



Herefordshire Newsletter

Federation of Women's Institutes

July/Aug 2025

theWI
INSPIRING WOMEN

MARGARET'S MEMO

Not just a week but what a month!!!!

June was the month when many of us joined the National Annual Conference via our computers. Some looked on in solitary splendour while others had a viewing party. Next on the calendar was the Three Counties Show followed by the Colours Fashion Show.

It was the month when so many of you baked your famous cakes and biscuits, made copious hot drinks, talked to all and sundry about Herefordshire WI and last but not least showed your support by attending the events.

So to everyone a great big **THANK YOU**, without your support June would not have been such a successful month for Herefordshire WI.

August is traditionally our holiday month for the newsletter so it will be back in September.

Enjoy the summer everyone.

Jane Voogd, Acting Chair Herefordshire Federation of WI



ACM - 14TH OCTOBER 2025
AT LEDBURY RUGBY CLUB

HFWI 105TH VINTAGE TEA PARTY
Sunday 31 August
2-4 Hampton Bishop VH

2025 CATCH UP & COFFEE MORNINGS 10.30am


MONTH	DATE	DAY	VENUE
JULY	11 th	Friday	BLUE DIAMOND GARDEN CENTRE (Wye Vale), Kingsacre Road, Hereford, HR4 0SE
AUGUST	9 th	Saturday	WELLINGTON HOME & GARDENS, A49, Wellington, HR4 8BB
SEPTEMBER	12 th	Friday	THE HOP POCKET, Bishop's Frome, Five Bridges, WR6 5BT



theWI
INSPIRING WOMEN
WI DAY 16/09/25



New venue



You have to be in it to win it!! New draws start Aug 2025

Join HFWI 100 Club for just £10 per ticket entitling you to entry into 10 draws. For a joining form contact

admin@herefordshirewi.org.uk

Remember

Photocopying, printing, laminating, binding—available at WI House

Just email for a quote: admin@herefordshirewi.org.uk



federation focus UPTON BISHOP WI

Proud of their heritage of being one of the oldest WIs in the country, Upton Bishop WI were the Federation Chair's choice as WI of the Year (2024). Under the leadership of their President, Frances Lawford, the award was presented at the HFWI ACM Oct 2024 and was in recognition of the unwavering dedication of past and present members to carry this WI into its 106th year and their commitment to WI causes. Currently our longest serving member, Barbara, has been a member for 37 years!

Most recently members have been involved in litter picking, river water testing, painting inspirational messages on pebbles to lie along the River Wye, supporting the Three Counties Show with volunteers, hosting an Oktoberfest, bird and insect box making (for International Bee Day). Upton Bishop WI are currently aiming to raise the awareness of Dental Health Matters and Bystanders can be life-savers with a dedicated event for local residents and their children.

Their evening meetings, for many years, were held in the beautiful Upton Bishop Millenium Hall, but with increasing costs and a smaller than average membership something had to be done. In 2024, members agreed to move into the Hub on the new development (St Mary's Garden Village, Ross-on-Wye) and this has proved to be a good decision. Membership has increased, and our new home is now becoming very familiar. Sub-groups for this WI include a Walk and Talk group, Craft group and active campaign working parties (whenever the need arises), and of course there is always a smile, a cuppa and cake waiting for all.

Despite being absolutely devastated in recent weeks by the loss of our beloved President, Frances Lawford, Upton Bishop WI members are committed to continue and will strive to make Frances proud by mirroring her enthusiasm and dedication for all things WI.

The future is bright.





Herefordshire Newsletter

Federation of Women's Institutes

July/Aug 2025

theWI
INSPIRING WOMEN

Autumnal North Wales For 5 days on Thursday 16th October 2025



A Herefordshire Federation of Women's Institutes holiday in partnership with Rural Concierge Holidays

On behalf of Herefordshire Federation of Women's Institutes, we are off to North Wales, staying at the 3* Celtic Royal Hotel in Caernarfon.

