

## Gardens—What to plant and do in Spring!



Once the soil is warm enough, you can start planting potatoes and onions and sowing hardy vegetables, including broad beans, cabbages, carrots, radishes, lettuce, rocket and spinach.

March and April are good months to plant perennials, sow hardy annuals such as marigolds, and plant summer-flowering bulbs, including lilies and gladioli. Prepare your beds in late May by removing weeds and digging and raking the soil to a fine tilth.

Want to create more plants for free? As daffodils and other spring bulbs die back, start dividing crowded clumps to spread them out for next year.

Garden volunteers at work on the Wimpole Estate, Cambridgeshire | © National Trust Images/Mike Hodgson

Rising temperatures accelerate growth in borders and vegetable beds, so it's important to keep on top of weeds with regular hoeing.

You can also mulch your borders in early spring, provided the soil is moist, to help prevent weeds.

Prune hydrangeas in March. Look for a set of healthy strong buds and cut the old flower heads back to just above them.

For mature or congested plants, take out some of the older growth to encourage them to reshoot from the base.

Take care not to disturb nesting birds and always check carefully before pruning hedges or shrubs.

When you tidy and cut back winter growth in spring, remember it may be home to insects and amphibians, or even a hibernating hedgehog. Join the growing trend of leaving all or parts of your lawn uncut for a few weeks at a time. This will allow clover, daisies and other lawn species to flower, providing nectar and pollen for bees and other pollinating insects.

*With thanks to the National Trust for this article.*

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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**

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**Opening hours: Mon-Thurs 9.30am—1.30pm**

[www.leicestershire-and-rutland.thewi.org.uk](http://www.leicestershire-and-rutland.thewi.org.uk) or scan QR code

Find us on Facebook: Leicestershire & Rutland Federation of WIs



## From the Board



The Federation's **Holiday Destination for the Year** will be announced during our upcoming **Annual Council Meeting (ACM)**. We hope to share more exciting details with you at this event, and we look forward to discussing the trip and how you can get involved in what promises to be a fantastic experience. Keep an eye out for more information during the ACM!

We are excited to announce that, through the support of our members, the **NFWI Lottery** has raised **£53.60** over the past 5 months for the Federation. This contribution goes a long way in supporting the continued activities and programmes of our Federation, enabling us to offer valuable services to all our members. Thank you to all who have participated and contributed.

### Looking Forward to 2025

As we embrace the challenges and opportunities of the year ahead, let's stay inspired by our shared mission: to create stronger, more connected communities of women. We have an exciting year ahead, with new opportunities for growth, learning, and making a real impact in our communities.

Thank you all for your ongoing support, and I look forward to seeing you at the **Annual Council Meeting** and in the months to come.

### Denman Grant

We are ready to apply for a Denman grant at the end of this year which we will use to provide free courses for WIs. We have developed a good application so will let you know if we are successful as soon as we can.

## From the House

# OFFICE HOURS



Opening hours change! **AMENDED FROM LAST EDITION**

From 31st March WI House will change its opening hours to Mon-Weds 9.30-2.30. This will keep costs down and provide a later time to come in.

### Message from Sandra Woodward, Federation Secretary

It is with a heavy heart I have decided to move on from the role of Federation Secretary and have accepted a new position. My last day will be Thurs 3<sup>rd</sup> April.

**Thank you**

I started back in November 2022. The work has been varied and enjoyable, and of course challenging at times. I am so grateful for the opportunity to have worked for LRFWI.

Thank you for your dedication, your support, and I will miss WI House and all the lovely conversations with all WI Members.

Thanks again for your kindness and inspiration.

*Sandra Woodward*



## Finance & House Management Committee

### Timeline for WI Treasurers

As we all know, timely and efficient management of our finances is key to keeping the Women’s Institute running smoothly and supporting the many activities that enrich our communities. To help WI Treasurers stay on top of their responsibilities, we’ve put together a handy **timeline of activities** to ensure all financial tasks are completed in a timely manner throughout the year:

