

EAST KENT FEDERATION

EAST KENT NEWS

OCTOBER 2025



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1.00pm to 1.30pm)

East Kent Federation
[Website](#)

[Ticketsource](#) for
bookings



WORD FROM OUR CO - CHAIRS

Welcome to this bumper issue of East Kent News, inside you will find reports of things that have taken place, details about what is to come and some very important information about byelaws and meetings to help Presidents and Secretaries.

I am looking forward to meeting members on Margate sands, at the auditions event, tea/coffee with trustees, the Silent March and I really must book my tickets for craft day and for the talk about the Disgraceful Sons of George III. So much to look forward to.

MCS - We should like to remind WIs that it is vitally important to keep the MCS (Membership Communication System) up to date. Please ensure that new members are added when they join, when a member leaves, her details are removed from the system and that changes of officer are all recorded immediately. This ensures that we have the correct information when contacting our members and do not inadvertently contact someone who is no longer an officer or member. It would also be helpful if the office were notified of changes, for the same reason.

Finally, a number of people were interested in the recipe for the Sticky Toffee cake, mentioned on the facebook page a while ago, you can find this on page 11 of the newsletter – happy baking, it's a bit complicated but worth doing, it's good with tea or coffee but also with fresh fruit and cream for dessert!!

Carol

federation.chairman@eastkentfedwi.org.uk



September started with a visit to Holm and Danley WI. It was nice to see Carol Davidson looking so well. I was made to feel very welcome - even though my raffle ticket was the first to be picked. What a lovely group of ladies. We were treated to a great talk by Helen Tobias Kendall on Shoes - the highs and the lows. Such an interesting talk! Helen always gives a very well researched, informative and interesting talk! Who knew that we lose fat off our feet as we get older - I wish it fell off the rest of me instead! I was pleased to see how well supported their outings are. I'm looking forward to visiting the other two WIs on the of Sheppey.

After a day at the Kent, Surrey and Sussex air ambulance headquarters representing East Kent Federation, I visited Upchurch, a WI right on the edge of our boundary but who are very much a huge part of East Kent. I saw a lot of familiar faces. They have a very high membership and there were four visitors attending too! I was so happy to see that Wendy Pitts, the secretary, read out all the Federation events and news. Your board of trustees and the teams put a vast amount of effort into arranging the many events for your benefit and enjoyment- it was so great to see that they are being offered to the members. The speaker that night was a lovely man, Ben, from a local family firm of funeral directors!! It was a really informative, interesting talk with, surprisingly, lots of laughter. He was so open and honest about his work and made everyone think about their own plans - I don't think I'll ask for My Way to be played - he had clearly heard it too many times. Great speaker.

The next WI on my list was Chestfield - first impression was what a lovely hall. As they own the hall, they can use the walls to display their notices, banners, and so much more. It felt really warm and welcoming. Sharon Goff and her committee have some great ideas. My highlight was a one-minute video of Cliff Richard singing congratulations to those with birthdays. Brilliant! They had a programme on the tables so members knew the running order with a reminder of next month's meeting and so many other great ideas. I will be stealing some! There were four visitors as well as their current strong membership. The speaker was absolutely superb - Peter Alan spoke about our passion for TV detectives. There wasn't a thing he didn't know about the subject. I'll be stealing him too! Really great WI, well led, and very active. Thank you 🍷

The following day I went to Lindfield WI - the eagle-eyed among you will notice it's not in East Kent. When you are visiting another area, as a member of the WI, you are very welcome to attend meetings. I call ahead as a courtesy, of course. It's so nice to meet new ladies. I was made so welcome and treated to an amazing performance by harpist Margaret Watson - she was so talented and played everything from Bach to Elvis. She was such a good speaker too. It was so interesting to hear about their activities in West Sussex. It makes me so proud to be a part of a national organisation.

