



Herefordshire Newsletter

Federation of Women's Institutes

June 2025

theWI
INSPIRING WOMEN

MARGARET'S MEMO

As the song from Carousel states 'June is busting out all over' but I am sure Rodgers and Hammerstein did not envisage it being quoted in a WI newsletter. We will be busting out all over, making this the busiest month for raising funds for the county to date

The second weekend 13th, 14th and 15th June will see us at the Three Counties Show at Malvern. Here we will provide Hospitality to Judges, Stewards and the General Public in the Friesian Bar. Extra help is always welcome, so if you have a free day and can help for a few hours, please get in touch I would love to hear from you

CONTACT DETAILS

jvwi2020@gmail.com

When you volunteer you will receive a free day ticket which will allow you to experience the whole show on that day.

Homemade Cakes are also welcome and we have organised three drop off points in the county. These are WI House, Castle Moat House, Dilwyn HR4 8HZ and Munsley WI Hall at the Trumpet near Ledbury HR8 2RA.

Following on from the Three County Show will be the Fashion Show that is being held at Withington Village Hall on the evening of Monday 23rd June. Our small team has worked tirelessly to provide everyone with a memorable evening. It will start with a welcome drink, followed by the fashion show, there will be the opportunity to peruse the clothes rails and pick up a bargain or two. There will be a Raffle which will have prizes to drool over and we must not forget coffee and cake. Tickets are limited so please purchase your ticket(s) as soon as possible for the evening and do bring a friend or maybe two.

Hope to see you all soon. **Jane Voogd, Acting Chair Herefordshire Federation of WI**

OUR DAY AT COUNTRYTASTIC

Everyone who has become involved in this initiative asks 'what is it and when is it?'

CountryTastic is always held on Maundy Thursday the day before Good Friday and is held for one day. It is the charity initiative of the Three Counties Agricultural Society to raise the profile of the countryside and the important role it can play in people's well being. It is for young children but siblings, grandparents are not forgotten.

We were invited to help in 2024 three activities which we repeated

The first was based on sunflower painted a sunflower on the front of instructions for planting go into an children returning again this year

The remaining activities were variety of mediums then attached selfies but it was amazing the the proud ownership of the

The last activity was for the There was glee from the children

JB Gill of Countryfile fame and Ross farmer, Ally Hunter- Blair from the Duchy of Cornwall Estate dropped by to ask how our day had gone and we just had to take a photo or two. A wonderful day was had by all, everyone, children and helpers went home with the odd splash of paint and glue but all with a smile.

We hope to be invited next year to educate and support, all this rolled into one super day

Jane Voogd



and decided to look at seeds and trees. This resulted in this year 2025

seeds and making a 'giving' or 'with love' card. Children a card and the centre is the actual sunflower seeds, envelope with the finished card. There were a lot of as the cards had grown such wonderful sunflowers in 2024!

based on trees, lots of leaf shapes were decorated using a to a model tree. This proved to be an ideal opportunity for varied coloured leaves which were placed on the tree and children's own work

'grownups' to recognise trees from the leaf and seed. when the grownups got it wrong



IT IS NEVER TOO LATE TO JOIN
THE HFWI 2025-26 100 CLUB

See last months newsletter for the ticket booking form,
or contact

admin@herefordshirewi.org.uk



federation focus ON SPARKLING WYE WI

Hello and welcome to a glance at our Sparkling Wye WI based in Ross-on-Wye.

Established in 2010, we are a group of thirty+ ladies who meet on the second Wednesday of each month in Ross-on-Wye Bowling Club, just by St Mary's Church. This year we have a very varied range of subjects from our guest speakers. Always popular and informative. We have 'Open Events' throughout the year, where anybody is most welcome. This year these include Midland Air Ambulance, July 9th, Fire and Ice, Two women's trek to the Antarctic October 8th and Ugandan Dreams, November 12th.

We hold a popular Summer BYO Picnic which is a must, and of course, a Christmas Party. Last year we hosted the first ever HFWI Jiggle Jigsaw evening which was a great success.

In 2024, we were delighted to win the Federation Cup for our Quiz team last year. Our members are involved in many local and national campaigns and are actively involved with various projects in Ross-on-Wye & Herefordshire. With the emphasis of pollution in our Rivers, our WISK (WI Sewers & Knitters) ladies made a wonderful wall hanging called 'Riverscape' which is now on display in the Community Hospital, depicting the wildlife in the Wye. Litter picking and water testing of the Wye were other tasks we undertook. We took a stand against pollution, by raising awareness of the state of the Wye when we had a stall in the Market place on August Bank Holiday 2024 to raise awareness amongst locals and tourists visiting our beautiful town. We presented HFWT with our rivers survey results at WI Day.

