



SURREY WI NEWS

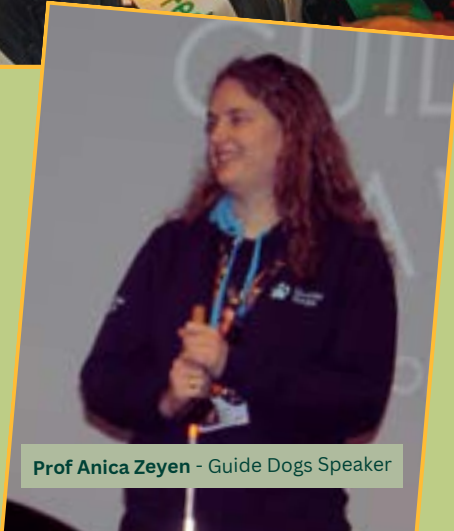
APRIL 2024



SFWI ANNUAL COUNCIL MEETING Report Inside



Dr Jane Manley
Guide Dogs Speaker



Prof Anica Zeyen - Guide Dogs Speaker



Body language expert - Judi James

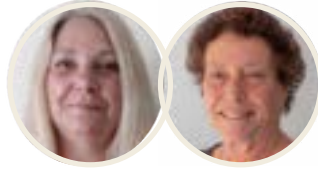


Rhythm of Life Community Choir

ALSO INSIDE:
World Autism Day
Foodwise report



Co-chairs' Welcome



It was so good to see so many of you at the Annual Council Meeting. We have enjoyed reading your feedback forms, outlining those things you liked against those you didn't like. More on this next month.

We do hope the winners of the Bursary Prizes enjoy their courses.

The teams have worked hard to bring to you new courses for new skills, new activities and learning opportunities, alongside the Resolution and Campaigns. We are looking to see how many of you sign up to join in the various activities and the feedback to judge whether we have the range correct. We hope you have looked at courses on the learning Hub. I still find it exciting that so much information can be brought into our homes. Have you thought about inviting your WI friends in for coffee and watching a course/talk together?

The London walks are back by popular demand. Was it the link with Gin that drew us to London? The Croquet Day also returns in August. We are trying a new sport this year – indoor bowling. One of our WI's is working with their local Rugby Club to enable them to work together for mutual benefit by using the club to enjoy Pilates and other exercise classes. This can only be a good thing - have your members approached their local Rugby Club? This co operation is under the banner of England Rugby and the WI on the NFWI website.

We are getting many more compliments about the new style SWIN, but we are still seeking your opinions to improve it still further.

Jill Mulryan, Co-Chair, Surrey Federation

As we head into April, a year has passed since Jill and I became Co Chairs of the Federation. It has been a year of change, mainly unavoidable but none-the-less, exciting. I thoroughly enjoyed speaking to so many of you, the members, at the Annual Council Meeting last month. Hearing concerns about your WIs and any changes, as well as the excitement of many new members attending their first Federation Meeting. The thrill they felt at being surrounded by so many other 'WI Members' from across the Federation was contagious.

I had a few 'minor supporting roles' during body coach Judi James' talk and I hope that those who attended felt that I played the part of a 'shy person attending a meeting for the first time' very well! We have also recruited one of our speakers, Jane Manley to our Federation 'Equality, Diversity and Inclusion team' which will be of huge benefit to our Federation, bringing new skills to the team.

I would like to thank Hilary Brooks and Shirley Wood for their time and support as they leave the Trustee Team, and welcome Christine Grove and Dorinda Brittle. However, I would also like to thank all of you that help to make your own WI run and continue, small acts by all members maintain a healthy WI and the power of women working together should not be underestimated. As we go into a new Subscription Year, I hope that you all enjoy being together in your WIs, working together to have fun meetings and activities and learning new things together and from each other. It was so lovely to see so many of you on the 18th in Dorking.

Thank you for attending.

Angie Leach, Co-Chair, Surrey Federation

HOW TO GET IN TOUCH

Surrey Federation of WIs
6 Paris Parklands,
Railton Road,
Guildford,
Surrey, GU2 9JX

The office is open from 8am to 4pm Mon-Fri.

info@surreyfedwi.org.uk
01483 233230

www.surreyfedwi.org.uk

Follow us:



FEDERATION SECRETARY

Karen Whitehead
secretary@surreyfedwi.org.uk



SURREY WI NEWS

Editor: Ruth Bolton
Over To You: Sandra Fine



Proof Readers:

Georgina Wagner, Sandra Fine, Jill Mulryan, Hilary Brooks, Jan Jenner

surreywinews@surreyfedwi.org.uk

PHOTOGRAPHS

Please attach your photos to emails rather than paste in the body of your email.

The permission of the photographer and those appearing in photographs submitted for publication in Surrey WI News must be obtained as they may be used for publicity purposes and on social media, including our website. If you do not want your photograph used in this way, please mark it 'For use in SWIN only'.

ACM Report

by Dorinda Brittle

The sun was shining in Dorking, and banners were flying as Surrey Federation of WIs welcomed its members to the 106th Annual Council meeting at the Dorking Halls. We took our seats and settled in for the ACM business reports with Co-Chairs Jill and Angie followed by Treasurer Sheena and learned among other things that Surrey WI members increased in numbers last year, for the first time since Covid. Despite this increase in numbers, around a third of Surrey WIs were not represented at this year's meeting.

The morning speakers Dr Jane Manley and Professor Anica Zeyen spoke about guide dogs and how the dogs have helped their lives over the past 10 plus years. Anica regaled us with tales of Lassie who has accompanied her around the world for 8 years. Jane and her cane, called Michael, informed us of the history of Guide Dogs from early Roman mosaics to the present day. The Guide Dogs charity train hundreds of puppies per year, each guide dog costing around £60,000 throughout its service - so lots of funding needed. Thanks to the generosity of our members, we raised £472 in donations at the ACM.