This month has been a busy month already, as Carol has mentioned, in her review, our WI Day celebration at Godmersham was so lovely and the Top Team Quiz was great fun. The trustees have done lots of meetings by Zoom, of course. We meet trustees from other federations, we have meetings with the NFWI staff and their board of trustees. There is always a lot to learn and even more to talk about! It is so rewarding. If you would like to see what it's like being a member of the board or a member of one of our teams, just give us a call, you will be very welcome. Join us in Canterbury on Saturday, 29th November, to say NO to Violence Against Women and Girls. We will be meeting at the Buttermarket, Canterbury, at 10am and the silent march will start at 11 a.m.

Angela

Bye-laws

We recently asked each WI to send to Federation your bye-laws. We have received questions about bye-laws, what they are, and how to go about making a bye-law.

This is just to give you a brief description of what a bye-law is and the process of getting a bye-law approved by the Board of Trustees at Federation and National.

A bye-law is only valid if it doesn't conflict with Federation and National's constitution and has been approved by Federation and National's board of trustees.

A WI may make/amend a bye-law by a resolution passed by two-thirds of the WI members present at an annual meeting or hold a special meeting just for the bye-law.

Once you have sent your bye-law to Federation and it is approved, then Federation will seek National's approval; you will then be advised that your bye-law is valid or invalid.

Your valid bye-law is reviewed at every annual meeting, or you can hold a special meeting just to review your bye-law. Once it is reviewed, then the secretary keeps the bye-law until the next review. If the bye-law is amended or changed, then this will require approval again.

If the bye-law is rescinded, then Federation is required to be informed, and they will advise National.

A few bye-law examples:

- Restricting numbers to your meeting due to hall capacity.
- Tenure of office.
- The holding of meetings.

Please contact Federation before you start a bye-law if you are unsure that you have covered the criteria.

The Winners of September 2025 200+ Club draw

1st Prize:	No 157	Mrs. Daisy Swan	Hythe Morning	£13.50
2nd Prize:	No 38	Mrs Ellen Martin	SWAN	£8.10
3rd Prize:	No 41	Mrs. Wendy Pitts	Upchurch	£5.40



Can you help?

We're looking for someone with QuickBooks experience to help us to improve the information we get from our accounts package.

We're hoping your QuickBooks knowledge and your WI experience will help us to get the best from this – income is pretty well set up now but there are other areas which need some expertise.

Is this you perhaps? We think this will be a fairly short-term project so ideal for a busy person able to give some assistance to us at Federation.

Please contact Julie if you would like to know more @ federation.treasurer@eastkentfedwi.org.uk

PUBLICITY OFFICER

We are desperately seeking someone to help the federation publicise our events and the federation itself. We know our members are super clever and super skilled - one of you will have the skill set we need. 🧐

At present we have a member's only Facebook group and a public Facebook page which we use to share information. Are you a wiz on FB? Do you love making snazzy posters? Are you brilliant at making reels?

Your Federation needs you! 🙌

It is a role that is outside the Board and that can be done in your own time to suit. If you are interested in finding out more just call the office.

AUDITIONS EVENT FOR SPEAKERS

SEASALTER & DISTRICT WI HALL
8 Faversham Road, Seasalter, Whitstable, CT5 4AL

Wednesday 15th October 2025

Doors open 9.15 am

9.30 am – 1.00 pm

Ticket price £5 payable on the door

Raffle, tea and coffee will be available on arrival.

No pre-booking required – please note that this is for members only. This is the way YOU choose the Speakers as recommended in the Speaker's List.

Any queries, please contact the EKFWI Office- 01227 464106 or assistant.secretary@eastkentfedwi.org.uk

NOMINATIONS FOR BOARD OF TRUSTEES.

Elections are coming up soon for members to serve as trustees on the East Kent Federation Board of Trustees ((BOT).

Up to 10 elected trustees will take office following the Annual General Meeting on 2nd April 2026. Under the terms of the updated CIO constitution, they will serve for 3 years until March/April 2029.

Details and nomination forms will be sent to WIs next month; if more than 10 nominations are received before the closing date of 12th December 2025 a ballot will be held.