We have hosted other WI and taken them on walking tour of Ross, taking in the unique 'Museum without Walls' project. Our members are fantastic bakers and lay on a good spread. Recently the call for VE day scone makers was met with the usual enthusiasm and their efforts were very delicious. Last Easter our President Hilary Wilson was guest judge with Saku (from GBBO) in judging the Bunny Bake-off competition in Ross-on-Wye.



Our meetings run from 7.30 – 9.30pm, free parking is available with easy access to the Bowling Club. We always have a raffle, book sales stall, craft and seasonal produce sales when available. There is always a warm welcome awaiting you—don't be a stranger—do visit us and add to our Sparkle!



© Herefordshire Federation of WIs Website: <https://herefordshire.thewi.org.uk/> HFWI Office is located at WI House, 90 St Owen Street, Hereford, HR1 2QD. Office hours: Tuesday-Friday 9.30am-2.30pm. Telephone number: 01432 272268. Email: fedsec@herefordshirewi.org.uk WI House Team: Chairman—Margaret Simcock (chair@herefordshirewi.org.uk); Joint Federation Secretaries—Roz Simcock & Caroline Miller (fedsec@herefordshirewi.org.uk); Book-keeper—Roz Simcock (accounts@herefordshirewi.org.uk)



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CALLING ALL TREASURERS

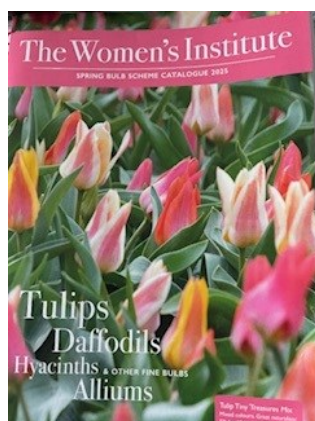
Please make sure your WI subs are paid to HFWI promptly and that your MCS rep, updates officers and member records asap.



Coffee & Chat

10.30am on

Saturday 21st June at
Pengethley Garden Centre,
Ross-on-Wye, HR9 6LL



Don't forget to order your WI Discounted Bulbs from the Bulb Catalogue.

Deadline for orders to HFWI is Friday 30th May 2025.

Please see the email that was sent to you on 2/3/25

If you require a catalogue and order form, please contact admin@herefordshirewi.org.uk

*DON'T MISS
THE DEADLINE!*

INVITATION TO HFWI OFFICERS

For existing and new officers—if you feel in the need of guidance, advice and assistance with your WI role then be assured help is on-hand.

Officers' Workshop sessions 2025

WEDNESDAY 28 May 2025

10am-2pm

Munsley Hall, A438, Hereford HR8 2RA

(Follow-up session on 26 July 2025 10-2pm)



Come along and meet other officers, share experiences, gain knowledge/tips for a successful term of office and forge new supportive friendship groups.

Light refreshments provided. Bring your own packed lunch

If you wish to book a place, please do not hesitate to contact admin@herefordshirewi.org.uk or 01432 272268 At the time of booking we would ask that you provide us with a couple of questions that you might wish us to answer.

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.



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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.

TAPESTRY CANVASES

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



Emily's Home Improvements

Any Job Considered
Carpentry & General Maintenance
Painting & Decorating
Landscaping
Decking
Fencing
Flat Pack Furniture construction

Tel: 07807072003
Email: emilyscarpentry@gmail.com



Marden Arts & Crafts Society

MACS
Crafts Exhibition
Crafts from local crafters

To be held at
St Mary's Church,
Marden
HR1 3EN

Craft stalls
Refreshments

Friday 27th June
12.00 noon - 3.00pm

Saturday 28th June
10.00am - 3.00pm

Free Entry



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DAY TRIP TO



THURSDAY 17th JULY 2025



Coach & Entrance: £31.00 per WI member
An additional £5.00 for non-WI members

Time & Pick-up Points:

BROMYARD	7.30am	Conquest Theatre
LEOMINSTER	8.00am	Leominster Fire Station
HEREFORD	8.40m	Merton Meadow Car Park, 151 Widemarsh St (HR4 9HE)
ROSS	9.15am	St Mary's Garden Village, Ross-on-Wye (HR9 7WP)

Return Time: Leaving the Waterperry Gardens, Oxfordshire at 4.00pm

Details: Waterperry welcomes you to its gardens in Oxfordshire. Made famous by Beatrix Havergal who established her School of Horticulture for Ladies here from 1932 to 1971, it's now home to 8 acres of beautifully landscaped ornamental gardens, a quality plant centre and garden shop, gallery and gift barn, museum and teasshop. Come and explore the spirit of Waterperry.

