

theWI
INSPIRING WOMEN

WEST SUSSEX WI NEWS

FEBRUARY 2024

Winter scene in
East Grinstead



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Office Opening times:

Tuesday, Wednesday & Thursday
10am - 1pm and 2pm - 4pm

Friday

10am - 1pm

Deadlines and magazine contributions

Please send items (email preferably) for inclusion to editor Gwen Cole and the Federation Secretary.

Email to: secretary@wsfwi.co.uk and gandm.lancing@ntlworld.com

Tel: 01903 767757

49 Sompting Road, Lancing,
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April 2024 Issue Deadline

1st March

May 2024 Issue Deadline

1st April

June 2024 Issue Deadline

1st May



theWI
INSPIRING WOMEN

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WOMEN'S INSTITUTES

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CHAIR'S COLUMN



Erika Brichta

01903 742039 • erikabrichta@wsfwi.co.uk

February can often be a rather dour month, but at least it is quickly over even with an extra day this year. I hope you are finding something to lift your spirits.

I am delighted to tell you that planning permission has finally been granted for the renovation work to be carried out at 60 Queen Street in Horsham. I hope that it won't be too long before we are able to move in. Some of us have already become quite attached to our new building given the amount of time we have spent there endeavouring to find homes for all of the items we had collected over the years at North Lodge.

The Events Team have been hard at work setting up fantastic events for you to come and enjoy; table tennis at the end of this month and a wonderful miscellany at a new venue for us; The Atrium, Worthing Pier where our Not the Annual Meeting will comprise the amazing Ruth Rogers, the War Horse Puppeteer who entertained us in 2022 in East Grinstead and was so good we wanted members further down the county to have the opportunity of seeing her. It will be 200 years of the RNLI next year and as we are by the sea who better to come and talk to us? This will all be topped off with the beautiful harp playing of Margaret Watson. Something for everyone, so come and spend the day with us in Worthing on Monday 25th March 2024. Open to all, so bring your friends and neighbours.

Our Annual Meeting will be at the Capitol Theatre in Horsham on 21st October and Carols will be on THURSDAY 5th December in the south of the federation, location to be confirmed.

Make sure you display your climate change "Show the Love" hearts this month and hang up your knicker bunting to promote the need for Ovarian Cancer Awareness in March.

I very much look forward to visiting WIs again this year, in the meantime stay healthy, be kind and look after each other.

Erika

Federation Chair

QUILTS FOR SAFE IN SUSSEX



East Preston Village WI Craft Group have been busy creating single children's quilts for distribution by Safe in Sussex. The quilts will go to the charity's refuges and be taken with families when they are resettled.

We support Safe in Sussex with donations of goods twice a year. The charity identifies areas of need and we try to meet that need. Only 23% of funding for the charity comes from the UK Government.

FEDERATION NOTICE BOARD

NORTH LODGE has now closed

Just a reminder: All post will be redirected to 60 Queen Street to be collected from there.

For finance queries please email accounts@wsfwi.co.uk which will go to Karen James.

To notify changes to officer details which affect the Yearbook, queries about the 300 Club and the Speakers list please email admin@wsfwi.co.uk - these will be answered by Jane Timpson who will be continuing to work for us remotely for the foreseeable future.

For all other queries please email secretary@wsfwi.co.uk or phone **07823 330783** when you will get me, Erika.

WSN

These will be packed and posted from Rustington. If anyone wishes to collect from Rustington please contact lesleyboardman@wsfwi.co.uk to make arrangements.

WSN photographic competition

Closing date 23rd February. Make sure all photographs are taken in West Sussex. Entries can be sent to WSWFI, 60 Queen Street, Horsham RH13 5AD or to Hollybush Cottage, Newhouse Lane, Storrington, RH20 3HQ.

Record Forms for 2024/25

Please complete and return your WI record form as soon as possible after your Annual Meeting. The record form was enclosed in the December mailing sent to WI secretaries with the financial documents for your AMs. It is very important for us to have up to date contacts; please also ensure that the relevant amendments are made to MCS.

Generic WI email accounts

Do contact me or suemidgley@wsfwi.co.uk if you would like help setting one up for your WI.

With best wishes,

Erika

erikabrichta@wsfwi.co.uk
07823 330783

Federation Treasurer - Yvonne Price
Federation Bookkeeper - Karen James
Federation Administrator - Jane Timpson

300 CLUB

The winners of the January 2024 300 club draw, each receiving £25.00.

| | | |
|-----|-------------------|---------------------------|
| 76 | G Pettitt | Maidenbower WI |
| 103 | C Bright | Woodmancote & Henfield WI |
| 249 | Fiona O'Leary | Scaynes Hill WI |
| 178 | Georgette Budhram | Eastergate & Barnham WI |

YOUR CONTRIBUTIONS FOR WEST SUSSEX NEWS

After some recent email trouble please can you also send your magazine contributions to secretary@wsfwi.co.uk

We apologise for anything missed or not published which was submitted during late November and December. Please do resubmit it to the above address and we will aim to include it in a future issue.

