

EAST KENT FEDERATION

EAST KENT NEWS

MARCH 2024



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

theWI
INSPIRING WOMEN

Word from the Chair

March brings us (hopefully) the first days of spring and the start of summertime, and we are all looking forward to our new programmes for 2024/25. The WI offers so much more than monthly meetings with interest groups, federation events and workshops; now there are also free online talks, demonstrations and workshops that can be accessed via the WI Learning Hub. Our subscription really is great value for money so to take advantage of all that is on offer please, renew your membership. If there is something you would like to do, please let us know as we are always looking for new ideas and welcome contact from our members.



NFWI has recently made changes to the way they communicate with Federations and WIs, they will now only be sending emails and correspondence on a Wednesday, of course all of this can be found on MyWI.

We at the Federation are also considering how we communicate with you all and will be trying new ways to keep the volume to a minimum. There are of course, busy times when we need to send a lot of information, such as Annual Meeting time, Resolution voting and end of year requirements but information for members such as events, outings and workshops can be found in the East Kent News. We know that not every member can access the East Kent News which is why we send copies of the information to secretaries so that it can be raised in your monthly meetings and newsletter (if you have one) and nobody misses out.

It's not long now until our AGM at the Leas Cliff Hall, and the Trustees are looking forward to seeing our members there. We have interesting and inspiring speakers, some new, tempting stalls as well as the raffle and baskets. Fifty per cent of the income from the baskets will be donated to SNAAP who spoke to us at last year's AGM.

There are still some tickets left and it is not too late to get one, either book via TicketSource or contact the Federation Office. I am looking forward to seeing you there!

Carol federation.chairman@eastkentfedwi.org.uk

The Winners of February 2024 200+ Club draw

1st	No 16	£19.75	Sarah Mayberry	Brenzett with District WI
2nd	No 41	£11.85	Wendy Pitts	Upchurch WI
3rd	No 143	£7.90	Joan Williams	Mersham WI

EAST KENT FEDERATION OF WOMEN'S INSTITUTES

ANNUAL GENERAL MEETING
Tuesday 19th March 2024, 11.00 am – 4.00 pm
at the Leas Cliff Hall, Folkestone

GUEST SPEAKERS

**Amanda Tooms –
Educator, Leader, Mentor and Therapist**



Amanda has worked within the performing arts industry and education for most of her career. Leaving college at the age of 17, she spent the next 10+ years working on stage in the UK and overseas as a professional dancer. She has worked in a variety of theatres and performing arts venues as well as cruise ships, television, and film. In 1992 she opened her own very successful dance school and concentrated on teaching the next generation(s) of young dancers.

Amanda graduated in 2015 from Middlesex University with a Master's Degree in Professional Practice, Dance Technique Pedagogy and in 2022, after retraining to what is now her 'new' career, she graduated as a fully qualified Psychotherapeutic Counsellor and Hypnotherapist.

A Speaker from Catching Lives

Catching Lives is an independent charity aimed at supporting the rough sleepers, homeless and vulnerably housed in Canterbury and East Kent; those who have, for many reasons, fallen through the gaps in society and feel they have nowhere else to turn.

Their vision is of a society where all are included and all, no matter how disadvantaged, can make a contribution.

Yolanda Barker from Singleton WI
Speaking about Multiple Sclerosis

We have some interesting new stalls this year to satisfy your desire for retail therapy, these include

- *Soapy Herbs
- *Little Shop of Fabrics
- *Helen Hodsdon crochet scarves, Jewellery and more
- *The Chocolate Pig
- *Gwen Owen (handmade jewellery and flower fairies)
- *Kevin Groves – (ethical perfumer)

TICKETS STILL AVAILABLE

Treasurer's Chat

WI Insurance 1 March 2024 - 28 February 2025

Insurance renewal quotes are only firmed up in the month prior to renewal and I'm pleased to say we received the final quote on Monday of this week which we accepted and have paid on your behalf.

Invoices have now been sent to all WI treasurers and we will send you a copy of the policy when you have paid. Although the insurance does not require a risk assessment the NFWI Health and Safety Policy does and this policy, as with Safeguarding and Equality, Diversity and Inclusion Policies covers all three tiers of the WI organisation.

There is no upper age limit on our insurance but we have been reminded to use common sense. For instance a member who is frail should not be carrying hot kettles or heavy trays, but can help by selling raffle tickets or welcoming new members.

MCS

Before Christmas we asked all MCS reps and treasurers to check that the MCS records were correct, we were disappointed with the response only 30% of WIs confirmed they had checked and updated as requested.

NFWI use these records to allocate the number of delegates we can send to the NFWI annual meeting and to send the WI Life magazine. We use it to know how many members we have and for such things as the pro rata invoices for pooling of fares.

