



Herefordshire Newsletter

Federation of Women's Institutes

February 2025



MARGARET'S MEMO

A new year and a new name writing Margaret's Memo

You are all aware that Margaret sustained a serious head injury in December. The prognosis at the time was poor, but Margaret has shown what a fighter she is and is now on the long road to recovery. With every message by card, email, phone and in-person that every member of Herefordshire WI and the wider WI family wishes Margaret and her family well at this time.

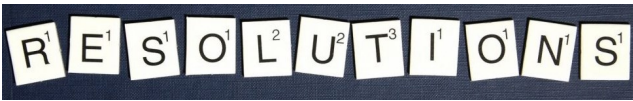
Some changes have had to be made within the Board of Trustees and WI House. I have accepted the appointment of Acting Chair and Jacqui remains Treasurer. All board members and staff have taken on extra responsibility all the activities that our 'Wonder Woman' Margaret seemed to complete on a normal day.

I have some very large shoes to fill and I will try to do my best for Margaret and Herefordshire WI.

Enjoy the slighter longer days everyone, Spring is on it's way.



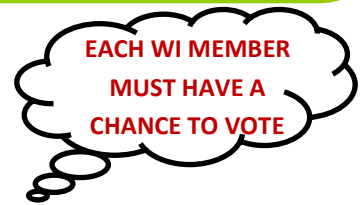
Jane Voogd, HFWI Acting Chair



NFWI RESOLUTION SHORTLIST FOR 2024-25

- 1 Let's talk about incontinence
- 2 Bystanders can be lifesavers
- 3 Join the repair resolution
- 4 Eliminate landfill of medication packaging

more information on each resolution check you latest WILife magazine or <https://mywi.thewi.org.uk/public-affairs-and-campaigns/news-and-actions/resolution-shortlist-2024-25-selection>



Votes due to Federation by 9 February 2025. Sandra Walker, HFWI Federation Resolution Co-ordinator sjwalker253@gmail.com



DAY TRIP TO HANBURY HALL, NT Droitwich Spa and THE JINNY RING CRAFT CENTRE

FRIDAY 21ST FEBRUARY 2025



Cost: £20.00 per person if a WI and NT member
 £25.00 per person if a non-WI member but a NT member
 £35.00 per person if a WI member but not a NT member
 £40.00 per person if not a WI nor NT member

Time & Pick-up Points:

LEOMINSTER	7.30am	Broad Street Car Park, Leominster (HR6 8DD)
HEREFORD	8.15am	Merton Meadow Car Park, 151 Widemarsh St, HR4 9HE
LEDBURY	9.00am	Market House, 3 High Street, Ledbury HR8 1DS

Return Time: Leaving Jinny Ring Craft Centre at 4.00pm



DAY TRIP TO WIGHTWICK MANOR AND GARDENS, NT Wolverhampton

TUESDAY 25TH MARCH 2025

Cost: £20.00 per person if a WI and NT member
 £25.00 per person if a non-WI member but a NT member
 £35.00 per person if a WI member but not a NT member
 £40.00 per person if not a WI nor NT member

Time & Pick-up Points:

ROSS-ON-WYE	7.30am	St Mary's Garden Village, bottom entrance car park (HR9 7WP)
ROSS-ON-WYE	7.45am	Wilton Car Park, Ross-on-Wye (HR9 5JA)
HEREFORD	8.30am	Merton Meadow Car Park, 151 Widemarsh Street, Hereford HR4 9HE
LEOMINSTER	9.00am	Broad Street Car Park, Leominster (HR6 8DD)
BROMYARD	9.30am	Bus stop on the Bromyard by-pass

Return Time: Leaving Wightwick Manor at 4.00pm

If you are interested in finding out more, or booking to go on one or more of these trips then contact:

Out_And_About@herefordshirewi.org.uk



DIGITAL NEWS FOR FEBRUARY 2025

NFWI and HFWI will soon be communicating with your WI using a standard Outlook email address, which will easily

Identify your WI correspondence to recipients/members.

Training is available if you need help with any WI IT-related issues.

Just contact WI House admin@herefordshirewi.org.uk

HFWI January's '100' Club Winners



1st Prize (£20) - Ticket number 11 — Stoke Prior & District

2nd Prize (£10) - Ticket number 26 — Tupsley

3rd Prize (£5) - Ticket number 9 — Stoke Prior & District

MEMBERSHIP SUPPORT TEAM

Another fun-packed WI year awaits. You give so much of your valuable time to your WI and support HFWI, we appreciate your contributions. Your WI is planning its AGM. Joy & I hope to meet you at your Annual Meeting.

