

# Cambridge WI News

MAY 2024

theWI  
INSPIRING WOMEN

## Chair's Chat

Hi everyone— – this month's chat will be short and sweet. Mainly because I am writing it at the same time as I am writing my Chairs Statement for the Annual Council Meeting. We aim to get the newsletter ready for the fourth Monday of the month – so we can email it out and get it uploaded to the website on the Tuesday. This month that deadline is early – the 22<sup>nd</sup> April – which also coincides with the ACM. Hence my shorter chat – and the shorter newsletter.



I hope your own Annual Meetings went well. If you are a new committee member, President, Secretary or Treasurer – I am sure you are excited and looking forward to a great year. If you have any questions we are here to help – so just get in touch. New Treasurers can sign up to a training session in the office on 13<sup>th</sup> July. Please can I remind you to send in your Annual Statements so we can update our contact lists and compile all the amendments for the Year Book. And while you are doing that – please can you also update MCS with membership changes. It's important to remove members who have not rejoined so NFWI can amend their mailing list for WI Life magazine.

I am writing this ahead of our zoom discussion on the Dental Health Matters resolution. It was the runaway winner from the four on offer and I hope the zoom was helpful. There is lots of information on MY WI to help you debate the resolution in your WI – and don't forget to let your delegate know how you want her to vote at the Annual Meeting on 5<sup>th</sup> June at the Royal Albert Hall. There are still Observer tickets available and room on the coach if you are interested in coming. As well as debating the Resolution, there will be three speaker on the day: Spice Girl Mel B, Archers actor Timothy Watson and former Chief Prosecutor Nazir Afzal whose memoirs are being adapted for a drama.

Enjoy your WI

*Sue x*

### CFWI Helpline for May

Ruth Bond  
XXXXXXXXXXXXXX

### Independent Financial Examiners

Contact Numbers  
XXXXXXXXXXXXXXXXXX

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01223 234872 [office@cfwi.co.uk](mailto:office@cfwi.co.uk) [cambridge.thewi.org.uk](http://cambridge.thewi.org.uk)

Office open Monday and Thursday 10am-1pm and 1.30pm-3pm. Tuesday contactable by email only  
**The office will be closed on 6 and 27 May for the Bank Holidays**



Charity Reg No: 1099519 Company Reg No: 4811643

# Dates for your Diary

DATE	EVENT AND TIME	VENUE	CLOSING DATE
<b>MAY</b>			
18&19	Beginners Painting Weekend - 10am-4pm	CFWI Office	Closed
20	Quirky Cambridge Walk - 11am	Cambridge	29 April
<b>JUNE</b>			
5	NFWI Annual Meeting	Royal Albert Hall	
11	Mors bag Making demonstration—11am-3pm	CFWI Office	20 May
18	Tate to Tate Tour	London	28 May
<b>JULY</b>			
13	Treasurers Training	CFWI Office	27 June
20	Tolethorpe Summer Theatre	Stamford	5 April
24	Paris Olympic Themed Lunch - 12.15 for 12.30pm	CFWI Office	8 July
<b>AUGUST</b>			
3&4	Patchwork Weekend - 10am-4pm		5 July
TBC	Southwold		
<b>SEPTEMBER</b>			
13	WI Quiz		NBFY
19	Decoupage pots with Bulbs	CFWI Office	NBFY
<b>OCTOBER</b>			
5	Making Reynard Fox	CFWI Office	NBFY
10	Knitting and Stitching Show		NBFY
22	Autumn Lunch		NBFY
<b>NOVEMBER</b>			
2	Sashisko Day School	CFWI Office	NBFY
13	Cadbury's World		NBFY
23	Willow Weaving		NBFY
<b>DECEMBER</b>			
9	Holkham Hall Candlelight Tour		NBFY

**Craft, Coffee and Chat sessions will be held on 14 & 23 May in the WI Office 11am-3pm**

NBFY stands for no booking form yet. Booking forms can be accessed from the events page on our website using the following link [view CFWI events here.](#)

## April 200 Club Winner

Congratulations to the winner of the latest draw  
Deborah Langford - Bottisham WI  
wins £25.00

## May Closing Dates

Morsbag Workshop	20 May
Tate to Tate Tour	28 May

# Public Affairs

## Resolution Evening



This year's resolution is titled 'Dental Health Matters'. To help with WI discussions we held a zoom session where we were joined by dentist Gill Gauntlett, who gave us much to think about. There have been several resolutions over the years about dental care including one in 1996 which highlighted the lack of NHS dentists and urged the government to ensure that NHS dental treatment was available to all – not that much different to the resolution being put forward this year, so why haven't things changed, and will this resolution make a difference?

