

# EAST KENT FEDERATION

## EAST KENT NEWS

FEBRUARY 2025



### Contact Information for the Federation Office

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### Opening Hours:

Tuesday to Thursday,  
9.30am – 3.00pm  
(closed for lunch from  
1.00pm to 1.30pm)

East Kent Federation  
Website

[Ticketsource](#) for bookings



### Word from the Chair

It's encouraging to be able to look out of the window at the snowdrops and green shoots appearing in the garden.

Speaking of gardens - the speakers for Summer Garden Day have been finalised and they look to be very interesting indeed. You can see the poster on page 4 of the magazine.

The Resolution Meeting will take place on 24<sup>th</sup> April, and we are waiting to hear which of the resolutions has been selected to go forward to the NFWI AGM in June. On that note please can you make sure that your selections have been sent to the Federation Office by 9<sup>th</sup> February at the latest so that they can be included.

We are looking forward to our AGM in the new venue – The Great Hall at Kent College, Canterbury. This is a more central location on bus routes and with excellent parking which we hope will be more easily accessible for our members. Our afternoon speaker – Dr Annie Gray – has been popping up on the radio 4 Food Programme recently, maybe some of you will have heard her.

The NFWI AGM will take place on Wednesday 4<sup>th</sup> June, and we are inviting members to apply to be a delegate to the meeting, your WI has been sent information about this. Please contact the Federation Office if you are interested in being a delegate representing 4 WIs.

As the NFWI AGM is a virtual meeting this year we are investigating suitable venues where members can watch the meeting together, rather than being 'home alone'! Keep a look out for opportunities.

Two years ago, I joined Walk in Her Name to walk 100km in March – Ovarian Cancer Awareness month. This year I will again be walking 100km in March to help raise money for Ovarian Cancer research; I will be walking in various places around the Federation and would welcome some company – let's hope for good weather!!

Finally, please go to the last page to read the winning entry in the Jean Boucher cup. Our congratulations to Jennifer Baker of Whitfield Evening WI for her thought-provoking story.

*Carol*

[federation.chairman@eastkentfedwi.org.uk](mailto:federation.chairman@eastkentfedwi.org.uk)



### DATES FOR YOUR DIARY

Monday 31 March 2025	Federation Holiday
Monday 14 April 2025	EKFWI AGM, Great Hall, Kent College, Canterbury
Thursday 24 April 2024	Resolution Meeting, Ashford Road Community Hall, Thanington Without
Tuesday 29 April 2025	Circular walk from Chilham
Wednesday 28 May 2025	Summer Garden Day
Wednesday 4 June 2024	NFWI Annual Meeting - online
7-15 June 2025	Big Green Week
Saturday 7 June 2025	Archery Taster Day, The Archbishop's School, Canterbury

## Treasurer's Chat

I'm sitting inside listening as yet another storm batter our shores, luckily the sun is shining through the window but I can see huge wild waves breaking over the beach.



### Pro-rata subs for dual members

We have been contacted by NFWI who have brought it to our attention that we misinterpreted the information we had received. Therefore, we must retract the advice we gave last month regarding the subs for new dual/multi members. The current rule must remain, no matter when a new member joins as a dual she must pay the full WI portion.

### Subs where does our money go?

We are coming towards the end of the WI subs year, and we have been asked to explain what the Federation portion is used for.

Those of you who were at last year's AGM will know that our main expenses are the rent of the office at Pean Hill, salaries for two members of staff, insurance and utility bills as well as equipment and stationery. In addition to these basic running costs we have the obligation to support all our 100 WI groups, this includes: distribution of information and expenses incurred by WI advisors and trustees. We fulfil our charitable objectives by arranging events such as resolution meetings, craft, leisure and sports events. These are arranged by our volunteer team members who are entitled to claim legitimate travel costs.

Over recent years we have endeavoured to reduce all our expenditures; we have reduced printing and postage costs, in person meetings etc and trustees take on more administrative work.

### Lloyds Bank Update

NFWI has been working with other charities and Lloyds Bank has taken on board the federated structure of the WI. Each WI is a charitable entity without the need to be registered as a charity providing the turnover is not over £5000. NFWI will be supplying Lloyds with a complete list of all WIs banking with them and, all being well they will keep their Treasurer Account. Those WIs who have been moved to Community Accounts should be moved back to Treasurer Accounts providing they have given us the information recently requested.

Please remember a WI cannot use the charity number of the Federation or NFWI in any circumstances.

