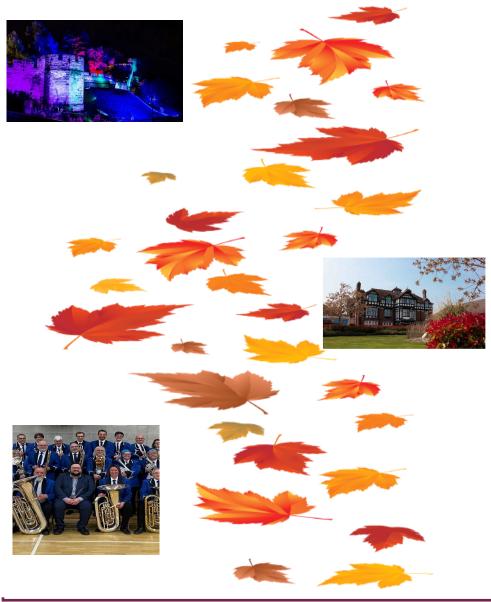


# Leicestershire & Rutland County News

October 2025 Issue 524



There is so much to enjoy through Autumn and Winter!

#### October

**Thomas Cook Walks** 

**Autumn Lunch** 

**Speakers Showcase** 

Synagogue Visit

#### **November**

Autumn Dabble Day

Warwick Castle and Light Trail

#### December

**Christmas Celebrations** 

Let us know what you'd like to attend and we will try and organise it



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#### Leicestershire & Rutland Federation of Women's Institutes

incorporated in England and Wales as a Company limited by Guarantee No. 02769771 Charity Reg No. 1016 766

WI House, 135 Loughborough Road, Leicester, LE4 5LQ

Tel: 0116 2661342 Email: wihouse@lrfwi.org
Opening hours: Mon-Wed 9.30am—2.30pm

www.leicestershire-and-rutland.thewi.org.uk or scan QR code

Find us on Facebook: Leicestershire & Rutland Federation of WIs





## From the Board—Exciting news for our Federation!



We're thrilled to share some wonderful news with our members—our Federation has been successful in securing a Denman Grant!

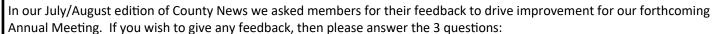
This funding will allow us to run a series of First Aid sessions, covering both physical and mental health, across the Federation. These sessions will be open to all our WIs free of charge and are directly linked to this year's Mandate, "Bystanders will be Lifesavers."

The aim is to give our members practical skills and confidence to step in when needed, whether that's providing life-saving first aid or supporting someone through a mental health crisis.

As a Federation, we are delighted to support our members in gaining these valuable skills. Venues and timings are currently being finalised, with sessions commencing from March 2026—so please watch this space for more details coming soon. Together, we can turn bystanders into lifesavers!

Also this month WI House has had a big garden clean up and members can now enjoy the garden, and members are very welcome to visit WI House during opening times to have a look around and enjoy a cup of tea and a sit in the garden (if weather permits)!

We will absolutely do our best to meet your needs so do keep calling the office or feel free to speak to me directly on any concerns.



- 1. On a scale of 0 to 10, how likely are you to attend next year's ACM? (0 = extremely unlikely, 10 = extremely likely)
- 2. What are the main reasons for the score you gave?
- 3. Is there anything we could improve to make you more likely to attend in the future?

If you wish to respond, please send any replies by email to wihouse@Irfwi.org by 30th September 2025. If you also wish to be entered into the prize draw, please give your name and WI and you could win a free ticket for the 2026 Annual Meeting.

### From the House



WI House is used for many events for members from craft workshops to training sessions. Most committee meetings are held here as well. The entrance halls and walls have pictures displaying the many talents of our members.

You can look through our archive of Yearbooks dating back from 1919 and County News from 1978.

You may be aware of the bricks that were made by every WI in Leicestershire & Rutland to celebrate the National WI's 75th anniversary. Each institute made a brick to represent what they thought their WI stood for and these have been made into a wall hanging, this is in the upstairs meeting room at WI house. Markets also took part in this and there is a



separate wall hanging for markets.

WI House has a large upstairs conference room which seats 20 people comfortably and has a kitchen adjacent, the other two smaller rooms, each seat 10-12 people, one has an adjacent kitchen.









