



Lincs South Federation News

April 2021

Issue 80

Hello

As we approach Easter, with the daylight stretching out a little longer into the evening, it does seem to give me a desire to spend more time outdoors. It is a well-researched fact that spending time outside is good for us, and our mental health. The NFWI has launched an activity; *Me, Myself and WI* in support of the Mental Health awareness week, hosted by MIND. The objective is to encourage us to look at our mental health and physical wellbeing, making time to put ourselves first and recognise ways in which we can make small adjustments to our daily life and to help take care of our mind and body. Full details on MyWI>Make, Create and Do>Latest News

The symbol of the *Me, Myself and WI* programme is the butterfly, often seen as representative of endurance, change, hope, and life.

Best wishes

Liz



Liz McIntosh
LSFWI Chairman

lmcintoshwi@gmail.com

07969360344

COMPETITION TIME



Send in your photos of spring flowers. This can be cultivated flowers, wildflowers, shrubs or even flowering tree blossom.

Send by email to:

events@lsfwi.org.uk

The top three entries will feature in our newsletter and social media.

Closing date 30 May 2021



facebook.com/lincssouthwi



[@lincssouthwi](https://twitter.com/lincssouthwi)



[lincs_south_wi](https://instagram.com/lincs_south_wi)

Office Contact Details: WI Office, Pattinson House, Oak Park, East Road, Sleaford

NG34 7EQ. 01529 302398

fedoffice@lsfwi.org.uk

Charity No -506268

TAKE A CHANCE

March winners:

- Christine Wright - Metheringham WI
- Sue Clark - Metheringham WI
- Jean Parsons – Rippingale & District WI

Annual meeting winners:

- Shirley Richards - Deeping St James WI
- Jean Bradshaw – Pinchbeck WI
- Marian Turner – Leasingham WI

All TAC winners:

To assist with the payment of TAC winnings please contact the office with your bank details or confirmation that you would prefer to be paid by cheque

Email: info@lsfwi.org.uk

TAKE A CHANCE

This month will see the final TAC draw for 2020 – there have been 10 draws plus the special draw at the annual meeting.

To enter the TAC draw for 2021 please use the attached form. The new rules are also attached. These have been amended to create 11 draws – there will be no draw in August – plus the special draw at our annual meeting in March 2022.

The amount of each prize will depend on the amount of the capital raised.

It helps us at the office if entries can be collated by each WI.

Please email entries to:
fedoffice@lsfwi.org.uk

“Denman at Home”

April offers a host of online classes including:

Qi Gong – centuries old system of movement, breathing and meditation

Faux calligraphy

Photography

Virtual walks and talks from cathedrals to pleasure beaches

Courses are from 1 hour in length and cost from £5

Check out the availability at:

<https://www.denman.org.uk/whats-on/?search=Online%20Course>



Climate Ambassadors

Reducing our single use items, one step at a time



It's easy to get overwhelmed with information on how we can save the planet/reduce our carbon footprint/fight climate change so let's just follow the BBC approach to exam revision and do it 'bite size'.

If you use cotton wool pads or balls in your beauty routine, take a moment to consider the impact of this single use product with its high use of both water and pesticides in growing the cotton plants, chemicals in production and the plastic packaging that is generally used.

Yes, it is very easy; just buy/use/throw away but please consider swapping to mini washcloths. A quick rinse after use and throw in your washing machine every week or so – how easy is that?

We have a knitting and a crochet pattern attached if you are crafty, but there are washcloths available at Boots, Superdrug etc if not. These are often larger than you need so just get the scissors out and maybe sew the raw edges.

Either way, your simple swap will make a difference!



Throughout 2021, the **Science Museum Group** is hosting a series of free Climate Talks – panel discussions, Q&As and events connecting you with leaders, experts, activists and campaigners as they discuss how to tackle the problems facing our communities due to climate change.