Committee Nominations: Have you ever given any thought to joining your WI's committee? Your current Committee would welcome you with open arms. Maybe you could consider taking on an officer role. These roles are not time consuming, nor difficult and there is always help on-hand. Please give it some serious thought. We all enjoy the benefits of belonging to this wonderful organisation, but your WI cannot exist without Officers (Secretary, Treasurer and President – as the minimum). Joining the team, would mean your WI can have a future. 😊

If you wish to talk about these roles, we are sure your current officers would be willing to explain each role. In addition, Joy and I are always on hand to offer guidance and training. To that end, attend one of our 'Next Steps events', aimed at budding/enquiring officers.

Joy and Caroline
HFWI Advisers

hfwi_advisers@herefordshirewi.org.uk

Lets celebrate



Soup and Pudding Lunch from around the world

Saturday 8th March 2025

Wunsley WI Hall, Trumpet, Ledbury HR8 2RA

12-2pm

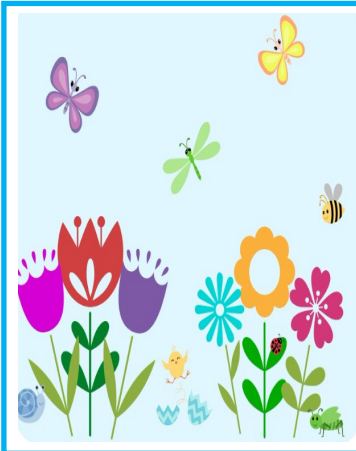
£10 pp

Has your WI entered a quiz team? The Rounds (on 27th June) are being held around the county with the Final (4th July) being held at Sutton St Nicholas Village Hall HR1 3SZ hosted by The Suttons WI A wonderful social event.

See if your team can compete against 2024 winners—Sparkling Wye WI

Your Secretary has the Quiz team booking form.

HFWI QUIZ 2025



This Spring, come and meet fellow HFWI members at one of our monthly HFWI Cuppa & Catch-Up mornings

FEBRUARY	8 th	Saturday	THE HOP POCKET, Bishop's Frome, Five Bridges, WR6 5BT
MARCH	14 th	Friday	WELLINGTON HOME & GARDENS, A49, Wellington, HR4 8BB
APRIL	12 th	Saturday	NEWTON COURT, Newton Lane, Nr Leominster HR6 0PF
MAY	9 th	Friday	THE NEST, Little Verzons Farm, Hereford Road, Nr Ledbury HR8 2PZ
JUNE	14 th	Saturday	PENGETHLEY GARDEN CENTRE, Peterstow, Nr Ross-on-Wye HR9 6LL
JULY	11 th	Friday	THE HOP POCKET, Bishop's Frome, Five Bridges, WR6 5BT
AUGUST	9 th	Saturday	WELLINGTON HOME & GARDENS, A49, Wellington, HR4 8BB
SEPTEMBER	12 th	Friday	NEWTON COURT, Newton Lane, Nr Leominster HR6 0PF
OCTOBER	11 th	Saturday	THE NEST, Little Verzons Farm, Nr Ledbury HR8 2PZ
NOVEMBER	14 th	Friday	PENGETHLEY GARDEN CENTRE, Peterstow, Nr Ross-on-Wye HR9 6LL
DECEMBER	13 th	Saturday	THE HOP POCKET, Bishop's Frome, Five Bridges, WR6 5BT

NEWS FROM THE ARCHIVES

I have recently been preparing WI records for archiving and am appealing for your help with a number of requests.

If your WI keeps its records on printed loose sheets, please

1. Make sure that each sheet is marked with:
 - a. name of the WI
 - b. title of the record (committee/monthly meeting minutes, committee report, etc.)
 - c. page number in p/n format (where p is the page number and n is the total number of pages)
 - d. date (with four digits for the year)

Otherwise I have to handwrite the missing information on each page which is very time consuming.

Word and Excel both have options in their page set ups for headers and footers where this information can be set up and generated automatically on each page. Please contact me for a template.

2. Do not stick the sheets in Minute/Record Books
Glue is an issue for long term survival
3. Do not use fasteners staples/paper clips/treasury tags
These are not conducive to long term storage, rust in a surprisingly short time and have to be painstakingly removed
4. Do not use punch pockets or other plastic covers
Plastic has poor aging qualities and these covers have to be removed
5. Print on both sides of the paper to save the planet and space in the archives
We are doubling the amount of paper that is really needed.
6. Use a smaller font/expand the margins rather than have a few lines on a new sheet of paper
7. Keep the sheets in a cardboard folder/envelope i.e. not plastic

For more information on HFWI archives please visit the Herefordshire page on the national WI website:

<https://herefordshire.thewi.org.uk/> then click on the 'hamburger' button (top right) >About us > Federation Archives.