Don't delay and book your seat now. The trip will be open to **EVERYONE**, so do bring a friend.

Thursday, 3rd July 2025

Return completed cut-off portion below to: HFWI, WI House, 90 St Owen Street, Hereford, HR1 2QD, or email returns to: tripsandevents@herefordshirewi.org.uk



MONDAY CRAFT & CHAT

STARTS 10am

10 online SESSIONS FOR £25

OR 1 SESSION FOR £5

See detail at:

<https://www.trybooking.com/uk/EUNT>



Herefordshire Federation of WIs List of day trips and prices for 2025

These trips are open to **ALL**, not just WI members!

DATE	TRIP	PRICE	WI MEMBER
Friday 8 th August	Shrewsbury Boat Trip	£36.00	£31.00
Wed 10 th September	National Memorial Arboretum	£30.00	£25.00
Thurs 2 nd October	A Day in Bath	£30.00	£25.00

Contact Caroline Miller on 01432 272268 or TripsandEvents@herefordshirewi.org.uk



COACH ONLY TO THE



NEC, BIRMINGHAM

THURSDAY 31st JULY 2025



Coach Fare Only: £25.00 per person Entrance to Festival is by ticket only, see below for details

Time & Pick-up Points:

HEREFORD	8.15am	Merton Meadow Car Park, 151 Widemarsh St (HR4 9HE)
LEDBURY	8.45am	Market House, Ledbury (HR8 1DS)
ROSS (Wilton)	9.30am	Wilton Road Car Park, Ross-on-Wye (HR9 5JA)

Return Time: Leaving the NEC, Birmingham at 4.00pm

Details:

The Festival of Quilts was launched in 2003. 22 years on and it's now the biggest quilting show in Europe, featuring workshops, talks, demos, Textile Galleries from world-renowned artists, one of the world's largest quilt competitions, a huge range of quilt materials, 200+ brands to shop from, and so much more! The cost of the trip covers **ONLY** the coach fare. **You will be responsible for purchasing your entry ticket** which can be obtained via the website <https://www.thefestivalofquilts.co.uk/ticket-prices/> Advance ticket prices listed: Adult: £19.95; Quilters' Guild: £17.50; Concession (60+, Disabled Visitors and Students): £17.95; Quilters' Guild Concession: £15.00; Children (0-18 years): FREE! Please note, 5-18 yrs will need to book a ticket

Don't delay and book your seat now. The trip will be open to **EVERYONE**, so do bring a friend.

Thursday, 26th June 2025

Return the completed cut-off portion below to: Fed Sec, WI House, St Owen Street, Hereford, HR1 2QD, or email returns to: fedsec@herefordshirewi.org.uk



SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT UP TO 70% OFF!

Colours.
FUNRAISING
FASHION SHOWS



theWI
INSPIRING WOMEN

Monday 23rd June 2025

Herefordshire Federation of Women's Institutes

Withington Village Hall, Coppice Close, Withies Road, Withington, HR1 3PP

Doors open 6.30pm, show starts 7pm

Tickets: £10 includes a welcome drink
Tickets to be purchased in advance

Raffle: FABULOUS prizes to be won at the show!

For tickets and more information please contact:
Email: TripsandEvents@herefordshirewi.org.uk - Tel: 01432 272268
Online: scan the QR code





HOUSEHOLD HINTS

Add two heaping tablespoons of baking soda to the water (or 1 cup of baking soda to 1 gallon of water) until it begins to bubble. For best results sprinkle the baking soda evenly across the pan. Let the silver items soak in the baking soda and water for 30 minutes. Remove the silver pieces from the tray and rinse well.



FOOD FORUM

CHERRY BATTER PUDDING

Serves 4-6 people

The British cherry season is short, but well worth the wait. In Herefordshire there are numerous cherry orchards, so take a trip around this beautiful county and buy your cherries from the farm gate. Just be aware buy more than you need for the recipe, as it is amazing how many are eaten before you get to make your pudding!