After a round-up of upcoming Federation events and news that the Year Book will be moving to a digital format this year (soon to be available on the website and Office 365), we had a longer than usual lunchbreak to enable members to browse the charity, federation and craft stalls in the SFWI market place.



The second half of the day started with a fascinating talk by Judi James, a body language expert. She went through different traits in politicians, celebrities, royals and tv personalities that she has been asked to analyse for tv and newspaper columns. Some great facts too - just 7% of the words we say are acted upon or remembered, 38% of how we communicate is down to the tone you use, and the rest is how your body reacts. You have just 3 seconds to make a good impression! So a good handshake with dry hands and firm grip can make all the difference. She also offered us a few take home tips to remind us to how to speak with authority.

Judi also reminded us of Tony Blair's rare moment of defeated body language in 2000 as 10,000 WI members slow handclapped him at the NFWI's Annual Conference for introducing politics into his speech.



Diana Barnato Walker trophy to the E&O organisers



Mascot winners, Claygate WI



ACM Flower display by Lesley Earl

The close of business included certificates for WI birthdays, a special mention to Richmond WI who have nearly doubled their membership during 2023 via a social media campaign. Recognition also went to the entries and the winners of the WI mascot competition - Claygate WI - and the Diana Barnato Walker trophy was awarded to the E&O organisers.

The Rhythm of Life Community Choir from Guildford provided entertainment and the National Anthem before we all departed after a very informative and entertaining day with fellow members - both old friends and new.

What's New from HQ?



Dear All

For those of you at the Annual Council Meeting that took place on 18 March, your delegates' packs for the NFWI meeting should have been collected. All other packs will be posted to WI Secretaries. The next mailing will be sent to WI Secretaries.

We said thank you to Hilary Brooks and Shirley Wood at the ACM, for their service to the Federation Board of Trustees and welcomed two new trustees: Dorinda Brittle and Christine Grove.

The NFWI Annual Meeting will be taking place on Wednesday 5 June at the Royal Albert Hall. Tickets for observers to attend are available to purchase through MyWI, and are booked directly with the Royal Albert Hall, but you must use the [link through MyWI](#). We occasionally get cancellations for observer tickets, if you are interested, please contact the office via email info@surreyfedwi.org.uk

Reminder to all WIs: Please send any changes to your committee to the office info@surreyfedwi.org.uk. Can MCS reps please make sure that your records are up to date as this information is used regularly?

Are some of your members not receiving their Surrey WI News?

- check junk boxes, and add info@surreyfedwi.org.uk to your email contacts to direct the magazine to your inbox in future
- check your email entry in MCS for typing errors
- it may be that your email box is full requiring a clear out or acquiring more storage

SFWI Events

We have a huge array of events for individual members or groups to join. You can browse and book all of our SFWI Events on our website via [Our Events](#) - most paying events now have a 'bookings open' date. Bookings will no longer have a closing date but will show 'The Event is Fully Booked' when there is no longer any availability. Any bookings made via the SWIN booking form will be held in the office and dealt with on the 'bookings open' date.

MEMBER CHAT AND CATCH UP DATES

Please come and join us for our free monthly drop in sessions. No charge, no question too big or too small, and lots of exchanging of ideas, tips and general conversation!

- 16 April** - 10.00am - Zoom - Resolutions Past and Present
- 21 May** - 7.00pm - Other WI activities to engage with
- 18 June** - 10.00am - Sharing ideas of walks and outdoor activities



[Book your place via the Our Events page of the website](#)

INDOOR BOWLS TASTER

Wednesday 15 May
10.30am-6.30pm

Chessington Indoor Bowls Club

Come for a fun day out!
Bowls with tea/coffee and lunch breaks included.
£29/per person



[Book your ticket via Our Events on the website,](#)
[or use the booking form at the end of this issue.](#)

Turner's Seascapes with a Ladle Lunch Wednesday 22nd May 2024 from 12.30pm-4.00pm



At The Old Barn Hall Bookham

With Guest Speaker Barry Venning an Art Historian and Lecturer with a particular interest in the work of JMW Turner

£25 includes a light soup and bread lunch with coffee/tea

Bookings now open

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue

SFWI Events



Chutney Cookery Course

Saturday 27th April: 9.30am-1.30pm
Richard Challoner Secondary School, New Malden £30 per person

Tutors: Jill Arthur & Barbara Cavalier

A fantastic opportunity to learn the basic techniques and principles of balancing spice combinations needed to produce flavourful chutneys. Everyone will make two chutneys and taste a third demonstration chutney.

Ingredients and jam jars will be provided.
Suitable for all levels.

Bookings opened on 5 February 2024

Book your ticket via Our Events on the website, or use the booking form at the end of this issue.



Dust off your Sewing Machine!

Tuesday 16th April: 10.00am-3.30pm
at SFWI HQ. £40, limited to 12 people
Tutor: Carole Wade

Do you know what your machine is capable of doing? Come and find out! Bring your own sewing machine, spare bobbins, foot control and instruction booklet. More details will follow at the point of booking.

Please bring a packed lunch. Tea and coffee will be available.

Bookings opened on 5 February

Book your ticket via Our Events on the website, or use the booking form at the end of this issue.

The Chocolate School

The Mayford Centre, Mayford Green

Filled Chocolate and Truffle Workshops



Saturday 1 June 1.00pm-4.00pm
Sunday 2 June 1.00pm-4.00pm
Tuesday 16 July 10.00am-1.00pm
£55 per person

Book your ticket directly via
<https://www.thechocolateschool.co.uk/womens-institute>
using the code: W1courses2024



Gordon Ramsay Academy

Commercial Way, Woking

Summer Entertaining Cookery Demonstration

Tuesday 11 June
6.30pm-8.00pm
£30 per person

Book your ticket
directly via



<https://book.gordonramsayacademy.com/book/add/p/507>



CROQUET TASTER DAY

Surbiton Croquet Club

Friday 30 August: 10.00am-4.00pm: £50pp

Bookings open 3 June via Our Events
or the booking form at the end of this issue

SFWI Events

Mozzarella and Halloumi Cheese Workshop

Saturday 8th June 2024 9.30am – 3.30pm
Richard Challoner School,
Manor Drive North, New Malden KT3 5PA
Cost £55 per person



Make Mozzarella and Halloumi in one session with Tutor, Louise Talbot who will also demonstrate how to make Butter and Mascarpone.