DATES FOR YOUR DIARY

Thursday 9 October 2025	Art Day	Page 6
Sunday 12 October 2025	Restart a Heart Event Margate	Page 8
Wednesday 15 October 2025	Auditions for Speakers Event	Page 3
Friday 17 October 2025	Meet the Trustees for coffee	Page 4
Thursday 13 November 2025	Craft Day	Page 4
Friday 17 November 2025	President and secretary training	Page 4
Wednesday 19 November 2025	President and secretary training	Page 4
Tuesday 25 th November 2025	Zoom talk 'The Disgraceful Sons of King George III	Page 4
Thursday 27 November 2025	President and secretary training	Page 4
Saturday 29 November 2025	16 Days of Activism March organised by Canterbury Sorooptimists	Page 7
Tuesday 30 December 2025	Closing date for photography competition	Page 6
1st February 2026	Joan Boucher Cup Deadline	Page 5
Thursday 2 April 2026	EKFWI AGM, Kent College, Canterbury	

To book direct or to see if tickets are still available click on [Ticketsource](#) for most events.

LIFESTYLE TEAM – FOOD, GARDENING AND CREATIVE ARTS

CRAFT DAY

Thursday 13th November 2025

CHARTHAM VILLAGE HALL

10.00AM – 3.00PM

TICKETS £28

Choose two crafts from the list, one for the morning and one for the afternoon.

Details of any equipment required will be sent to you nearer the date.



Flowers in a box



Lino Printing



Shashiko



Silk painting



Resin Dip



Sugar Craft

Ticket price includes the cost of materials for the two craft sessions, tea, coffee & biscuits on arrival.

Please bring a packed lunch and a mug if possible.

Tickets are sold on a non-returnable/non-refundable basis, unless the event is oversubscribed. Tickets for this event should be ordered from the Federation Office.

Email - assistant.secretary@eastkentfedwi.org.uk;

Telephone – 01227 464106

Meet some of the trustees of East Kent Federation of WIs.

Come and join us at Meadow Grange nursery coffee shop at 2pm Friday 17th October.

Honey Hill, Blean, CT5 3BP

Please let the office know for numbers please.

WIST TEAM

Great news. You will be pleased to hear that we now have the dates and venues for the **Presidents and Secretaries training**.

17th November 10 am – 12.00 noon
Whitfield Village Hall CT16 3LY

19th November 7.00 pm – 9.00 pm
Bobbing Village Hall ME9 8PL

27th November 6.00 pm – 8.00 pm
Chestfield WI Hall CT5 3LD

This training is not confined to those members holding these positions at present, although of course, they would be most welcome. Have you ever thought you might be interested but were not sure what is involved? Come and find out! Also, think about succession planning. Who could be ready to take over when the current Officers step down.

Please contact the Federation Office to book a place on the training. The cost will be £12.00 per WI for up to 4 members.

Come and join us for informative sessions that will be fun.

Gill Crone

Chair of Advisers (WI Support Team)

With the winter approaching we invite you to attend a **Zoom Talk**

Tuesday 25th November 2025 at 19:30



The Disgraceful Sons of George III

Speaker: Janie Ramsay

Janie makes a welcome return to East Kent, this time with this intriguing and informative talk!

With over 50 illegitimate children, 5 illegal marriages, countless mistresses, possible poisonings, parliamentary enquiries, court cases and even a stabbing – what a family to share an interesting evening with!

£5 PER PERSON

Non members welcome.

Please contact the office if you wish to arrange a Watch Party.

Please book via [Ticketsource](https://www.ticketsource.co.uk) or contact the office by Thursday 13th November 2025

**110th BIRTHDAY OF THE WI
WI DAY - TUESDAY 16TH SEPTEMBER.**



What a brilliant afternoon we had. Members gathered at Godmersham Village Hall to celebrate the occasion and, as requested, dressed to impress. We had dungarees and headscarves, finery and fascinators, posh frocks and pearls.