The resolution is asking for a review of current contracts although changes have already been proposed and some have been introduced. New training places are to be made available and there are discussions about opening a dental school in Norwich. There are also talks about fast tracking overseas dental graduates which will improve the workforce. As for dental access, several measures have been proposed such as travelling dental clinics, incentives for dentists to do more NHS work and a requirement for graduates to stay in the NHS for a period of time after qualifying. In other words, much is already being done so is this resolution too late and where will the additional money needed for investment come from?

There is however a need for improved access to dental services. Covid affected dental care and practice costs have risen over the years. Dental need has increased due to poor diet, lack of oral hygiene and there is a demand for more cosmetic dentistry procedures. Dentists are self-employed so need to make their practices profitable which is why many are leaving the NHS to offer treatment under private contract. Current NHS contracts are unpopular and despite the changes, there is still a shortage of dentists.

Will this resolution make a difference? That is for your WI to decide but please make sure that you send your vote (and discretionary vote) to your delegate in time for the Annual Meeting in early June.

***Lesley Challands***

***Chairman of Public Affairs Committee***

## Clean Rivers Campaign Spring Update

NFWI is asking local WIs to join with groups in their area campaigning for clean rivers to sound the alarm about the ecological state of the UK's rivers,



Locally we have supported Cam Valley Forum in their bid to get bathing water designation for Sheeps

Green in Cambridge. In October 2023 Cam Valley Forum applied to Defra (Department for Environment Food and Rural Affairs) for Designated Bathing Water status for Sheep's Green, to help clean up the sewage pollution of the Cam. On 26 February 2024, they were pleased to hear that they have been shortlisted by Defra in the final statutory consultation for designation. We should be hearing in April 2024 (after this goes to press) whether they been successful.

Why bathing water designation?

Bathing Water Designation shines a light on the water quality at a specific site which puts polluters in the spotlight. Defra's rules restrict applications to a single short stretch that's already a popular swimming area, with car park and toilets nearby. If the water is not fit for bathing it is not fit for wildlife! Designation imposes a legal obligation on the water company to clean up, while also accessing the Environment Agency monitoring and Ofwat. It is expected the results will indicate the water quality will certainly be "poor.! The nearest water treatment works up river is under scrutiny, in this case the Haslingfield works; once the problems here have been addressed, the water quality in the Cam should improve - something for which we have all been campaigning.



Cam Valley reports: During 2023, the sewage works at Haslingfield was spilling sewage for 3000 hours, (34% of the year.) Cambridge Sewage Works, was discharging into the river where our boat race crews train, for 17% of the year.

Keep your eyes and noses open!

**Glynis Pilbeam, Public Affairs**

## WI Bulb Scheme



Please remember to send in your orders for the WI Bulb Scheme by Thursday 30 May 2024.

On line catalogues and hard copies are with your secretary.

Any queries please contact CFWI office.

## New Treasurer Training

**Saturday 13 July 2024**  
**10am - 1pm**  
**CFWI Office**



Are you a new Treasurer?

This FREE session will help you understand your new role.

Closing date for applications: 27 June 2024

# Save THE Date

The Knitting and Stitching Show

Thursday 10 October  
Alexandra Palace

&

Cadbury World Heritage Tour and Light Afternoon Tea

Wednesday 13 November  
Cadbury World, Birmingham

# CFWI EVENTS

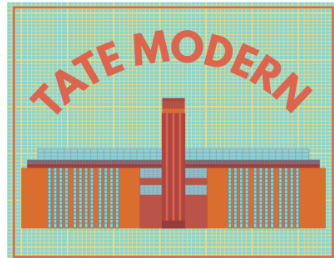
## Tate to Tate

Tuesday 18 June 2024

Cost: WI Members £70.00, Non Members £75.00

Closing Date: Tuesday 28 May 2024

Join us for a private tour of the Tate Modern including the permanent collections before boarding the Thames Clipper taking us to a private tour of the Tate Britain on Millbank Pier.



## Patchwork Weekend

Saturday 3 and Sunday 4 August 2024

CFWI Office, 10am-4pm

Cost: £75.00 (WI Members only)

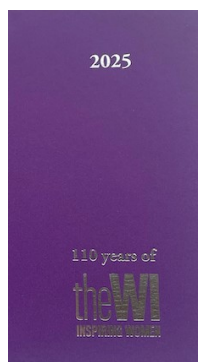
Closing Date: Friday 5 July 2024



Join us for our annual Patchwork Weekend, which is always an enjoyable weekend, to make a French braid design table runner and matching placemats under the tuition of Linda Phillips.