Includes a light lunch

Bookings open on 8 April

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue

Fabergé Style Strawberries

Wednesday 12th June 2024 10.00am – 3.30pm
Surrey WI Federation Office
6 Paris, Parklands, Railton Road, Guildford, Surrey,
GU2 9JX
Cost £40 per person
Tutor: Carole Wade



Using wool felt, you will create a 3D strawberry and stalk and decorate it with embroidery, beads and sequins. You will need to have some basic hand sewing and embroidery skills.

Please bring a packed lunch with you.

Bookings open on 15 April

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue

LONDON WALKS WITH A TWIST!

GIN: THE SPIRIT OF WESTMINSTER WALKING TOUR

Tour guide Dr Helen Naylor brings you history in a glass as you 'stagger' the distance from Charing Cross to The Strand taking in the story of gin across the centuries.



2 hour tours @ £17pp begin at 11.20am

Friday 31 May

Saturday 8 June (PLS NOTE start time for this date only is 1.45pm)

Wednesday 19 June

Friday 21 June

Monday 24 June



Bookings open on 25 March

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue

CAMERA GROUP everyone is welcome

Friday 19 April: Dunsborough Park
Tulip Festival, GU23 6AL

Friday 17 May: Ramster Gardens
and Tea House, GU8 4SN

Camera Group meets at 10.30am or 11.00am depending on the venue.

Participants use cameras, phones and iPads to take their photographs. If you like taking pictures and are free on any of our advertised dates, please do come along.

For more details contact:
twocavs@googlemail.com

COME AND JOIN THE CHOIR!

Surrey Serenaders choir meet to practice on the second and fourth Saturday of every month from 10am to 12.30pm. In 2024 the venue has been changed to St James' Church Abinger, Abinger Common, RH5 6HZ.

Anyone can come and listen. New members (including non-WI members) are always welcome. For information email: surreyserenaders@surreyfedwi.org.uk

SFWI Events



New Speaker Auditions

Godstone Village Hall, Friday 14 June

Ten prospective speakers are hoping to join our next Surrey Yearbook, and only you can decide if they will make it.

Morning session: 10:15am-12.45pm
(Doors open at 9.30am)

Afternoon session: 1.45pm to 4.15pm
(Doors open at 1.00pm)

Cost per person: **£5.00 per session or £9.00 for both sessions** (for both sessions bring a packed lunch, or visit the pub nearby).

Bookings open on Friday 25 March

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue

Resolution Briefing Meetings

We are holding two meetings on
Wednesday 17 April:
SFWI HQ 10.00am-midday
AND
via Zoom from 7.00pm-9.00pm

TO INCLUDE:

- A presentation to Delegates and WI Resolution representatives to enable and ensure good practice at their WI Resolution meeting.
- Providing information and help for preparing and delivering of resolution vote and delivering of the results at the NFWI Annual Meeting in June.

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue
£9 per person

THE 2024 ANNUAL SUPPER QUIZ



Friday 24 May
Worplesdon Memorial Hall
7.00pm-10.00pm

£14pp

Availability for 11 tables of 8 people.

Bookings open 4 March

Book your ticket via [Our Events](#) on the website, or use the booking form at the end of this issue

Keep up to date with all Our SFWI Events via the [Our Events](#) button on the [website homepage](#).

You can also follow our [SurreyFedWI Facebook page](#) for the latest WI news from SFWI and around the country.



TREASURER WORKSHOPS

10.00am - 1.00pm Thursday 18 April in Caterham
10.00am - 1.00pm Thursday 25 April at SFWI HQ
1.00pm - 4.00pm Monday 10 June at SFWI HQ
5.00pm - 8.00pm Thursday 25 July at SFWI HQ

£9 per person. Please book via [Our Events](#) or by printing and filling in the booking form at the end of this issue.

This is Me and The Climate

This is me.....

No, I haven't forgotten to finish the heading, it just occurred to me that by getting involved with climate action and writing these articles my influence, however small on the climate, is definitely just part of me. There is no need to actually mention the word climate, I am so tuned in to what I do and its effect that it is me. I hasten to add that of course I don't get it right, none of us do but I am much more aware trying to make the right decisions when decisions have to be made eg. driving to the shops or walking with my shopping trolley.

Recent action was an early start to stand outside a hotel at Three Bridges near Gatwick with members of CAGNE, GREENPEACE, QUAKERS, EXTINCTION REBELLION, CHRISTIAN CLIMATE ACTION, FRIENDS OF THE EARTH, CIRCULAR DORKING, CHARLWOOD PARISH COUNCIL, GATWICK IS BIG ENOUGH, SAFE LANDING and GATWICK AGAINST AIRPORT EXPANSION to make our opinions known to the Government Enquiry team inside the hotel that was meeting to decide whether the emergency runway at Gatwick could be used as a second runway for commercial flights thus increasing the traffic, air pollution, noise, environmental damage and adding to the carbon dioxide that is damaging our atmosphere. Banners were tied onto the footbridge, the pink boat provided a platform for speakers, drums were drummed and messages on cardboard were displayed. There was no disruption to the traffic or pedestrians. Throughout the day those who had requested to speak had the opportunity to voice their objections to the panel inside the building. The panel will meet for a further six months, time will tell if they listened!



Meanwhile, I have decided to 'Take the Jump' which is a charity set up in 2021 to support citizens and communities to make lifestyle shifts that science says are needed to stop climate change. The focus is on the UK but they have international collaborations and activities too. I am encouraged to adopt six proposals:

1. End clutter. Keep things for longer, for me that means until you can't repair them.
2. Get rid of my car. That's a tricky one, easier said than done.
3. Dress retro. Much easier, I enjoy shopping in charity shops. Go for quality not quantity.
4. Eat more vegetables. Eat everything you buy in healthy amounts.
5. Push for change. Peaceful protest in person, green energy supplier, cancel any investments in oil and gas.
6. Holiday local.