A welcoming glass of Pimms was enjoyed, with a cheeky top-up too, then we all enjoyed listening to Judi Knight talking about the WI in wartime with particular mention of Barham and a visit by Eleanor Roosevelt and Clementine Churchill to see the work done by the WI. Judi also made us all laugh with readings from a little book she had discovered that gave instructions for games to be played during social time at meetings. I know that several WIs are searching for a copy!

Scones, jam and cream, cheese scones and cream cheese, and lots of lovely cakes were consumed, all washed down by a good old cup of tea.

The competition for a jar of jam was won by Jane Napper, and all those who entered are to be congratulated for their excellent efforts.

The raffle was drawn, and the answers to the quiz checked, and all departed replete and happy. Our thanks to the trustees who worked hard to ensure we had an enjoyable afternoon.



JOAN BOUCHER CUP for WRITING

To celebrate the 50th anniversary of the death in 1976 of popular author Agatha Christie, this year we are inviting you to write your own.....



MYSTERY SHORT STORY

The winner will be invited to read their story at the very popular literary lunch to be held on 22nd April 2026 at Godmersham Village Hall. It will also be published in East Kent News

Simple Rules:

- Please ensure your story has a title.
- Please write how many words you have used (maximum 600)
- Do not put your name or WI on the short story but send a covering note, to enable fair judging.
- Submit your story either via email to assistant.secretary@easkentfedwi.org.uk or post to the Federation Office

Closing Date for Entries is 1st February 2026

For further information please contact the Federation Office

LIFESTYLE TEAM - PALS

The PHOTOGRAPHY COMPETITION

I N S E C T S



This is a free to enter competition, suitable for those who just point and click their phone as well as more advanced photographers! The balmy days of summer are a great time to get snapping those insects around us!

We had a super response to the previous competition, and this year from the suggestions given by members at the AGM, we have chosen the theme... **INSECTS**.

We are so looking forward to seeing your entries, the only stipulation is that the photograph is taken by a WI member. Please put your name and WI on the reverse of the image if sending in via post. Sorry but images sent by post cannot be returned.

The office looks forward to receiving your images via email – please head the email INSECT entry and send to assistant.secretary@eastkentfedwi.org.uk

Closing date: 30th **December 2025**

The top five will be on display at the EKFWI AGM at Kent College in April 2026 and the winner featured in East Kent News. Certificates will be issued to the top three winners

For further information please contact the federation office.

ART DAY – DRYPOINT PRINTING Blean Village Hall, Blean, Canterbury

Thursday 10th October 2025
10:00 – 15:00



You will be taught by experienced tutor Andy McNally the drypoint printing method and given advice on how to continue with further projects at home.

You will learn how to print your own greetings card, or a picture to colour and frame at home later. Pictures measure 5"x7". You may choose from the pictures provided or if you have something you would like to print please email event organiser (details below) a copy so the tutor can be shown the item in advance of the day for advice.

Please bring an apron or overall, as can be messy, plus flat shoes and a packed lunch. There is plenty of free parking at the hall. There is a bus stop on Whitstable Road just 5 minutes' walk from the hall

Tickets £20

This includes the cost of materials, small group workshop and experienced tutor plus unlimited tea/coffee and biscuits all day!

Tickets are sold on a non-returnable/non-refundable basis and can be booked on [Ticketsource](https://www.ticketsource.co.uk)

Or by contacting the Federation Office

For Specific enquiries about the day please contact event organiser via the EKFWI office.

Twenty-two ladies from around East Kent Federation attended an **archery taster session**, coordinated by the Lifestyle Team (Performing Arts, Leisure and Sports) and hosted by Canterbury Archers Club. The day was perfect weather-wise, and archery boards were set up on a beautifully manicured lawn at Archbishop's School in Canterbury, with the magnificent Canterbury Cathedral in the background. Plenty of help was on hand for us novices, and we were split into groups of four, each with their own tutor. Our group's tutor had played for the England team, so there was no pressure to make sure we hit the board each time!



The very friendly and approachable team at Canterbury Archers provided light refreshments at half-time. The last round of arching involved us having to shoot an arrow into one of the four balloons pinned to the archery board – not as easy as it would seem! This was such fun and there was great applause when various members managed this!