From the Editor...

Gwen Cole

01903 767757 • gandm.lancing@ntlworld.com

Hi members,

I hope your plans for this year are on course and you are looking forward to them. The thought of warmer weather and the sight of daffodils and tulips will be very welcome. Even better is the thought of those possible outings with our WI friends. Do read in the magazine what the county is providing for us all to enjoy.

Very best wishes

Gwen

I am having such a lovely time with my friends; they are taking me for lots of walks. My new year's resolution was to eat fewer treats but it is not going well. They will insist on giving them to me. Oh dear! It is a good job I am having more walks. I have also made some lovely new friends.



Woof Woof!

Buddy 🐾

SUBSCRIPTION FLEXIBILITY

WIs - Please remember that you can decide about using the subscription flexibility each subscription year. If your finances allow, it is a great offer for your members, but you must consider your financial position and whether you need to adjust your budget or fundraising plans. As a committee you should discuss this now in advance of your members paying their subscriptions. The decision must be agreed with the committee and the members, and noted in your meeting record.



WEST DEAN

Painters, poets, weavers,
welders, gardeners,
gilders, calligraphers,
conservators...

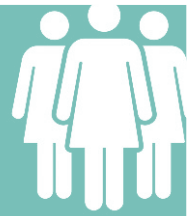
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MEMBERSHIP & TRAINING TEAM



Yvonne Price
01903 772169
yvonneprice@wsfwi.co.uk

WSFWI WIs hold their Annual Meetings in February & March, and I wanted to emphasise the value of making this a special meeting. Members are often put off attending, but it is a chance to reconnect with your WI, listen to the report of the year's activities, and look forward to the coming WI year. We do advise not having a speaker for your Annual Meeting, so that you can hold the "business" part without rushing, it is after all a requirement of our constitution, in the same way as every charity and organisation must do. Maybe have some special refreshments, afternoon tea perhaps, or Fish n Chips, and if you have visitors, it is a chance to showcase your WI to them - just make sure you welcome them with a brief explanation of what will happen. As I said last month, we will try and attend as many AMs as we can, and I have already been asked to go along to a few, some with concerns, some just wanting to have an enjoyable meeting. Please let us know and invite one of us along.

This is an outline of how your AM should proceed:

How to hold an Annual Meeting - shortened extract from the WI Handbook on MyWI

A new WI must hold an Annual Meeting within 15 months of formation.

Established WIs must hold an Annual Meeting once in every calendar year, in West Sussex they will be in February & March

and should be announced to the members in the programme.

The following should be done in preparation for the Annual Meeting:

- A statement of accounts for the last financial year must be independently examined by the IFE.
- Nominations for the committee can be taken up to the meeting, and it is advisable to seek more nominations than there are places on the committee and there must be a minimum of three committee members.
- If an election is to be held the WI Secretary arranges two tellers, usually members of a neighbouring WI, WI Advisers, or other people independent to that WI (e.g. Federation trustees).
- The WI Secretary prepares the agenda for the Annual Meeting and the Annual Report for presentation to the committee for approval.

Committee elections:

- If there are many more nominations than places on the committee, an election should be held, however please remember it is always better to have more help, so if there are only a couple of nominations welcome them onto the committee with open arms!
- Nominations for committee elections may also be accepted from the floor on the day. Such nominees should be asked their willingness to stand and eligibility to become a charity trustee.
- Committee elections must be held by secret ballot, which can be held first so that the voting is completed before the start of the Annual Meeting.
- Only WI members who have paid the relevant subscription for the year and are present at the Annual Meeting may vote.
- Once a result has been reached, the committee is announced to the members and any new committee members only take office once the Annual Meeting has ended.

Annual Meeting business:

- Before the start of the Annual Meeting business, the President should ask if everyone present has voted and, if so, declare the ballot closed.
- The President chairs the Annual Meeting, only handing over the chair to the WI Adviser or tellers during the election for a new President.
- The committee must present the Annual Report. Adoption of the report is proposed by the President and no seconder is required. Members vote by show of hands.
- The committee must present the signed statement of accounts. Adoption of the accounts is proposed by the Treasurer and a seconder is required. Members vote by show of hands.
- The financial statement is presented by the Treasurer. Copies of the statement should be available to members. A copy of the reconciled bank statement should also be on display for members to view.
- The committee recommends the appointment of the IFE for the following year. This is proposed by the Treasurer. Members vote by show of hands.

Election of the WI President:

- This is conducted by a WI Adviser, if present, or by the tellers.
- The members of the newly elected committee are announced.



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Continued on page 7 »



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ST. MELLION
ESTATE

As I sit here about to write about 'wellbeing' and 'wellness' I'm thinking I should probably explain the difference between the two... 'wellbeing' can be regarded as the environmental factors that influence our health and wellness, whereas 'wellness' is an emotional and spiritual journey (thank you Google), and well wonderful walks is self-explanatory!

