



Lincs South Federation News

May 2021

Issue 81

Hello

I'm sure the sunny, dry days of the past couple of weeks have encouraged you to hatch plans to meet with five friends or family in your garden, perhaps you have made this your plan to connect with your WI friends too? Twelve WI members completed a lovely circular walk, in two groups of six, at Woolsthorpe by Belvoir on 22 April. The sun shone although the breeze was cool. It was a great opportunity to get out on a walk I didn't know and to complete it chatting to various WI members, some of whom I'd not met before. The walk was a gentle and flat with just a couple of easy stiles to clamber over. I will definitely be on the next walk and would encourage you to join us. The pub at the end was an added bonus!



Best wishes

Liz

LSFWI Chairman

lmcintoshwi@gmail.com

07969360344



STOP PRESS

NFWI ANNUAL MEETING 2021

8 JUNE 10.30AM TO 4.30PM

**FULL DETAILS REGARDING
THIS VIRTUAL EVENT ARE AT:**

www.nfwiam21.com



[facebook.com/lincssouthwi](https://www.facebook.com/lincssouthwi)



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



[lincs_south_wi](https://www.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

April winners:

- Elizabeth Clark - Colsterworth WI
- Susan Stanley - Tollgate WI
- Yvonne Sharland – Langtoft WI

TAKE A CHANCE

To enter the TAC draw for 2021 please use the form at the end of the newsletter. There will be 11 draws for the year, beginning in June – there will be no draw in August – plus there will be a 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 or post to the WI Office.

Full rules available on request.

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

“Denman at Home”

May offers a host of online classes including:

Exploring Cotswold Churches

– with John Vigar

Pat’s Patchwork Block Series for beginners

- with Pat Lumsdale

Chinese Brush Painting

- with Jean Turton

Restful Sleep (free course)

- with Elaine Whittaker

Ramble through the Solar System

- with Martin Lunn

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

Check out the availability at:

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



Love
DENMAN



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

Poetry Competition

The winner of the poetry competition was Elizabeth Mantle of Ropsley WI.

All entries were judged by poet and journalist, Judy Theobald.

Judy commented that the decision was difficult as all entries were of a very high standard.

She chose Elizabeth's entry, shown here on the right, for its uplifting and optimistic feel.

Lady Denman Cup Competition 2021

Using no more than 500 words, WI members are invited to submit a piece of writing, fact or fiction, in any style (story, poem etc.) based on the painting by Artemisia Gentileschi.

Full details, the schedule and entry form are attached to the newsletter. Closing date 30 July 2021.

Entry fee £10. Entries by email preferred: Fedoffice@lsfwi.org.uk
Postal copies may be posted to WI Office

HOPE BEHIND THE CLOUDS

Behind the clouds the sun still shines
Despite the fear and grief -
A world in crisis, death and pain
That breaks our self-belief

Behind the clouds, the sun still shines
The grass and trees, they know.
They take its warmth, they take its light
To help them thrive and grow.

Behind the clouds, the sun still shines
Though we feel dull and grey
But like the plants we too must learn
To relish every day

Behind the clouds the sun still shines
Our hearts, they know it's there
On dark grey days, we're full of doubt
But spring is in the air

Then from the clouds a ray, a beam
That streaks across the sky
A light of hope to let us know
The darkness passes by

The clouds disperse, restrictions ease
We've found a way to cope
And days of darkness and despair
Give way to life and hope

Bright days are near, the sun shines out
The lockdown's days are done
The clouds are gone, the light is bright
Go out, enjoy the sun!

How does your garden grow?