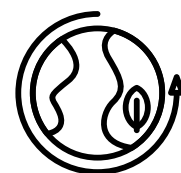
If Scotland on the train is local, I'll embrace that but if you have children who live abroad it is obviously different.

I'm not trying to make you feel guilty, if you are intrigued, Google '[Take the Jump](#)' and have a go!



JUMP FOR JOY WITH ME.

By Rosemary Horton



SALT



FOODWISE

report by Jill Arthur, SALT Chair



Martin Vodden, Chair of Trustees at Foodwise gave this presentation to the members of the Skills, Activities and Learning Team. We felt that members of SFWI would like to know about this charity and may wish to volunteer their skills to become a Food Coach.

Foodwise obtained charitable status on 15 December 2015. It's core aim is to relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at a reasonable cost over a six-week period. The course runs for a few hours, one day per week for normally six weeks, usually within a school term. The menus are available free of charge on the charity's website www.foodwisetlc.care

The courses are nearly always free and the charity provides not only the location, equipment and Food Coach but also sufficient food for the participant to feed their immediate family that evening. The primary aim is to teach life skills, whilst providing much needed food for the family. Where a Food Bank will often only provide sufficient food for three main meals within a three-month period, Foodwise can triple the assistance provided over a six-week period.

Foodwise operates primarily in the Woking and Guildford area, but with the exciting news that FareShare is to open its new Warehouse in Guildford in the next few months, Foodwise is looking to expand its activities across other areas of Surrey. See <https://faresharesussexandsurrey.org.uk/> for more information on FareShare.

Food Coaches need to be trained and will often shadow our existing staff as part of their training, to learn how best to present and lead the courses we provide. Lessons are usually at various locations including churches and community centres on twin mobile hobs to enhance the number of participants able to cook at one time at that location.

With this planned expansion, Foodwise would love to hear from those willing to Volunteer to lead courses in their local areas. Please contact martin@foodwisetlc.care

FREE MEALS TO FAMILIES (Primarily via Schools)

Since the start of the Pandemic, Foodwise has supplied in excess of 80,000 meals free of charge to local residents.

During Lockdown, these meals were delivered to the doorstep by volunteers, but Foodwise has moved from preparing and cooking its own meals to purchasing them and supplying these to local schools. The volumes are not huge, but each meal supports a family chosen by the resident School Home Link worker.

Some 8,500 meals have been delivered to schools in the Woking and Guildford area per year. Schools don't necessarily give meals to the same families each week, the allocation is based on need and circumstances.



SHOPWISE (ECO FOOD CLUB)

In March 2022 Foodwise launched "ShopWise", a member only food club, which for a £3 weekly membership fee provides each member with approximately £15 to £20 of food. The food is supplied through our shop in Sheerwater, primarily with food supplied by FareShare. This is "Surplus Food" which would never reach a supermarket shelf, but is still edible, healthy and "in date". The most important aspect (in addition to the Eco benefits) is that people are happy to shop with dignity and choice, whilst making their money go further. The shop supports about 25 to 30 families per week.

One of the original sentiments of this Christian based charity is:

"If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime."

From the MEMBERSHIP team...

This time of year is not only a busy time for the WI Treasurers as they collect the subscriptions from the members, but April is also an opportunity for the Membership Communication System (MCS) representatives, to check all the WI members' personal details, making changes on MCS as required or entering new members information. This helps members to receive relevant emails, letters, and their copy of the Surrey WI News.

Having a current email address on MCS gives members a chance to access the new WI learning Hub, which offers free classes, talks and training. Members can also register on My WI in the NFWI website which is full of useful information to help run your WI, and how to advertise your WI by creating a website or Facebook/Instagram account. There are also examples of posters you can use and alter to help promote your WI or use as an example to create your own. If you design your own poster for one of your WI events, please include both Surrey Federation and NFWI logos.

If you or your WI need any help to recruit more members or have a waiting list, let an adviser know. We are always happy to help you and support your WI. We are easily contactable via the Federation office, or our email addresses/phone numbers can be found in the Surrey yearbook.

Denman Online has become the WI Learning Hub

During and since lockdown many of you took advantage of the Denman Online training, which provided a range of courses, talks and demonstrations at a very competitive price to WI members. This has recently been superseded by the new WI Learning hub, which aims to host a wide range of courses, demos and classes encompassing Creative Crafts, Environment and Nature, Food and Lifestyle, Talks and Interests, and Business and Training. As the WI Learning Hub is still in its infancy, more courses are being added regularly.

As the WI Learning Hub has been financed from money generated from the sale of Denman College, the majority of these courses will be free to WI members. These courses are also open to non-WI participants for a small charge.

One feature that will be very useful is the Anytime Access facility - if you are unable to view a course live, in many cases the course will be available to watch in the hub for a week - the description of the course will tell you if this is the case. This feature will prove especially useful for those of you who are working or have other commitments at the time of the live sessions.

So, I urge you to investigate the WI Learning Hub and to register for their newsletter. This way you will be able to access sessions on a range of topics.

For those of you who do not have online access, you may be able to watch a session of interest alongside one of your WI friends who is online. However, please keep an eye on upcoming events in SWIN as some of the Denman money has been set aside for Federations to set up face to face training in which you may wish to participate.

GIVE SOMETHING BACK AS AN IFE

Have any of your members previously been bank employees, accountants or someone simply good at figures and would like to give something back to the WI without getting involved in committees and meetings?

If so, have you thought about joining our team of Independent Financial Examiners, and help to keep this vital service going for our WIs?

Many rely on the Federation to provide them with an Independent Financial Examiner, and we are in need of volunteers to examine WI's accounts and provide a correct summary of the year's transactions. A small fee is paid for undertaking this work.