Beautifully situated in 450 acres of stunning Cornish countryside St. Mellion Estate offers the perfect retreat to take you on a complete wellness journey with your wellbeing also firmly taken care of. The iconic resort is best known for its golf course, the Nicklaus Signature Course and has now been officially recognised as one of the best golf resorts in the world (Golf World Top 100 ~ 2023). Golf aside, the Estate is fast becoming a firm favourite for Wellness Breaks and as the perfect location to tuck yourselves away from the real world. St.

Mellion's best kept secret is the Cottage Collection, a collection of self-catering holiday cottages hidden deep within the Estate. Ranging from one bedroom to four bedroom properties all offering private outside space for alfresco dining and a chance to completely immerse yourself in the tranquillity of the Estate.

With guest experience at the forefront of everything we do, we are delighted to offer all residents complimentary use of the extensive Health Club at the main resort. Here is where your wellness journey and wellbeing can find the biggest rewards. The Health Club offers two large swimming pools, enormous spa pool, sauna, steam room, large fitness suite, resistance room and dedicated floor exercise area, all of which are available at your leisure. The Wellness Spa offers a whole range of Elemis Spa treatments* to complete your experience. Golf is also available to you should you wish to enjoy the two courses*.

St. Mellion Estate is ideally situated in the picturesque Tamar Valley, the border of Devon and Cornwall, making it the perfect base to venture out into both counties for the most breathtaking walks. Make your way through the valley over to Dartmoor National Park (this can be seen on the horizon from the resort) or head further South and walk the stunning Cornish coastal paths. I promise you you will experience a wellness journey you will never forget!

I really hope you feel your journey has already started by reading this article...and I hope it leads you to our doorstep.

Regan Bush ~ Communications Manager, St. Mellion Estate

**additional charges apply for all Spa treatments and green fees. Green fees are offered at a discounted residential rate.*

WIN A 4 NIGHT MIDWEEK ESCAPE AT ST. MELLION ESTATE

The Cottage Collection offers a range of one to four bedroom self-catering cottages, all beautifully nestled between the Championship golf courses, offering a wonderfully homely feel with a touch of luxury. Each property has private parking, garden area and a private terrace or balcony perfect for alfresco dining.

THE PRIZE

- ~ Win a 4 Night Midweek Escape in a one bedroom cottage (one bedroom plus bunk bedroom) at St. Mellion Estate (sleeps up to 4).
- ~ Enjoy complimentary use of the extensive Health Club inc swimming pools, fitness suite & weights studio
- ~ Residential green fees on both the Nicklaus Signature and Kernow Resort Golf Courses

TERMS & CONDITIONS

Prize of a 4 Night Midweek Escape is based on a 4 night stay from Monday to Friday in a one bedroom (plus one additional bunk bedroom), turret or 1 storey cottage at St. Mellion Estate. The Midweek Escape must be taken before 30th April 2024. The Midweek Escape cannot be taken during school holiday periods ~ February half term & Easter. Prize is subject to availability and cannot be used in conjunction with any other offer. Prize cannot be exchanged for cash or any other holiday/package at St. Mellion Estate. Full standard terms & conditions apply. Closing Date 29th February 2024.

If you would like to find out more about booking a holiday at the new Cottage Collection at St. Mellion Estate in Cornwall please contact the Reservations Team on 01579 351351 / reservations@st-mellion.co.uk

Scan to
Win



MEMBERSHIP & TRAINING TEAM



Yvonne Price
01903 772169
yvonneprice@wsfwi.co.uk

Continued from page 4

- Each WI member should be handed a slip of paper and asked to nominate the committee members she would like to see as President for the coming year.
- Each nominee is then asked to indicate in writing whether she is willing to stand for election.
- All members then vote in writing choosing between those willing to stand for election.
- Voting papers are collected and counted by the tellers and the result announced. In the event of a tie, the vote is continued until one person is elected.
- If a committee member is absent from the Annual Meeting but is willing to be nominated for election to any office, she should state her willingness in writing in advance.
- If a new President is elected, she does not take office until the Annual Meeting has ended.

The use of secret ballots is vital to the democratic nature of the WI and gives every member the chance to support fellow members in standing for a position such as President. It all seems daunting when you have done it, but we can help and support you through. If you are a shareholder in any organisation, you will know that similar meetings take place each year.

Please fill the forms you were sent with the December WSN as soon as possible after your Annual Meetings and send them back to the federation, this helps us have the most up to date information about each WI. Also make sure your MCS rep has all the information so that she can keep the MCS up to date.

North Lodge is now closed, the post for North Lodge has been redirected to our new address: WSWFI, 60 Queen Street Horsham RH13 5AD, please use this address from

now on. The telephone has also been temporarily transferred to the Federation Chair's mobile, but we will have a new number soon. Please remember that parking in North Lodge will no longer be an option for members.