Well, Spring has certainly sprung and the daffodils have been blooming beautifully. Late flowering daffodils and tulips are now adorning our gardens and the summer plants are popping their heads above ground ready to give us a glorious display. We are having lovely sunshine but also quite cold frosts in the mornings. This is certainly not the time to be putting out your bedding plants, that will have to wait until mid

to late May when all chances of frosts have passed. As the soil warms up, as indicated by the growing weeds, vegetable seeds can be sown direct into the ground. Seeds such as peas, carrots, parsnips, runner bean and French bean can all be sown now. If sown at two-week intervals you can prolong the cropping season. Salad seeds, lettuce, radish, spring onions etc. can be sown now and again at intervals of two weeks. This will allow you to enjoy home grown salads throughout the summer and on into the autumn. Talking of autumn, now is the time to start thinking about autumn flowering bulbs and plants. Bulbs such as autumn flowering crocus, Nerines and Cyclamen hederifolium can be planted in late summer, flowering in the autumn. Late flowering plants such as Dahlias, Chrysanthemums and Asters will give the garden a late flush of colour and also give our insects and bees late feeding stations.

Happy gardening everyone and remember to take time to relax in your garden and soak up the sounds of the birds and insects and savour the heady scent of all your flowers.

Tina Orange, Trustee and member of Navenby WI

News from our WIs.....

Ruskington WI



All members were provided with Easter bag which contained Sunflower seeds to grow and bring to the Harvest Supper later in the year. The bag also included chocolates and a card.



The bags were gratefully received by members.

Here is my seedling (right), which is doing very well!

Amanda Smith
Secretary Ruskington WI



RAUCEBY WI

Rauceby W.I Walkables group met up for their first walk. There were eight members, adhering to all Covid guidelines and it was lovely to catch up with one another.

We very much look forward to the next walk on 21 April.

Sam Horton, Secretary, Rauceby WI

BASSINGHAM WI – FROM CHALLENGING TIMES CAME LASTING FRIENDSHIP

During 1948 Bassingham WI received parcels of provisions from New Zealand. To distribute these, names of interested members would be drawn from a basket and the provisions shared out at the meeting. In the same year a link was formed with Lincoln Country Women's Institute, NZ in the Canterbury East Federation on the South Island and so our long association began.

Gifts of fruit cakes often arrived to be enjoyed at the meetings! Eight Bassingham members responded to a request for pen friends and their friendships developed and continued for many years. Several of our members have visited our New Zealand friends over the years and have been able to attend the Lincoln WI meetings. Likewise, several of their members have visited Bassingham.

Our friendship continues and we enjoy hearing their WI newsletters as they do ours. We exchange greetings cards, emails, letters and WI magazines throughout the year.

Madeline Vickers

Gilbert & Sullivan Festival - Opera House Buxton

We have reserved a number of stalls tickets for a performance of the Gilbert & Sullivan comic opera – *Patience. This comic opera by the famous duo ran for 578 performances!

Date: 4 August at 2pm

The venue is COVID secure.

Tickets are £40 and the event is open to non-members. There is no group transport – you will need to make your own way to Buxton.

Please email: events@lsfwi.org.uk to reserve your ticket. Payment by BACs is preferred to:

Account Name: Lincolnshire South Federation of WIs

Bank: Lloyds Bank

Sort code: 309089

Account no: 43337760

Reference: Buxton/ 'your name' [eg: Buxton/janesmith]

Or by cheque to WI Office, payable to LSFWI

***Please note: this is a change to the previously advertised performance of HMS Pinafore**

Zoom Quiz

7.30pm Thursday 13 May 2021

£2 for members, £2.50 for non-members.

Closing date Monday 10 May 2021

The Zoom quizzes, whilst not the social events that the face to face quizzes were and hopefully will be again soon, have nevertheless been entertaining and enjoyable so another one is planned for 13 May when hopefully more lights will be appearing at the end of the tunnel. The evening will again be at minimal cost - a small admin cost of £2 per team member (£2.50 for non-members) and as teams will have to score their own answers it would not be right to award prizes – so just join in for the fun and for the glory!!

You can join as a team of four or, if your WI does not have three other people who want to take part, we attempt to put individuals into mixed teams. Teams will be put into breakout rooms for discussion after sets of questions before coming back into the main Zoom arena for the answers - so you do get to chat with your teammates.