Ingredients

- ◆ 400gms fresh cherries—wash and dry. Remove stones if you worry about someone swallowing a stone.
- ◆ 75gms plain flour
- ◆ 75gms caster sugar
- ◆ 300mls milk
- ◆ 2 large eggs—separated
- ◆ 25gms unsalted butter
- ◆ 2 tablespoons dark rum (optional)
- ◆ Icing sugar



Preparation

- 1 Turn on oven 180C/160 fan/gas mk 5
- 2 Place 20cm x 25cm oven proof dish on a baking sheet. Place in the oven to get hot. Approx 4 minutes
- 3 Make the batter—place flour, sugar in a mixing bowl, whilst in the egg yolks and milk to make a smooth batter. In another bowl whisk the egg whites until stiff, carefully fold into the batter.
- 4 Place the butter in the hot dish and allow to melt, roll around the dish until the bottom and sides are covered. Any excess melted butter pour into the batter. Add cherries to the dish and pour over the batter.
- 5 Bake for 25-30 minutes until well risen and golden brown.
- 6 Serve hot from the oven. Pour over rum if used and dredge with icing sugar.
- 7 Serve with cream or ice-cream.





WI NEWS

SALTMARSHE & DISTRICT WI

Our May meeting got all of us laughing as we listened to David Withey's amusing quips, anecdotes and tales he'd collected over very many years under the heading "Work is a Four Letter Word"

A really bright moment though was when Margaret (Simcock) came through the door with friend Kim to spend the time with us, having now moved into her Bromyard home just a week ago.....and she's planning to join us as a Dual Member which is rather pleasant. We all wished her a continued steady recovery



PETERSTOW WI

On a sunny Wednesday afternoon 30 ladies listened with fascination to the 'Reflections Of a Retired Murder Detective'. The 'cop' in question was Julie Mackay who managed a very full career in the Police Force alongside bringing up her three children. We could only sit and wonder at her energy. Now retired she has taken up writing and brought along her latest book 'To Hunt a Killer' copies of which she kindly signed. Given the date - 7th May - our tea and cakes had a distinctly VE flavour.



EYE WI

Eye WI enjoyed the VE Day celebrations and raised money at the same time. During the village Picnic held at the local Pub The Balance, we set up a cake stall where members brought along their delicious baked cakes for us to sell. The day was a roaring success with all cakes sold and we raised the amazing amount of £90. Thanks to everyone who baked and bought!



UPTON BISHOP WI

To celebrate National Bee Day 2025 Upton Bishop ladies, with the aid of Ross-on-Wye's Men Shed, constructed bee/insect habitat boxes and robin and blue tit bird boxes. A great evening and of course it was ended with a cuppa and a slice of cake (Nicola's own 'b' day cake!)





Dear HFWI Ladies

Thank you again for the donations of knitted clothes and teddies, our next overseas consignment may well be to Central America, but we do also send to Romania and The Philippines.

Sending thanks to HFWI Knitters

We often get asked for photos of donations in their final destination, but unfortunately this is a logistical nightmare, as we send 1000's of individual items in a 40' container or lorry, plus most of the time we don't personally go to the destination country when the aid arrives, plus the items are likely to be spread far and wide to many communities.

Thanks again and kind regards.

Tim, Timothy Sharpe, The Peace & Hope Trust

Teddies and Fish & Chip jumpers leaving WI House



LAST CALL REMINDERS—COMPETITION ENTRY DEADLINES ARE ALMOST UPON US—31ST JULY 2025



- * The item must be made by you (not machine embroidered) and can be any design you like.
- * Be creative and original in design, colours, and materials.
- * To be displayed on a ring or framed as a picture but no glass.
- * The member's name, contact details and WI to be separately attached to the item. **Not to be a part of the design**

Send or bring the embroidery to WI House. Entries will be displayed at the Federation's 2025 Annual Council Meeting. Your work can be collected after the ACM or from WI House.

For further details contact chair@herefordshirewi.org.uk or WI House Tel: 01432 272268

This is Mine

Artificial Intelligence can write poems, but what fun is there in that! For the **HFWI Poetry Competition 2025** write your own poem, in any style reflecting the title '**This is Mine**'.

