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INSPIRING WOMEN

# WEST SUSSEX WI NEWS

JANUARY 2024

# 2024

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## WSFWI Contact Details

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### Federation Office:

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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 [gandm.lancing@ntlworld.com](mailto:gandm.lancing@ntlworld.com) and [secretary@wsfwi.co.uk](mailto:secretary@wsfwi.co.uk)

Tel: 01903 767757

49 Sompting Road, Lancing,  
West Sussex BN15 9JX

### March 2024 Issue Deadline

1st February

### April 2024 Issue Deadline

1st March

### May 2024 Issue Deadline

1st April



**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](mailto:erikabrichta@wsfwi.co.uk)

Happy New Year!

As I write the weather is cold, wet and miserable, quite like we have come to expect in January however, I am still bathed in the warm glow of the love and affection that I felt in Horsham at our Carols event. It was wonderful to see the church so full with happy, smiling faces. Unfortunately, Gwen Cole was unable, through illness, to attend what was her last Carol Service; Gwen together with Marita Watteau have worked hard to produce this annual event and our thanks go to them both. We had some lovely comments as members left the church, saying just how much they had enjoyed it. The afternoon was truly enhanced by the presence of the Trafalgar Community Choir led by Steve Davies and the spine tingling playing of David Chesters on the oboe.

It never ceases to amaze me just how stoic our members are. One unfortunate member had a bad fall just before she came into the church. WI friends and members of the church quickly rallied round to help, but rather than give up and go home she stayed and was taken, by her WI friends, to an emergency dental appointment after the Carols had finished.

We are now embarking on a period of time without a physical WI HQ, I am hopeful that you will not notice too much in the way of disruption to services.

It was very strange having our last Board meeting at North Lodge and then saying goodbye to a building that has become an old friend to many of us. I really hope that once the new HQ in Horsham has undergone its transformation, that it will be loved as much as North Lodge has been. We certainly hope to use it much more by having events and workshops there.

Many of you will want to know what has happened to the costume store and everything else that was in North Lodge. Most of the costumes have now been sold and the remainder will be sorted and distributed early this month. As I write we have raised over £4,500 in sales and donations. Pots and pans went to the charity Stone Pillow. Other cooking equipment and aprons went to a school in Bognor Regis. Many theatre groups have benefitted from our massive "spring clean". Many old unused trophies and cups were put in an auction and raised over £1,000 (many purchased by a WI member in Shropshire who collects WI memorabilia). Lots of historical material has been sent to the records office for archiving. The remainder has gone into storage to be dealt with at a later stage.

As we start the New Year, we might all be a year older, but everything else is fresh and new, here's hoping we all enjoy a fantastic year, full of possibilities! I look forward to seeing you in the near future whether at an event or your WI.

Wishing you all a happy, healthy 2024.

*Erika*

Federation Chair

## YOUR CONTRIBUTIONS FOR WEST SUSSEX NEWS

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

# FEDERATION NOTICE BOARD

## **NORTH LODGE has now closed**

We will be putting up a Blue Plaque to recognise the part North Lodge has played in the history of the federation. We anticipate having an unveiling in the spring to which we hope many members will join us.

All post will be redirected until we move into 60 Queen Street. For finance queries email [accounts@wsfwi.co.uk](mailto:accounts@wsfwi.co.uk) which will go to Karen James who is taking over from Linda Bone.

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](mailto: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](mailto:secretary@wsfwi.co.uk) or phone 07823 330783 when you will get me, Erika.

## **WSN**

These will be packed and posted from Rustington.

## **WSN photographic competition**

Closing date 23rd February. Make sure all photographs are taken in West Sussex.

## **MCS and the 2024 Yearbook**

The new yearbook should be with you. If you notice any errors, please let us know on the email address above.

## **Generic WI email accounts**

Do contact me if you would like help setting one up for your WI.

**Wishing you all a very happy and healthy New Year**

*Erika*

[erikabrichta@wsfwi.co.uk](mailto:erikabrichta@wsfwi.co.uk)  
07823 330783

Federation Secretary - vacant  
Federation Bookkeeper - Karen James  
Federation Administrator - Jane Timpson



## **300 CLUB**

The list of the December 300 Club winners:

223	Susan Manton	Partridge Green Colvin WI	£25
115	Christine Warren	Henfield Wild Violets WI	£25
379	C Grossman	Cuckfield Evening WI	£25
470	C Corner	Maidenbower	£25

*From the Editor...*



## **Gwen Cole**

01903 767757 • [gandm.lancing@ntlworld.com](mailto:gandm.lancing@ntlworld.com)

Dear members,

I hope you all had happy times with your WI before Christmas. It was certainly a busy period. But such a happy times with friends.

Now, it is the time for looking forward to a new year of activities. Certainly, it will be for the county - and the move to the 'north'. It will seem strange not having to catch a train along the coast to Chichester. It seems fair, somehow, that the 'south' now have to travel north.