To join in the quiz, send an e-mail with 'MAY21 QUIZ – INDIVIDUAL' or 'MAY21 QUIZ - TEAM' as the subject to events@lsfwi.org.uk by **10 May 2021** with *the following information*:

<i>INDIVIDUAL</i>	<i>TEAM</i>
WI Name	WI Name
Your Name	List of names and corresponding e-mail addresses for your team
Your e-mail address	
Contact Telephone Number <i>(in case of difficulties on the night)</i>	Contact Telephone Number <i>(in case of difficulties on the night)</i>

BACS is the preferred payment method but please **DO NOT make a BACS payment until the quiz is confirmed** when you will be sent the bank details and asked to *pay by Tuesday 11 May 2021* to secure your place.

If you need to pay by cheque, send your cheque payable to **LSFWI with ALL the above information** to *LSFWI, Suites 9-10, Pattinson House, East Road Trading Estate, SLEAFORD NG34 7EQ* to arrive by **10 May 2021**.

To minimise costs, any WI able to consolidate applications into one cheque should do so but the above information is required for each individual. Any cheques received where a place is not allocated will be destroyed.

Walks Around the Federation

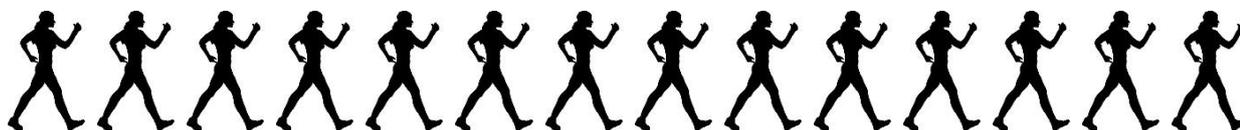
In the hope that we may be able to get together, outside at least, as the year progresses, we are starting with some mid-distance walks around the Federation area. We'll be hoping for the sunshine but the main thing is to enjoy the walk.

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

<i>Tue 18 May</i>	<i>Thurlby & Dole Wood</i>	<i>4¾ miles</i>	<i>Closing Date Mon 10 May</i>
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Full details are available from events@lsfwi.org.uk.

You can find the full schedule of walks planned so far, and more information about what is involved at the end of the newsletter.



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. The closing date for orders is the end of June.

If you would prefer a hard copy of the brochure, please email WI Office.

It would be appreciated if each WI would nominate a co-ordinator to collect the order and payment from each member. The completed forms can be emailed to WI Office at: fedoffice@lsfwi.org.uk or mailed.

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 in respect of all orders received.



Recipes from the Trustees...

Lincolnshire Lavender Cake

Thanks to Trustee **Shelagh Coates** for sharing this cake recipe!

FOR THE CAKE:

- 100g self raising flour
- 2 large fresh eggs
- 25 ground almonds
- 100g butter
- ½ grated rind of large lemon
- 1 good tbsp lavender flowers removed from stalk.

Cream butter and sugar.

Add one egg.

Sift in half the flour, add the other egg and rest of flour. Mix together with wooden spoon. Add almonds, lemon rind and lavender flowers.

Place in a greased loaf tin (20cm x 9cm x 6cm). Bake at Gas Mark 4, 170°F, 350°C or in the baking oven of an AGA with the shelf above the tin, for about ¾ hour but keep an eye on it!

FOR THE SYRUP:

- 2 tbsp granulated sugar
- 2tbsp water
- 6 lavender flower sprigs

Heat ingredients gently together until reduced by half. Strain and reserve the syrup.

FOR THE ICING:

- 100g icing sugar
- Lavender syrup (see above)

Sift icing sugar into a bowl and mix with syrup to required consistency.

Drizzle icing mix over the cake when cool.

Decorate with sprigs of lavender



Devised by Rachel Green for Taste of Lincolnshire

NHS, Social Care and Frontline Workers' Day

The WI is proud to be supporting the first-ever NHS, Social Care and Frontline Workers' Day on **5 July 2021**, to thank health and care workers for being there for us when we need them most. We are particularly so proud of the many incredible WI members who are also NHS staff and frontline workers, our WI heroes, who throughout the pandemic have shown such strength and resilience by bravely stepping forward to support others.