We continue to support WIs in setting up generic emails, so please get in touch so we can help you.

I hope you have all voted for your favourite resolution, the deadline is February the 11th.

Finally, we will be holding Officer training sessions starting in April with Treasurer's training on April 4th, when we will have face to face training in the afternoon, and an online session in the evening - more details to follow but keep the date for your diaries. Many of you have already contacted Jane Hazell who is helping WIs with their finance queries and she will be with us for the training sessions.

Diary date: Tuesday 21st May -
Speaker' Interviewing session at Ashurst Village Hall

The Adviser team are here to help and support all members and WIs so please keep in touch, let us know how you are doing and what you would like from us.

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Fiona O'Leary: fionaoleary@wsfwi.co.uk

Yvonne Price

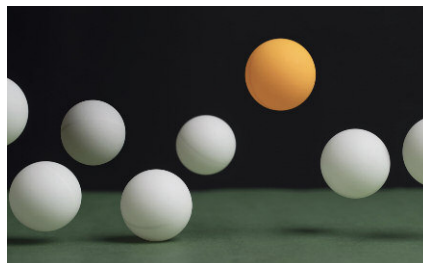
SPORT & LEISURE



Lesley Boardman
01903 782831
lesleyboardman@wsfwi.co.uk

I am writing this on 2nd January in order to meet the deadline later this month for distribution of February's West Sussex News. Although I enjoy the winter days, when going out is not the first option and I can do some "catching up" I am also looking forward to getting together with members at future events.

I already have a few bookings for the **Mix and Match Table Tennis on 28th February, 10-3pm at Fittleworth Village Hall**. This is a slightly new format when we will pair members of varying abilities. If you have any interest in playing table tennis - with children, grandchildren, friends or at a club please come and join us for a fun day. My first experience as Chair of Sport and Leisure was watching two players who had never met or played



together walk off with the trophy! You can apply using Eventbrite or preferably by contacting me direct at lesleyboardman@wsfwi.co.uk. Please try to give us some idea of your experience. There will be a Raffle, tea and coffee and homemade soup for sale.

Looking further ahead we have booked **Ashington Village Hall for a**

Shuffleboard Evening on Tuesday 16th April, 7pm-9.30pm. We are using the services of the English Shuffleboard Company to guide us through the evening but plan to provide light refreshments to keep us going. Please put this in your diaries and wait for the link on the Events calendar or apply direct to lesleyboardman@wsfwi.co.uk.

The Sport and Leisure team will be supporting Jan Marsden's organised walks in June and July. When the weather improves?

Meanwhile Best wishes for 2024. We look forward to your support and ideas for activities.

Lesley Boardman

In her newsletter, ACWW World President Magdie de Kock, sharply reminded herself, whilst watching women and children enjoying life together, that there were many who were not - ACWW's autumn 16 days of Activism Against Gender Based Violence pack, which can be found on ACWW's website, evidenced that. ACWW's campaign called on all governments to invest to eradicate violence against women and girls.

Magdie said that she was pleased that ACWW campaigns to end all forms of discrimination against women and advocates for change in our communities and beyond. She was proud of ACWW's first project, funded under the new concept with sustainable impact not only on the participants but also on the communities, when it brought together 320 nomadic herdswomen, in Mongolia, where it is reported that 50% of women are

affected by domestic violence. A tremendous effort of collaboration and learning.

Magdie thanked you for your fund raising and support to ACWW's work, and made a reference to Mahatma Ghandi's words: "The best way to find yourself is to lose yourself in the service of others." Magdie concluded that in moving forward and embracing ACWW's theme of Sustainable Growth for the Future, we should continue to serve others with compassion, and dedication and humility.

If you need to contact ACWW you are assured of a quick response to emails sent to office@acww.org.uk

If you want to receive e-newsletters from the World President there is a link on www.acww.org.uk

Don't forget ACWW's Women Walk the World, around 29 April, when ACWW



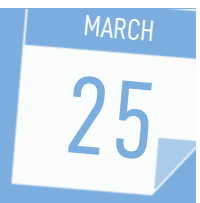
members all over the world join together to raise funds for ACWW and share information about its work. Suggestions from ACWW include:

- > Walk around your village hall, and have snacks that reflect the culture of another country.
- > Walk by yourself, or with others. Arrange sponsorship for each step - "Every step is a step towards improving the lives of rural women!"