You do not have to be a WI Treasurer or even a WI member; a basic understanding of spreadsheets and an enquiring mind is what we're after. Training is provided to help you to understand WI rules and objectives.

Interested? Or do you know someone who might be? **Please email our SFWI Treasurer, Sheena Landgraf at treasurer@surreyfedwi.org.uk - she'll be delighted to hear from you.**

RESOLUTIONS AND CAMPAIGNS

World Autism Awareness Day – 2 April 2024

When I was asked to write a short piece on autism, I thought "Help! What do I know about it?" I've learned that there are many different ways that autism affects people – each one different yet still autism.

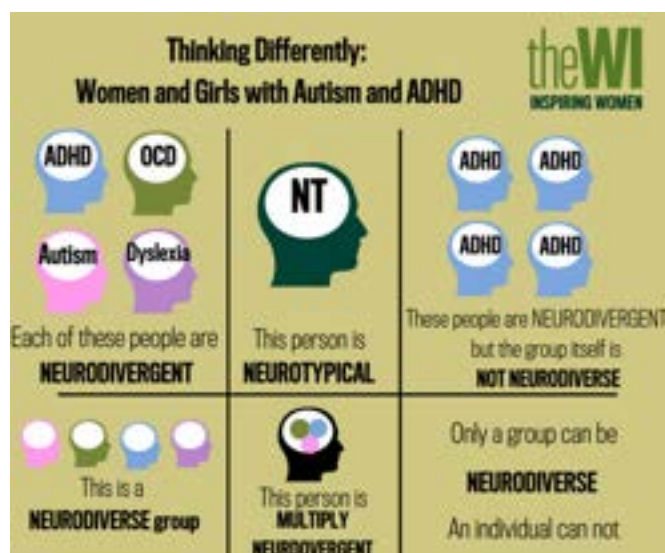
Autism is a developmental neurodivergence which affects taste/texture/senses and there is a difficulty recognising emotion. It's result of how the brain develops. 100 genes have been found to be associated with autism. People with a neurodivergent condition come in all shapes and sizes – some are much more affected by autism, some are non verbal, some are sensitive to noise or light and and for some it's barely noticeable because they are so adept at masking. Masking is when people learn to copy the acceptable social norms and behaviours. It feels like the world doesn't understand them and they feel excluded like they don't fit in. 70% of children and adults with autism will have at least one mental health problem such as anxiety, depression, attention deficit hyperactivity disorder (ADHD) or obsessive-compulsive disorder (OCD)

When a person receives that diagnosis, whether for themselves or their child, it must be overwhelming. Yet to some people it must come as a relief as it explains why their brains work the way they do. At last everything is explained - the reasons for their feelings, their behaviour and their emotions.

Historically, autism has been recognised as mainly affecting men and boys resulting in women and girls being overlooked or misdiagnosed. This has all changed now. According to the National Autistic Society, men and boys are three times more likely than women and girls to be diagnosed as autistic. Women and girls are often better at masking or camouflaging their difficulties which is why they are less likely to be diagnosed earlier. In general, they engage in more "internalising" behaviour than boys, meaning they tend to take their problems out on themselves rather than others.

Women are, at last, receiving the proper diagnosis, if somewhat late. They can at last make sense of their lives.

They say if you have met one person with autism, then you have met one person with autism. Every person is completely different - Always Unique. Totally Intelligent, Sometimes Mysterious. This is who they are. Let the person be who they are. **Jan Jenner - Trustee**



The National Federation's website has a wealth of inform on their website in the Campaign section under via: [Thinking Differently: Autistic and ADHD Women and Girls.](#)

OTHER NEWS

News from the National Garden Scheme Surrey Team



Last year the Surrey NGS gardens made over £100,000 for the NGS charities. Many of you will have arranged visits for your local WI garden visiting groups and it was great to see so many of you and thank you all for your support.

Last year we also distributed nearly 35,000 of the Surrey NGS booklets. This year we would like to offer your group a supply of these booklets, so if you would like some please contact Sarah or Janis and let us know how many you want and where we can bring them. Our contact details are Sarah at sarah.wilson@ngs.org.uk or Janis at Janis.raubiska@ngs.org.uk.

This year we have some new gardens to visit and in order to help you book your arranged visits you can access our 'Arranged visits' pages on the NGS website using the following link : <https://ngs.org.uk/surrey-by-arrangement/>

April sees gardens really coming alive, with open days across the county. On Easter Monday you can visit Moleshill House in Cobham, Shieling in Kingswood, Timber Hill in Chobham and Vann in Hambledon. Four very different but very lovely spring gardens. For more details visit ngs.org.uk.

Sarah Wilson
ACO and publicity lead for NGS Surrey

No More Violence Against Women Conference 9th March 2024

On a sunny Saturday in March several members from Surrey Federation of WIs attended a conference in Westminster University. NFWI had arranged this free event for all members of the organization to attend. There were about 60 members from around the country and it was amazing and thought provoking with some of the best speakers on the subject I have heard. The speakers included: Ghadah Alnasseri (Co-Executive Director of Imkaan), Sophie Francis-Cansfield (Public Affairs Manager of Women's Aid), Heidi Riedel (CEO Women's Trust), Amja (Survivor Ambassador for Women's Trust), Ann Jones (Chair of NFWI). The day included a panel event, updates on the campaigns, time for discussions, campaign planning and a shared activity for use in parliament. The solidarity amongst the members, in the shared passion to End Violence against Women, fueled the room with energy and a belief that every one of us is able to make a difference if we all work together. - **Dorinda Brittle**



OVER TO YOU!

Please send your Over To You! entries of approximately 100 words to surreywinews@surreyfedwi.org.uk attaching any photos. The deadline for each issue is the 10th of the preceding month - dependent on space.