At WI House we are now only receiving post twice a week, so please bear this in mind when sending anything by post (ie booking forms, cheques, etc), and also that the WI Office is closed from Thursday to Sunday. If you have any queries regarding this and if you think anything you have sent in has not been processed, please do get in touch with our Finance Department—finance@lrfwi.org

## **Membership Committee**

The LRFWI Membership Committee is responsible for assisting WIs with any help they require. I hope you find the following items useful. Mandy Cutler, Membership Committee Chair.

Thanks to WIs for participating in the constitution review process; this feedback helped to shape the final revised document. Also, thank you to all WI link delegates who attended the NFWI Companies Act Meeting on 4th June 2025, casting their votes on the proposals.

The new version of our WI Constitution is likely to be with us for the next 8 to 10 years, so I have completed a summary of the changes that have been incorporated. The **full summary of 11 changes** that I have produced can be found on the LRFWI website under **Federation & WI Information**, then Running a WI; just click on this link: https://leicestershire-and-rutland.thewi.org.uk/federation-downloads

What I have included here is a selection of these changes, as follows:

	Explanation
15 – 17 Membership of multiple Women's Insti- tutes	The term 'dual members' is no longer used as it does not reflect the fact that a woman can be a member of more than two Women's Institutes. So, the new term is 'multi-member'.
	A multi-member can sit on the committee of any/ all of her WIs and may hold any role on those committees. No need for a byelaw.
	A multi-member can vote on all matters within all her WIs including national matters such as Public Affairs resolutions.
	The only restriction for multi-members is that they can only be appointed as a WI link delegate for their primary WI, i.e. they cannot represent their additional WIs.
18 – 20 Subscriptions	WIs can set the WI portion of the subscription up to the upper limit set by NFWI.
	Members of multiple WIs pay:
	The WI portion of the subscription for <u>each</u> WI that they are a member of.
	The Federation and National Federation portion of the subscription for her Primary WI only.
21 - 24 Role and number of Committee Members	The minimum number of committee members remains at 3, with no upper limit.
	The total number of co-opted committee members must form less than 1/3 of the number of elected committee members.

More details on the Update on the Constitution can also be found in September's edition of WI Life Magazine (pages 37 & 39).

With autumn Annual Meetings on the horizon, just a reminder that there is a comprehensive guide to running your Annual Meeting on My WI. This can be found under Running your WI, Guide to running meetings. Please click on the following link: <a href="https://mywi.thewi.org.uk/running-your-wi/guide-to-running-meetings/wi-annual-meetings">https://mywi.thewi.org.uk/running-your-wi/guide-to-running-meetings/wi-annual-meetings</a>. The Annual Meeting is a chance to review the previous year's programme of activities and plan for the future. Our constitution requires all WIs to have their accounts independently examined annually in readiness for presentation to and adoption by members at the Annual Meeting. Staff at WI House allocate Independent Financial Advisers to WIs.

If your WI is having any issues and you need help, please get in touch with the Membership Committee. Contact information on page 16 of the LRFWI Yearbook.

#### **Arts & Crafts Committee**



#### Talented Crocheters create special flag

A team of talented crocheters in Market Harborough have created a giant St George's flag to support the England Women's Rugby team during the world cup. It features hundreds of red roses crocheted by members of the Crochet and Chat community group based in Market Harborough and ran by Clare Farquhar, Chair of the LRFWI Arts & Crafts Committee. The England team, known as the "Red Roses", are also supported by the NFWI. The flag has been placed above the en-

trance to the Market Hall in St Mary's place and a competition is to be run to guess the number of roses on it, to support the LOROS Hospice.

If any other WIs are supporting the Red Roses please do let us know and send in any photos –

email: WIHouse@Irfwi.org

Following on from the success of our Spring Dabble Day committee members are getting ready for the Autumn Dabble Day on November 8th.

Look out for the Flyer for more information

## **Annual Meeting Competitions 2026**

## Federation Art Trophy 2026 Inspired by sports



Entrants should submit a painting in any two-dimensional drawing or painting medium. The actual artwork shall not exceed A3 (42.0 x 29.7 cm) in size – the mount and/or frame is not included in these measurements.

The picture **MUST** have fittings suitable for hanging.

Your painting should be at WI House no later than Thursday 5th February 2026 for judging.