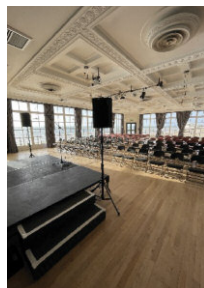
Jan Marsden

EVENTS

Ros Williams
01342 810944
roswilliams@wsfwi.co.uk

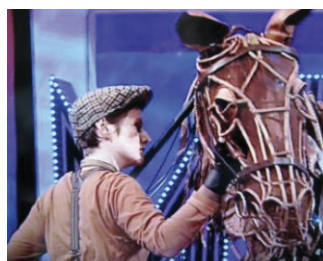


Our Federation Events Team is bringing Not the Annual Meeting to our members again - this year, in the South of our county at the Pavilion Atrium, Worthing Pier, on Monday 25 March 2024, 11.00am to 3pm. A good excuse to spend the day on Worthing seafront, in a venue that overlooks the sea. Bring a picnic lunch, which can be eaten in the Theatre, or on the Pier, or along the seafront - weather permitting!



Keeping puppets in mind, the Royal National Lifeboat Institution will bring along their life size mascot Stormy Stan!

RNLI Community Presenter, Richard Worsley, will tell us about the role of women in the RNLI, as it celebrates 200 years saving lives at sea. In addition, picking up on the TV programme Saving Lives at Sea, we will hear about local missions and ways of keeping safe in the waters along our federation's coast.



In 2022 Ruth Rogers delighted many of our members at Chequer Mead Theatre, with her presentation as War Horse's Joey's head puppeteer. Her talk, informative and entertaining, was such a success, that we decided to share the experience with even more members throughout our Federation.

Joey, a horse who lived with his young owner, Albert, on a farm in Devon was sold to the cavalry and embarked on an extraordinary journey to the trenches of First World War in France. Ruth will give us an insight into how puppetry brought emotion and movement of a horse's amazing journey to life on stage - engaging audiences with the realism.

To end the day, Margaret Watson, will play and tell us about the Harp. Relax, and be surprised by the variety of tunes and tones of the Harp.

A great mix of talks, tales and music to entertain you.

Please note there is no parking at the Pavilion Atrium, although drop offs can happen along the seafront, and there are public car parks nearby. The Atrium has disabled access. Details about tickets are in the Events Calendar in this WSN or on our Federation website. Tickets £12 available for WI friends and family. Any queries contact Jan Marsden 01243 864670 janmarsden@wsfwi.co.uk.



Best Wishes

Ros Williams

YOUR NEWS FROM AROUND THE COUNTY

Please keep sending us your photos and news for publication – Email to: secretary@wsfw.co.uk + gandm.lancing@ntlworld.com



Durrington WI

Durrington WI lit up the Community Centre at their November meeting. We all decorated empty bottles with lights and various stick on designs ably led by our President Cathy who provided all the materials needed.

West Chiltington WI

The quilting for Project Linus continues apace at West Chiltington WI but in an innovative drive to generate further funds for materials for this venture, some crafty members have been busy producing items to be sold at our Christmas meeting.

Greetings cards for all occasions and quilted pot holders are amongst the items - using skills long held and newly acquired - that have been lovingly crafted to help support this worthwhile project.



West Chiltington WI - Fun at the Pub

In a rather unusual move away from the traditional meeting format, West Chiltington WI had a most enjoyable meeting in November. The tables were laid with an array of traditional pub games including dominoes, bagatelle, shove ha'penny, cribbage and many more.

Members delighted in taking turns and for some, enjoying playing the games for the first time.

Of equally enjoyable status was the bar. No simple shandies here, but also an array of wine and 'mocktails' with obligatory bag of snacks, which were well received indeed! The ambience was further enhanced by a good old pub 'sing song' rounding off a truly enjoyable and memorable afternoon.



PUBLIC AFFAIRS

Pam Tedder
07521 275646
pamtedder@wsfwi.co.uk



March is Ovarian Cancer Awareness month. So now might be a good time to get going with creating the party bunting some of us put up last year to highlight the WI campaign of See The Signs (of ovarian cancer).

Last year Erika Brichta, the WSWFI Chair, festooned Storrington with the bunting and was featured in the local papers. Bunting was also put up other parts of the county including in Horsham, Felpham, Rustington and East Preston. In my WI, we cut out cardboard panties, which we decorated and then formed into bunting. We displayed it in local libraries, hairdressers and a doctor's surgery along with information about the signs of ovarian cancer. As Erika, said last year "if we can save just one life, it will be worth it."

According to Cancer Research UK, there are around 7,500 new ovarian cancer cases in the UK each year, and 4,200 deaths.

It is one of the most common types of cancer in women, mainly affecting those



who have been through the menopause.

Although the risk of developing ovarian cancer increases with age, there are cases in younger women so all women must know the symptoms to look out for. On average, 1,330 women under the age of 50 are diagnosed with ovarian cancer every year in the UK.

The earlier ovarian cancer is diagnosed the easier it is to treat. However, because the early signs of ovarian cancer are similar to conditions such as irritable bowel syndrome (IBS), and premenstrual syndrome (PMS), it is often

not diagnosed until it has spread and a cure is not possible.

Overall awareness of the symptoms of ovarian cancer remains low, yet this is crucial to early diagnosis, alongside other factors such as healthcare professionals taking the necessary steps when women present with them.