All members **must** be on the database, whether or not they have an email address, to receive the WI Life magazine which is the tool NFWI use to communicate direct with us the members and is part of our membership.

Invoice

Our invoicing system is now working smoothly in most cases. Each invoice has a specific number please can you ensure that is used as the reference when paying. QuickBooks links the payment to the invoice number and records it as paid. This saves us time and we can quickly see which invoices are outstanding.

Subscription

We are fast approaching the new subscription year and we ask not only that subs are collected promptly but that the affiliation fees are paid to the federation as soon as possible after 1 April.

NFWI do not consider any of us as 'paid up members' until they have received their portion of the affiliation fees and an accompanying spreadsheet from the federation with a breakdown of numbers.

The first quarter is straightforward but we do ask if paying by BACS - preferred method - that you email the office with a note to explain exactly how many members you are paying for and for which quarter. Those sending in a cheque should also ensure that a clear breakdown is sent with it. A list of members would be even better so we can cross reference if need be.

See table at end for subscription rates.

DATES FOR YOUR DIARY

Tuesday 19 March 2024	EKFWI Annual Meeting, Leas Cliff Hall, Folkestone
Wednesday 10 April 2024	Spring Garden Day
Wednesday 17 April 2024	Literary Lunch - Godmersham and Crundale Village Hall
Thursday 25 April 2024	Resolution Meeting Godmersham Village Hall
Monday 29 April 2024	In House Craft Day EKFWI office Pean Hill
Monday 24 June 2024	In House Craft Day EKFWI office Pean Hill
Wednesday 13 November	Craft Day Date TBC

PUBLIC AFFAIRS COMMITTEE

RESOLUTIONS MEETING

THURSDAY 25TH APRIL 2024

at

**GODMERSHAM AND CRUNDALE VILLAGE
HALL
Canterbury Road, Godmersham, CT4 7DR
(on A28 between Canterbury and Ashford)**

**Doors open at 09.30am for 10.00am start.
Tea and coffee available on arrival.**

TICKETS £10.00

Delegates are reminded that they may claim the cost of the ticket from the WIs they represent.

**Join your Public Affairs Committee to learn more
about the selected resolution 2024**

At this time, we don't know which resolution has been selected, but it will be one of these four

**Dental Health Matters
Impacts of poor housing conditions
Say 'no' to gambling advertising.
Improving Outcomes for Women in the Criminal
Justice System**

This meeting is open to **all** members. It is your chance to find out and ask questions about the topic which will help you in the discussion at your WI meeting in May.

Hopefully it will help guide your discussion and vote:

Is it relevant?

What can we do to support it ?

Is it topical?

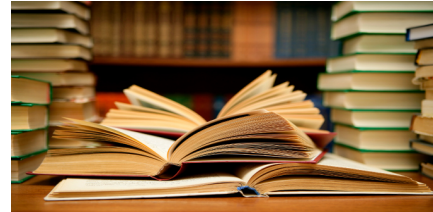
Is this already being addressed by parliament?

How can our federation can take action to implement it?

PALS COMMITTEE

Following on from the success of our last literary lunch we invite you to join us again!

LITERARY LUNCH



At GODMERSHAM AND CRUNDALE VILLAGE HALL
Canterbury Road, Godmersham, Kent CT4 7DR

Easy free parking and a bus stop right outside the hall

DO COME AND JOIN US ON

WEDNESDAY 17 APRIL 2024

10:30 am – 14:00 pm

Speakers:

Carol Creasy – who will be talking about getting inspiration for creative writing

Bernie Pendle – will tell us how she went about writing a book about her grandmother, one of India's first female lawyers

Cecilia Chattergee and what she learnt along the journey. She will also tell us how she managed to get the book published and sold via amazon and booksellers

This promises to be an interesting and inspiring morning of talks so don't miss it!

£15 to include tea/coffee on arrival and a light lunch

There will be a second hand book stall and we will be happy to receive books on the day or at the office prior to the event. Deadline for bookings Tuesday 2nd April

Available from Ticketsource

<https://www.ticketsource.co.uk/east-kent-federation-of-womens-institutes>

or from the Federation Office

FOOD GARDENING AND CREATIVE ARTS

FOOD GARDENING AND CREATIVE ARTS COMMITTEE

Invite you to
SPRING GARDEN DAY
on
Wednesday 10th April 2024
at The Canterbury Academy, Knight Avenue, Canterbury,
Kent CT2 8QA

Doors open 9.30am
10.00am start

Tickets - £14.00
Available from Ticketsource

<https://www.ticketsource.co.uk/east-kent-federation-of-womens-institutes>
or from the Federation Office

Complimentary tea and coffee on arrival and also on sale at lunchtime. Please bring your own mug or reusable cup if possible
Remember to bring your lunch.