NFWI would love to see WI members across the country **organise special Afternoon Tea events** within their communities to mark the NHS and Frontline Workers Day, and we encourage as many others as possible to get involved too.

[Find out more on the NHS Frontline Day website.](https://mywi.thewi.org.uk/interests/food-and-cookery/recipes-and-projects/baking/nhs-cake) The recipe for the cake can be found here: <https://mywi.thewi.org.uk/interests/food-and-cookery/recipes-and-projects/baking/nhs-cake>

In support of the “MAKE A MATCH” campaign

Following the fascinating talk in January by our member, Elizabeth Jenks, a stem cell courier for Anthony Nolan, we are delighted to present:



GUEST SPEAKER: Sarah Gray

Donor Recruitment Manager, DKMS

Thursday, 20 May 2021

7.30 – 8.45 pm

Sarah Gray, from blood cancer charity DKMS, will talk to us about blood stem cell donation and how important it is for people to register as a potential donor if they can. Sarah will tell us about who may need a blood stem cell transplant, the registration and donation processes, who is able to register and what members can do to support the DKMS mission.

LSFWI is inviting you to a scheduled Zoom meeting. Join Zoom Meeting:
<https://us02web.zoom.us/j/2157499219?pwd=NWpSTUFCElNSRFdTNOVzaihNwTA2dz09>

Meeting ID: 215 749 9219

Passcode: 144732

This talk is free to attend but you may wish to consider making an individual donation to DKMS. This can be done via their website: www.dkms.org.uk



A New Route for Local Bus Services

You may recall that at our Annual Meeting in March 2020, the Public Affairs Committee published the results of our own Lincs South Federation survey on the bus services available across our own region. We shared our information with NFWI, and it is good to see that, a year later, as part of the “Get on Board” campaign, the NFWI has launched a new report as part of this campaign.

The “Get on Board” campaign calls on the Government and local authorities to work in partnership with bus companies and community transport operators to enable an adequate provision of services.

The new NFWI report aims to build understanding of the impacts of cuts to bus services on women and people living in rural areas. The report also explores the impacts of a significant reduction in local bus services on mental health, isolation and social exclusion, and sets out recommendations for future action.

The report is available to view online, and can be downloaded via MyWI:
<https://mywi.thewi.org.uk/public-affairs-and-campaigns/nfwi-report-into-local-bus-services>

NFWI is calling on members to use the template letter to email your Local Transport Authority, asking them to support our recommendations and implement them in Bus Service Improvement Plans, which will need to be published by October 2021.

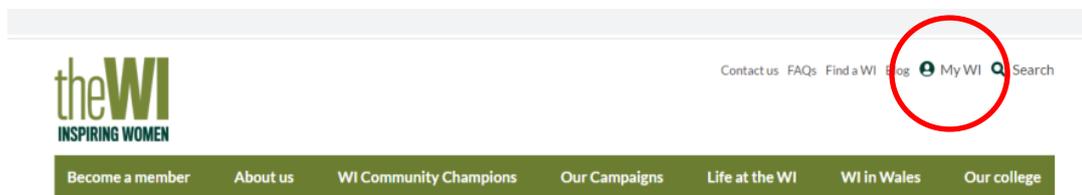
The letter will be made available after the upcoming local elections on Thursday 6 May 2021. To sign up to receive the letter, please click here to submit a short form:

<https://mywi.thewi.org.uk/public-affairs-and-campaigns/nfwi-report-into-local-bus-services>