Everyday 11 women die of this disease we want to encourage women to seek early diagnosis and not to ignore: persistent stomach ache, difficulty eating/feeling full more quickly, persistent bloating and needing to wee more frequently.

If you or a loved one experiences one or more of these symptoms and they are persistent and increasingly frequent or a change that isn't normal for you, speak to your GP.

So why not take a little time to create some bunting and possibly help save a life. There is further information available on MyWI under the campaigns heading

Pam Tedder

New Trustee Profile

Karen James



My name is Karen James and I am a newly appointed Trustee of the WSWFI. This is a great honour and a great opportunity to strengthen my personal profile and be part of an organisation that can benefit from the experience I have accumulated over a career of over 40 years. I am confident, ambitious, compassionate and always keen to do the best in any situation.

I started my career in payroll and ended it in 2022 as Head of Treasury for a global charity. All experiences on this journey have made me the person I am which I am very proud to be.

I very much enjoy sewing and making things for people to enjoy so now have a business called Sew Handy which is growing in clients every day. I love the fact that I get asked to fix or make some very unusual things which reaffirms my ethos that you are never too old to learn and should never settle for less than you are worth. I feel strongly for the positivity and empowerment of women and have spoke publicly for International Women's Day.

I joined my WI because they needed a Treasurer but have never looked back and every month I learn something new and meet many new women who just need to be together for all the strength and value that brings.

I look forward to my term of office as trustee so that I can help to make a difference and give the WSWFI support and add value.

Karen James

Could you
Make Someone
Smile?



Chronic loneliness amongst older people in East Sussex is at an all-time high and we need more volunteers to help deliver our Befriending Service*. Please get in touch if you can spare some time to help. Your friendship could really make a difference.

**Volunteer as a friend to someone local
who is feeling lonely and isolated**

Call: 01273 476704
Email: befriending@ageukeastsussex.org.uk
Visit: www.ageukeastsussex.org.uk
or scan QR code

*Ongoing training and support provided.
Volunteering will be mostly phone-based, once per week.



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- Gain months of pleasure year after year with the astounding Alstroemeria 'Garden Hybrids'.**
This easy to grow, cottage garden favourite produces exotic lily-like, funnel shaped blooms that provide a parade of colour from June – October or the first frosts. A lovely, really good value plant that needs little encouragement to perform. Enjoy borders bursting with these unusual plants which produce such unusual lily shaped blooms in a variety of hues and tints flecked with stripes and dashes. Tall and elegant on sturdy stems giving you a continuous supply of cut flowers to fill vases inside the home. Supplied as bare roots. Height: 75cm (30"). Spread: 60cm (24").
Despatching from December onwards. Hurry offer ends December 31st.

Alstroemeria 'Garden Hybrids'



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| KB1835 | Alstroemeria 'Garden Hybrids' 12 Bare Root Plants + 6 FREE £41.97 | £19.98 | | |
| 73718 | Agapanthus Blue & White Collection 6 Bare Roots £35.94 | £14.99 | | |
| 74991 | Agapanthus Blue & White Collection 12 Bare Roots £71.88 | £19.99 | | |
| | | | P&P | £6.99 |
| | | | Grand Total | |

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Offer subject to availability. We reserve the right to substitute varieties if necessary. *Please note that savings are based on the equivalent of multiples of the cheapest pack size. © 2023 Thompson & Morgan. † For full T & C's, please visit www.thompson-morgan.com. Regrettably we are unable to ship live plants to the following postcode areas: HS, IV41-IV56, KW15-KW17, PA34, PA41-48, PA60-PA78, PA80, PH40-PH44, TR21-TR24, ZE1-ZE3. We are also unable to ship seeds or plants to EU countries and Northern Ireland. By placing an order with us, you become a T&M customer, so we would like to continue sending our catalogue to you, giving you first sight of our new varieties. Please tick the box if you do not want to receive them. [] As a T&M customer we would like to send you new variety previews, newsletters & exclusive special offers & discounts via email. Please tick the box if you do not want to receive them. [] We would like to send you gardening related offers by SMS. Tick here if you do not want to receive them. [] if you do not want us to share your data with other carefully selected companies in the collectables, food & wine, gardening, gadgets & entertainment, health & beauty, household goods, travel, financial services, charities and home interiors categories who will contact you by post, please tick this box. [] By sharing your email address and mobile with us, you can track the progress of your order online and receive progress updates on your orders. Please note that we may print your telephone number on the despatch label which will ensure the carrier can contact you if they need to. We will not pass on email or phone numbers to any other 3rd parties. Thompson & Morgan take your privacy very seriously. You can change your communications preferences with us at any time by calling our customer service team on 0333 400 0033 or emailing us at ccare@thompson-morgan.com. To find out exactly how we store and use the data you give us please visit www.thompson-morgan.com/privacy.