Month	Activity	Deadline/Notes
January	Payment of Subs (50% of full subs) from new members (Oct-Dec Qtr 3)	Pay Subs by 31 Jan
February	Request for IFE from Federation	Request by 31 May
March	Last chance for Donation for Charity of the Year	Make a donation by 31 Mar
April	Payment of Subs (25% of full subs) from new members (Jan-Mar Qtr 4)	Pay Subs by 30 Apr
	Payment of Subs (100% of full subs) from all members for the year	Pay Subs by 30 Apr
	Payment of Pooling of Fares and Insurance from all members	Pay by 30 Apr
	Complete Gift Aid Declaration for any new members	Submit Gift Aid forms by 30 Apr
May	Return Bulb Order Forms with payment to WI House	Return and pay by 31 May
July	Payment of Subs (100% of full subs) from new members (Apr-Jun Qtr 1)	Pay Subs by 31 Jul
August	Federation End of Year Accounts	Submit by 31 Aug
October	Payment of Subs (75% of full subs) from new members (Jul-Sep Qtr 2)	Pay Subs by 31 Oct
November	Return the Annual Report and WI Financial Statement to WI House	Return by 30 Nov
December	Return the Annual Report and WI Financial Statement to WI House	Return by 31 Dec

MCS should be updated through the year and subs should be paid when you have them—don’t wait, just send what you have.

This timeline will ensure that all activities are carried out in a timely manner, helping WI Treasurers stay organised and avoid missing important deadlines. It’s important to stay on top of these tasks to keep everything running smoothly.

### Subs

It’s coming up to the time of year when the Subs become due. Subs are due as of 1<sup>st</sup> April. If you can get your Subs to your Treasurer. Some Treasurers like BACs, others like cash or cheques and how much you pay of the WI Share is up to your committee. Treasurers—don’t wait till you have all your Subs in please send what you have received by the middle of May to Federation as we need to send on to NFWI their share by the end of May. Looking forward to another year with the WI.

Mary Hobbs Treasurer





## Membership Committee

WI Advisers are members just like you, who have been **appointed by the federation** to fulfil this role. As a WI Adviser you would help to establish new WIs and help existing WIs to grow by promoting membership, providing advice, and running training sessions.

The certificated training for this role has been streamlined – so it's all online on the WI Training Hub and there are 7 modules. You can complete the modules at your own pace and you do not have to complete all the training in one sitting. Why not take a look?

<https://learninghub.thewi.org.uk/book-wi-adviser-training/>

In addition to this training, those new to the role will spend time shadowing existing WI Advisers within the federation, including observing monthly Membership Committee Meetings - when WI Advisers get together to discuss business and share best practice.

Experience being a WI committee member is useful, as well as basic IT skills.

Why not contribute to the success of LRFWI and beyond?

**Want to know more?**

**Come and visit us on our stall at the ACM on Saturday 29<sup>th</sup> March**, where there will be information about the WI Adviser role and training. We'll be happy to chat and answer any questions.

You can also go to: <https://mywi.thewi.org.uk/federation-team/federation-positions/wi-advisers>

Email me at: [mandycutler@lrfwi.org](mailto:mandycutler@lrfwi.org) or phone 07724 124094.

## Leisure Committee

April is one of the most joyful months of the year in the garden and with the days getting longer and warmer it feels as if the year is gaining momentum. If you're like me, you'll be looking forward to getting out in the garden and dreaming up ideas for your summer flower beds. If you're looking for some inspiration or haven't got a garden, why not join us at Leicester Botanical Gardens or Cossington Open Garden. There will be beautiful trees and flowers to enjoy. These will fire your imagination and motivate you to try something new and different.

Further details can be found in the What's on section or on the Event flyer.

## Arts and Crafts Committee

We would love to hear from you.



## Resolution Shortlist Selection Results

2024/25 resolutions		Selections received to date	Percentages*
1	<b>Bystanders Can Be Lifesavers</b>	<b>32,667</b>	<b>36.2%</b>
2	<b>Eliminate landfill of medication packaging</b>	20,844	23.1%
3	<b>Join the repair revolution</b>	10,633	11.8%
4	<b>Let's talk about incontinence</b>	26,168	29%
<b>Total selections received</b>		<b>90312</b>	

This year over 90,000 selections were cast.

The NFWI Board of Trustees has agreed to put forward the top (one) resolution to the Annual Meeting in June. The wording of the resolution is as follows:

### **Bystanders Can be Lifesavers**

*There are over 30,000 out of hospital cardiac arrests a year in the UK and less than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation (CPR) and defibrillating can more than double the chances of survival. We call on WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help to improve access to defibrillators in their communities to give every person the best chance of surviving a cardiac arrest.*

### **Next steps – voting**

WIs should now consider how they wish their delegate to vote on the resolution at the NFWI Annual Meeting on 4 June 2025. All WIs get one vote on the resolution – for or against.