Submit three A4 hard copies of your poem, either printed or handwritten, together with your name, WI, contact details and £5 entry (or paid by BACS ref: Poetry2025 and your initials) in a sealed envelope to the office by **31st July, 2025**.

One entry per WI member. The winner will receive a cash prize and be invited to read their poem at the ACM in October 2025.

The judge will not be a WI member, but someone who is qualified to make a decision when considering different styles of poetry.

We wish to print some of the entries in future Newsletters, so will assume that we have your permission, unless you state otherwise. For further information contact: admin@herefordshirewi.org.uk





WI BRANCH NOTICES



LLANGROVE WI

**WORKING WITH
THE WYE VALLEY
ALPACAS
BY CHARLOTTE TILSLEY
THURSDAY 19TH JUNE
7.30PM**

Llangrove Village Hall, HR9

£5



EYE WI

**JOIN OUR BEES FOR
DEVELOPMENT TALK
WITH WILL VAN
BLYDERVEEN
19TH JUNE 7.30 - £5**

Eye_WI@herefordshirewi.org.uk

Cawley Hall Eye HR6 ODS



UPTON BISHOP WI

**HISTORIC HOUSE TALK—
HELLENS MANOR BY
SASH GILES
TUES 8TH JUNE
7.30PM**

St Mary's Garden Village Hub, HR9 7QJ

£5



SPARKLING WYE WI

**MIDLANDS AIR
AMBULANCE
BY KATE BRISTOW
WEDS 9TH JULY
7.30PM**

Ross-on-Wye Bowling Club, HR9 5AR

£5



BISHOPSWOOD WI

**MILLINERY TALES &
DEMO
BY HILARY WILSON
FRI 11TH JULY 4.00PM**

Bishopswood Village Hall HR9 5QT

£5



BISHOPSWOOD WI

**TO HUNT A KILLER
BY
JULIE MACKAY**

FRI 8TH AUGUST 4.00PM

Bishopswood Village Hall HR9 5QT

£5

Up to 20 words FREE of charge for WI events



HFWI COUNTY DATES FOR YOUR DIARY

JUNE 2025

MON	TUE	WED	THU	FRI	SAT	SUN
2 Craft and Chat Online	3	4 NAM— Virtual—all day	5	6	7	1 8
9 Craft and Chat Online	10	11 Drop off cakes for 3 Counties show	12 Set up at 3 Counties	13 3 Counties Show	14 3 Counties Show	15 3 Counties Show
16 Craft and Chat Online	17	18	19	20	21 Cuppa & Catchup, Pengethley G.C. 10.30am	22
23 Craft and Chat Online Colour Fashion Show 6.30 for 7pm Withington VH	24 Elan Valley Coach Trip	25	26	27 HFWI Quiz The Heat Rounds Various locations 7pm	28	29
30 Craft and Chat Online						



HFWI COUNTY DATES FOR YOUR DIARY JULY 2025

MON	TUE	WED	THU	FRI	SAT	SUN
	1 WI House closed	2 Deadline for Waterperry Gardens Bookings	3	4 WI House Closed HFWI Quiz Final	5	6
7	8	9	10	11 WI House Closed Coffee & Chat Blue Diamond GC 10.30am	12	13
14 Craft and Chat Online	15	16	17 Waterperry Gardens Coach Trip	18	19	20
21 Craft and Chat Online	22	23	24	25	26 HFWI Officers Follow-up 10am	27
28 Craft and Chat Online	29	30	31 NEC Quilt Coach Trip Competition deadlines for Embroidery & Poetry			



Do you love crafting? then join the HFWI

Online Craft and Chat - Series Summer 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).

19/05/2025 Tea Cup Cards - Felicity

30/06/2025 - Manx Block (Handsewn) - Andrea

26/05/2025 - Candle Painting

Break

02/06/2025 - Woolly Flowers

14/07/2025 - Lets Tangle - Liz

09/06/2025 - God's Eye Weaving - Felicity

21/07/2025 - Celtic Knot - Jane

Break

28/07/2025 - Slow Stitching - Paula

23/06/2025 - Summer Zen - Liz

04/08/2025 - Starburst Granny - Serena

10:00am - 12:00pm

Book online using the following link or QR code (opposite):

<https://www.trybooking.com/uk/EUNT>



RATES FOR ADVERTISING IN THE HFWI NEWSLETTER

The Board of Trustees have decided to issue the following rates for adverts placed in the eNewsletter. 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.