Holiday includes:

- Local pick ups from Ross, Hereford and Leominster
- Free time in Beaumaris & Caernarfon
- Entry to National Trust Bodnant & Plas Newydd (£30 extra for non HI members)
- Visit to the Holyhead Maritime Museum
- Visit the home of the first British WI, Llanfair Pwllgwyngyll with afternoon tea
- Portage on arrival and departure at the hotel
- Bed, breakfast and evening meal each day

Hotel details

The Celtic Royal hotel is situated in Caernarfon centre, just a 10-minute walk from Caernarfon Harbour. Their Leisure Centre features an indoor heated swimming pool and a fully equipped fitness suite, as well as a sauna and steam room.

Castell Restaurant serves fine-dining cuisine using fresh, local produce. Summit/Y Copa Bar and Bistro offers creative meals and light snacks, and traditional breakfast.

All bedrooms feature tea/coffee facilities, a TV and a private bathroom with a hairdryer.

Costs: 20 single rooms, plus 5 twins and 5 double rooms are available £550.00 per person.



Holiday details can be subject to change

TO BOOK

01432 370514

www.rural-concierge.co.uk

info@rural-concierge.co.uk



DAY TRIP TO HISTORIC SHREWSBURY FRIDAY 8TH AUGUST 2025

Cost (Coach Only): **£31.00** per HFWI member

An additional £5.00 for non-HFWI members, £36

Time & Pick-up Points:

ROSS-ON-WYE 8.00am	St Mary's Garden Village, Ross-on-Wye (HR97WP)
HEREFORD 8.30am	Merton Meadow Car Park, 151 Widemarsh St (HR4 9HE)
LEOMINSTER 9.00am	Leominster Fire Station
BROMYARD 9.30am	Conquest Theatre

Return Time: Leaving Shrewsbury at 4.00pm

Details: Shrewsbury dates back to the late 8th century when it was part of the Kingdom of Powys, it is a great destination for a day trip with over 600 listed buildings, many independent shops, beautiful gardens in The Quarry (made famous by Percy Thrower), Shrewsbury Abbey where the Brother Cadfael series was set, the beautiful round church of St Chad's and many restaurants and smaller coffee shops. Nestled inside a loop of the River Severn you might choose one of the many river cruises or visit Shrewsbury Prison, the Castle, the Museum & Art Gallery (which also houses the Visitor Information Centre, located in The Square, SY1 1LH). If you would like a guided walk, visit the guided walks webpage link on the Visitor Information site. Originally, we had planned to take in the Shrewsbury Flower Show, which unfortunately has now been cancelled.

Don't delay and book your seat now. The trip will be open to EVERYONE, so do bring friends/family.



For a booking form contact your WI Officers or tripsandevents@herefordshirewi.org.uk



DAY TRIP TO THE NATIONAL MEMORIAL ARBORETUM - WEDNESDAY 10th SEPTEMBER 2025

Coach & Entrance: **£25.00** per HFWI member

An additional £5.00 for non-HFWI members, £30

Time & Pick-up Points:

ROSS-ON-WYE 8.00am	St Mary's Garden Village, Ross-on-Wye (HR9 7WP)
HEREFORD 8.30am	Merton Meadow Car Park, 151 Widemarsh St (HR4 9HE)
LEOMINSTER 9.00am	Leominster Fire Station
BROMYARD 9.30am	Conquest Theatre

Return Time: Leaving the National Memorial Arboretum at 4.00pm

Details: The National Memorial Arboretum (DE13 7AR) is part of the Royal British Legion but operates with a separate Board of Trustees and has independent charity status. Each year around 250 events take place on site, from small intimate services of remembrance to set piece events like Armistice Day, Remembrance Sunday, and Armed Forces Day. Visitors can enjoy discovering over 400 memorials nestled amongst some 25,000 trees and a large collection of flora, fauna and wildlife. Experience riverside walks and participate in a wide variety of daily activities, walks, land train tours, memorial talks, exhibitions and buggy tours. There is a restaurant, coffee shop and a gift shop. Maps and guidebooks giving information about the memorials and where you can find them can be purchased from the Welcome Desk.