Morning speakers:

Steve Edney - The No Name Garden - his new project
Laura Brady - The Wonky Parsnip Lady. Her journey so far.

Afternoon Flower Demonstration by

Helga Cukure – Demonstration entitled ‘Air Waves’

Stalls and raffle

and back after a long rest **The Challenge Cup** for all Craft and Home Economics Guild members, this is to be judged by attendees on the day.
The title is ‘**A journey**’

IN HOUSE CRAFT DAYS

EKFWI OFFICE

SAVE THE DATE

29th April 2024

24th June

Please put these dates in your diary more information to follow.

Adult Learners week is back after a long time on the shelf due to the great pause.

This year the first prize will be a £25 voucher. This prize comes from a donation of £75 from Etchinghill Guild which closed. The theme is learning a skill to create an item that is useful to others. Hats scarves and mittens/ gloves sets are the order of the day learn a new pattern, try a new way, anything that achieves a beautiful but welcome gift for someone. All items will be donated to various charities so please be aware that no items will be returned. Items for consideration need to be in the office by the 1st September 2024.

MEMBERS ADVISORY COMMITTEE

We are all very grateful to the outgoing Officers who gave our WIs much support, lots of advice and generous loyalty.

Thank you to all outgoing Officers who are continuing this tradition.

Those of you who have taken on a new role we do appreciate how difficult it can be to hold an Officers position for the first time. If you need help do ask your WIA.

At this time of the year we all paying our coming years subscriptions. Treasurers, please remember that all subscriptions money (all cash and cheques) must be fully paid into your bank account and cash must never go into the petty cash tin.

If any WIs have any queries or need any assistance, please email the Federation Office and they will forward your question to the right person.

TREASURERS TRAINING 2024

First Date for 2024

If you are a long-standing Treasurer, a new Treasurer or simply interested in WI money This is for all of you.

Whitfield Village Hall, Sandwich Road, Whitfield, Dover Kent CT16 3LY

Friday 5th April, 2024 – Start at 1.30am, finish approximately 3.30pm

Covers complying with WI Constitution and requirements, Charity Commission Law and completing the Account Book or Spreadsheet.

Includes the how, when and why – and more, including hints and tips. Sounds difficult, however, we are making it all easy as possible (hopefully some laughs along the way too). Even more, how to get help too.

Only £12.00 per WI

Each WI can send more than one person

Please register your WI as soon as possible with the Federation Office by email to federation.secretary@eastkentfedwi.org.uk or telephone 01227 464106. Your WI will be invoiced for the training.

PUBLIC AFFAIRS COMMITTEE

THE BIG PLASTIC COUNT

This March Greenpeace UK is running The Big Plastic Count, the UK's largest investigation into household plastic waste. The goal is to highlight the urgency and scale of the plastic problem, and empower individuals to play a part in helping solve the plastic crisis.

The Big Plastic Count brief is really simple: count your plastic waste for one week (from 11-17 March) and submit your results to Greenpeace online. This will automatically generate your personalised household plastic footprint and will help them to reveal how much plastic we are throwing away as a nation, and what really happens to it afterwards. They will use the results to convince UK ministers to lead the way at global talks that could finally phase out plastic pollution for good.

Over 60,000 people across the UK have already signed up, but the more people taking part, the more powerful our collective voice will become.

We know how important the issue of plastic waste is to our members, especially through our End Plastic Soup campaign, Simply share the sign-up link with your WI and spread the word! Here's the link: thebigplasticcount.com/WI



Subscription rates 1 April 2024 to 31 March 2025

Date of joining 2024	Total subscription	WI share	Federation share	NFWI share	Total affiliation fees to be sent to EKFWI
1 April to 30 June	£48.00	£23.60	£11.30	£13.10	£24.40
1 July to 30 Sept	£36.00	£17.70	£8.48	£9.82	£18.30
1 Oct to 31 Dec	£24.00	£11.80	£5.65	£6.55	£12.20
1 Jan to 31 March 2025	£12.00	£5.90	£2.83	£3.27	£6.10

News from around the Federation

Woodchurch WI's Annual Meeting was followed by a talk and demonstration of Reflexology by Lizzy Langley a qualified Reflexologist. Using foot charts and other pictorial material she outlined the history and development of “zonal therapy”, its massage potential and procedures.

Reflexology uses holistic, non invasive pressure points to the feet, hands and ears to create a state of homeostasis in the body. Benefits are stress reduction, an aid to sleep, improved mood and a sense of well being. There is evidence of Reflexology being used in Ancient Egypt and China. More recent pioneers were Doctor William Fitzgerald (1872-1942) and Eunice Ingham (189-1974) who used “zonal therapy” to find tender spots in the feet and equated them to other parts of the body, Lizzy was keen to mention that Reflexology is a restorative massage that has value as a complementary therapy and medical concerns should, she said, be referred to one's GP.