### Budgets

Treasurers will have already done, or are busy preparing, the budget for their WI. Don't worry about this, keep it simple, think about it the same way you do your household budgeting. There are fixed expenses such as hall hire and insurance. Income will vary from year to year, listen to your members and calculate income from subs based on those you expect to remain members. A budget template can be viewed or downloaded from [MyWI](#) should you wish to use it.

Remember, you must not charge members to attend meetings nor oblige them to buy raffle tickets or refreshments, we are all entitled to attend 11 free meetings a year. If money is short encourage your members to suggest free or 'cheap' meetings - see our new column further on. Fundraising can also be a good recruitment tool, why not organise a quiz night for your local community?

### Trustees Annual Report Documents

We understand that some WIs have had questions about how to complete the Trustees Annual Report .

The report form with a template of how to to complete it ie what you write and where was sent out by the federation secretary on 29/10/2024 to all WI secretaries and WI presidents. The form is very straightforward. Remember all WI committee members are trustees, the officers are the President, Secretary and Treasurer.

Elizabeth

[federation.treasurer@eastkentfedwi.org.uk](mailto:federation.treasurer@eastkentfedwi.org.uk)

To ensure emails from the Federation appear in your inbox add EKFWI to your contacts /address book  
[federation.secretary@eastkentfedwi.org.uk](mailto:federation.secretary@eastkentfedwi.org.uk)

## EKFWI – CIO ANNUAL GENERAL MEETING 2025

**Monday 14<sup>th</sup> April 2025**

**Great Hall, Kent College, Whitstable Road, Canterbury, CT2 9DT.**

Every WI should send a delegate to the meeting and, as this venue is slightly smaller, we have allocated each WI 4 observer tickets.

If WIs do not take their full allocation of observer tickets the extra will be made available to other WIs.

Members should apply via their WI to be included on the waiting list.

**Early Bird observer tickets purchased prior to 31<sup>st</sup> January 2025 - £18**

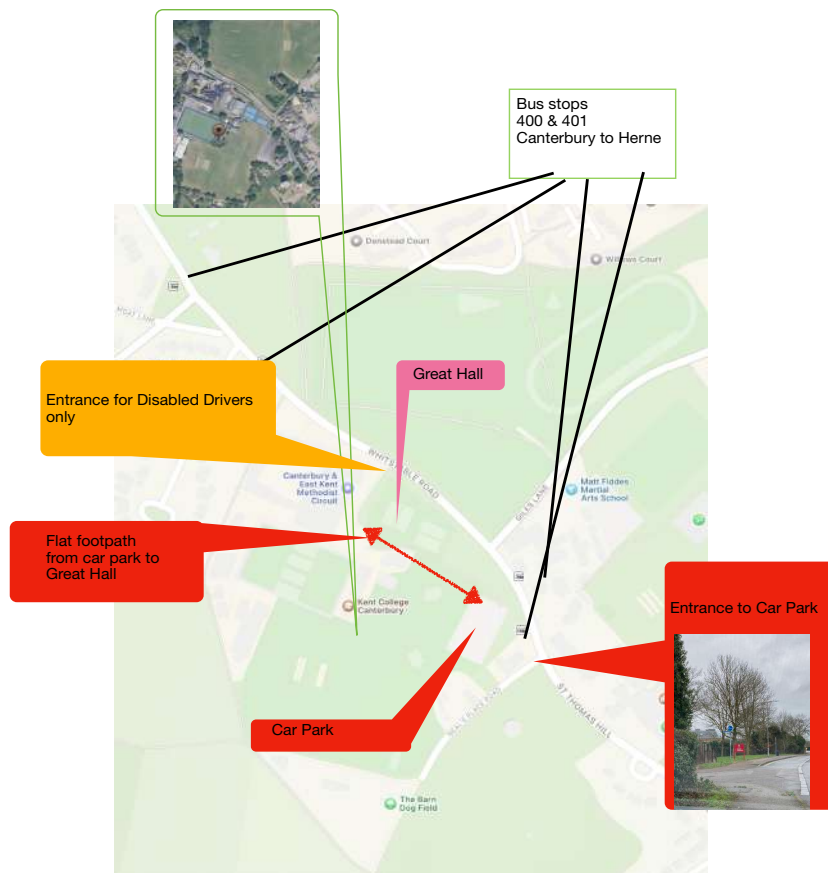
Tickets purchased after 31<sup>st</sup> January 2025 – £20

Our afternoon keynote speaker is Dr Annie Gray – one of Britain's leading food historians. She is an author, broadcaster and consultant, specialising in the history of food and dining from c1600 to the present day.