WIs may choose to give their link delegate discretion to decide how to vote after hearing the speakers and the debate at the Annual Meeting. Please ensure your WI makes it clear to your link delegate whether or not you are granting her discretion.

Federation Representatives and WI link delegates will cast their votes electronically via Electionbuddy during the relevant voting sessions. Further details and how to access the voting links will be shared in the lead up to the event. No votes may be cast before or after the meeting.

WIs and federations are also encouraged to hold discussion events to allow members to consider how they wish their delegate to vote. The NFWI will also be hosting a discussion event. Please see below for further details.

**You will shortly find a selection of resources to help you learn more about the resolution on [My WI](https://www.mywi.thewi.org.uk/public-affairs-and-campaigns/resolutions) ([www.mywi.thewi.org.uk/public-affairs-and-campaigns/resolutions](https://www.mywi.thewi.org.uk/public-affairs-and-campaigns/resolutions))**

Detailed briefing notes about the resolution

A PowerPoint presentation on the topic

A quiz to test your knowledge

A Frequently Asked Questions (FAQs) document about the resolutions process

A discussion guide with ideas about how to discuss the resolution in your WI

### **NFWI Resolution Webinar**

To support members in learning more about the resolution that will be voted upon at the Annual Meeting, the NFWI will be hosting a webinar on **Tuesday 22 April 2025 at 12noon**. We are currently finalising the arrangements for the event so will be in touch again with full details.

## Quiz

### IN NEPTUNE'S KINGDOM QUIZ 2025

Another extremely popular quiz with 94 entries returned. Out of these, though, just 2 were all correct and the first of these drawn at random belonged to long time quizzier Jill of Groby WI who has received her £25 prize - well done Jill!

If you sent an SAE or gave an email address with your entry, your paper or the answers have been returned to you. Do remember that even if you don't complete your quiz sheet, it's always worth sending it in to me with an email address or an SAE because that way I will always respond with the answers after the closing date. You should send it in anyway with a £1 coin attached if you are on my Subscribers' list of course.

Here are the answers:

1. SEA URCHIN; 2. SHARK; 3. PLAICE; 4. WHALE; 5. SQUID; 6. BLADDERWRACK;
7. PLANKTON; 8. ORCA; 9. PRAWNS; 10. HERMIT CRAB; 11. MUSSELS; 12. DRIFTWOOD; 13. ICEBERG; 14. STURGEON;
15. HAMMERHEAD; 16. BELUGA; 17. MERMAID;
18. STINGRAY; 19. SWORDFISH; 20. BUOYS; 21. RED MULLET; 22. OYSTER;
23. FLYING FISH; 24. KELP; 25. SPIDER CRAB; 26. NARWHALS; 27. SEA BASS;
28. SURF; 29. FLOUNDER; 30. COD; 31. PORPOISE; 32. WRECK; 33. SEA HORSE;
34. HUMPBACK; 35. TREASURE; 36. COCKLES; 37. BARNACLE; 38. WAVES; 39. DOVER SOLE; 40. TURBOT; 41. MANATEE; 42. \*DOG FISH; 43. SPONGE; 44. CONCH;
45. STARFISH; 46. JELLYFISH; 47. NETS; 48. LAMPREY; 49. GREAT WHITE SHARK; 50. SALT.

\*Clue 42. A Sailor's best friend? (7) was the clue which came back with the most wrong answers, many of you putting BOWLINE. I think because many of you simply googled my clue which comes up with something like: "the Bowline knot is a sailor's best friend...". So, here's a helpful hint for my future quizzes - it's no good googling my clues because I never ever download my clues from Google, DuckDuckGo, Bing, Yahoo or any other such search engines, all of them are created within the deep recesses of my little grey cells (and yes, I know, I should get out more).

Neptune's quiz made a superb £224 for County Funds, so thank you loyal quizzers for your support. My next quiz: "Hit the Road!" will be launched at the ACM on 29<sup>th</sup> March at Leicester Grammar School, and I shall be sending out Subscriber List copies just before or after that same date. The closing date for this one will be 6<sup>th</sup> June. If you'd like to go on to my Subscribers' list, just send me an email via WI House, headed up: "Quiz Subscribers", and I'll tell you how it works. Additionally, if you are down at WI House, you can always pick up a copy in Reception and put a £1 in the jar.

Love and best wishes as ever to all you quizzers and quiz sellers out there, I couldn't do it without your continuing support.