WEST END WI



Recently we have had a very interesting talk about the Watercress Line given by David Pegg who has worked as a volunteer for many years. His historical and at times amusing talk was called Over The Alps. None of us realised just how steep the line was in certain sections, in fact Medstead is reputed to be the highest station in south east England. Last summer several of our members visited the Watercress Line. It was a lovely day, the sun shone throughout. We boarded the train at Arlesford for a return trip to Alton, while on board we enjoyed a delicious ploughman's lunch followed by strawberries and cream. We all had a very enjoyable day! **Jackie Jenkins**

OCKHAM & RIPLEY WI

A group from Ockham and Ripley WI recently enjoyed a very interesting and informative visit to the Houses of Parliament. Our wonderful tour guide, Gill, shared her expert knowledge of the history and development of the UK parliamentary system over the years in the most entertaining way. We were fortunate to be able to visit both the House of Commons and the House of Lords that particular day as neither were sitting. There were numerous statues of former Prime Ministers (with Margaret Thatcher being the only female statue). Our attention was drawn to a particular contemporary metal and illuminated glass piece of artwork in St Stephen's Porch called "New Dawn" by Mary Branson which was unveiled in 2016 and commemorates the long campaign that led to some women gaining the vote in 1918, and all women in 1928. The tour took just over an hour and a half which passed very quickly. Everyone thoroughly enjoyed the trip and would highly recommend it.

Fiona Storr



OVER TO YOU!

CLAYGATE VILLAGE WI



“The Lady with the Lamp” is an iconic image - originally a propaganda photograph to highlight appalling conditions for soldiers in Crimea. In fact Florence Nightingale did not carry a candle to administer care to her patients in the dark but had a male orderly to carry a lantern for her. Just one of the very interesting facts we learned at a recent meeting from guest speaker Major (ret'd) Paul Whittle TD. He talked about the great influence she had both in the field and into the design of hospitals and cleaner living.

Irene Mallinson

ST JOHN'S WI

We welcomed Lesley North to our February meeting, who entertained us with a quirky, tongue in cheek collection of original poems and stories. She soon put us straight when she explained that..... (spoiler alert), her presentation ‘Swimming in Suburbia’ had nothing to do with the sport as the title of her cheeky compilation might suggest, but all to do with women living in suburbia, trying to cope with life today - keeping their heads above water so to speak.

Her poems entitled “Politically Correct”, “Grumpy Old women”, “Row Before Breakfast” and “Surrey Ladies” were all highly amusing and often with a twist in the tale.

We were lead through the subjects of food, love and loss, an anti-knitting campaign and that touchy subject of ageing. Many of the pieces also gave us cause for thought. A poem called “Claygate Ladies” for example - about a woman suddenly being confronted by others less fortunate than herself! It was an varied evening of, highs, lows, insightful observations and above all laughter.

A good evening was had by all.

Wendy Cooke

NUTFIELD WI

Nutfield WI indulged in a rather wonderful session of Chair Yoga in February, led by local yoga teacher Sally Harper. Many members commented that they had the best night's sleep for months that night! Sally is starting up a new Chair Yoga class in Outwood this spring if you are interested.

Sandra Fine



OVER TO YOU!

BAKE NATTER & ROLL WI

At the Farnham Literacy Festival, some of our members were on hand to serve delicious cakes to the audience of Jessica Bull, author of "Miss Austen Investigates" who was in conversation with Ava Glass, the "Queen of Crime Fiction". Jessica guided us through the fascinating plot of her book which is set at a ball in Deane Park, when Jane is 19 and meets her first love, Tom Lefroy. For her book, Jessica had done a great deal of research into not



only Jane Austen's life but also many other areas of Regency Life and showed how different times were in the late 18th century and early 19th century to what they are now, especially for women, who were seldom valued in their own right. Our members, who never let an opportunity to dress up pass them by, pose here with Jessica Ball.

What a wonderful afternoon!

Jenny Colquhoun



EASTWICK WI

Eastwick WI welcomed Lucy Quinnell from the Fire and Iron Gallery. She has spoken to us before about the Gallery and this time her talk was about her house, Rowhurst, which is alongside the Gallery in north Leatherhead. It is a fascinating and complex building and Lucy became interested in finding out its history after a gold bronze age coin was found in the garden.

Dendrochronology tests showed that part of the building dates from 1346 and another major part from 1632, when it may have been a hunting lodge for Hampton Court. The flint built basement is probably even older - traces of Roman occupation have been found in it. Over the centuries the house has survived and overcome many problems, from the Black Death and World War II to the major upheaval of the building of the M25. The motorway now passes in a loop round the building, having originally been scheduled to go through the site of the house itself. Lucy is an entertaining and passionate speaker, impressing us all with the depth of her research and her desire to preserve and protect our cultural heritage.

Ann Renn

OVER TO YOU!

WARLINGHAM VILLAGE WI

Warlingham Village WI would like to show you the tablecloth our WI has made which will serve as a commemorative record of our WI for many years to come. We formed in 2021 and each of our members has embroidered (or had help embroidering) their name on a rectangle, and these have been sewn together by our President, Karen Marsh, to make the tablecloth. We used the tablecloth for the first time at our AGM in January, and it will now be used at every meeting. It's great to see all the names of our new friends in one place - and there are plenty of blank rectangles for future members. -

Fran Chalmers



LIGHTWATER WI

We celebrated our 88th birthday at Lightwater WI in style with a Valentine's Day meeting full of dance and music. Welcoming visitors from Bagshot and Camberley, we remembered one of our members, Pat Deans, a past Lightwater President, who has sadly died. We then had a short talk from Terri of the Terri Jane School of Dance about her WI dance class featuring ballet and tap dancing to keep us all mobile and fit. Next, we were entertained by Graham Broad, who played familiar songs from the 50s and 60s. We all sang along and many ladies joined in the dancing. A tea of sandwiches, cake and cream scones rounded off a very enjoyable afternoon.

Kate Kemp



ADDLESTONE WI



Congratulations and the very best of luck to Addlestone WI our latest addition to the Surrey Federation! As part of their first meeting they invited their local mayor to speak.
Dorinda Brittle

OVER TO YOU!