<https://www.sciencemuseum.org.uk/see-and-do/climate-talks>

29 April 19.30

1.5 v 2 Degrees Celsius – Why half a degree counts

13 May 19.30

The Clean Energy Revolution

Jan Banks and Wendy Wooldridge
Climate Ambassadors

Leisure Activities Committee



Walking Netball Returns to Court!

In line with government guidance, Walking Netball can officially resume on the 29 March 2021. England Netball and the NFWI have been working closely with all WN Hosts to ensure everyone understands guidelines and Covid protocols and most importantly, feels confident, safe and ready to return.

The majority of WN teams are eager to play again, however NFWI are very conscious that there are some who still hold reservations and would prefer to take things more slowly. This is perfectly acceptable and both England Netball and the NFWI will do what we can to reassure and work alongside these WIs.

England Netball and the NFWI encourage all WN WI teams to return to play providing they follow all guidance set by the governing body (England Netball, with support from the NFWI). WIs should be aware that if they decide to not follow this guidance, any potential accident insurance claims may be deemed null and void.

If you have any queries regarding Walking Netball or returning to court, please contact winetball@englandnetball.co.uk

The Institute of Advanced Motorists



A Zoom presentation by IAM RoadSmart Lincolnshire

10th May 2021 at 2.30 pm

£5.00 for members, £7.00 for non-members.

Closing date 30th April 2021

Is your car ready for the road? Are other drivers, cyclists', pedestrians ready for the road?

Observe, Anticipate and Plan, the key to safe motoring.

This IAM RoadSmart 40-minute zoom presentation will focus on these issues. There will be time for questions and answers and WI members will be offered a free one-hour drive with one of their qualified observers. This drive will take place locally in the member's own car at a convenient time in the future.

Please see attached flyer for further information.

Carers First Lincolnshire

<https://www.carersfirst.org.uk/lincolnshire>



Carers First is a UK registered charity working with unpaid carers to provide practical information and advice. They understand the challenges faced by unpaid carers and offer services designed to make it easier for them to continue living their lives to the fullest. A carer is anyone, of any age, who looks after another person who could not manage without them. The care they provide is unpaid. There are no qualifications or criteria that stipulate who is or isn't a carer. The organisation helps carers of any age.

Their information booklet is a treasure trove of details about their services as well as explanation of Carers' Assessments, caring for yourself, caring and working, caring confidently, technology, emergency planning, financial support and much more.

You can see all of this on the website at

<https://www.carersfirst.org.uk/information-hub>

Sheena Goodey, daughter of a WI member, shared information with me about her work at Carers First Lincolnshire. Some of you may be interested in the digital guides she has been working on as part of her work to connect carers. These include "Doing online grocery shopping", "Using WhatsApp", "Using the internet on an iPad" and more.

<https://www.carersfirst.org.uk/how-to-digital-guides>

Sheena would be happy to run a Zoom meeting to introduce members to the services and support in Lincolnshire.

Contact her on 0300 303 1555 or sheena.goodey@carersfirst.org.uk

Anne Kiely, Barrowby WI

News from our WIs:

Crowland WI

Our Annual Meeting is always held in February and we usually have a quiz but this year we delivered Goody Bags which included a cake or biscuit mix, a box of tea bags and a tea towel. The idea was to make the cakes (or biscuits), have a cup of tea and personalise the tea towel however they chose to do so. Again, we asked that photos were taken and when we can meet back, they will be admired and talked about.



Ann Caprio, President

Dyke WI

Dyke WI began a craft project to provide resources for early years at local Morton Church of England (controlled) Primary School at the beginning of the current Lockdown. The request in particular for aliens led to a knitted invasion and much amusement amongst members. I expect they were after the delicious knitted and felted food.



Helen-Mary Whitfield, Secretary

Langtoft WI



The Committee was delighted to present some lovely flowers, chocolates and a garden voucher to Jean Street in recognition of her time with us as our President.

She is the Founder member of the Langtoft WI.

Due to Covid restrictions we were unable to invite members to join us, which was a real disappointment.

We are pleased that Jean is remaining as a Committee member.