Sue Lobb



## What's On?\*

Sat 29 <sup>th</sup> March	ACM	Leicester Grammar School	£16
Wed 2nd April	Treasurer Training	WI House	£5—1 space
Sat 5th April	Officer Training	WI House	FREE
Sat 5th April	Spring Dabble Day	Peatling Parva	£20
Tue 8th April	Treasure Hunt	Market Harborough	£9 FULL**
Thurs 24th April	Speakers Showcase	Scraptoft	£5
Sat 26th April	Beginners Embroidery	WI House	£25
Wed 30th April	Resolutions Briefing	WI House	£5 —1 space
Wed 7th May	Gurdwara Faith Visit	Leicester	£10
Sat 10th May	Spring Lunch	Devonshire Place	£32
Thu 15th May	Open Garden & Cream Tea	Cossington	£16
Sat 17th May	VE Day Celebration	TBC	TBC
Wed 18th June	Bletchley Park Visit	Bletchley	£45 FULL
Sat 28th June	Stumpwork Workshop	WI House	£40 for both
& Sat 5th July	* final details on What's On are to be confirmed by the Board **further dates to follow		

## Family Favourite Recipe

### MARS BAR CAKE

3 large Mars Bars

2 oz Butter

2 oz Rice Krispies

Large Bar Dark Chocolate

Cut Mars Bars into small pieces, place into microwave safe bowl with the butter, put into microwave on high for 2 minutes, stir to make sure that everything is melted. Stir in Rice Krispies, mix well. Press into greased and lined dish/container approximately 9" x 9" or equivalent.

Place in fridge to set.

Break up chocolate and place into microwave safe bowl, put into microwave on high for 1 minute, stir to make sure that it is melted, spread melted chocolate over other ingredients, and put back into fridge to set for at least 30 minutes, tip out onto chopping board and cut into slices, enjoy.



## Monthly Draw

**Congratulations to our Monthly Draw winners!**

**1st Prize £25— Anne Allison, Groby**

**2nd Prize £15— Philippa Brown, Groby**

**3rd Prize £10— Brenda Parcell, Ullesthorpe**

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





### OFFICER TRAINING AND IT



Saturday 5<sup>th</sup> April  
Officer Training 11am – 1  
pm £5 per ticket  
Online Support Session  
1.30pm-2.45pm. FREE

### SPRING DABBLE DAY



Peatling Parva Village Hall,  
LE17 5PY  
Cost: £20 to include all materials  
10am – 3pm

### SPEAKERS' SHOWCASE

Thursday 24<sup>th</sup> April 2025



Goodwood Bowls Club  
8A Crofters Drive, LE5 2FH  
6.30 For 7pm (prompt) – 9pm  
£5 per person

### Scottish Dancing Taster



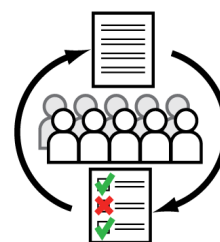
Wednesday 16<sup>th</sup> April 2025  
7pm £5 Per Person  
Open to All

### Gurdwara Visit



Wednesday 7<sup>th</sup> May 2025  
10.30am -12.30pm  
£10 to include refreshments

### Resolution Briefing Meetings



Wednesday 30<sup>th</sup> April 2025  
2pm & 7pm  
WI House  
£5 per 2 members per WI

**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](mailto:wihouse@lrfwi.org) or call 0116 2661342



## Around the Counties

### Burbage

At our February meeting we were treated to a very interesting evening thanks to the fascinating talk about Japan and demonstration of Sushi making by Yuko Dixon. Two ladies, Pat Wood and Sherryll Eady volunteered to make a sushi alongside Yuko. It was fascinating to watch the intricate and painstaking process of producing the delicacy. It was emphasised that the rice had to be sticky and hands needed frequent washing to ensure that they were just damp enough to work the rice without sticking to their hands. Pat and Sherryll were excellent pupils under Yuko's guidance and members enjoyed sampling their efforts at the end of the demonstration.



### Earl Shilton Evening

Our new craft group has opened up to other WIs in our area. We meet at the Stute on Station Rd Earl Shilton every other Wednesday 10am - 12pm. £4.00 a session in blocks of four and includes all materials.