Medals were presented at the end of the day to those with the best score of the day. The best score was Sue Baker from Goodnestone WI.



If other members feel they may like to try this, please let the office know and we can arrange another session if there is enough interest.

Clare Boggia PALS Secretary

Monday 22 September saw yet another successful **TOP TEAM QUIZ** take place, organised by the Lifestyle team (Performing Arts, Leisure and Sports). This year it took place in the afternoon at Ashford Road Community Association Hall in Canterbury. Thanks to Peter Jones, our quiz master, for the interesting questions and keeping us all in order to get finished on time! We had eight rounds, with a quick tea break after round four – special thanks to the ladies of Thannington Without WI who did the teas and washing up for us – much appreciated.

In a very closely fought contest, Hastingleigh with Elmsted reigned victorious by just one point – team members were Paula Pacoriek, Sally Morley-Smith, Fiona Steward, Delenda James, Pauline May and Wendy Kemp – well done ladies!

Runners-up were Monkton WI and equal third River WI and Deal Goodwins WI. Bringing up the rear was Wingham Wonders WI team.

Here are two questions from the quiz for those who did not attend to consider!

- I can travel the whole world whilst stuck in the corner – who or what am I?
- In Greek mythology, what is Selene the goddess of?

Due to the demand for places (this year sold out within a few days!), the PALS team are looking at different ideas of how to take forward – please email any views or ideas to the office so these can be discussed at the next PALS meeting at the beginning of November.



Winning team of **Hastingleigh with Elmsted**



Wingham Wonders with their gift as the 'holding everyone else up team'

PUBLIC AFFAIRS TEAM

16 DAYS OF ACTIVISM

On **Saturday 29th November** EKFWI are joining the Canterbury Soroptimists for a peaceful march through Canterbury for '16 days of activism'.

This is a national event organised by Women's Aid saying NO to Violence Against women and girls.

We will be there - will you join us in standing against this national emergency?
We will be meeting @10am at the Buttermarket, Canterbury with the march starting @11am.
Let the office know if you will be there.

NO MORE
violence against women

The Public Affairs Team

Who are we? We are a small team of WI members, appointed by the East Kent Federation Trustees to encourage WI member engagement on public affairs.



What do we do? We support WIs who wish to submit a resolution, organise the East Kent Federation resolution meeting in April to provide WIs with the information they need to make an informed decision at their meetings, and promote the organisation's campaigns. This year we have encouraged WIs to get involved in litter picks as part of the Big Green Week, provided recycling tips, provided updates on current campaigns such as Dental Health Matters and No More Violence Against Women, and of course supported Margate WI with their successful resolution on Bystanders Can Be Lifesavers. We promote and attend upcoming local events relevant to current (and past) campaigns.

- **Why not come to one of the highlighted events in the campaign calendar below? We'd love to see you there.**
- **We would also like to hear about local WI campaign activities. Please email us with your news!**

Campaigns Calendar - some key dates you might want to consider when planning your campaign activities and **local events (in bold) where you can get involved**



- 1-5 Oct WI Week of River Action
- 2 Oct Resolution Shortlist Selection Meeting
- 10 Oct World Mental Health Day

12 Oct Restart a Heart Month Campaign Stunt, Margate Sands, 11am -12:30
- a striking awareness demonstration for the Bystanders Can Be

Lifesavers campaign.

- 16 Oct World Food Day
- 18 Oct Anti-slavery Day
- 13 Nov World Kindness Day

29 Nov 16 Days of Activism, a peaceful March with the Canterbury Soroptimists
- a national event organised by Women's Aid saying NO to Violence Against Women and girls.



BYSTANDERS CAN BE LIFESAVERS

We have been contacted by Ellie Brain who is the NFWI lead for this campaign.

NFWI is currently organising a campaign stunt to mark Restart a Heart Month this is to draw press attention to the gender inequality in cardiac arrest survival rates. It is due to take place on Margate Main Sands on Sunday 12th October, 11am-12:30. Alongside the stunt, there will be speakers and potentially some first aid training.