FIRST AID TRAINING

We have received some enquiries about First Aid Training and are making enquiries with training providers about courses and the costs involved. If you, or any of your fellow members is interested in a First Aid qualification will you please contact the office. When we have an idea of interest we will be able to see if it is a viable proposition.

News from around the Federation



Bollywood came to **Faversham Gunpowder WI**, the perfect way to warm up a cold winter's evening! The night commenced with an energetic Bhangra inspired dance session, followed by some Indian snacks and drinks. There were some beautiful outfits on display and all our members thoroughly enjoyed a fun evening.



On the wildest of days when neither man nor beast would dare venture out, four intrepid members of **GARLINGE WI**, Fran, Isobel, Andrea and Pam, could be spotted lurking in bamboo trees, dodging the odd tiger, gorilla and monster, whilst being bombarded with disembodied voices. So had they



been abandoned on a deserted island? No, they were being entertained at The Flamingo Adventure Golf on the promenade of Margate seafront, whilst trying for that elusive hole in one although Isobel managed to do it three times. (We also managed to get out alive!).

Members of **St Peters Village WI** enjoying their annual dinner with some of their partners at The San Club Hotel in February.



The East Kent News editorial team welcome articles from WIs which focus on special events or may be of particular interest to other members. Please limit the number of words to a maximum of 150 and just one or two photographs. Please send as a word document not PDF. Copy should arrive by email one week before the end of the month.

ENVIRONMENT & NATURAL HISTORY GROUP

We are well on our way to finalising our Programme for 2024, which will be available at the Council Meeting in Folkestone on 19th March. Events include visits to Kingsdown, Bilsington Priory, Richborough and Canterbury. Membership of our Group costs only £5.00 Full details from Janet Adamson [01304 784267](tel:01304784267) or email: janet.a.adamson@btinternet.com

CRAFT & HOME ECONOMICS GUILD IN DOVER (WHITFIELD)

Meetings 4th Wednesday in the month 2pm.

March 27th	Craft Demonstrations & Displays by members
April 24th	Alison Shopland Member from Whitfield Evening WI, Her years Performing Tap
May 22nd	Frances Smith Her Trip to Nepal
June 26th	Christine Duchemin Talking on her career as a Nurse, Midwife and working in the Army.
July 24th	Jan Taylor, one of our own members 'Can you hear me?'
August 28th	Summer Tea - no speaker
September 25th	Gill Rowland A Cruse Volunteer Supporting people through grief and loss
October 23rd	Hayley from Hayley's Bloomers Demonstrates an Autumn Wreath and maybe something else
November 27th	It's our Annual Meeting plus our birthday meeting so no speaker
December	Tea/dinner date TBA

ANY SUGGESTIONS FOR SPEAKERS ARE WELCOME.

NEWS FROM OUR GUILDS

GUILD & GROUP MEETINGS

SHEPPEY CRAFT & HOME ECONOMICS GUILD Meet at 2.15pm on the fourth Thursday of the month at The Bethel Church Hall, Chapel Street, Minster on Sea, Sheerness ME12 3QF. Contact their Secretary, Valerie Chatten on 01795 874634 for further details.

LACEMAKERS GUILD – We are a small group of enthusiastic lace makers, who meet monthly, at the Bean Bliss Cafe, 9 Tyler Hill Rd, CT2 9HP
We would love for some new members to join us. We are happy to help beginners and we have various pillows, bobbins, books and threads to get you on your lacemaking way. Our meeting is on the third Tuesday from 10 am to 1 pm.

NEEDLECRAFT GUILD - The Needlecraft Guild is a very friendly creative group, who all enjoy trying their hand at traditional, experimental and new techniques of Needlecraft. We try a new project each month. Whatever level of ability, a warm welcome and help is given to new members. We meet on the fourth Wednesday of the month at 10.30am till 2.30pm at Chartham Hatch Village Hall, Bigbury Road, Chartham Hatch, Canterbury CT4 7NH. For further details contact Christine Maxwell [01795 875095](tel:01795875095) or email christine.maxwell40@gmail.com.

SPINNERS – The Spinners Guild meet in Chartham Village Hall, Station Road, Chartham, Kent CT4 7JA on the first Monday of every month, unless it is a Bank Holiday, in which case the meeting takes place on the second Monday. The meetings start at 10.30am and end at 2.30pm. It's a friendly & lively group and, in addition to spinning, they have workshops on knitting, felting, weaving, button making - pretty much anything woolly! New members are always welcome and are put under the wing of experienced spinners to learn about the craft.

DEAL & SANDWICH GUILD

Deal and Sandwich Guild meet on the third Monday at the Guildhall, Sandwich, 2 - 4pm.
18th March -
Craft Easter Theme