Sue Brotherhood, President

Constitutional Changes

You will recall that at the end of last year we were asked to discuss changes to all WI constitutions. That is WI, federation and NFWI constitutions, to enable us all to comply with our Charity Commission obligations, mainly in connection with annual and special meetings. Following a Companies Act meeting in March, at which all WIs were represented by link delegates, a vote was held to accept these changes. Here is the result of voting for all constitutions;

- NFWI Articles of Association – 116 votes for, 0 votes against and therefore CARRIED with a 100% majority: effective immediately
- Incorporated Federation Articles of Association – 116 votes for, 0 votes against and therefore CARRIED with a 100% majority: effective upon adoption by incorporated (CLG) federations
- Unincorporated Federation Constitution & Rules – 116 votes for, 0 votes against and therefore CARRIED with a 100% majority: effective immediately
- WI Constitution & Rules – 8,133 votes for, 27 votes against and therefore CARRIED with a 99.67% majority: effective immediately

The pleasure of your company is requested at.....

Carlby WI would like to invite all LSFWI members to join them on **Tuesday 11 May** at **7.30pm** for:

Catherine Johnson's talk about Mental Health within the Community –

introducing: Don't Lose Hope, a charity based in Bourne

If you would like more information including joining details please contact Carlby secretary Sarah Cardew on: scardew4@gmail.com.

Bridge Buns and Roses WI would like to invite all LSFWI members to join them on **Wednesday 21 April** at **7.30pm**.

Sophie-Louise Dann, a musical theatre actress will be joining them to bake, sing and answer questions about her extensive career. One of her roles was as Celia in the musical 'The Girls'.

Please email: bridgebunsandroses@gmail.com for full information.

Calling any previous member of Long Sutton WI

I have 2 beautifully embroidered tablecloths in my possession which cannot be archived. If there is anyone who would like these please contact me on treasurer@lsfwi.org.uk



Lincolnshire South Federation Annual Meeting 2021

On Saturday 20 March at 10.30am the Federation team hosted our first annual meeting by Zoom.

I'm very pleased to say that the feedback has been extremely positive, with members and guests enjoying the slide shows and the opportunity to participate in our traditional singing of Jerusalem and the National Anthem. Our speaker, Judy Theobald, was also very well received (see below).

Here are just a few of the comments received:

"Liz can I thank you and the rest of the trustees for such and interesting and enjoyable AGM. I am not a Zoom fan but must admit after attending the AGM my mindset has altered. In fact, I cannot fault anything, from the supporting documentation, the reports and of course Judy. I came away pleased I had attended."

"Thank you to you and all the Trustees for the excellent Annual Meeting this morning. Although nothing can be quite the same as a hall full of WI ladies, stalls, exhibits etc at Springfields, it clearly was a very well planned and thought-out meeting. You started at 10.30am on the dot and finished as the clock was striking mid-day! Everyone spoke very well and everything was clear and to the point. It was also lovely to have the recording of "Jerusalem" from the Centenary AGM at the Albert Hall to accompany our singing."

"Sincerest thanks to everyone involved with this year's AGM which was excellent. You need to all be very proud of how smoothly everything went. Over the years I've heard Judy speak several times and she's always such a tonic to listen to."



JUDY THEOBALD

We all enjoyed Judy's amusing and engaging talk about her time in Lincolnshire. Many members have asked how to buy Judy's books of poems. Attached to the newsletter is an order form.

If you would like to order, please return the completed form to the office by email or post. ***The closing date for the Federation to order is 30 April 2021***

Archiving Information

Sadly, we have been advised that, due to limited space at Lincolnshire Archives, the following items **can no longer be received**:

- Textiles
- Scrapbooks
- Programmes
- Competition trophies
- Photographs

Lincolnshire Archives will, however, continue to hold WI records of meetings up to 35 years prior to suspension. However please include meeting record books over the past 35 years as they will be scanned into the Federation electronic filing system.