Don't delay and book your seat now. The trip will be open to EVERYONE, so do bring friends/family.



A DAY IN BATH THURSDAY 2nd OCTOBER 2025

Cost (Coach Only): **£25.00** per HFWI member

An additional £5.00 for non-HFWI members, £30

Time & Pick-up Points:

LEOMINSTER 8.00am	Leominster Fire Station
BROMYARD 8.30am	Conquest Theatre
HEREFORD 9.00am	Merton Meadow Car Park, 151 Widemarsh St (HR4 9HE)
ROSS-ON-WYE 9.30am	St Mary's Garden Village, Ross-on-Wye (HR97WP)

Return Time: Leaving Bath at 4.00pm

Details: Come and spend a day in Bath. The coach will drop you off and pick-up centrally and the rest of the day is yours. Bath is the only UK city designated as a UNESCO World Heritage Site, and the city has so much for you to explore and experience. There are the Roman Baths, The Assembly Rooms, Bath Abbey, Victoria Art Gallery, The Holburne Museum, the Royal Crescent, the Jane Austen Centre. You can take a bus tour around the city or join a walking tour, and we must not forget the shopping to be had. *Not: The Fashion Museum is closed for refurbishment until 2030.*



Herefordshire Newsletter

Federation of Women's Institutes

July/Aug 2025

theWI
INSPIRING WOMEN



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.



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

TAPESTRY CANVASES

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

RATES FOR ADVERTISING IN THE HFWI NEWSLETTER & HFWI SOCIAL MEDIA

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.



Herefordshire Newsletter

Federation of Women's Institutes

July/Aug 2025

theWI
INSPIRING WOMEN

Online Craft and Chat - Series Summer 2025

£5 per session

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

Break

14/07/2025 - Lets Tangle - Liz

21/07/2025 - Celtic Knot - Jane

28/07/2025 - Slow Stitching - Paula

04/08/2025 - Starburst Granny - Serena

10:00am - 12:00pm

HFWI OFFICERS CATCH-UP DAY – SAT 26 JULY 10-2PM – MUNSLEY HALL

Designed to meet the needs of existing, new or potential Officers. The day is split into two sessions: Session 1 – 10.00-midday – for existing Officers this catch-up day is a good way to network with other WIs, share ideas and tips. Session 2 – 12.30-2.00pm – Practical advice for officers – offering practical advice and assistance on all forms of paperwork – Accounts/Gift Aid, etc. These sessions will be held on **Saturday 26th July 10-2pm at Munsley Hall**. Trustees and Advisers will be on hand to answer questions. Light refreshments will be provided, but please bring a packed lunch. There is no cost for the day, but booking is advised. Book your session with HFWI_Advisers@herefordshirewi.org.uk

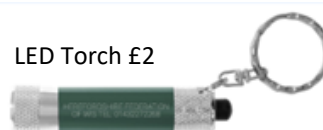
Special Edition NFWI 2026 Diary £7



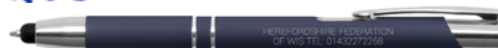
at WI House



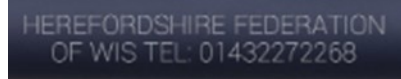
WI Pin Badge £6



LED Torch £2



Soft tip stylus pen £2



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.



HOUSEHOLD HINTS—Keep cool indoors

It is very important to make sure all members of the household – including any children and pets - enjoy the summer period. For dog owners, kitchen spaces are a safe haven for furry friends during the warmer months. The cool tiles under their bellies can help regulate their body temperature, which can be enhanced further by purchasing cool mats. Keeping their bowls full with cool tap water all day will also ensure they stay relaxed.

Bedrooms can be kept cool by keeping windows closed and blinds and/or curtains drawn down during the warmest periods of the day, making for a more comfortable sleep on those arm summer nights. For those who work from home, consider moving your regular home working set up closer to your French doors, enabling you to almost work outside with the doors kept open, without running the risk of your laptop overheating in the sun.