In the morning, our speaker will be Dr Graham Jones – military music historian.

Free onsite parking, bus stop outside school - busses from Canterbury Bus station (via St Dunstan's- Canterbury West Station), and Whitstable.

Bring your own packed lunch to eat in the venue or, if the weather is nice, outside on the grass. Tea and coffee will be available to purchase before the meeting and at lunch break.





**EKFWI**  
**FOOD, GARDENING AND CREATIVE ARTS TEAM**

Invite you to  
**SUMMER GARDEN DAY**

**On Wednesday 28<sup>th</sup> May 2025**

At the Canterbury Academy,  
Knight Avenue, Canterbury, Kent, CT2 8QA

Doors open 9.30am for 10.00am start

**Tickets £16**

**Non members £18**

Available from [Ticketsource](#)  
or from the Federation office

Complimentary tea and coffee on arrival and at lunchtime.  
Please bring your own mug or reusable cup if possible.

**Remember to bring your lunch**

**Morning speakers**

**Joy Hardinge OBE, BSc, CSci, FIFST - Food Additives**

**Donna Truwhyte from THE ENCHANTED GARDEN – Pollinators for Wildlife**

**Afternoon flower demonstration by**

**Trudie Easton - Local florist, teacher and demonstrator**  
**Entitled “ Nature’s Pharmacy “**

**Stalls and raffle**

All tickets are sold on a non-returnable, non-refundable basis unless the event is over subscribed or the event is cancelled by the Federation.

## GROUP WALK

**A circular WALK from CHILHAM  
Meet in the village square by the castle gates.  
There is free parking in Taylor's Hill Car Park,  
Chilham, CT4 8BZ  
Tuesday 29<sup>th</sup> April 2025 at 10:00**



Join us for a walk from Chilham, one of the most attractive villages in Kent. Using public footpaths, we will discover the beautiful countryside and some lovely views including the Jacobean Chilham Castle and Chartham Mill

### **We will be walking 8km (5 miles)**

Paths can be rough and wet in places (not suitable for wheelchair users), so sturdy footwear and appropriate clothing for the season is necessary. We will be going over stiles, crossing pasture with livestock and there will also be some short stretches on roads.

There will be a photographic competition, so charge up your phones before leaving! The winning pictures will be published in East Kent News.

There are two pubs in Chilham village and tea rooms so anyone wanting refreshments after the walk can use these. There are no amenities on the way round so please bring your own water/thermos! There are public toilets in the car park area

Dogs welcome but please ensure they are kept on a lead at all times and please bring poo bags,

**Non-members welcome, tickets £5, non-members £7**

Closing Date: **10<sup>th</sup> April 2025**

**Tickets are sold on a non-returnable/non-refundable basis and can be booked on**  
[Ticketsource](#)

**Or by contacting the Federation Office by telephone or email**

## Tip of the month

Have you had a good WI meeting which had little or no cost. This is your opportunity to share with others.

Dear EKN Editor,

Having spotted your Tip of the Month in January's issue request for ideas for no cost meetings, I thought you might like to hear about our meeting at Newchurch WI a few years ago.

Our WI Members were asked to 'bring a badge or a medal' to next the meeting and share with the members why it was special to them. The meeting proved to be well attended and every member had brought a badge or medal.

Many had written something to read out while some spoke 'off the cuff' to describe their item.

A volunteer was happy to 'get the ball rolling' and to share why the badge or medal was important to them and by the end of the meeting even our shyest members had felt confident to tell their story.

The meeting was no cost and the shared stories proved to be fascinating, funny and poignant.

The event enabled us to learn of the unknown talents of our fellow members, to share a snapshot in their lifetime and, in some cases, to hear of their record breaking talents. In short, it brought us closer together. I would recommend it!

Melanie Gibson-Barton

## MyWI

The MyWI pages on the NFWI website have lots of information to support members and committee members old and new. Under the tab "Running your WI" you will find lots of useful information. The WI handbook is a great source that gives lots of information about the WI and is very helpful for those thinking about joining the committee

Treasurers can download the latest version of the WI account book and financial statement.

Past copies of WI Life are available to be read online so useful if you need a craft idea or a recipe.