It should be noted that, with the downsizing of our office space, the Federation is much more restricted in its ability to store archive material of any sort. With immediate effect, please note that we will be able to store only **WI Records of Meetings**. We will no longer be able to accept Financial records other than the final accounts before the WI is closed. You should, therefore, ensure that your WI's old cheque book stubs, receipt books, and anything else containing members names and addresses that is over seven years old are completely destroyed (preferably by incineration or similar means).

We are keen to alleviate this increasing difficulty, so that we can maintain the important parts of our archive records.

Therefore, from now on it would be much appreciated if WIs would, wherever possible, record monthly meetings digitally. This means that if, in future, a WI does have to close, meeting records can be sent to Federation Office for electronic archiving. If you would like to understand more about how to keep digital records, please contact the Federation office in the first instance.

It is also a good idea to contact your local museum to see if, going forward, there might be any interest in your WI memorabilia. For ease of reference, listed below for your information are the addresses and contact details of Museums in the South Lincolnshire area:

- Grantham Museum, St Peters Hill, Grantham NG31 6PY - [01476 568783](tel:01476568783)
- Sleaford Museum, [81 Southgate, Sleaford, NG34 7RQ - 07518 972016](tel:07518972016)
- Spalding Museum, Ayscoughfee Hall Museum, Churchgate, Spalding, PE11 2RA - [01775 764555](tel:01775764555)
- Boston Museum, Boston Guildhall, South Street, Boston PE21 6HT - [01205 365954](tel:01205365954)
- Bourne Museum, [17 South Street, Bourne, PE10 9GN](tel:01780766317)
- Stamford Museum, Broad Street, Stamford, PE9 1PJ - [01780 766317](tel:01780766317)

Christine Jordan
Federation Archivist

MEMBERS ADVISORY COMMITTEE

April = MCS Month

MCS stands for Membership Communication System

All WIs are encouraged to appoint an MCS Rep to take responsibility for their records, and WIs who already have an MCS Rep are asked to ensure that all their records remain accurate:

Is where and when my WI meets correct?

Do members have an email address listed?

Are all paid-up members listed?

Are all members' details correct?

Are all lapsed members removed?

Are all officers' roles and committee positions assigned to the correct members?

The MCS enables communication throughout the organisation. When a new member joins, her details should be collected by her WI using the 'WI Member Registration Form' (available from federation office or to download from the MyWI>Running Your WI> Members resources) and added to the MCS. As soon as this is done she will be sent her new member's welcome pack and begin receiving WI Life.

- An accurate membership record will help NFWI **not** to send *WI Life* copies to those who are no longer WI members as this is a costly waste of resources.
- Access to **My WI** - the dedicated members' only website is linked through the MCS to ensure that the site is only accessible to members. If a member wishes to take advantage of My WI she will require a valid and current email address entered on their MCS record.

An MCS training session will be held later in the year!

Jane Root, MAC Chair

SCAMS!! BE AWARE

You cannot have missed the many items on the news regarding the increase in the number of scams that have taken place over the past 12 months.

One of the latest one is **number spoofing**.

Scammers now have the technology to mimic an official telephone number so that it comes up on your called ID display (if you have one on your telephone). This can trick you into believing the caller is really from a legitimate organisation, such as a bank or utility company.

If you are in ANY doubt about the veracity of the caller, hang up and call the purported organisation directly. If possible, call them from a different 'phone, as scammers can keep the 'phone line open. In such a case, even if you hang up and then make another call, the line may still be connected to the scammer. If it is not possible to use another 'phone then wait for at least 10 minutes before making your call.

More information about phone scams and how to protect yourself can be found at:

<https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/phone-scams>

Walks Around the Federation

In the hope that we may be able to get together, outside at least, as the year progresses, we are starting with some mid-distance walks around the Federation area. We'll be hoping for the sunshine but the main thing is to enjoy the walk.

The walk starts at 10.30am and costs £2 per member, £2.50 for non-members.