### Oakham

We had another busy month with walks, a coffee morning, the book club and history group as well as our monthly meeting where we heard from Mike Burton about the history of Rockingham Castle. Some members benefitted from a training session from Heartwise, in line with the proposed resolution "Bystanders can be lifesavers". In addition 12 members travelled by train to Ely where we had an interesting and informative tour of the beautiful Ely Cathedral. After a good lunch in the Almonry we returned to the castle to see the Clothed in Glory exhibition, a unique exhibition showcasing a wide variety of embroidery techniques and styles of ecclesiastical vestments.



### Whissendine

It is fast becoming a tradition that January is our quiz meeting which follows the format set by Richard Osman and is called Rosie and Caroline's House of Games. We were in teams of four and battled our way through eight rounds of sometimes baffling questions, often getting the giggles. The winning team was the Codebreakers consisting of Sarah, Margaret, Erika and Jacqui, closely followed by the Famous Four. The Quizzers of Oz and Oer came third and finally Bucks Fizz. Well done to Rosie and Caroline for all their hard work in setting the quiz but next time no geography questions please!

February saw the welcome return of Jed Jaggard, this time not dressed as a Roman but talking about Antarctica, the journey south. He took us through the history of exploration there with some fascinating facts accompanied by photos on screen, one a 'selfie' of the five men on the ill-fated Scott expedition. He then went on to talk about Earnest Shackleton and I have to own up to getting quite excited at this point. My great grandmother's cousin was Frank Wild, Shackleton's right hand man and a close friend of my grandad, Wild was the one who was left in charge on Elephant Island when Shackleton sailed off to get help. Jed also had some interesting photos of more recent activity in Antarctica.

Jed is so enthusiastic and knowledgeable, this is the third time we have had him as a speaker and the first time he has not been dressed in costume or uniform! Now I want to know what else he's got up his sleeve!



First photo is of Jed showing a photo of Frank Wild



Jed and his wife who camped overnight in Antarctica

### Woodhouse Eaves

In February we were treated to a fact-filled presentation entitled "Know Your Oats" by our very own member, Jane Futcher. After enjoying some delicious flapjacks that Jane had made earlier members tried to answer an oat-based quiz. Jane explained the different ways the raw oats, known as groats, are processed before we buy them.

Mankind has been eating oats for a long time – over 30,000 years! This date derives from a stone pestle found in Grotta Paglicci in Southern Italy. The starchy residue on the surface was found to be oats which hunter-gatherers had ground to make flour. Research has shown that eating oats can lower cholesterol, improve digestion and control the level of sugar in the blood. It helps sustain energy levels and weight management and is gluten-free. High in protein, oats contain antioxidants, essential minerals and B vitamins. Many nutritionists class it a super-food! Jane stressed the importance of including oats as part of a balanced diet and not adding too much sugar to oats when using them in recipes.

Members said that adding oats to crumble toppings and soaking them overnight to make a cold porridge for breakfast were among their favourite recipes.

Nowadays oats may be included in skin treatments to moisturise, exfoliate and reduce inflammation. So that we could test the efficacy of oats in beauty products, Jane presented each WI member with a face mask pack that she had made using oats, dried milk and lavender.

All members agreed it had been a very informative and entertaining evening. Thank you, Jane!

# Around the Counties

## Glenfield



Our speaker this month was John Noble, who gave a lively and entertaining talk about his experiences as a postman. We were surprised to learn that letters posted in the Leicester area are first sent to Northampton for sorting, before being returned here for delivery. John related several amusing anecdotes relating to his job, including his

experiences with pet dogs and the variety of advertising leaflets which are often delivered alongside letters these days. He walks over five miles every day come rain or shine but obviously enjoys his job and appreciates the added health benefits of regular daily exercise! Following on from our speaker, we enjoyed a pleasant social time with the opportunity to purchase preloved books and jigsaw puzzles.

## Coleorton

Our February meeting was held in the Beaumont Centre. Our three speakers were in role and through their stories we found out much about the lives of two of the inmates Mary and Sarah and also the workhouse pioneer Rev John Becher. We heard about their lives and how they ended up in the workhouse and what became of them. It was certainly living history and hearing about how it was the last resort for many and a life saver for some was very interesting as was the fact that the workhouse at Southwell was a prototype for the Victorian workhouse system.



## Leire

Ballet was the theme for our recent meeting, when we welcomed Ginnette Brookes, dance teacher and founder of her company GB Dance which provides dance exercises, tap, party and event classes, care home classes and more.