WHAT IS GOING ON!?! – Where to find information

NFWI Website <https://www.thewi.org.uk/>

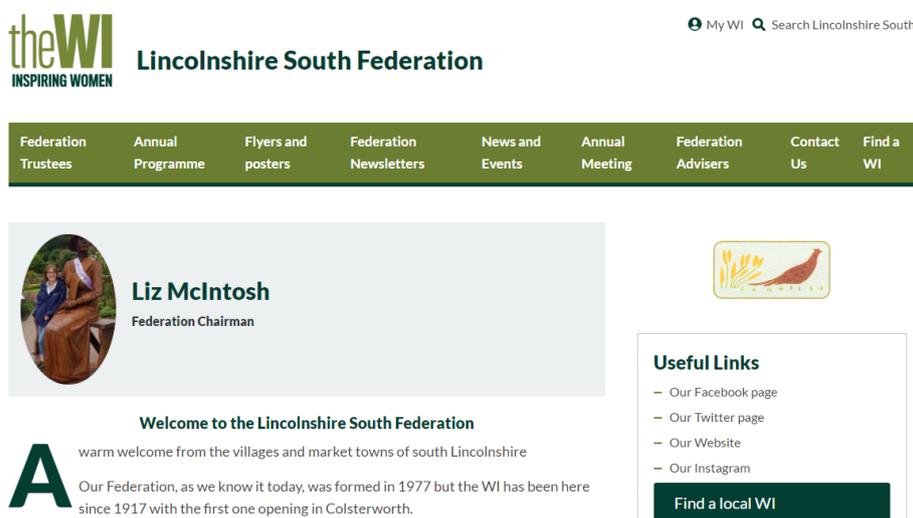
This is the main port of call for information both about the WI generally and also about the Federation. The site includes information on campaigns, projects and activities and lots more. It also allows you access to MyWI (you do need to have your e-mail address logged on MCS to gain access)



– **MyWI** - access **MyWI** from the NFWI website

MyWI is a mine of information whether you are a committee member wanting to know what you should be doing or a WI member looking for craft ideas. It contains information on everything from the Constitution and Articles of Association to membership subscriptions and all you need to know to run your WI (including blank certificates you can use, and blank financial spreadsheets for your accounts). There is also a wealth of other information about resolutions, craft ideas, hints for publicising your WI, and the role of the Federation. It is well worth a look!

– **LSFWI Area of NFWI Website** <https://lincolnshire-south.thewi.org.uk/>



This is **our** area and it gives information about the Federation trustees, our programme of events, flyers and posters for those events, and the recent Federation Newsletters, as well as having links to our social media accounts.

Social Media Accounts

– **Facebook** <https://www.facebook.com/lincolnsouthfederationwi>

– **Twitter** <https://twitter.com/lincssouthwi>

– **Instagram** https://www.instagram.com/lincs_south_wi/

Climate Ambassadors



In September we are joining with other members of The Climate Coalition to organise the Great Big Green Week - a huge call for action on climate change. The Great Big Green Week will take place from 18 to 26 September, and WI members will have the opportunity to host thousands of events and activities across the UK in accordance with any social distancing guidelines that may still be in place.

Whether it's a WI community stall, a park clean up or a group of you getting planting in your local area - these activities will celebrate what you are doing to make your local area a cleaner, greener place to live.

This will be an opportunity to raise the profile of climate change and how it is impacting the people and places we love right here in the UK and across the world. If your WI would like to get involved, find out more here:

<https://greatbiggreenweek.com/>

Preparing for COP26 - WI Action Pack



This year, the UK will be playing host to COP26 - the annual UN climate change conference that will 'make or break' the strength of global climate agreements for decades to come.

COP26 will be the biggest ever diplomatic conference the UK has ever hosted, and Parliament, devolved administrations and local councils alike will be working to

demonstrate that they are committed to raising the ambition of their climate commitments. As a member of the largest women's voluntary organisation in the UK, there will be a range of opportunities for you to raise your voice and show your support for COP26 agreements that deliver ambitious and fair climate action fit for the 21st century and beyond. The WI is developing a range of resources for members to use in preparation of the conference. If you want to be the first know please email:

pa@nfwf.org.uk – subject: COP26 Action Pack - Pre-registration

YOU could influence the future of women's health in England



Do you have views on what should be included in the government's Women's Health strategy? You have until 11.45 pm on 30 May to make your views known or share your experiences.

To quote The Rt Hon Matt Hancock MP:

"For generations, women have lived with a health and care system that is mostly designed by men, for men. This has meant that not enough is known about conditions that only affect women, or about how conditions that affect both men and women impact women in different ways."