Margate WI will be attending, and we hope that as many members from East Kent Federation as possible will be able to join in. The details are as follows:

Uncover to Recover: Restart a Heart Month Campaign Stunt

To bring attention to the gender disparity in cardiac arrest survival rates during Restart a Heart Month (October 2025), join members of East Kent Federation WIs to perform a striking awareness demonstration for the Bystanders Can Be Lifesavers campaign. At low tide on Margate Main Sands, we will be forming a large heart shape while wearing bras over our clothing, which will be captured via drone photography from above. This visual statement aims to draw media and public attention to a critical issue: in public cardiac arrest incidents, women are significantly less likely to receive bystander CPR than men. On the day we will be joined by NFWI staff, trustees, press, and relevant charitable bodies

Logistical Details

- **Date and Time:** Sunday 12th October, 11am-12:30pm.
- **Location:** Margate Main Sands

- **Dress Code:** Wear dark, comfortable clothing and bring a light and/or bright coloured bra that you can wear over your clothing. Be prepared for all weathers.
- **Registration:** Please email pa@nfwf.org.uk to confirm that you are attending, so we can gauge attendee numbers. You can email on behalf of yourself or on behalf of your WI.

Cardiac Arrest is a Feminist Issue

The NFWF is concerned that multiple studies have shown that people are less likely to perform CPR on women compared to men in emergency situations. As a result, the British Heart Foundation has estimated that more than 8,200 women in England and Wales could have survived cardiac arrest if they had been given the same treatment as men between 2003 and 2013.

Below, we identify why cardiac arrest should be considered as a feminist issue:

1. **Fear:** St John Ambulance research found over a third of Britons fear giving CPR to women, and 38% feel uncomfortable using a defibrillator on them due to chest pad placement requiring bra removal. This hesitation costs vital seconds and can also lead to bystanders refusing to help during cardiac arrest.
2. **Lack of public recognition:** A common myth is that women have unusual cardiac arrest symptoms, though both sexes share similar warning signs and symptoms. This misconception leaves women less aware of their own symptoms, less likely to call an ambulance, and less often recognised by bystanders as experiencing cardiac arrest.
3. **Clinical Bias:** Historically, women's cardiovascular health has been neglected due to unequal representation in research, trials, and the medical field, alongside workplace discrimination. A 2018 study found women in England and Wales were 50% more likely than men to receive a wrong initial heart attack diagnosis, often mislabelled as anxiety, leading to inappropriate care and a higher cardiac arrest risk.
4. **Training:** St John Ambulance reports 95% of CPR manikins are flat-chested, and training rarely uses bra-wearing models. Using manikins that reflect women's bodies could improve bystander CPR delivery and survival rates for women.
5. **Biology:** Menopause increases cardiovascular risk due to declining oestrogen, a hormone that protects the heart. Early menarche (onset of first period), polycystic ovary syndrome, high blood pressure in pregnancy, and oral contraceptive use are also linked to higher cardiovascular disease and cardiac arrest risk. Please note the details for registering so that the organisers will have an idea of how many people to expect – we hope that there will be many. See you there!

This month EKFWD received an invitation from Kent, Surrey, and Sussex Air Ambulance to a Civic and Community Leader's Circle. We, of course, jumped at the opportunity to get the WI's name out there! Chris Kerr accompanied me as we joined all the mayors, mayoresses, area leaders of the Freemasons, and Girl Guiding. We were very honoured to be there.



The day started with an introduction to their work, how it started, why they do it, and how they do it. They spoke with enormous passion and pride. They use medical advances from war zone medicine, then employ military doctors when they are between military operations. It's a two-way partnership, bringing the best to each organisation. Being a charity gives them total autonomy; they have no restraints and no bureaucracy to deal with. They said it's their charitable status that means they can achieve a level of excellence they could not do within the NHS.