Please contact me if you have any archive questions or concerns.

Tessa Lovell
HFWI.Archivist@gmail.com
01885 788623



Herefordshire Newsletter

Federation of Women's Institutes

February 2025



PILATES
with Alison Allan

LITTLE DEWCHURCH VILLAGE HALL

SENIORS PILATES
Monday 11.15am-12.15pm

Book Now
☎ 07947 011707
🌐 www.perfectbalance.life
✉ alison@perfectbalance.life

PERFECT BALANCE

Join Alison Allan for Pilates
Pilates sessions are taught as small group classes and as individual one to one sessions.
Pilates is a great way to keep your body feeling agile and energised. The movements focus on posture, alignment, core strength, balance and flexibility.

tmw Tai Chi Movements for Wellbeing

LITTLE DEWCHURCH VILLAGE HALL

Thursdays 10.45am - 11.45am

Book Now
☎ 07947 011707
🌐 www.perfectbalance.life
✉ alison@perfectbalance.life

Starts Sept 2024

PERFECT BALANCE

Join Alison Allan for TMW (Tai Chi Movements for Wellbeing)
A beautifully flowing and carefully selected sequence of movements designed to enhance and promote our physical and emotional wellbeing. The movements which have origins in Tai Chi, Chi Kung and meditation are simplified and can be performed standing or seated making it accessible to everyone.

RATES FOR ADVERTISING IN THE HFWI NEWSLETTER

The Board of Trustees have decided to issue the following rates for adverts placed in the e-Newsletter. Once an advert payment is secure the advertisement can be placed in HFWI Facebook and website pages. Adverts will be produced in black and white.

One Pin Board page, for free, 20-word max, items from Federation WIs about their events. Other advertising:

Page	WI	Charity	Commercial
¼	£5	£7	£9
½	£8	£10	£18
Full	£10	£22	£36

Contact details: Rosi Taylor
(rosi.taylor54@googlemail.com, 07821 197219)

Please note that your contributions for the eNewsletter should be with admin@herefordshirewi.org.uk by the 1st Monday of the preceding month.

TAPESTRY CANVASES
Beautifully stretched and made into cushions, bell-pulls, rugs, etc.
Cheltenham 01242 233883

HFWI is 105!!!

Soon we will announce plans for our 105th Birthday celebration



BOOK NOW

<https://www.trybooking.com/uk/eventlist?aid=3165>

Online Craft and Chat - Series Spring 2025

10 Online Craft and Chat Sessions You can choose individual sessions (at £5.00 per session) or book all 10 sessions (for £25.00).

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Spring 2025 (online) sessions:

27/01/2025 Felicity - Snowdrop Cards	24/02/2025 - Caroline - St David's Day Button
03/02/2025 - Liz - Zen Spring	03/03/2025 - Andrea - Spring Sewing
10/02/2025 - Alice - Watercolour Llamas	10/03/2025 - Caroline - Pysanka Easter
17/02/2025 - Felicity - Paper Hearts	17/03/2025 - Liz - Zentangle Samples
24/02/2025 - Caroline - St David's Day Button	24/03/2025 - Jane - Easter Fun Flourishes
	31/03/2025 - Felicity - Paper Roses

10:00am - 12:00pm

Do you need some wool?



contact admin@herefordshirewi.org.uk

First come first served!



The Membership Support Team presents:

Taking the Next Step

Would you like to know more about the WI?
Or are you thinking about taking the next step as a member,
perhaps by joining your committee or becoming an officer?

Then this workshop is for you!

Where? Munsley WI Hall

When? Wednesday March 5th 2025

2:00 - 4:00 pm and 6:00 - 8:00 pm

Munsley WI Hall, Trumpet. Postcode: HR8 2RA

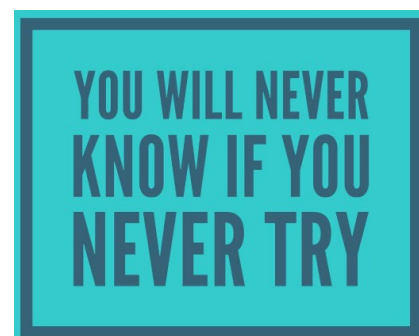
Topics covered will include the following

The role of

- Committee Members
- Presidents
- Secretaries
- Treasurers

Running your WI including

- Annual Meetings
- Resolutions
- Fundraising
- Promoting your WI
- Growing Your WI
- Using Social Media



Refreshments will be provided.