I suspect many of us agree! This will be England's **first** Women's Health strategy so it's a good opportunity to influence change and put women's voices at the centre of the strategy. Should there be a more holistic approach to women's health across a lifetime? In the UK, women have a longer life expectancy than men, but spend over a quarter of their lives in ill health or disability, compared to one fifth for men. In recent years, healthy life expectancy has fallen for women but has remained stable for men.

The government is looking for views on six core themes:

1 Placing women's voices at the centre of their health and care. Embarrassment or stigma should not be a barrier to women seeking the help and care they need.

2 Improving the quality and accessibility of information and education on women's health. There is some evidence that many women struggle to access reliable information about many aspects of women's health. Where and how is health information accessed and how can improvements be made to its quality and availability?

3 Ensuring the health and care system understands and is responsive to women's health and care needs across the life course. Integrated person-centred care is at the heart of the government's recent integration and innovation White Paper proposals for a Health and Care Bill. Do you find it difficult to find services to meet your health and care needs?

4 Maximising women's health in the workplace. Women make up 51% of the population; 72% of women aged 16 to 64 are in employment. In health and social care, the proportion of women in the workforce is high. In the NHS, 77% of the workforce are women. There is some evidence that female-specific health conditions can affect participation, productivity and outcomes. Could you share your experiences?

5 Ensuring research, evidence and data support improvements in women's health.

Women's voices and priorities need to be at the heart of research, to identify need and in publication and implementation of findings and recommendations into practice.

6 Understanding and responding to the impacts of Covid-19 on women's health. Apart from the coronavirus itself, have the pandemic, lockdowns and restrictions had an impact on your mental or physical health? There may have been challenges, but perhaps also positive aspects of the ways in which healthcare and support have been delivered. Should some of those new ways stay in place? How has the coronavirus affected working mothers, in particular?

Participate in the call for evidence as an individual by completing a survey:

<https://consultations.dhsc.gov.uk/talkwomenshealth>

The closing date is Sunday 30 May 2021.

For more information about submitting written submissions, visit

<https://www.gov.uk/government/consultations/womens-health-strategy-call-for-evidence/womens-health-strategy-call-for-evidence>

Anne Kiely, Barrowby WI

MEMBERS ADVISORY COMMITTEE

Please remember that your annual subscription is now due. WI treasurers are asked to make payment to WI Office as soon as possible.

If you are in any doubt of the amount due or how to pay your subscription please contact your WI treasurer, or a member of your committee.

MCS representatives please ensure that your WI MCS is up to date. If you have any difficulties, please contact your adviser.

Jane Root, MAC Chair

'TAKE A CHANCE DRAW'

June 2021 -May 2022

Winners drawn 11 times a year (monthly except August)
with an extra draw at the Federation Annual Meeting

Half of the monies raised will be used for prizes, the other half will be used to support
the Federation.

Only £5.00 per application

Each applicant will be allocated one number for each £5 payment.

All allocated numbers will be entered into each draw.

To comply with Charity Commission law, only applications from
individual members can be accepted.

To apply, please complete the form below and return to the WI Office **before 20 May 2021**. Applications by email to: fedoffice@lsfwi.org.uk or by post to the address below.

Where possible please send your payment by online banking to:

Account Name: Lincolnshire South Federation of WIs

Bank: Lloyds Bank

Sort code: 309089

Account no: 43337760

Reference: TAC/ 'your name' [eg: TAC/janesmith]

[NB: You must add this reference so we know who has applied]

If paying by cheque, please make payable to: **LSF of WI**

and send form and payment to:

Federation Secretary, WI Office, Pattinson House,

Oak Park, East Road, Sleaford, Lincs NG34 7EQ

Upon receipt of application, we will email your membership card and rules

Take a Chance 2021-2022

Closing date 20 May 2021

Name & Address:

.....

..... Post code:

Your Email:WI

I enclose payment of £ for applications.

Walks Around the Federation

All walks start at 10.30am

£2 for members, £2.50 for non-members

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 in the middle picture rather than the rain on the left or the snow on the right but the main thing is to enjoy the walk.