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New Trustee Profile

Bridget Kearns



I have been a WI member since 2002, joining to keep my mother company as she had been a founding member of Angmering Green WI. I am pleased to become a member of the board of trustees, having been a treasurer and secretary of my home WI.

I am looking forward to meeting other members across West Sussex and contributing to the work that the federation does to make sure the organisation continues to grow and thrive. I hope I can make use of all the skills I built in my career in HR to play my part.

I am now retired and when not at WI I enjoy walking, gardening, crafting and walking my dog and spending time with my lovely husband of course!

Bridget Kearns

FEDERATION HOLIDAY Castle Howard at Christmas 2024



We have been approached by Airedale a travel company who are keen to work with us to put on federation breaks and holidays for members, partners, family and friends.

A potential holiday is **Castle Howard at Christmas 2024 from Wednesday 20th November 2024** for 3 days, 2 nights. The cost for 30 passengers would be £409 if there are 40 passengers the cost comes down to £369. Coach travel included from West Sussex.

Accommodation is at The Parsonage Hotel and Spa, York breakfast with evening meals, excursion to Castle Howard with entrance and excursion to York Christmas Market. 10 singles are offered at no supplement. Booking and deposit by the end of March 2024.

Before we commit ourselves to this trip, we need to know if there is an appetite for such a venture. If you are interested in either break and wish to reserve your place or need more information, please email secretary@wsfwi.co.uk asap.

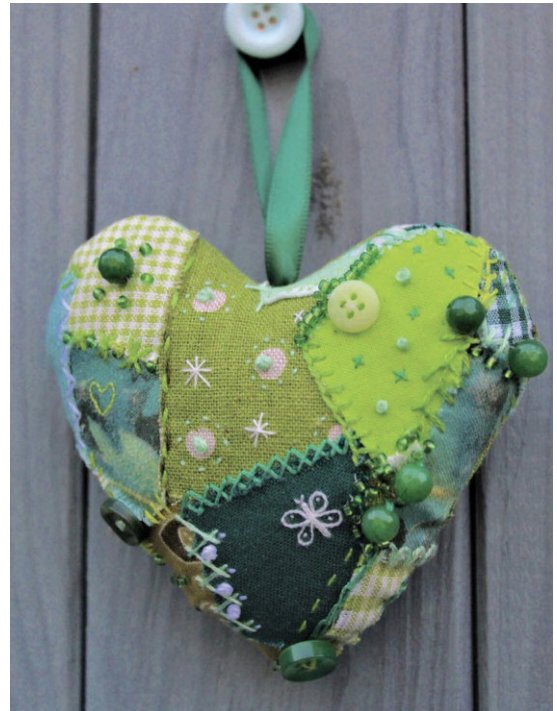
A £75 non-refundable deposit will be required on booking.



CLIMATE AMBASSADORS



Pam Tedder
07521 275646
pamtedder@wsfwi.co.uk



Welcome to a new column - from the Climate Ambassadors in WSWFI, who are invited to send items for inclusion in future editions of WSN. This will highlight the myriad ways WI members can help fight Climate Change.

February is Show the Love month when we can demonstrate ways of involving fellow members of the WI, members of the public, and the decision-makers about looking after our planet.

People across the country and all around the world are feeling the impacts of climate change and spiralling costs of living, but are united in wanting to see a safer, greener future.

The solutions are there. We need to support the people hardest hit across the world by the impacts of climate change. We need to protect and restore nature. We need support to stop our homes from wasting energy and to quickly move towards cheaper and cleaner renewables that bring down household bills and give us reliable, secure energy the nation can be proud of.

People from all walks of life use the power of green hearts to show decision-makers that we want to see urgent action to tackle climate change, protect nature, and bring down bills.

Horsham Normandy WI will be distributing green hearts and putting out post box toppers as conversation starters. We are also continuing our regular meetings with our MP, voicing our concerns, and making suggestions for action. At our last meeting, we were able to give him cards created by Billingshurst WI. The following link has lots of suggestions for ways you can contribute to the campaign - <https://www.theclimatecoalition.org/show-the-love>

I look forward to hearing from fellow Climate Ambassadors.

Pam Tedder



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COASTLINE HARMONY

We rehearse every Thursday evening at 7.15 pm, at Southwick Christian Community Church, 1-5 Roman Way, Southwick, Brighton BN42 4TY

So please come along, have a chat, hear us sing and join in the fun.

More info: coastlineharmony.co.uk

YOUR NEWS FROM AROUND THE COUNTY

Please keep sending us your photos and news for publication – Email to: secretary@wsfwi.co.uk + gandm.lancing@ntlworld.com

ADVERTISE HERE!

To advertise in the **West Sussex WI News** please call Emma on **01728 622030** or email emma@todaymags.co.uk

The Home Service



National pet and house sitting service (Est. 1997) is looking for caring, mature and reliable people to join their team. Sitters are employed, paid and insured by us.