CAMBERLEY WI

Camberley WI got crafting at our February meeting, using small scraps of fabric to make rag wreaths. These are deceptively simple to make, and just involve tying the fabric scraps around a wire frame. The majority of the fabric came from old cotton sheets and duvet covers, and the wreaths can be customised for any season just by changing the colour combinations. Little pieces of sparkly ribbon or netting can also be added to enhance the overall effect. This was a fun, sociable evening, with lots of chatter and laughter! Many thanks to Mandy for organising this event, and to the Creative Chaos craft group for pre-cutting lots of fabric strips.

Photos show the wreaths in production.

Paula Zymela



ASHTEAD WI



The Stitches group at Ashtead WI have been busy knitting Easter Chicks . Each chick held a cream egg. These were sold at our March meeting to raise money for our charities and proved to be so popular we sold out! A good sum was raised.

Annette Bethall

OVER TO YOU!

OUTWOOD WI CELEBRATES 103 YEARS!!

Congratulations to Outwood WI! We are very proud to be continuing a tradition set so long ago that we should meet regularly to develop friendship and support within our community, whilst developing our own education and understanding of the world.

Our visiting speaker was Susan Purcell, an editor and wordsmith who has spent her working life investigating the origins of the English language. And what an amazingly diverse language we speak: original Old English was influenced by words from Latin, ancient Greek, and German, as well as French and Viking invaders. Susan took us on a historical journey from the first proper English dictionary published in 1604, which contained only two and a half thousand words and was advertised for “the benefit and help of ladies and other unskilful persons”. By the end of Susan’s presentation we were all keen to share personal opinions on favourite words, accompanied of course by tea and birthday cake!

Elizabeth Dyke



CUDDINGTON WI

Cuddington WI was entertained by the professional harpist Margaret Watson. We had a wonderful afternoon listening to music ranging from Elvis Presley, The Beatles and Andrew Lloyd Webber to Greensleeves. Margaret has played the harp from a young age and she said her parents were somewhat relieved that her twin sister chose to play a smaller instrument.

She is a very entertaining speaker who has played for royalty, at concerts and at weddings. She told us amusing stories, including how she met her future husband at a crematorium when she played at a funeral, and how she manages to transport her beautiful harp.



Angela Weallans

BISLEY WI

Our meeting this month coincided with Valentine’s Day and among those receiving gifts we had two members, Judy Spink and Val Jordan, who are Valentine girls so we sang Happy Birthday for them!!

Following the various business of the meeting Tina welcomed our speaker, Jules Hopkins, who told us about Community Fridges in general and Knaphill Community Fridge in particular. This movement is designed to prevent waste and is not to be confused with a Food Bank. Surplus food is donated to the Fridge, predominantly by supermarkets but also by gardeners and allotment holders who find themselves with more produce than they can use. Some of the food is distributed to local Food Banks and charities but anyone can use the Fridge. Knaphill opens 11.00 to 3.30 Monday to Friday. It is good to know that excess food is given away rather than thrown away.

Barbara Rothwell

OVER TO YOU!

HASLEMERE MORNING W

In February we heard from Andrew Elms who spoke on the Trials and Tribulations of Lordington Lavender. In 2002, after selling his dairy herd when prices received for his milk were lower than production costs, he found a new way to diversify. Nestling in the South Downs near Chichester, Lordington Lavender was created with two generations of the family involved.



The lavender crop is grown with conservation of habitat and the environment very much in mind. No fertilisers or pesticides are used and it has become a haven for wildlife. No fewer than twelve endangered species of birds can be found and, at a time when bees and butterflies are in decline, the lavender field in summer is alive with birds and insects. There are now ten acres of a French Provencal variety of lavender, harvested once a year to produce a high quality essential oil. Since then the family have created a whole range of products which, they claim, are anti-bacterial, anti-fungal and anti-viral and which can be used to treat all types of complaints in humans, dogs and horses, as well as used in cooking. The fields are at their best in July when visitors are welcomed to their Open Days. Our members really enjoyed the talk and the vote of thanks came from Pam Mockbridge.

Fay Foster

HORSELL VILLAGE W



Horsell Village members were upset when they heard that Woking Borough Council were cutting all non-essential services. This means they will no longer maintain the flower beds in Horsell. This includes the 2 large tubs outside the shops, around the War Memorial and other flower beds in the Queen Elizabeth Gardens. Our members decided we would want our village to look bright and cheerful all the year round so we

agreed that we would take over the weeding, planting and watering of one of the large tubs outside the shops.

It was too late to plant Spring bulbs so some members started weeding the tub and planting 50 pansies. These will take us through until we can put in summer bedding plants.

The photo shows some members during the planting of the pansies.

Joan Cox

OVER TO YOU!

MOLE VALLEY WI

Mole Valley WI celebrated its anniversary this week - 59 years! - with an array of delicious cakes made by members which were enjoyed during our coffee break at our February meeting.

Our speaker, Barbara, introduced us to 'Music for Fun'. Barbara is a fascinating lady whose experiences range from teaching to being a special constable, teaching self-defence and being a truancy officer. Nearly 15 years ago she changed course and became a singing teacher running groups through charities. Barbara is very involved with those suffering with dementia of which, we were informed, there are over 944,000 people in the UK. She is currently involved in 9 different groups and we were treated to a taste of exactly how she runs her groups and how entertaining that was. We all participated in a range of well-known songs which included physical actions too! Barbara is to be truly admired for her enthusiasm and inspiration.

Linda McMeikan

TRUMPS GREEN WI



The mayor of Runnymede Shannon Saise-Marshall and her consort Major Rob Marshall came to our meeting. They gave a very interesting slide show and talk about their work within Runnymede and about the charities they support. We then had a lively Q and A session. The evening was enjoyed by everyone.