The paintings will be displayed at the Annual Meeting on Saturday 28th March 2026 with safe transportation and insured during travel.

## The Edith Buckley Poetry Competition 2026



## In memory of Edith Buckley, a Founder Member of Blackfordby WI

#### "It made me laugh"

As a friend of the late Edith Buckley, I know that Edith had a great sense of humour so for a complete change this year we can have some fun.

Our competition this year is to use any poetic form to bring some laughter to our competition. **In not more than 150 words** tell the story (fact or fiction) of an incident that made you laugh.

The closing date is Thursday 19<sup>th</sup> February 2026.

The winner will be presented with the Edith Buckley Trophy Cup at the Annual Meeting on Saturday 28th March 2026, where the entries will be displayed.

(more details and entry form are available on the flyer)

## **Event Flyers**

Fundraising Committee event **Croft Silver Band Concert** 



Friday 26th September 2025

7pm for 7.30pm start Birstall Social Club, 16-18 Wanlip Lane, Leicester LE4 4JS

£10 per person

Art & Crafts event Hardanger Embroidery Workshop



Saturday 27th September 2025

WI House, 135 Loughborough Road, Leicester, LE4 5LQ. 10am – 3pm

£25 per person
A packed lunch is required. Tea and coffee will be provided

Leisure Committee event **Warwick Castle & Light Trail** 



Wednesday 26th November 2025 Pick up at Oakham Bus Station at 12pm

Pick up at Federation House at 12.30pm Pick up at Three Pots, Burbage at 1pm

Return from Warwick Castle at 7pm £55 per person (open to friends and family) Alvaston Hall, Cheshire—Holiday



**19th January—23rd January 2026**Four nights accommodation, dinner, bed & breakfast. Drinks included, porterage, two excursions and return executive coach travel.

£399 pp (£50 single supplement–limited singles available)

Secretaries/Treasurers—Don't leave your booking until the closing date. You can add to the booking by phone at a later date if further members want to attend.

If you want to book as an individual, use the booking form on our website under: Federation Downloads

—email the form to wihouse@lrfwi.org or call 0116 2661342

If you want to book with your WI, contact your Secretary or Treasurer

## **Monthly Draw**

Our monthly draw winners will be informed by letter and announced on our Facebook page:

1st Prize £25—12— Anne Allison, Groby

2nd Prize £15—105— Jane Hall, Shearsby & Arnesby

3rd Prize £10—3— Sheila Meredith, Shearsby & Arnesby

Thank you to all of the members who have supported the Federation by buying a Monthly Draw ticket!





## **Calendar of Events 2025**

## September 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
22	23	24	25	26 Croft Silver Band Concert	27 Hardanger Workshop	28
29	30 Closing date for ACM Survey					

## October 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23 Speaker Showcase	24	25	26 Autumn Lunch
27	28 Thomas Cook Walk	29 Thomas Cook Walk & Synagogue Visit	30 Thomas Cook Walk	31		

## November 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Thomas Cook Walk	2
3	4 PAT Testing	$oldsymbol{5}$ PAT Testing	6	7	8 Dabble Day	9
10	11	12	13	14	15	16
<i>17</i>	18	19	20	21	22	23
24	25	26 Warwick Castle	27	28	29	30

## Recipe—Spiced Apple Butter Bars

These are a delicious sweet treat and a great way to use up a big glut of apples - particularly the apple butter, which is delicious on ice cream, cakes, toast and much more. It will reduce a lot of apples down so you could make an extra large batch to keep in the fridge.

#### For the apple butter:

- A selection of apples, around 1kg (any kind)
- 150g brown sugar
- 2 tsp cinnamon
- ½ teaspoon cloves
- ½ teaspoon allspice
- 250ml water
- Juice and zest of a lemon

Pinch of salt

#### For the bars:

- 3 apples, cored and sliced
- 250g oats
- 100g brown sugar
- 100g butter or margarine (you can also swap this for peanut butter)