Ginnette talked briefly about the history of ballet and her introduction to dance as a young child, with her first performance dressed as a duckling.. She went on to gain a licence to teach classes for "Silver Swans" which is an international programme created by The Royal Academy Of Dance for those mainly over the age of 55 as a warm up exercise.

We concluded with a group photo and everyone enjoyed the evening.



Ginnette holds Silver Swans classes at AgeUK and Narborough where no previous ballet experience is required.



Our monthly competition was won by Lynette with a beautiful tapestry of a ballerina she had completed during the covid lockdown and we also presented the trophy for the highest points gained in 2024 for our monthly competitions which was won by Margaret Perry and to top it all, we had 2 new members.

## Groby

Our Christmas meal was at Groby Club. Edith James catering did a wonderful job with table decorations and absolutely delicious food. Ailsa Jelley amused us with a poem about eating food, not on plates, but on wooden or slate slabs. It was hilarious and so true, I really hate that particular fad in some pubs or restaurants!



Our speaker for the February meeting was Alan Parker talking about the ambulance response to the Kegworth air crash in 1989. At that time Alan was the boss of the Leicestershire Ambulance and Paramedic Service when air travel was considered to be the safest form of travel.

Alan said that 'disasters are incidents that create casualties substantially in excess of the capacity of local health care'. As part of the Ambulance Service response there were 181 personnel, 14 officers, 75 vehicles plus control and liaison staff involved in the rescue. Within two and a half hours of the crash 76 of the seriously injured had been taken to Derby City Hospital or Queens Medical Centre. Helicopters taking the injured to Leicester Royal Infirmary (which did not have a helipad) had to land in Nelson Mandela Park and then use ambulance transport to the hospital. I'm sure most of us will remember the actual event but Alan's talk gave a remarkable insight into the tragedy.

## Groby

In January we enjoyed a cream tea at the Langton Greenhouse Restaurant. Over a good old chat, we partook of various sandwiches, scones cream and Jam and assorted cakes. All accompanied with copious amounts of tea or coffee.



In February there was an interesting and informative talk by Yvette Viner on making Natural Skin Care Soaps. Yvette had been a travel representative for Travelsphere for many years and suffered badly with Eczema. She had heard of hand made soaps and thought she would give it a try. The results were wonderful within about two weeks the skin condition had gone. Yvette did say the everyone was different and this perhaps wouldn't work for some, but it certainly worked for her.



She distributed basic recipe sheets to everyone, which told how to go about the making of soap. It's quite a complicated process and certain elements have to be carefully undertaken, but in the end you have your hand made soap and lotions to which you can add your own ingredients and fragrances to suit.

Yvette's Products were on sale and members were able to purchase them with a 10% discount given to the institute.





# Around the Counties

## Broughton Astley

Phil Jesson gave our February meeting a very detailed presentation on "Modern Slavery". Criminal gangs entrap the most vulnerable people, including trafficking them into the UK, into working as slave labour in the most inhumane conditions, often imprisoning them with no hope of escape.

Phil urged us to be more curious about the things we buy. You can Google "slavery free *chocolate*" for example to find the most ethical brands and on the website [www.slaveryfootprint.org](http://www.slaveryfootprint.org) you can do a 'consumer survey' type questionnaire to find out if modern slavery is involved in the things you buy. The "Ethical Consumer" magazine is also very informative. It was a very thought-provoking evening.

Our competition for a "heart in any medium" brought in lots of very attractive entries, with Cheryl winning first place.



A group of members put up a really eye-catching green hearts display in the village centre and our library for #ShowtheLove month, illustrating the issues threatening our planet and how to successfully recycle from home.

## Market Harborough

The team from Manor Walk Wellness in Market Harborough came to talk to us about different areas of health and holistic treatments. Laura, the co-owner and massage therapist, talked us through some of the benefits of massage. Mary, the acupuncturist, talked us through how acupuncture works and the types of illnesses and conditions that can be treated. Tracey, the co-owner and Aesthetics nurse, chatted to us about the different face treatments that promote skin rejuvenation. Iwona the Beauty therapist talked us through the various treatments she offers and kindly gave us a sample of free face and eye cream. Jo, the hypnotherapist, explained to us how hypnotherapy works and Sarah, the naturopathic nutritionist advised on the importance of a good diet for our wellbeing.

We also welcomed Karen from Kamala Kinesiology. Karen explained to us the many areas of Kinesiology and how this approach supports both the physical and emotional wellbeing.