Nicky Milner

CHIDDINGFOLD WI

Our February talk, entitled "The story behind bags and hats from Madagascar" given by Jane Muddle was



a fascinating journey to this beautiful island off the coast of Africa where, away from the capital city of Antanarivo and the cruise ship tourism areas of the north, life is lived "slowly-slowly". A 4x4 vehicle and a guide are essential to see the real Madagascar where the 25 million people speak 67 dialects and the roads are little more than dirt tracks.

The bags and hats are made from raffia which is light and pliable so that the hats can be folded without sustaining any lasting damage.

De-forestation of the rain forest is happening as more raffia is harvested, so seeds from the palms are planted next to rivers where the conditions are favourable enough for the plants to be ready to harvest 18 months later.

Helen Wiener

OVER TO YOU!

WINTERDOWN WI

Our members visited the 1940s Fashion Exhibition at Chertsey Museum (KEEP CALM AND WEAR IT WELL). We were treated to a talk by Grace Evans-Keeper of Costume who told us about Make-Do and Mend during the Second World War, Clothing Coupons and Utility Clothing. Utility Clothing had to adhere to Government regulations and was limited to many regulations including the garment having only up to 5 buttons and a few pleats, thus saving material.

This pretty yellow evening gown is made from 'parachute silk'. Surplus parachute fabric was sold off-coupon (unrationed) to the civilian population after the war ended in 1945 as there was a glut. The dress was made by Brenda Harman when she was 15 years old. She took the sleeves from one pattern, and the bodice and skirt from another. She wore it to a dance at Weymann's Coachworks in Addlestone in 1946.

Christine Grove



© The Olive Matthews Collection, Chertsey Museum
Photo by John Chase Photography'

WALTON-ON-THAMES WI



Walton on Thames had a very interesting talk on "The Hope of Spring" by Louise Camby. Officially Spring is 21st March to 20th June but the meteorological Spring is 1st March to 31st May. Clocks were originally put forward in 1784 to save on the use of candles which were very expensive.

We learned that all the flower names have meanings. Snowdrops mean new beginnings and hope, crocus is rebirth, bluebells are named for humility and gratitude, whilst tulips are perfect love. Even birds names have meanings - ducks are loyal and the black swan is victim to victor. We also learned that bees only appear when the temperature hits 15degC whilst, worryingly, hedgehogs are now almost extinct, down from 21m to 1m.

Hilary Dewson

Have you noticed our SFWI NOTICE BOARD?

Click the 'Notice Board' button on the homepage of our website (<https://surreyfedwi.org.uk/>) to see our Notice Board which is regularly updated with information, offers, events and advice. To add your WI event, email a flyer to info@surreyfedwi.org.uk

BOOKING FORM FOR EVENTS AND COURSES

Online: Bookings can be made for groups or individuals via www.surreyfedwi.org.uk, or by sending an email to info@surreyfedwi.org.uk giving your name and address, WI, which course/event you are applying for and state the amount paid. Please pay by bank transfer to: Surrey Federation of WIs, sort code 60-09-21, account number 01028499, giving your surname and course/event name as a reference.

Booking Forms: should be sent to SFWI, 6 Paris, Parklands, Railton Road, Guildford, GU2 9JX together with a cheque payable to SFWI for the full amount. Please write the event name and your name on the back. If paying by BACS see details in the paragraph above and state on the booking form when the payment was made.

Members can apply individually, or on behalf of more than one person, for all courses/events using methods listed above.

Group bookings *can* be made through your Treasurer. If so, money **MUST** be collected by your treasurer before tickets are applied for. This is a requirement of charity law. An invoice will be sent to your treasurer for a WI group booking after the 'bookings open' date shortly after places are confirmed along with any other information about the event. Treasurers are requested to settle all invoices (together with any other monies owed) in one payment, preferably online.

ALL BOOKINGS: please supply the office with a list of names and include any dietary/allergy requests.

<p>BOOKING DETAILS: Your name: Your WI: Your phone no: Your email: List of attendees:</p>

EVENT	DATE	PRICE	NO OF TICKETS
Dust off Your Sewing Machines (Bookings Opened 5 Feb)	16 April	£40	
Member Chat and Catch Up (zoom)	16 April	No charge	Book via the website
Resolution Briefing Meeting SFWI 10.00am	17 April	£9	
Resolution Briefing Meeting ZOOM 7.00pm	17 April	£9	Book via the website
Treasurer Workshop	18 April	£9	
Treasurer Workshop	25 April	£9	
Chutney Course (Bookings now open)	27 April	£30	
London Walk (Bookings now open)	31 May	£17	
London Walk (Bookings now open)	8 June	£17	

more events on next page... 



<https://surreyfedwi.org.uk/>



BOOKING FORM FOR EVENTS AND COURSES

EVENT	DATE	PRICE	NO OF TICKETS
London Walk (Bookings now open)	19 June	£17	
London Walk (Bookings now open)	21 June	£17	
London Walk (Bookings now open)	24 June	£17	
Indoor Bowls Taster (Bookings now open)	15 May	£29	
Member Chat and Catch Up (zoom)	21 May	No charge	
Turner Seascapes (Bookings now open)	22 May	£25	
Annual Supper Quiz (Bookings now open)	24 May	£14	
Mozzarella and Halloumi Cheese Workshop (Bookings open 8 April)	8 June	£55	
FILLED CHOCOLATE AND TRUFFLE WORKSHOPS - click here to book online	1 and 2 June	£55	
Treasurer Workshop	10 June	£9	
SUMMER ENTERTAINING COOKERY DEMO - click here to book	11 June	£30	
Faberge Style Strawberries (Bookings open 15 April)	12 June	£40	
New Speaker Auditions AM (Bookings open 8 April)	14 June	£5.00	
New Speaker Auditions PM (Bookings open 8 April)	14 June	£5	
New Speaker Auditions ALL DAY (Bookings open 8 April)	14 June	£9	
Members Chat and Catch Up	18 June	No charge	
Treasurer Workshop	25 July	£9	
FILLED CHOCOLATE AND TRUFFLE WORKSHOP - click here to book online	16 July	£55	
Croquet Taster Day	30 August	£50	