100g apple butter

#### Method:

- 1. Starting with the apple butter: core, peel and slice the 1kg of apples and add to a saucepan with all the other ingredients for the butter. Bring to a boil and leave on a gentle simmer on a low heat for several hours, until the apples have broken down completely and gone a deep brown colour. This could take 3-4 hours. If you have a slow cooker, this works well overnight on a low heat.
- 2. Once the apple butter is ready, leave aside to cool.
- 3. For the bars: preheat your oven to 180°C and greaser and line a square brownie tin or baking tray with greaseproof paper.
- 4. In a large bowl, mix the oats, butter (or butter alternative) and sugar in a bowl and mix thoroughly.
- 5. Take about  $\frac{2}{3}$  of the oat mixture and press into the brownie tin in a layer around 2cm thick.
- 6. Spread the apple butter on top of the base and lay the apple slices on top.
- 7. Sprinkle the final 1/3 of the oat mixture on top, but don't press it in.
- 8. Place in the oven and bake for around 20-25 minutes, or until the topping has gone a soft golden brown
- 9. When cooked, remove from the oven and either allow to cool or enjoy when still warm, sliced into squares.

If any WI Members have any special recipes that they would like to share, please email the recipe to WI House and we can publicise it in the next County News.



## **Around the Counties**

#### Leire

Our summer outing was to the Nagarjuna Buddhist Meditation Centre at Thornby Hall, Northamptonshire.

We had a very relaxing day that gave us a brief insight into the teachings of Buddha followed by an enlightening meditation session.

A fascinating tour and talk about the history of Thornby Hall with its hidden secrets, led us back into the dining room for a delicious two course lunch.

The woodland walks around the extensive grounds were a delight

offering views of the Northamptonshire countryside.





#### Hathern



In August Julie Young from the HEARTWIZE charity came along to talk about what we can do in the event if someone has a cardiac arrest.

We learnt some very important facts about how to help, with Julie giving an overview of the work Heartwize does and also details of how to carry out CPR and use an AED

(defibrillator). Julie is very supportive of the WI and our resolution 'Bystanders can be Lifesavers' campaign. Heartwize aims to get as many people as possible to actively be a BYSTANDER who is also a LIFESAVER. This initial visit can be followed by full training at a later date.

There is no charge for any of the Heartwize briefings or tuition,

although donations are very welcome. If you are interested in inviting Julie to your meeting please log on to <a href="mailto:heartwize@heartwize.com">heartwize@heartwize.com</a> for further information.



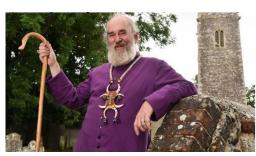
#### **New Barkby**

As the speaker did not turn up, but sent his apologies during a phone call, members gained extra social time and listened to plans arranged for the next few months to celebrate the Institute's 100<sup>th</sup> year since being founded.

Recently, an afternoon tea was organised by President, Shirley Franklin and committee members. This was preceded by Karen from Whitwick, accompanied by her husband Dave. They provided a power-point presentation of Karen's art work, using sea glass, collected from several shore lines around the country. Afterwards, members and former members enjoyed the delicious sandwiches and cakes, and the opportunity to catch up on various news and information with friends. A very pleasant afternoon, appreciated by all who attended the event.

#### Ratby

We were pleased to greet Bishop Peter Fox to our August meeting, his claim to fame is that he is the only Bishop in the magic circle.



It was a wonderful evening covering the history of magic and kept us entertained with many magical tricks interjected, wowing the ladies. The evening finished of with refreshments and full agreement that the evening had been a roaring success with plans to invite Bishop Fox back for one of our evening meetings next year.

#### **Woodhouse Eaves**

At our August meeting, we welcomed Jo Golby, who spoke about life as a lady's maid in the early twentieth century. She illustrated her talk through the story of



Lady Mary Curzon, an American heiress who married George Curzon in 1895. Mary chose Violet, a London dressmaker, as her maid, training her in France to meet aristocratic expectations. As lady's maid, Violet's duties included caring for Mary's clothes, styling elaborate hairstyles, and helping with frequent outfit changes. She enjoyed privileges such as her own room, better food, and the chance to repurpose Mary's cast-off gowns. Jo



ended by demonstrating the "language of the fan," once used for discreet social communication. The evening concluded with thanks for her engaging talk.

#### **Oakham**

At our July meeting, we heard from Tracey Akehurst, also known as the drunken botanist. Tracey was an excellent speaker who delivered a fascinating talk about the herbs, flowers, and fruits that we have transformed into alcohol over the centuries and the history associated with the different drinks.

