Dancers

The Green Dragons follow the Border style, first developed in the England / Wales border region, famous for its individual style, tattered jackets and painted faces (originating from the dancers needing to disguise their identity from their employers whilst dancing for money in pubs!).

After watching the professionals, they drew members into a few dances – armed with sticks and bells we hopped, threw our sticks in the air, encircled each other and danced as the sun set. It was a fun evening, lots of laughing, thankfully no stick related accidents!

Mitch Karunaratne | WI Secretary

Risby WI have been very busy recently - we **planted a tree** on Risby Village Green in memory of HM Queen Elizabeth II, visited **Yum Yum Tree Fudge** factory and tried out **Singing for Relaxation** with **Stephen Amer**.

Helen Hillier, specialist in garden design, gave us a very entertaining talk in June about designing an herbaceous border. Helen shared her planning tips: thinking about shaded and sunny areas, how to draw a scaled plan, and considering the height and colour, width and development of plants. She also demonstrated propagating dahlias, mint and salvias.

We're now looking forward to Afternoon Tea at **Ivy & Bond**, a trip on the **River Stour** to the **Henny Swan** for lunch as well as our **Open Evening** which you are all invited to!

Marilyn Lidster | WI President



Hilly Ridge
ALPACAS

Risby WI Open Meeting

Thursday 13 July | 7.30PM

Risby Village Hall IP28 6RT

£3 per person

Hilly Ridge Alpacas (along with two furry friends) are coming to Risby WI to tell us how they started an Alpaca farm in Suffolk!

Refreshments & quiz included.

Booking in advance 📧 risbywi.secretary@gmail.com
essential. Contact 📞 Marilyn: 07786 794130

Risby WI



Rougham Ravers *We have until now been very quiet as Suffolk West's newest WI. Established 2019, we're now finding our feet so we thought we'd share a poem inspired by our last meeting.*

In dear Rougham's charming realm,
Where countryside finds eternal helm,
A group of ladies, bold and bright,
Set out on foot, their spirits alight.

In floral frocks and sensible shoes,
The Women's Institute crew did choose,
To wander through meadows and fields,
Sharing laughter, stories, and secrets revealed.

With hats adorned, wide-brimmed and grand,
They strolled together, hand in hand,
Their chatter echoed through the air,
A joyful symphony, beyond compare.

Past hedgerows and ancient oaks,
With every step, new tales awoke,
Of cakes baked to perfection's delight,
Or knitting triumphs, created by twilight.

Oh, Pam Ayres, she would surely smile,
As these ladies walked, mile after mile,
Their cheeks flush with the sun's warm embrace,
And hearts brimming with kindness and grace.

They paused at a brook, glistening and clear,
Their reflections dancing, devoid of fear,
For in friendship's embrace, they found solace true,
A bond unbroken, like morning's dew.

And as they trekked on, their spirits revived,
Not a hill too steep, nor a stride contrived,
With each passing moment, the landscape unfurled,
Unveiling the treasures of Rougham's world.

For this merry band of women so wise,

Carried strength within, like a secret disguise,
They proved that age is just but a number,
When united in love & boundless in slumber.

So let us raise a toast, to
the ladies so fair,
Of the Women's Institute,
a story to share,
In Rougham's embrace,
they found their bliss,
Forever cherished, their
memory won't dismiss.



Debbie Hockey | WI President

Pakenham WI **Andy Mason** from **Suffolk Accident Rescue Service** stepped in last minute for our June meeting.

Former GP Andy explained how SARS receive no Government funding and no-one is paid, so they rely on donations, giving talks and selling their products to fund training and equipment.

We are lucky to have three defibrillators in Pakenham and he explained how many lives had been saved by using them as quickly as possible – even by minutes.

Andy explained and covered the subject so brilliantly and passionately and made our WI more determined to have first aid and defib training.

Pat Addington | WI President

Drinkstone WI Our speaker this month was **John Reed** about **Women in the War**.

John is an amateur historian with an avid interest in the First and Second World War. In his spare time he is a volunteer at Duxford Imperial War Museum.

He told us how women were involved in World War I but how things were very different in the Second World War when women played a vital part in the fight for victory in a variety of roles; the land army, Observer Corps, hospitals and even top secret roles, all whilst raising their families.

John enhanced his talk with some wonderful old photos to tell the stories of the women's lives.