For more information or to book your place please

hfw_i_advisers@herefordshirewi.org.uk or phone WI House on 01432 272268



SALTMARSHE & DISTRICT WI

Our Christmas meal took place at Saltmarshe Castle Restaurant where we were entertained by Wendy with her Giant Button Bingo game and the Bromyard Ukelele players provided great entertainment with Christmas songs to join in with that we all knew so well. At their request we have made a £30 donation to the cause they've been supporting this year which is Ukraine Humanitarian Appeal at Disaster Emergency Committee.

Click link for more info: <https://www.dec.org.uk/appeal/ukraine-humanitarian-appeal>



CRADLEY WI

Cradley WI's November meeting saw members enjoy a wonderful, illustrated talk by Jill Salmons entitled Carnival Around the World. Jill's talks usually come with an opportunity to dress up, and this was no exception. We all enjoyed a wonderful evening as we were transported to Carnivals around the world in locations as diverse as Mexico, Venice and the bonfire capital of the world, Lewes in Sussex!



HFWI Events Please apply for tickets through your Secretary/Treasurer/Booking Person. BACS or cheque payments shown on your bank statements will act as receipt of monies received by HFWI. Receipts will be issued for cash transactions. If the word 'non-members' is not printed on the application form, the event is for members only. If oversubscribed (too many applications for places received before the closing date), WI members have priority and a ballot may be held. Notification of cancellation or over-subscription will be sent to the Booking Person as soon as possible. If you can't attend, it is up to you to sell your ticket (as appropriate), no refunds are given unless the event cannot go ahead or is over-subscribed. Please note: All events except training are fundraisers for HFWI. Should you have to cancel any booking, please find replacements and sell on your tickets.



WI NEWS

CRADLEY WI

Storm Darragh didn't deter members of Cradley WI from taking part in Cradley's Christmas Fair. So much hard work had gone into preparing not only our wares but those of all the stallholders, and the Village Hall Committee took the view that "the show must go on", albeit in slightly reduced circumstances.

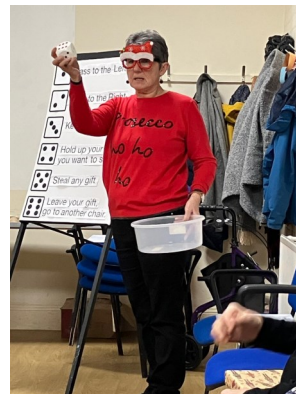
Our outside stall was relocated to the marquee, but the smaller display area resulted in a second table being set up in the church where our lovely hampers were raffled, preserves were sold and a successful guess the weight of the cake competition was held.

We were delighted that in spite of a reduced footfall we were able to donate £300 to St Michael's Hospice from the proceeds of the day.



LEOMINSTER LASSES WI

Leominster Lasses enjoyed a fabulous Christmas meal at The Riverside, Aymestry. The food, service and location were superb. The following week we held our end of year Christmas party (we know how to enjoy ourselves in Leominster!), with a "pass the parcel/secret Santa dice game which was great fun. We had a £3 price limit for our secret Santa gifts, which had to be purchased from a charity shop and were all amazed at what we received. We send our best wishes for 2025 to all our WI friends.....



© Herefordshire Federation of WIs

Website: <https://herefordshire.thewi.org.uk/>

HFWI Office is located at WI House, 90 St Owen's Street, Hereford, HR1 2QD. Office hours: Tuesday-Friday 9.30am-2.30pm. Telephone number: 01432 272268. Email: fedsec@herefordshirewi.org.uk



WI NEWS

CRADLEY WI

Cradley WI doesn't formally meet in December as members are generally busy preparing for the village Christmas Fair and have our Christmas meal to look forward to. That notwithstanding, towards the end of November members enjoyed a pre-Christmas crafting session in our beautiful C16th century village hall, followed in early December by an informal wreath making session which we also invited villagers to attend. Our members always enjoy these extra pop-up sessions, which just goes to show that being a WI member is about more than just a monthly meeting. The doorways of Cradley looked a treat during the festive season.