[MyWI](#) is for all members. Use the email address that you have given for the MCS and if you haven't been in before click on the REGISTER button. My tip - choose an easy to remember password and save it. This is one time when you don't need a very complicated password! If you have registered but have trouble logging in then first try clicking on 'forgotten my password'. You will be emailed a link where you can reset your password. If you get a message saying your email address is incorrect ask your WI MCS rep to check which email address is registered to your name. Mine is an old email address from when the MCS was first set up - this is used for platforms on the NFWI website, I use it to access the MCS, the website as web editor and MyWI, so check which address is linked to you.



## PUBLIC AFFAIRS TEAM

Whilst researching the recycling of medication blister packs for the resolution meeting I found out all about TerraCycle. They recycle hard / impossible to recycle items and have specific programmes for :

Flash Wipes  
Babybel cheese packaging  
Cathedral cheese packs  
Gillette razors  
Crisps packets  
Marigold gloves  
Pringle pots  
Bread wax wraps  
And many more.

It is very simple to sign up as an individual or as a WI Group. You then collect the items, get a QR code or shipping label ( sent direct to your email) and send via the post. There is also an option to earn money from the process.

Why not have a look at [terracycle.com](https://www.terracycle.com) !

Don't forget to find out where your nearest defibrillator is using [defibfinder.uk](https://www.defibfinder.uk) and tell your friends and family.

The votes for the resolution selection are coming in thick and fast. The office will send the information to NFWI. Once they've collated the votes we will find out the winning resolution. As soon as we know we will let you know so you can organise your May meeting accordingly- don't forget there are lots of resources on My WI for your discussion. Your delegate will attend the Resolution meeting on the 24th April to get information on the resolution and hear from speakers for and against which she will bring back to your WI. We look forward to some interesting, informative meetings !



PUBLIC AFFAIRS TEAM



### RESOLUTIONS MEETING

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

at

ASHFORD ROAD COMMUNITY ASSOCIATION HALL

151 Ashford Road, Thanington Without, Canterbury  
CT1 3XR (on A28)

Doors open at 9.30am for 10.00am start  
(until approx. 12.30pm)

Tea & coffee available on arrival.

**TICKETS £10.00**

Join your Public Affairs Team to learn more about this year's resolution to be put forward at the NFWI Annual Meeting in June – we have speakers ready to leap into action for this meeting. This is your chance to find out more about the selected resolution, ask any questions, etc ready for discussion at your WI in May.

**More details will be available once the chosen resolution is announced – will it be Let's Talk About Incontinence, Bystanders Can Be Lifesavers, Join The Repair Café or Eliminate Landfill of Medication Packaging?**

This meeting is open to all members. Delegates are reminded that they may claim the cost of the ticket from the WIs they represent.

Tickets available via Ticketsource or the Federation Office.

All tickets sold on a non-returnable/non-refundable basis unless the event is over-subscribed.



PUBLIC AFFAIRS TEAM



# THE GREAT BIG GREEN WEEK

7<sup>th</sup>-15<sup>th</sup> June 2025

The UK's biggest ever celebration of community action to tackle climate change and protect nature.

Your Public Affairs Team invites all WIs to organise or take part in a litter pick during the Great Big Green Week.

Keep Britain Tidy and the Women's Institute have been collaborating for years. Lots of you already do litter picks throughout the year and this is your opportunity for us to do it at the same time.

It can be big or small, you can join in with another organisation or organise it yourselves.

Bags and pickers may be available from your district or parish council, don't forget gloves for safety and a risk assessment to ensure the wellbeing of your members. Check with your local council for further requirements.

Send us lots of photos of your litter pick for East Kent News, we'd love to hear from you.

## Resolutions

The WI has a rich history of campaigning to improve our world and the future for generations to come. Keep Britain Tidy and FairTrade, are well known names that all came into being after the WI campaigned for change.

But go back further than that, and at the heart of each campaign, is a woman who looked around them and thought: 'No, things need to be done better, why don't we do something?'

The conversation starts in their own WI group and the idea grows from there. And that is exactly what happened with our current resolution: Bystanders can be Lifesavers.

At the beginning of the year we invited the Community Life Savers to our meeting where they taught members how easy it is to use a defibrillator. Our own president, Hilary Askew is one of these fab volunteers who travel to schools and clubs to teach them these skills for free.

### **But members also heard some startling truths.**

If we saw a cardiac arrest in public (different to a heart attack and much more serious), would we know what to do? Time is everything, and a swift response is crucial if the casualty is to stand a chance of survival.

Women face a poorer chance of surviving, simply because the idea of removing their bras in order to use a defibrillator is a daunting prospect that many people shy away from. Women are literally dying, due to the embarrassment of others.