## 2025 WI Diaries

We are now taking orders for the 2025 WI Diary. Next year's diary is a special edition to mark the 110 years of the WI. It will have a purple cover that is completely recyclable, which makes the whole diary recyclable except for the ribbon. The price of the diary will be the same as the previous two years - £7.00



Diaries to be collected from the office.

Order form with your secretary.

10% of proceeds are received by the Federation.

Final date for orders Friday 28 June 2024.

We look forward to you joining us for a Paris Olympic Themed Lunch Chez Girton



Wednesday 24 July at 12.15pm

### Main Course

Quiche Lorraine

or French Onion Tart

with Green Salad and French Dressing

Tomato and Basil Salad with Balsamic Dressing

French bread

### Dessert

French Strawberry Mousse

Tea or Coffee

Cost: WI Members £16.00 Non Members £18.00

Closing Date: Monday 8 July 2024

A lunch not to be missed so book early!

All dietary needs will be catered for listed on booking form.

## Morsbag Workshop

Tuesday 11 June 2024, 11am-3pm

CFWI Office

Closing Date: 20 May 2024



Come and join our free morsbag making session run by our craft, coffee and chat group during the Great Big Green Week. Morsbags are strong reusable recycled, unique bags made from textiles.

**NO CHARGE**

For further information and booking forms please follow this link: [view CFWI events here](#)

# Out and About

## DUXFORD W I

Cambridge author, Maggie James, came to Duxford to tell us about her own experiences of living in Saudi Arabia in the 1980s on which she based her book, *No Way Home*. Her experiences of what she saw as a strange, chaotic, bizarre, interesting and occasionally harrowing place Saudi Arabia was to live in, were fascinating and her talk was accompanied by a presentation of photos from her time there and excerpts read from her book.

**Lesley Hale**

## MILTON W I

The competition for our March meeting was to write a limerick beginning "There was a young lady from Milton". Several limericks were written and entertained the meeting when read out. We also held a 'Bring and Buy Sale' after the AGM meeting. Lots of goods were brought along and lots bought raising some funds for the coming new WI year. We have begun holding a coffee morning in the village once a month and many members enjoy coming along for coffee and chat.

**Lorraine North**

## PAMPISFORD W I

Our speaker, Duncan MacKay, gave us a history of his family of ironmongers. Records, found in an old trunk, revealed information relating to 4 generations, starting in the Victorian era in Scotland. Duncan's grandfather moved South to work on the railway, and eventually arrived in Cambridge where the family set up the shop on East Road. It is still a family run business, and they are planning to relocate to the edge of Cambridge. The Forster Millennium cup competition, an unusual old tool, was won by Sarah Denham with a herb cutter.

**Sarah Denham**

## STETCHWORTH W I

The speaker for our March meeting was local author Susan Grossey. She invited questions from the start making an enjoyable atmosphere throughout the evening. She talked about her historical novels of finance, policing and justice set in Regency London. Sharing her journey as a writer. She infused the evening with energy and excitement. The evening concluded with Susan unveiling her latest literary venture, a new set of mysteries set in Cambridge. Despite the April showers, a large audience gathered

for the evening's talk by guest speaker Leonard Priestley, who shared with us his fascinating tales of life as a lorry driver and furniture removal man. From the start, Len captivated us with his anecdotes and humour, ensuring an evening filled with laughter. An unexpected redundancy served as a turning point in his career, prompting him to seize the opportunity to become self-employed which provided even more material for his repertoire of stories, Len's presentation was made all the more engaging by his visual aids, including a knitted medal, a token of appreciation from a delighted customer, aged 86!

**Lane Groves**

## MELBOURN AFTER EIGHTS W I

Our March speaker was Sheila Walker the co-ordinator of the South Cambs branch of BLANKET OF LOVE – The Linus Project. This Project was started in America by a woman who heard about a 3-year-old child with leukemia who had a beloved 'blankie' – much like the character in the Schultz cartoon. She encouraged her friends to make quilts and distribute them to hospitals and children's homes which has resulted in nine and a half million blankets being distributed in the USA.