BOSBURY WI

Bosbury WI held three excellent and well supported meetings during the Autumn. In October, Amy Johnson from St Michael's Hospice in Herefordshire gave a most informative talk on the work of the hospice including the care they provide, both in-house and at home, their facilities and their outreach work. In November, Blood Biker Andy Powell arrived on an impressive, liveried motorbike to tell us about the Severn Freewheelers Emergency Voluntary Service. During a very interesting and engaging talk he explained how this free 'out of hours' service delivers lifesaving items such as samples for analysis, blood, baby milk and essential medication. In December, Dr Gillian White gave a fascinating talk on 'The Hugely Huggable History of the Teddy Bear' looking at the teddy bear's history and abiding appeal from the early 1900s to the present day. Famous names, such as Steiff and Chad Valley struck a chord with members and time appropriate clothes for teddies were illustrated as well as novelty versions of teddies. Paddington, Winnie the Pooh, Rupert and Sir John Betjeman's Archie put in an appearance too.





WI NEWS

WEOBLEY WI

At our December meeting, Weobley WI members and guests celebrated the season to the max! We had a special supper with loads of delicious things to eat, washed down by warming mulled cider. At all of our Christmas meetings, we make some type of festive craft. This year it was a beautiful hanging orb with ribbons, flowers and fairy lights that looked so joyous.

Our new 2025 programme was handed out at the meeting and it includes many wonderful speakers, crafts and events. We have SO MUCH to look forward to next year!!



SPARKLING WYE WI

A thoroughly delightful December evening, enjoyed by members at their Victorian Christmas meeting. Many members had dressed in appropriate costumes. On offer was a delicious feast of meats and sweet treats accompanied by a Victorian-themed quiz. Each member was presented with a handmade cracker, complete with joke, hat and a HFWI pen as their gift.




UPTON BISHOP WI

At their December meeting, Tina Raddenbury, a Sparkling Wye WI member, kindly gave of her time to demonstrate a Christmas floral table decoration. There was plenty of foliage, flowers and fun to be had by all. Members creations were extremely colourful. No January meeting planned, meant that members were free to congregate on a moonlit night at President Frances' home/garden for a truly unique wassail evening. Not sure the neighbours welcomed women cloaked in green dancing around the apple trees, banging drums and saucepans! Good fun!






WI BRANCH NOTICES



POST YOUR EVENTS HERE!




LEOMINSTER LASSES WI

"SOUNDS FAMILIAR"

A musical evening with a romantic theme
£5

Thurs 20 Feb— 7 pm

Leominster Community Centre

Contact: Jo: 07968 380042 OR Leominster_Lasses_WI@herefordshirewi.org.uk




CRADLEY WI

February 6th



BEEKEEPING ADVENTURES Part Two

With Di Hefferan



Cradley Village Hall 7:30 pm
All Visitors Welcome




POST YOUR EVENTS HERE!

POST YOUR EVENTS HERE!

POST YOUR EVENTS HERE!



Up to 20 words FREE of charge for WI events



HEREFORDSHIRE FEDERATION WI DIARY OF EVENTS JAN-JULY 2025

DATE	EVENT	INFORMATION & VENUE	TIME	COST* & DETAILS
Wed 5 Feb 2025	Coach Trip	Cirencester & Cerney House – Snowdrop Tour	Various pickup times Day trip	Coach, entry and light refreshments. £35* for WI Members
8 February	HFWI Coffee & Catch-up	Hop Pocket, Bishop's Frome, Five Bridges, WR6 5BT	10.30am	All members welcome to come and join the laughter and chat.
9 February	Resolution	Deadline for members votes to be at Federation		Send your WIs voting results to siwalker253@gmail.com
21 February	Coach Trip	Hanbury Hall	Various pickup times	See booking form for various prices – open to all
8 March	National Event	International Women's Day Lunch and Pudding	10-12 at Munsley Hall	£10 per person, see ad for contact details
14 March	HFWI Coffee & Catch-up	Wellington Home & Gardens, A49, Wellington, HR4 8BB	10.30am	All members welcome to come and join the laughter and chat.
25 March	Coach Trip	Wightwick Manor	Various pickup times	See booking form for various prices – open to all
12 April	HFWI Coffee & Catch-up	Newton Court, Newton Lane, Nr Leominster HR6 0PF	10.30am	All members welcome to come and join the laughter and chat.
Thurs 31 July 2025	Competition deadline	Eira Furlong Cup Competition 2025	Submit by 31/7/2025	A piece of 2D embroidery – See newsletter ad for details
Thurs 31 July 2025	Coach Trip	NEC Festival of Quilts Birmingham	Various pickup times Day trip	Coach only – £20 You are responsible for pre-booking your own entry ticket
Thurs 31 July 2025	Competition deadline	HFWI Poetry Competition 2025	Title: <u> </u> 'This is Mine'	£5 entry free. 1 entry per member.

*Non-WI members will pay a surcharge on all trips. For more details email: admin@herefordshirewi.org.uk