Finding a defibrillator was also a concern to our members, as they started to hunt down their nearest one using [www.defibfinder.uk](http://www.defibfinder.uk)

It was interesting to find where they were situated, in schools, supermarkets, outside clubhouses and sports grounds, and in disused phoneboxes, but they are not all available all of the time. And if you delve deeper, you'll find some are not well maintained, or missing altogether. When time is important to save a life, these details matter.

When we created Bystanders can be lifesavers, it was done to tackle these issues. We wanted to fight against that feeling of helplessness you might get, should you witness someone suffer a cardiac arrest. What if it was your loved one?

There are actions that each WI can do, whether it is training, spreading the message about swift action, or just checking their local defibrillator is accessible and ready for use. If there isn't one near, why not campaign or fundraise for one in your community?

If you haven't already, we urge you to read the information on My WI about our resolution. We have already received a lot of support from local WIs which is brilliant. If you would like to speak to someone in Margate WI about Bystanders can be lifesavers, email us at [margatewi@gmail.com](mailto:margatewi@gmail.com). Help us to change this world for the better.

## The Winners of January 2025 200+ Club draw

1st	£17.00	No 80	Margaret Addington	SWAN WI
2nd	£10.20	No 119	Pam Draper	Rodmersham Green WI
3rd	£6.80	No 53	Barry Woolgar	

LIFESTYLE TEAM

ARCHERY TASTER DAY

At The Archbishop's School, St Stephen's Hill, Canterbury, CT2 7AP

Saturday 7th June 2025 13:30 – 15:30 £20

We have been very lucky to secure a group session just for WI members hosted by Canterbury Archers Club. In order that everyone has tuition this event is strictly limited to 24.

These sessions get booked up really early, so to ensure we have a fun afternoon together, the booking for this will close much earlier than usual.

Canterbury Archers club have full insurance however, everyone attending must adhere to these basic rules please

- Close fitting clothing needs to be worn, to prevent bowstring snagging
• Long hair must be tied back
• All jewellery needs to be removed (including body-pins etc – if applicable)
• No open toe footwear

CLOSING DATE IS 30TH MARCH 2025

Tickets available from Ticketsource or the EKFWI office For further information please contact Federation office

The Joan Boucher Cup for Writing Results



This year we received further evidence that we have many talented writers in our federation. The Joan Boucher competition asked for a short story ending with "Why do I always do that" Judging was difficult as so many were intriguing and well written.

"Sea of Dreams" by Jennifer Baker from Whitfield Evening WI was chosen as the winner. Her story is printed on page 10. It was followed very closely by ' A Terrible Tragedy' by Margaret Hanlon from Orlestone WI.

Mary Telford - Performing Arts, Leisure and Sport



LIFESTYLE TEAM PHOTOGRAPHY COMPETITION

This is a free to enter competition, suitable for those who just point and click as well more advanced photographers!

We would love to see your photographs that capture the competition title of

WOMEN AND LEISURE

The top five will be on display at the EKFWI AGM at Kent College on 14th April. and the winner will feature in East Kent News

Please submit your photographs via email to assistant.secretary@eastkentfedwi.org.uk or in hard copy to the federation office by 27th February 2025

For further information please contact Federation office.

WI TRIP TO STONEY CREEK (birthplace of the WI)

We have received an invitation from Greatdays Travel for WI members to join a trip to USA and Canada in September 2025 which includes a gathering at Stoney Creek.



The trip including time spent at Niagara Falls and in Toronto and will cost from £2,379pp sharing a twin double room. There is single room occupancy supplement from £625pp.



If any members are interested please contact the Federation Office for more information and a copy of the itinerary.



## News from around the Federation

**Margate WI** makes new year request to stop litter in green spaces. Help us to tackle litter in our town for 2025, The message comes following their latest efforts at picking up litter, which was at Tivoli park on Sunday 22 December 2024, and saw them collect a staggering 25 bin bags worth of rubbish in just one hour.

Members have returned to Tivoli several times throughout the year to rid the area of litter, and on this occasion were saddened to see the higher than usual levels of rubbish blighting the community space.

President of **Upchurch WI** Helen Eldridge presented Jane Edes with her certificate and some flowers as she has been a member continuously for 30 years. Jane actually joined Upchurch WI when she was only 17 but took a break when she married and moved out of the village for a while. Jane is our Treasurer and a EKF financial examiner.  
Congratulations Jane !