One of the recurring themes from all practitioners was the importance of ensuring we drink plenty of clean water, with proper hydration being essential for all bodily functions and organs to work but also for healthy skin and mental alertness. A simple tip that many of us decided we would act upon!

## Bitteswell

We enjoyed a lovely afternoon at Forget-me-Not in Lutterworth for a glass fusion workshop, hosted by Rachel Dean from Crafty Business. Rachel explained the different types of glass available to use, the processes to follow, how to safely cut the glass and the changes that occur when the glass goes in her kiln. Members went on to make their own suncatcher under Rachel's guidance. As the photo shows, very different designs.



February meeting "From fleece to finish" - Angela Dewes gave a very informative talk about the sustainable process she undertakes from shearing her sheep, preparing the fleece before hand washing and hand spinning it into skeins before producing hats, gloves and socks.

Angela has recently planted a bed of natural dye flowers to use in the dyeing process to expand the selection of colours available. More natural colours are requested by local spinners and crafters. Using the wool in this way also adds value to the fleece. Angela also showed us how to spin the wool.

## Glenfield Park

We welcomed Ginette Brookes to our latest meeting to talk about Silver Swans. An intriguing title you say. Is it a new breed of swan? All was revealed when Ginette explained that she is a dance teacher and it is a ballet class for over 55's set up by the Royal Academy of Dance with its strongest supporter being Angela Rippon. She always wanted to be a dance teacher. Then, shock, horror! she said now we'll all learn a little ballet. First hands and arms. Fortunately with everyone taking part we didn't feel silly or embarrassed. Then feet and legs. and wow we then stood up and put it all together. Some more successfully than others I must admit. Enjoyable as it was I won't be a silver swan any time soon. I have all the grace of an elephant.. Perhaps that's a bit harsh..... on elephants!



News to **WI House** by email: [fedsec@lrfwi.org](mailto: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

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 Office 01536605365

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 Kettering NN16 8RS

**Please note that the Country Markets Registered Office is now**

Dunston House

Sheepbridge Works

Dunston Road, Chesterfield S41 9QD

Any queries on Country Markets please contact our Federation representative

susanwoollard@lrfwi.org

## MARTIN TIBBLES

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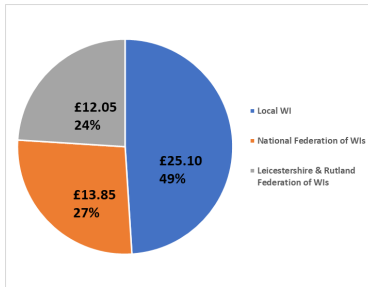
# Subscriptions

## SUBS REMINDER

Subscriptions rates are set by the NFWI Board of Trustees each year and your fee supports the running of the 3 tiers of the WI – National (NFWI), the Leicestershire and Rutland Federation and your WI.

Total subscription	WI share	Federation share	NFWI share
<b>£51.00</b>	£25.10	£12.05	£13.85

WIs can apply the **flexibility policy** to the WI share of the subscription.



**Dual members** will pay the WI portion only to their second WI. If the WI is not utilising the flexibility policy, this will be £25.10.

**Payments** will be due from members in **April 2025**.

## What does my membership include?

- A welcoming place to make friends and participate in activities.
- 8 issues of WI Life magazine
- Monthly NFWI newsletter on email.
- 11 meetings.
- The opportunity to involve yourself in exciting local and national campaigns.
- Bespoke member only events held virtually and at venues around the country.
- Member's book of discount offers.
- Training opportunities such as becoming a WI Adviser or Climate Ambassador.
- The option to be a WI committee member, a federation trustee and/or an NFWI trustee.
- Access to My WI.
- WI Learning Hub, with access to many free courses.
- The opportunity to meet like-minded women from different backgrounds.
- A place for self-expression – each WI is unique and shaped by its members.

## Officers' Training on Saturday 5<sup>th</sup> April at WI House.

Separate sessions for WI Secretaries and Presidents in the morning 11am – 1pm.  
 Plus an afternoon 'tech' session to make secretary life easier online! 1.30pm onwards.  
 Morning sessions. Open to new officers and those wanting a refresher.  
 A separate session for Presidents and a separate session for Secretaries, on the same date. Each morning session will be lead by a WI Adviser, who will answer all your questions and take you through the key aspects of the role.

There's a small charge of £5 **per WI** for the **morning sessions**, which may be paid for from WI funds, to include tea/coffee.