Should circumstances change, we may see if we can organise somewhere for lunch afterwards for those who wish it but the real aim is to get out and enjoy the countryside that we are so lucky to live in. The planned walks are as follows:

<i>Date of Walk</i>	<i>General Area of the Walk</i>	<i>Distance</i>	<i>Reference</i>	<i>Closing Date for Applications</i>
Wed 21 April	Woolsthorpe by Belvoir	3¾ miles	WOOL21APR	Tue 13 Apr
Tue 18 May	Thurlby & Dole Wood	4¾ miles	THUR18MAY	Mon 10 May
Fri 25 June	Frampton Marsh	3 or 4½ miles	FRAM25JUN	Tue 15 Jun
Thu 15 July	S&N Rauceby	3¼ or 4¼ miles	RAUC15JUL	Tue 6 Jul
Mon 23 Aug	Billingborough	4¾ miles	BILL23APR	Mon 16 Aug
Wed 15 Sep	The Deepings	4¼ miles	DEEP15SEP	Tue 7 Sep

Please note that all walks are subject to change or cancellation or numbers may be curtailed dependent on circumstances, including any Covid restrictions. Places will be allocated by ballot if necessary.

To apply for a place on a walk either:

1. **E-mail/BACS (preferred application method)**. Send an e-mail to events@lsfwi.org.uk with the reference from the table above as the subject by the closing date for the walk you wish to attend. *Ensure that you include the 8 pieces of information requested overleaf.* **DO NOT make a BACS payment until your place is confirmed** when you will be sent the bank details and asked to *pay by 3 days prior to the event* to secure your place.
2. **Cheque/letter**. If you need to pay by cheque, send your cheque payable to **LSFWI** *the 8 pieces of information requested overleaf* to LSFWI, Suite 10, Pattinson House, East Road Trading Estate, SLEAFORD NG34 7EQ to arrive prior to the closing date. Any cheques received where a place is not allocated will be destroyed.
To minimise costs, any WI able to consolidate applications into one cheque should do so but the information overleaf must be sent for each individual.

Walks Around the Federation

PLEASE READ PRIOR TO APPLYING FOR A PLACE

All members must be aware they walk at their own risk and they are responsible for their own safety and happiness on the walk.

The walk leaders will lead the walk and will carry a small first aid kit but will not have specific medical training. The walk leaders will show their group the way on the walk but it is up to the individual to be careful in following them and to know their own capabilities and limitations.

You must carry a contact name and telephone number with you which could be used should the need arise. This may be stored on an unlocked mobile phone under the name "ICE" (In Case of Emergency) or be accessible as an Emergency Contact/Medical ID on a locked phone *e.g. for iPhone details are stored under Health, click on circle with your initials, Medical ID and Emergency Access needs to be set to Show When Locked.* You will be given the walk leader's mobile number on the day.

Should any member have any underlying health problems such as diabetes or asthma that may affect them during a walk or any medication that they may need, they must ensure that this is included in their application, ensure that appropriate medication is brought with them, and either the walk leader or a trusted companion knows what to do in the event of any problem.

All participants must arrive with:

- Suitable footwear i.e. trainers or walking shoes/boots
(Unless the route recce in the days prior to the event shows otherwise, trainers are sufficient for these walks but please consider the walk leader and before you pick up your loafers or flip flops that you may be perfectly capable of walking the distance in but the walk leader will not know that. She should not be put the difficult position of having to discuss it with you in case you cause a problem for the group as a whole)
- Water/fluid
- Any medication that might be needed
- Mobile phone that is switched on throughout the walk
- Suitable clothing for the day (e.g. a waterproof if wet, a sun/rain hat,)
- Suntan lotion applied if hot

Information that MUST be included in your e-mail/ with your cheque

1. **Which walk you want to join** *e.g. 2½ miles Monday 10 August*
2. **Your Name**
3. **Your WI**
4. **Mobile Number**
5. **Contact Telephone Number** *if different from mobile*
6. **Emergency Contact Name**
7. **Emergency Contact Telephone**
8. **Any medical conditions that may affect you on the walk? If so, please give details.**