Chris and I were in tears more often than not! It was so moving; they support survivors indefinitely and those families whose loved ones do not survive. They also support each other – there was a real family feeling. When the helicopter took to the air whilst we were there, the whole team held their breath! The head of fundraising said that the day she stopped feeling that was the day she would leave the job. They are aware, more than we are, that for one person and their family, life is just about to change; they take the responsibility personally. It was palpable.



However, amid all the talks, we were told that a multi-million-pound helicopter and all the top doctors could do nothing if the person was already deceased. They said the most important person at any medical emergency was the bystander!!!! Sound familiar?

They are supporting Restart a Heart Day this year with a snappy 1-2-3 campaign. 1 call 999, 2 start CPR, 3 Defibrillate. I stood up and told them about our 'Bystanders can be Lifesavers' resolution. I explained that across the country every WI is providing Defibrillator training to their communities and promoting the Defib finder app; we even gave out Margate's lovely hand-sewn Defib finder cards.

They were amazed and are very keen to join forces with us – maybe at Margate Sands on Sunday, 12th October at 11.30. It was an amazing day – we were so inspired by what they are achieving. It costs £57,000 a day just to run their service!!

If you want the KSSAA to come along and speak to your WI or want to raise money for them, just contact Fran on 07773188086.

As their chief executive, David Welch said - you hope that you never ever need them, but they treat on average five desperately ill people a day.

If you want any further information, please ask Angela Coleman

News from around the Federation

These teddies were made by members and friends of **Wittersham WI**. They were delivered to William Harvey hospital for the children's emergency department. We hope they will make the children's time in hospital less stressful.



Chartham WI had their summer outing to Davison's Windmill at Stelling Minnis. We were given a very interesting talk by one of the windmill volunteers and several WI members made the climb to the top of the mill. We all enjoyed a delicious cream tea afterwards (well-earned by those who climbed!).



On 18th September, we, **Rodmersham Green WI**, celebrated our 47th birthday. We had a toast with prosecco and a cake made by Pam Draper. The cake was cut by Barbara Wills, a founder member, and Sue Bunce, our president. We were entertained by Sarah Jane singing, accompanied by Mick Bishop on piano.



A few days later Steve Turner and his team gave Rodmersham Green WI a training session on how to use a defibrillator and perform CPR.

For the WI 110th anniversary, members of **Kennington WI** had a lovely cream tea afternoon, supplied by the catering team to celebrate this milestone. They enjoyed games and quizzes, with a very special cake made by Janice. There was a colourful tree where members could write a message on a leaf, with their thoughts and memories of what this group has done for them.



The Arts & Crafts group had a lot of fun making pumpkins ready for Halloween. They were made mainly of felt and odd pieces of fabric. These lovely colourful pumpkins can stand alone as decorations or be added to decorations on autumn wreaths.



Last month **Woodchurch** enjoyed a fascinating talk by ecologist Martin Newcombe, who told us about "Bats in the Belfry and Badgers on the Bypass". It was a wonderful insight into the work that goes on even before planning applications are made. There are many protected species in Britain and it was Martin's job to advise on necessary adaptations for this wildlife before licences to build are granted. His talk, although sometimes sad, was both surprising and thought-provoking.



Members of **Margate WI** gathered for a morning sea swim at Walpole Bay Tidal Pool, wearing specially made celebration headbands to mark the 110th birthday of the WI.



Tunstall Evening WI had a visit from The Copper Rivet distillery this month. They are a family owned Kent company based in Chatham Dockyard making gin, vodka and whiskey, with locally sourced ingredients. After a short history of the dockyard, they gave an interesting talk on how they make their products. After this we had the opportunity to taste the products and most of the members took the offer up. Lots of Christmas presents were purchased (some for ourselves)



Members of **St Peters Village WI** are making dental bags for our local food bank in St Peters. The project is ongoing so will have plenty more.



Shepherdswell WI hosted an open charity coffee morning. There was the option to have a go at New Age Kurling and, of course, our guests were treated to scrumptious homemade cakes made by our WI members. In total we raised £270 for the Dover Branch of Parkinson's UK, which is our chosen charity for the year.