The picture is of the fish and chip babies, in their jumpers and hats, made by various WIs and sent to Rwanda. The "fish & chip" babies were taken home wrapped in newspaper, hence name. The **Rodmersham Green** knitters have so far sent off 160 sets.



In January Barbara and Geoff Turner told **Woodchurch WI** about their visit to the National Needlework Archive. Located in the Old Chapel at Greenham Common near Newbury, it houses "The Country Wife Mural". Designed by Constance Howard in 1951 for the Festival of Britain it was constructed by her students from Goldsmiths Art College and members of the WI. The mural is a major example of 20thC textile art. The raised stump work tells a contemporary story of a village, its inhabitants, buildings and animals using 3D elements.

When the Festival of Britain closed the vast hanging (4.5mx5m) was given to Denman College where it remained until 2009. Now nearly 70 years old, once transferred to the NNA it began its conservation. The central padded figures, 5/8ths human size, depict animated women carrying out country crafts such as baking, knitting, tatting and singing. Now



housed in a huge frame its conservation is more easily accessible.

Our speakers went on to mention how the mural was represented on postcards from Denman and how in 1997 WI publications produced a 1,000 piece jigsaw of the mural. More information about this significant and truly remarkable piece of WI art history can be found on the NNA website [nationalneedleworkarchive.org.uk](http://nationalneedleworkarchive.org.uk)

**Ladies Pop-up Shop & Fun Fashion Show!**

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

Colours. FUNDRAISING FASHION SHOWS

theWI INSPIRING WOMEN

Monday 19th May 2025  
**Seasalter Cross WI**

Seasalter Christian Centre, Faversham Road, Seasalter, CT5 4AX  
Doors open 6.30pm, show starts 7pm

Tickets: £8 includes a glass of wine or fruit juice  
Tickets to be purchased in advance

Charity raffle: FABULOUS prizes to be won at the show!

For tickets and more information please contact:  
Hazel Bentley - 07769 735336 or Terri Hancock - 07976 273762

## **Sea of Dreams by Jennifer Baker, Whitfield Evening WI**

Matthew Arnold is in my head as I stand on Dover beach. I wonder where he stood as he looked out and wrote "The sea is calm tonight"? Here was a man who knew the sea in all its moods, its history of loss and sorrow; loss and sorrow often the fault of his fellow man. The sea is also calm tonight as I look out and think of that fateful day I too knew loss and sorrow.

It was January and cold, icy cold. I had come to the beach to think. It will probably seem strange to anyone who does not live close to the sea but I have always found turning my back on my country and looking out to the rest of the world that somehow I can make some sense of the sorrow I am enduring. Mind you that is almost impossible. I thought we were happy together. Life was not perfect, he was as obstinate and occasionally as pig headed as I know I can be but somehow we ensured the good times outnumbered the bad. We cheerfully agreed we did not want a life of constant harmony. How boring we sneered. How arrogant we were.

He loved to come and watch the sea as much as I did. The calm sunny days were fine, the warmth on our faces, the occasional wispy clouds drifting above. These were days for remembering and quiet reflection. But these were not favourite days, we longed for days when wind and rain roared lashing the sea sending it crashing onto the beach causing the shingle to fly, causing the gulls to screech and soar haphazardly above. How we shouted out loud in a futile attempt to beat the noise of the wind and the bullets of rain stabbing our cheeks. How we laughed.

He loved to swim in the sea and said one day his dream would be to swim to France. I always mocked him as after ten minutes of battling the waves and losing he would drag himself onto the beach gasping and groaning like a stranded whale. I would sneer and tell him he was no Captain Webb. He always smiled when I told him that but I failed to notice the hurt in his eyes. He said he knew that what I said was true but how many dreams did come true? It was sometimes more comfort if your dreams did not succeed and stayed with you for another day. I laughed at this as well, what was the point of a dream if you knew it would never come true? I wasn't a great one for dreams; give me real life I would scoff. As usual we called a truce, or so I thought.

That winter my work took me away for a few days. After he had lifted my case into the car I hugged him and said that if he did reach Calais we could do with some lovely French cheese. He smiled but stayed silent.

He wasn't there when I came home. All trace of him was gone. I went to the beach. One of his friends was there. He said he knew nothing but I knew he was lying. I pointed to his face and laughed. He was trying without success to grow a beard. You can't help it can you he said. You have to make fun of others' dreams. Why do you think he's gone?

The wind bit my face. He was right, why do I always do that?