FOOD FORUM

INGREDIENTS

a large bunch flat-leaf parsley
leaves picked

90g rocket

1 long shallot
peeled and thinly sliced into rings

50g pomegranate seeds

DRESSING

2 tbsp extra-virgin olive oil

3 tbsp pomegranate molasses

1 lemon
juiced

METHOD

1 Make the dressing by whisking together the oil, molasses and lemon juice with a little seasoning.

2 Fill a large bowl with iced water and add the parsley leaves, rocket and shallot rings. This will make them fresh, vibrant and crunchy. Leave for 10

3 Tip the drained salad into a bowl and toss with the dressing, then tip onto a serving plate and scatter with the pomegranate seeds to serve.

minutes, then drain really well.

Parsley and pomegranate salad





WI NEWS

CRADLEY WI

Cradley WI invited Kay Pritchard from Ugandan Dreams charity helping children with physical disabilities and facilitating perinatal services to Ugandan women. A very humbling and thought-provoking talk. Volunteers go to Uganda for several weeks at a time with medical supplies, toys etc returning with locally handcrafted items. We made several purchases contributing in a small way to the excellent work of the charity.

July is our annual garden meeting tasting authentic food from our member from Poland amid much merriment I am sure.



SALTMARSHE & DISTRICT WI

On Wednesday 9th July we're having something quite different at our meeting that we've never had before, as we've invited BearInk Tattoo Studio from Tenbury to come and give us a presentation. Tattoos seem to be very much a "Marmite" topic - either loved or loathed - so this is bound to be a fascinating affair. Do please come along to find out more at 2.30pm at Conquest Theatre, Tenbury Road, Bromyard.

In June we were blessed with warm, dry weather as we visited our member Sue's garden. It was in glorious colour and excellent condition; truly a labour of love. Tea and cakes were enjoyed and it made for a very sociable gathering.



TUPSLEY WI

April saw our President, Barbara Glasspoole, retire. Barbara was thanked for all her hard work during the last four years and was presented with flowers and a Gardening Voucher. Members then elected Judith Hollings as their new President.

In April we had a very interesting talk by a lady from Ukraine who gave a very interesting talk on Ukraine, her husband and son in the Army there, but she had moved with her daughters to the UK. Her daughters were continuing their education and she was although she had qualifications in Ukraine she could not use them in the UK so she had to retain.

In May we celebrated 105 years of Tupsley WI with a medley of songs by the Garrick singers followed by Cake and Prosecco. The afternoon was thoroughly enjoyed by members with some joining in on the singing.



BISHOPSWOOD WI

A busy few months for the newly-reformed Bishopswood WI. We have welcomed new members each month and although still small (but perfectly formed) we are an active WI. Our new home, Bishopswood Village Hall is becoming familiar and we have a fun packed programme for the year ahead. At our May meeting we welcomed Professor Mark Whithorn who presented his thoughts on Artificial Intelligence—fascinating and thought-provoking. At June's meeting members were treated to wonderful refreshments hosted by Denise and Cathrine as we listened to the outstanding work selflessly carried out by Milly and Annie from The Hub, in Ross-on-Wye. <https://at-the-hub.co.uk/> A charity that we look forward to working with in the future.





WI NEWS

LLANWARNE WI

The Llanwarne ladies had a lovely afternoon with the Flying Potter at Eastnor. Following a visit from him last year we all decided it would be a nice idea to have a go on the potters wheel. Interestingly most of us ended up with something that resembled a pot, and had a thoroughly enjoyable afternoon as well. Would highly recommend it.