In August, following our previous visit to the cathedral, a group returned, this time to visit the stained glass museum, where we enjoyed a guided tour of this beautiful museum.

We saw examples of glass from medieval times, right up to very modern pieces, before visiting the shop where many lovely items were purchased and then having lunch and a chat at the Almonry cafe.



## **Around the Counties**

#### Coleorton

In July our speaker was Dave Andrews a former BBC employee who gave a very amusing and entertaining talk on 100+ years of Auntie the history of BBC radio and TV. BBC TV was live on air in 1936. He told us of the massive part the BBC played in informing and entertaining in the war, the origins of the home service and the light programme. In 1946 Woman's Hour was introduced and we all found it amusing that was suggested by a man for "a particular sort of intelligent woman" and was also initially presented by a man. That as we know did not last long! We enjoyed reminiscing over childhood programmes.

Our August meeting in keeping with our tradition was not a meeting as such but a luncheon which this year was held at Willesley Golf club. This was a very well attended event and members enjoyed a delicious three course lunch.

A highlight of the event was the presentation of a cup won at Ashby show to one of our talented creative members Helen who had won first prize at the Ashby show for a crocheted sea creature.





#### **Springbrook & Scraptoft**

We decided to use our £50 recruitment grant to have an extra meeting in August with Pimms on the Patio and strawberries and cream. We promoted the event at the church fete in July making posters to advertise what we do. We had seven new ladies attend the meeting where we shared favourite recipes and life hacks, the sun came out and everyone agreed it was an enjoyable and successful event.





#### **Wigston Magna**

We chose our September meeting to be an "Open Evening". Fourteen woman came along and some said they were interested in joining. Our talk was "What is Vintage Fashion" by Katie Wilkins. She explained what vintage means and brought in a rail



of vintage clothing and told us the age and stories behind each item. Her interesting and informative presentation covered the 1920s to the 1960s, and at the end we got to look up close and handle the clothes she brought in.

#### Burbage

During 2025 Burbage WI have enjoyed many speakers ranging from a Japanese food demonstration, hearing about 100 Years of Auntie (the BBC), a talk on Passions Potions and Poisons, a visit from the local Fire Service and a talk from Leicestershire Women's Aid, who have been adopted as their charity. To celebrate their 85<sup>th</sup> birthday in August they visited The Buttercream tearoom in Hinckley for a celebratory cream tea. The food was delicious and



everyone had an enjoyable afternoon.



#### Nailstone

We had some success at Ashby Show in July. Our Handicraft exhibit on the theme of 'Summer' took the trophy for first place in the section, as well as the Millennium Bowl for Best Presentation. Hilary swept the board in the Cookery section with four first places and it was a Nailstone 1,2,3 in the Gooseberry Jelly.

We held an Open Meeting for our July Pudding Evening Social with several guests attending. We enjoyed delicious puddings and bubbly and a challenging quiz.

We all enjoyed our annual summer trip in August to Forge Mill Needle Museum and Baddesley Clinton. Who knew there were so many different kinds of needles?

Seven of us also had a very enjoyable evening at the Federation Pétanque Evening.



#### **Astill Lodge**

For the past few months we have been gathering together hygiene products ready to give to Fran from the Lutterworth Hygiene Bank when she came to our August meeting. Let me just say I am glad she has a large car. But on a more serious note we all felt that giving someone their dignity in being able to keep themselves, their clothes and their homes clean when circumstances overcome them is often overlooked. It was quite sobering to stop for a moment and think 'what would I do, or how would I feel, if I had no deodorant, or washing powder, or washing up liquid'. If anyone is interested in making a donation themselves their facebook page has lots of information and a list of drop off points round the county.

https://www.facebook.com/.../Lutterworth-Hygiene-Bank.../



## **Around the Counties**

#### Glenfield

Several members joined up with Glenfield Park WI for a boat trip from Loughborough and had a thoroughly good day out. During July's social afternoon meeting we invited Karen Hunter to give us a demonstration in CPR and the use of a defibrillator. She managed to make a serious subject entertaining as well as informative and we all enjoyed the afternoon.