<i>Wed 21 April</i>	<i>Woolsthorpe by Belvoir</i>	<i>3¾ miles</i>	<i>WOOL21APR</i>	<i>Tue 13 Apr</i>
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Full details are on the attached flyer. Please pay attention to the notes to be read before applying for a place.



TAYLORS BULBS 2021 – the WI Bulb Scheme

Attached to this email you will find a brochure and order form from Taylors Bulbs. As you know this local company is a big supporter of not just our Federation but the NFWI nationally. This wonderful collection includes May flowering daffodils to fragrant June flowering alliums. The selection available will inspire you to plan for some additional colour in your garden for next year.



If each WI nominates a co-ordinator to collect the order and payment from each member, the completed forms can be emailed to federation office at: fedoffice@lsfwi.org.uk or posted.

Payment can be made by online payment or by cheque. If you require bank details, please let us know.

Our Federation will receive a much-needed contribution from Taylors Bulbs.



Supporting victims of domestic abuse and their families for over 30 years

As the new Chair of the Board of Trustees for SoLDAS (Boston Women's Aid) and a fellow WI member I would like to take this opportunity to thank all LSFWIs who have supported local women's refuges especially ours in Boston with much needed donations.

But we are not just a refuge. I would like to take this opportunity to tell you about our Charity and the work we do. As well as providing a roof for families fleeing domestic abuse, we have a number of specialised services we deliver which includes: preventing future domestic abuse in the next generation with our work in schools; we have a volunteer mentor programme called 'Move on Together' which gives continuing support for victims on the road to recovery; in Holbeach we hold a weekly rural community hub which offers one to one direct support and we are in the process of widening this support to Spalding and Boston.

Men can be victims too! So, we work to overcome some of the barriers that prevent male victims seeking help and support. Our Freedom Programme helps women victims understand the effects of domestic abuse and feel empowered to move on.

The final one I want to mention is Great Days Out. Through our successful funding bid to Children in Need we are able to organise fun and educational day trips for families to enjoy and learn to do things as a family.

Due to Lockdown and Covid we have had to suspend receiving donations of goods and supplies as staff are working remotely from home. It is a difficult task, but it has helped us reduce our stock reserves. We also moved offices in the brief period when lockdown was lifted, but with a much smaller storage space which has restricted us from storing large quantities of goods.

Therefore, we are now using Facebook for example, to advertise when we need new help and provisions. So please register as a friend on Boston Women's Aid FB page and then you will be notified as and when we need donations; also, you'll receive regular updates on activities BWA are doing.

Maybe you would like to become a volunteer? If possible, I will share the pages to LSFWI FB page as well. If you want to respond to the requests, you can either do it direct or please contact me on blankcanvas.shelagh@gmail.com and I can help with distributions.

Thank you.

Shelagh Coates, Trustee and member of Deeping St James WI

Public Affairs and Education

RESOLUTION TIMETABLE 2021

A call to increase awareness of the subtle signs of ovarian cancer

Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease but transform lives today and for generations to come. NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer

April 2021	WI Life Annual Meeting resolution/s wording and notes published in WI Life.
April & May 2021	WIs hold virtual meetings (or face-to-face if feasible in line with Government advice) to discuss the Annual Meeting resolution and decide how they wish to vote. Note: WIs will also have the remainder of June following the Annual Meeting to make their decisions.
8 June 2021	Annual Meeting Debate on resolution held at the Annual Meeting. Note: No vote on the resolution/s will take place at the Annual Meeting itself this year.
June — early July 2021	WIs have the option to hold meetings to discuss the Annual Meeting resolution and decide how they wish to vote. Pre-recordings of the resolution speakers at the Annual Meeting will be available to support this decision.
9 July 2021	Deadline for WIs to vote on the Annual Meeting resolutions. This will be done via an online form; however, an alternative means of casting votes will be available to WIs where it is not feasible to do this digitally.
August 2021	Mailing Results of the 2021 Annual Meeting resolution/s are announced in the August mailing.
September 2021	WI Life The 2021 Annual Meeting resolution/s are published in the September issue of WI Life.