LEDBURY WI

Over the last months Ledbury members have enjoyed wide ranging presentations. As trustee of the Himalayan Trust, Tim Keyes introduced us to the charity, which raises funds to promote teacher training across 35 schools in the remote north east of Nepal. It was illustrated with pictures of his visit to the area. Clare Joynes spoke about her work with the Gloucestershire Domestic Abuse Support Service, seeking to promote understanding of rural abuse and improve uptake of support in rural communities. A harrowing but eye opening and thought provoking presentation. March brought us Penny Thompson (pictured), a former registrar, with the title "Hatching, Matching and Dispatching". Her talk had many amusing anecdotes but she also brought us up to date with the changes in laws relating to the registration of births marriages and deaths which raised many questions from members at the Resolutions Meeting, after a short discussion, there was a unanimous vote in favour of the resolution "Bystanders can be lifesavers." Members had researched the provision of defibrillators in Ledbury and whilst everyone realised there was one in the town centre on by the Almshouses (24 hour access), there are several others. Perkins Garage New Street also has one with 24 hour access St Katherine Surgery - Minor Injuries Unit - Tesco - Halo Swimming Pool -Ledbury Rugby Club have defibrillators available but these are subject to opening hours. We are looking forward to Ledbury's Open Day in June and hope to meeting potential members at our stall in Burgage Hall.



Christine Joynes

LEOMINSTER LASSES WI

For our May meeting, we welcomed Brian Miller-Hall who had us laughing throughout his detailed, informative and illustrated talk about how bee keepers manage their hives in order to capitalise on the industrious work of a honey bee colony. It was an excellent evening and it was good to welcome some new members and guests from Kimbolton WI. For the 80th anniversary of VE Day, several members (plus one four-legged friend) braved the chilly weather, and met for a celebratory picnic on The Grange.





WI NEWS

CRADLEY WI

In May Cradley WI had a trip into the past, looking into our archives. Our first meeting was on Thursday 3rd February in 1938 with Mrs Richards presiding, Nurse Butcher proposed meeting on the first Thursday of each month – we still do! We learnt fascinating facts with great ideas for meetings and competitions – with our favourite suggestion being 'Guess the weight of the President'. There is no record of who won, nor her weight!



WEOBLEY WI

Our meetings this year so far have all been absolutely wonderful and have attracted many new members. Kathie Barrs talked about the alchemy of felt and then showed us how to make our own felted soaps - a new craft which has been adopted by several of our members. Brigit Graham shared her story on growing willow trees and weaving them into the most beautiful and creative baskets, etc. Ralph Barber of Westhide Glass explained to us how he fuses glass in a microwave!



MUNSLEY WI

At the last Craft and Coffee morning held at Munsley Hall Wendy Steadman took us through the making of Manx Quilt squares which are all hand sewn and so can be worked on anywhere as not tied to a sewing machine. It was much enjoyed by everyone.





WI BRANCH NOTICES



SALTMARSHE & DISTRICT WI

**BEARINK TATTOO
STUDIO FROM TENBURY
WEDNESDAY 9TH JULY
2.30PM**

Do please come along to find out
more

Conquest Theatre, Tenbury Road, Bromyard



POST YOUR EVENTS HERE!



UPTON BISHOP WI

**HISTORIC HOUSE TALK—
HELLENS MANOR BY
SASH GILES
TUES 8TH JULY
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 4.30PM**

Walford Village Hall HR9 5QS



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 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—Lets Tangle	15	16	17 Waterperry Gardens Coach Trip	18	19	20
21 Craft and Chat Online— Celtic Knots	22	23	24	25	26 HFWI Officers Follow-up 10am	27
28 Craft and Chat Online—Slow Stitching	29	30	31 NEC Quilt Coach Trip Competition deadlines for Embroidery & Poetry			

For any further information on any of these events, do not hesitate to contact fedsec@herefordshirewi.org.uk



HFWI COUNTY DATES FOR YOUR DIARY

AUGUST 2025

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4 Craft & Chat Starburst Granny 10am	5	6	7	8 Historic Shrewsbury Coach Trip	9 Coffee & Chat Wellington GC 10.30am	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 HFWI 105th Vintage Tea Party 2-4pm Hampton Bishop VH