We welcomed the return visit of Richard Warren who spoke about 'Death in the Garden' He gave an informative and often amusing talk about toxic plants found both in the UK and abroad. The bulbs of the common bluebell for example are a source of styptic. Styptic pencils have for many years been a first aid product found in bathrooms and used for slowing the bleeding from a razor cut. Richard

mentioned many more plants and their toxic properties during his talk. However, he also pointed out that some of these plants could also be used by experienced herbalists to cure or at least alleviate certain medical conditions.

#### **Quorn Afternoon**

Our speaker Kerry Evans a florist said she would show us some easy arrangements with supermarket flowers and everyday containers. She certainly managed to do that.

She advised when was the best time to buy flowers and how to prepare and look after them. She worked expertly to make several arrangements which looked fabulous.

An especially unusual one was made using a pair of children's green Wellingtons as the container. The flowers were large sunflowers and mostly foliage. The result was stunning.

#### **Kirby Muxloe**

Ginette Brookes of Silver Swans told us about ballet and her history of ballet classes from the age of 4 to training as a teacher of dance and ballet. This led her to teaching children to adults and over 55's - The Silver Swans. Ginette encouraged us to think about our posture as a way to promote our health. We are all capable of dancing even if we had never done ballet before. Ginette proved it by getting us up off our seats and taking us through some ballet exercises to some beautiful music. Of course, we were all very serene and elegant. It was a delightful evening.





#### **Newbold Vernon**

We were delighted to welcome everyone to our Fashion show in August. Our models showed off the varied collection of clothes from high street brands to autumn season Italian collections. We were then invited to try on any of the clothes from the many racks on display and ladies were very happy with their purchases. Then we followed this up with refreshments and social time.





#### **Broughton Astley**

We had a very glamorous evening in August with our guest Gurtej Mathuru, designer of Indo Western bridal and evening wear, and his colleague Alberto. Gurtej showed a presentation of his second collection from 2019 of the most beautiful gowns in stunningly rich colours.

All his gowns are completely hand sewn. We then broke into groups each with a mannequin, a length of material, pins and scissors with the challenge of making our own gowns. It was great fun with impressive results! During lockdown, as Gurtej was unable to complete his commissions, he took the time to work on alternative more avant garde designs and has subsequently expanded into designing for drag and burlesque artistes. In the image the red gown on the left is one of his drag designs, the

jacket was designed by Alberto and the dress on the right is from Gurtej's bridal collection, red being the traditional colour for Indian weddings.





News to WI House by email: fedsec@lrfwi.org or post to arrive by the FIRST of the preceding month

Make sure to include the name of your WI with your article

Please try to keep Around the Counties articles to 120 words and 2 photos so we can include as many as possible and save paper, ink and postage costs.

Articles may be edited.

County News will be emailed, posted on Wednesday of the third full week of the month.

## **Advertisements**



#### **Volunteers Needed:**

Could you spare a couple of hours a week and have some experience of formatting images or documents? If so would you like to volunteer to help with County News?

Please get in contact with WI House to find out more. Thank you!

#### **MARTIN TIBBLES**

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## **Glenfield Country Market**



Glenfield Country Market is held every Friday from 9am to 11am at St Peter's Church Hall, Glenfield. They have an array of homeproduced goods, including cakes, pies, chocolates, knitted and sewn goods, jewellery,

cards and plants. Also their fabulous kitchen is open, offering hot refreshments and even bacon rolls (or butties or cobs!).

Current members of Leicestershire and Rutland Country Markets would love there to be more markets, so if anyone you know has a flair for baking, crafting or growing (they don't have to be a member of WI), they don't have to hold a market each week or weekday but regular market means that customers know when to come more easily.

More information can be found by emailing Susan at <a href="mailto:glenfieldmarket@gmail.com">glenfieldmarket@gmail.com</a> or Linda at <a href="mailto:linda.countrymarkets@google.com">linda.countrymarkets@google.com</a>, or why not pop along to Glenfield to have a chat.





## Start Learning Today—via the WI Learning Hub

No matter who you are or where you're starting from, learning has the power to open doors, build confidence and spark new passions. The WI Learning Hub is a friendly, inclusive space designed to support you at every step, whether you're looking to try something new, grow a skill, or simply enjoy learning at your own pace. With a wide range of engaging, flexible courses, there's something there for everyone. So, take a look around, find what inspires you, and start your learning journey today.

There is a mixture of live courses, recorded courses, a learning library and even a WI roles area.

learninghub@thewi.org.uk