For further details and an online Guardian Application Form, please have a look at our website, www.housesitters.co.uk or telephone 01394 450865

Bosham WI

Bosham WI had their Christmas Meeting on 6th December at Bosham, West Sussex, and an ex President, Rosemary Keating (pictured) was a Castaway on her Desert Island.



She chose 8 discs of music and there was a selection of slides accompanying them.

Bosham Village Hall looked stunning with the Christmas decorations together with a lovely tree and the tables were also beautifully decorated and ready for the sumptuous tea after the entertainment.

Selsey WI

Members of Selsey WI regularly collect food items for the Selsey Food Bank.

We time our collections around the school holidays as we feel this will help our local families the most.

Our members donated items that would make the Christmas break more festive, especially for families with children.

The photo shows our President and Vice President and Committee members with a trolley filled with our December Food Bank donation.



ENTRY DEADLINE THIS MONTH!

WEST SUSSEX FEDERATION PHOTOGRAPHIC COMPETITION

For the West Sussex News 2024-25

We are asking for photographs that can grace the front cover of the West Sussex News for the period April 2024 to March 2025. Photographs should have been taken in Sussex within the past 18 months. They can be events, people, animals, places; you decide, but each photograph needs to be relevant for a month within the year.



We need photos in **LANDSCAPE** format. You may send up to 4 prints. Once the judging has taken place, we will need the winning photographs to be sent digitally if possible. (We can scan prints, but the quality for reproduction will not be as good.)

Prints should be 22cm wide x 18cm high.

We need:

- Your name, address, email address and telephone number
- The name of your WI
- A title for the image
- Where and when the photograph was taken
- A large stamped addressed envelope if you wish the prints to be returned

Please write the above detail on a label and stick to the back of each print. Do not write on the back of the print as it may show through.

The deadline for entries is Friday 23rd February 2024 entries should be sent to West Sussex HQ.

FIXED IT!



Some of you may recall the story I reported in November, sent to me by my brother in Canada. Craighurst WI in Ontario had become very concerned about the state of the railroad crossing in the centre of the town. They tried to report it to Canadian Pacific Railways but inadvertently contacted their local CPR unit - Coronary, Pulmonary and Respiration Unit who could not respond to their concerns about the railway track!

I now have an update recording that the action of Craighurst WI in Ontario has benefitted their community and restored and made safe the rail crossing in the centre of their town.

In the words of their President "Canadian Pacific Railway have rebuilt a new chunk of track, rubber inserts to hold the smooth concrete sections, pavement seamlessly joined and now a pleasure to drive over."

Persistence paid off and good to hear what can be achieved by members of the WI, even if this one is on the other side of the ocean.

Lesley Boardman

East Preston Village WI

WSFWI EVENTS CALENDAR & DIARY DATES 2024!

FEBRUARY

"Mix and Match" Table Tennis Tournament

Wednesday 28th February 2024 • 10-3pm
Fittleworth Village Hall

Inviting members to come along and be paired with a partner to balance experience and play together and have fun. There will also be a raffle. Please apply using Eventbrite link below.

Please indicate skill level on application: frequent player; regular player; social player.

Cost: £8 • Tea / coffee 50p • Soup and roll £1.50
Eventbrite: eventbrite.co.uk/e/wsfwi-mix-and-match-table-tennis-tournament-tickets-772143761777
Contact: lesleyboardman@wsfwi.co.uk
Closing date: 20th February 2024

MARCH

"Not the Annual Meeting"

Monday 25th March • Pavilion Atrium, Pier, Marine Parade, Worthing BN11 1LG

We will be holding another "Not the Annual Meeting" at the Atrium at Worthing Pavilion Theatre.

- Ruth Rogers Puppeteer - Inside War Horse
- Richard Worsley RNLI - 200 Years and Counting
- Margaret Watson - Life on a Harp String

Eventbrite: eventbrite.co.uk/e/not-the-wsfwi-annual-meeting-tickets-787077268297

APRIL & BEYOND

Save the date: Tuesday 16th April
Shuffleboard sessions

Wednesday 1st May:
Spring Event at the Chequer Mead Theatre East Grinstead
Book your tickets online with this link:
www.chequermead.co.uk/shows/wsfwi-spring-event
or telephone the box office on 01342 302000
Early Bird tickets £13.50 until 20th March, then £15.

Wednesday 5th June:
NFWI Annual Meeting at the Royal Albert Hall

July:
Planned Literary Lunch

Tuesday 13th August:
WSFWI Federation Quiz

21st/22nd September:
South of England Autumn Show

Monday 21st October:
WSFWI Federation Annual Meeting
at the Capitol Theatre Horsham

Please let us know what events you would like to see on offer. Email - wsfwi-events@wsfwi.co.uk



St Wilfrid's Hospice
Making a difference to local lives



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to protect the future of
my local hospice
and my loved ones.**

Cindy from Bognor Regis



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