Sharon Rose | WI Secretary



Flowers from the Garden

Flower Arranging Demo by Helen Hillier

Horringer Court WI Open Meeting

Tuesday 5 September | 7.30PM

Westbury Community Centre IP33 3JG

£5 per person. Pay on the door.

Spend an evening with our WI and discover inexpensive ways to arrange flowers from your garden. Plus the chance to win Helen's flower arrangement!

Tea and cake included.

Chevington WI Our June speaker was **Lindsey Barrell** aka **Ms Cherry Bombe**. We anticipated that her talk entitled **Burlesque, Me and the WI** would be good, but it exceeded all our expectations.



Ms Cherry Bombe and Co. in action!

Lindsey and her two troupe members entered the hall resplendent in their Burlesque costumes causing a bit of a gasp from a few ladies. Lindsey then went on to give us a very entertaining talk on her journey leading to taking up Burlesque. She moved down to Essex from County Durham after her first marriage. Having two children who were both into all kinds of sport and activities she, like many young mums found herself living her life as a "taxi driver" with no real time to do anything for herself. After trying several different activities, she found a link to Burlesque – and the rest is history.

In the meantime, she helped set up a new WI in Chelmsford (they meet in the Cathedral because they have such a large membership) and she is currently their President. A very busy lady!

Shirley Rogers | WI President

Shimpling & Alpheton WI Steph Eady received a floral gift from her fellow WI friends when she stepped down from being the President of Shimpling and Alpheton WI.

Steph has been a member since 1982 and has been President several times. She has been a guiding star, especially during the pandemic, when she emailed everybody on a regular basis encouraging us to keep in touch with each other. Steph can now relax and enjoy life in the WI ranks again!

Jean Trehame | WI Committee

Great Ashfield & Badwell Ash WI After seeing a recent news report, we are supporting the **Love Grace Handbag Appeal**.

Grace Millane was tragically murdered whilst travelling in New Zealand in 2018. Grace loved a handbag, and in her name her family started collecting handbags and filling them with items for women in need at local refuges. What started as a target of 50, has reached over 12,000.



GABA Committee with their WI's efforts!

We have collected 32 bags, and Carole Rose who had the initial idea has kindly offered to take them to the collection point in Essex.

Kate Sadler | WI Secretary

Sudbury Sunflowers Last month we held our Coronation themed Annual Meeting. The Jetty was decked out in red, white and blue flags, and our speaker was Tanya from **MyWISH charity**. Members had been beavering away at Craft Group and presented Tanya with nearly 100 beautiful finger puppets for children receiving treatment at the hospital.

We also had a Royal themed finger puppet competition. Brenda Balls was the winner with her King Charles III finger puppet! Brenda is on a winning streak as she won the competition at our 2022 garden party for best decorated dolly peg of a guardsman complete with sentry box. Maybe she will make it a "hat trick" with the tallest sunflower, our competition for this year's garden party! We will keep you posted!

Pauline Hatch | WI Secretary

'Flowers in Harmony'
Flower Festival
All Saints' Church
August 12-13th Sat/Sun
11am - 4pm

Donations gratefully accepted.
 All proceeds go to the Church & WI.

There will be refreshments, tombola
 Cake & plant stalls, raffle, crafts
 And more!

STANTON

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

EVENT	PRICE	NO.	NAME & EMAIL	IMPORTANT INFO
Soup & Natter Friday 14 July 12.30-2PM Park Farm	Members £8 Non Member £8.50			Dietary Requirements:
Craft & Chat Monday 31 July 10-12PM Park Farm	Members £2 (pay on the door)			
Soup & Natter Friday 4 August 12.30-2PM Park Farm	Members £8 Non Member £8.50			Dietary Requirements:
Cromer End of the Pier Show Friday 8 September 10AM Bury Bus Station	Members £47 Non Members £49			
Molten Wonky: Fused Glass Monday 11 September 10-12PM Park Farm	£30 per person			
Federation Quiz Night Friday 29 September 7-10PM Moreton Hall CC	£15 per person			<input type="checkbox"/> Fish & Chips <input type="checkbox"/> Sausage & Chips <input type="checkbox"/> Vegetarian & Chips
Photo Frame Workshop Friday 20 October 10AM-1PM Park Farm	Members £17			
Holkham Hall by Candlelight Monday 4 December 10AM Bury Bus Station	Members £49 Non Members £51			

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

Total: £	By:	BACS (See the front page for details)	Cheque (payable to SWFWI)
		Pay over the phone (Call the WI Office 01284 336645)	