Becket WI members had a day on the river in September. A trip on the Kentish Lady with Fish and Chips for lunch was a huge success and enjoyed by everyone. Ship Ahoy!



Sticky Toffee Cake

This is the cake that was mentioned on our facebook page and some members requested the recipe

For the cake

250g pitted dates
1½tsp bicarbonate of soda
180ml boiling water
125g unsalted butter
225g soft brown sugar
4 eggs
250g SR flour
125g black treacle
1-2tsp vanilla extract.

Toffee Sauce

150ml double cream
1tbsp black treacle
45g soft dark brown sugar
50g unsalted butter

Buttercream

100g unsalted butter
200g icing sugar
45g sticky toffee sauce

To decorate

Sticky toffee sauce
Fudge pieces – shop bought.

Cake

Pre-heat oven to 180C/fan160C

Line 2 8"/20cm round tins with baking parchment

Chop dates into quarters and add to a small bowl with the bicarbonate of soda and boiling water.

Leave to sit for 10 minutes then blitz to a smooth puree in a food processor or blender.

Beat butter and soft brown sugar in a large bowl until combined and smooth

Add eggs to bowl one at a time, beating after each one.

Add SR flour, black treacle, vanilla extract and pureed date and beat until smooth.

Pour mixture evenly into the two tins, bake 35-40 minutes or until skewer inserted in the middle comes out clean.

Leave cakes to cool in tins for 10 minutes, remove and leave to cool fully on a wire rack.

Toffee sauce

Put cream, black treacle, soft dark brown sugar and butter into a pan, place over a low heat until butter has melted and everything is combined.

Bring to the boil and bubble for 1 minute, remove from heat and leave to cool fully.

Stir occasionally so a skin does not form

Buttercream

Beat butter for five minutes until smooth, add icing sugar and beat until fully combined

Beat butter for five minutes until smooth, add icing sugar and beat until fully combined.

Add 45g of toffee sauce, beat again.

To finish

Pipe or spread half the buttercream onto on cake, put second cake on top

Top with rest of buttercream and drizzle with toffee sauce.

Decorate with fudge pieces.

NEWS FROM OUR GUILDS

ENVIRONMENT & NATURAL HISTORY GROUP

Our last outdoor visit this year is to Ham Street Woods for a 'Fungus Foray' with naturalist Martin Newcombe on Wednesday 9th October. Stout shoes needed, as well as small baskets/pots in which to collect our findings.

We end, as usual, with our AGM - an informal Meeting to review the year and make suggestions for next year. This is held in Thanington, preceded by a talk from the Chairman of the East Kent Bat Group on Monday 10th November. All welcome, full contact details via the Federation Office.

DATES FOR CRAFT & HOME ECONOMICS GUILD IN DOVER MEETINGS & SPEAKERS FOR 2025

MEETINGS ARE EVERY 4TH WEDNESDAY IN THE MONTH AT 2PM.

2025

October 22	Martin Newcombe Talking On Local Ghosts & Folklore.
November 26	Annual Meeting. Plus Our Birthday. So No Speaker.
December	T.B.A.

LACEMAKERS GUILD – we are a small group of enthusiastic lace makers, who meet monthly at Meadow Grange Nursery, Honey Hill, Whitstable CT5 3BP.

We would love for some new members to join us. We are happy to help beginners and have various pillows, bobbins, books and threads to get you started your lacemaking way. Meetings are held on third Tuesday of the month 10 am to 1pm. For further information : contact the Federation office who will pass on a message.

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 the federation office who will forward your message.

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,, 2 - 4pm.

WHITSTABLE CRAFT & HOME ECONOMICS GUILD - Meet at St John the Baptist Church Centre, 11 St John's Road, Swalecliffe, Whitstable, Kent CT5 2QU on the 3rd Tuesday of every month. The meeting starts at 2.15pm. No meeting in August.

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 individual photographs. Send the photos separately not embedded into the text, this makes editing much quicker. Please send as a word document not PDF. Copy should arrive by email one week before the end of the month.