In 2000 a Linus group started in Birmingham. She said it is quite difficult to give these quilts away as people do not initially understand the concept - but they now send quilts to Hospitals, special schools, and other children's organisations. Sheila's job is to collect and, after checking, distribute them. Sheila's talk was both moving and uplifting.

**Mavis Howard**

## HARDWICK W I

We recently held our Annual General Meeting when we elected a new President and welcomed three new members to our committee. We're looking forward to a fun and varied programme for the next year. We are running a Cake Stall at the CFWI AM in Comberton – so hope to raise plenty of money at this event.

**Naomi Roy**

### STAPLEFORD W I

At our well-attended Annual meeting in March revealed just how active we have been as a group. Committee members were thanked for their hard work, encouragement and support in providing a full programme of speakers, meetings, supper evenings, a barbeque, craft and book groups with friendship and fun. Who could forget the giant pass the parcel at our supper evening! We have supported local events and each month donated items to the Cambridge City foodbank.

*Joyce Dobson*

### WATERBEACH W I

In February we enjoyed a fascinating talk by marine biologist Dr Frances Dipper entitled "The Marine World – a Journey from the Shore to the Depths". We learned about the animals and plants that live at the different depths of the ocean. She explained how they have adapted to their environment and showed us some beautiful photos of sea life.

Our March meeting proved to be an interesting evening in a number of ways. While getting ready for the meeting we were plunged into darkness. The power was unable to be restored but we soldiered on. Thank goodness for mobile phones and their torches!! Our speaker Angie Stewart from the Cambridge Women's Refuge was happy to give her moving and thought-provoking talk in the half light and told us about how the refuge was set up and how it operates today, providing a safe place for women and their children fleeing an abusive relationship. Members had donated toiletries which will be given to women on their arrival at the refuge.

*Janet Richmond*

### BALSHAM W I

At our March meeting we had a session on Mindfulness by Mel Cunningham. Mel explained about mindfulness and how it could be used to help relieve stress. She then did some mindfulness tasks with the group – I have never heard it so quiet during a meeting! We tried eating a square of chocolate in a slow, mindful way by looking at it, then smelling it and nibbling it slowly while trying to work out what ingredient had been added to it. By doing this you are slowing down and concentrating on one thing rather than a myriad. I think we all felt quite serene at the end of her talk!

Plans are being made leading up to our Centenary celebrations in 2025.

*Debbie Mower*

### EARLY BIRDS W I

Earlybirds WI held its AGM in March, where we were reminded of the variety of talks and activities we had had alongside additional get togethers at Lexi's Cotton Hall pop-up, local Knit and Natter and craft sessions. We have significantly increased our membership over the year, thus helping to pay for more speakers, despite the 'cost of living rise'. This was followed by the fun part – decorating eggs for Easter. Numerous eggs had been blown, so that the delicate hollow shells could be treated "Faberge style". There were fabrics and ribbons, sequins, and paints, - even goggle eyes – turning ordinary eggshells into things of beauty. Golden eggs, marble eggs, faces, lace eggs and flowery eggs, beautiful or amusing and not even one was broken. A very satisfying and fun session, and something to show the grandchildren.

*Trish Peroni*

### HISTON AND IMPINGTON W I

Cllr Pippa Heylings gave us a very informative talk on the state of our rivers and waterways (the subject of our current resolution). She related some interesting facts, including that 80% of the world's chalk streams are here in the United Kingdom. Unfortunately, our waterways are in a dire state as a result mainly of sewage outages and agricultural run offs. There are several government agencies charged with dealing with the problems but sadly do not have the resources to cope. Another problem is that too much water is being used for new properties. The one thing we all can do to help is to be sparing in our use of water.

*Mary Law*

### LANDBEACH W I

The subject of our March meeting was Aromatherapy Plants with guest speaker Dr Gwenda Kyd. As a chemist and freelance science writer, she is especially interested in plant-based healing and the study of herbal medicines. Essential oils extracted from plants such as lavender, rose, eucalyptus and bergamot could play a significant role in our future health and well being. Some of the citrus oils are safe for internal use, others are inhaled or applied to the skin, helping with respiratory conditions, eczema, and insect bites. The oils are derived from every part of the plant, flowers, leaves and roots. This talk gave us a unique insight into plant life and how we may all benefit from the secrets they hold.

*Christine Ayres*

**Thanks for all your reports this month.**

**Please keep articles to approximately 100 words.**

**Items for the June newsletter to [office@cfwi.co.uk](mailto:office@cfwi.co.uk) by**

**Monday 13 May 2024.**