All my very best wishes for the move.

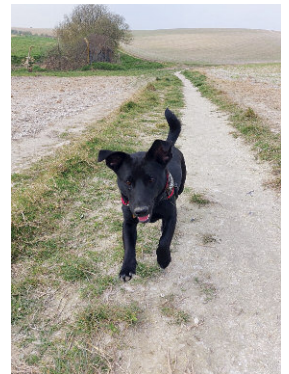
*Gwen*

It has been great meeting up with all my doggy friends again after the holiday. They tell me they had a happy time with their families and got lots of teats.

I do hope a lot of kind people go and adopt a dog from animal shelters. It's fun living with humans who love and care for you.

Woof Woof!

*Buddy* 🐾



**Margaret  
Watson**

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and  
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# MEMBERSHIP & TRAINING TEAM



Yvonne Price  
01903 772169  
yvonneprice@wsfwi.co.uk

The M&T Team hope all our members enjoyed their Christmas time, and we wish you all a very Happy New Year for 2024!

The federation teams have had quite a few changes recently, and we want to continue to support and help our WIs as much as we can. We will be looking at ways to stay in touch, to offer training and instruction, and to help all our WIs be the best they can be for this coming year. We have lost some members since Covid, but we have also gained new members, with the overall new membership across all the 69 federations standing at 58,000! We must be doing something right.

I have mentioned previously that a review has taken place around the WI Adviser role. I know you are aware that the numbers of Advisers have reduced over the last few years, across the whole organisation. The review is now complete, and plans are in place to open up some other roles for members who want to be part of supporting WIs but cannot for various reasons train as an Adviser. Also, the Adviser training will be changed to make use of current training options and be made less onerous in commitment. If you have ever thought that you would like to join us but are unsure of how much you can take on, this is the time, so please get in touch with us.

It has been some time since we have been able to visit each

WI for their Annual Meeting, but I know that the Advisers have been keeping in touch and visiting their WIs over the last few months. We are hoping to put together a plan so that every WI will get a member of the federation for their AM, either an Adviser, Adviser helper or a member of the Trustees. Communication is key to everything that we do, so we hope you will all consider this to be useful to all our WIs, both new and long-established. We welcome our newest WI Pease Pottage Pioneers and hope they will all enjoy being part of the West Sussex Federation and the wider WI.

You will have received your forms for your Annual Meetings with the December WSN, please fill these in as soon as possible after your Annual Meetings and send them back to the federation, this helps us have the mots 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.

Quite a few WIs have contacted us about the issue of generic emails and are being helped to set them up, so please get in touch so we can help you. Having a generic email means your personal details are not circulated, improving data protection, and it removes WI business from all your exciting shopping and chatty emails!

The next decision for all WI members to make is which Resolution they would like to see go through to the Annual Meeting in June and become a new campaign. All the information on the resolutions is in WI Life, and online in MyWI, and we will be holding another information session in January, following the previous session in December.

Book with Eventbrite, sessions are free to all members:

Thursday 11th January  
2pm - 3.30pm

[www.eventbrite.co.uk/e/wi-resolutions-23-24-discussion-11124-2pm-tickets-771570226317](http://www.eventbrite.co.uk/e/wi-resolutions-23-24-discussion-11124-2pm-tickets-771570226317)

Thursday 11th January  
5pm - 6.30pm

[www.eventbrite.co.uk/e/wi-resolutions-23-24-discussion-11124-5pm-tickets-771571199227](http://www.eventbrite.co.uk/e/wi-resolutions-23-24-discussion-11124-5pm-tickets-771571199227)

We will use the resources from the PA Team at NFWI. The voting deadline is **February 11th** and please remember, this is for all members to cast their individual votes. In May each WI will then discuss the merits of the selected resolution(s), and decide if, as a WI they wish to support it.

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.

Yvonne Price M&T Team Leader: yvonneprice@wsfwi.co.uk  
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Jacky Barugh: jackybarugh@wsfwi.co.uk  
Chris Hodges: chrishodges@wsfwi.co.uk  
Fiona O'Leary: fionaoleary@wsfwi.co.uk

*Yvonne Price*

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07719 386405  
[@juniper\\_arundel](https://www.instagram.com/juniper_arundel)



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# Lee Miller: Dressed

Self portrait (with headband), Lee Miller Studios, Inc., New York, USA 1932 by Lee Miller  
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14 Oct 2023 –  
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# PUBLIC AFFAIRS

Pam Tedder  
07521 275646  
pamtetter@wsfwi.co.uk



At the start of a New Year we might be thinking about what we can do to improve our environment. As we plan our gardens it is a good time to think about plants that are beneficial for bees.

Nectar provides them with the energy they need to fly and find a nest, while pollen provides bee grubs with the protein they need to grow. By growing a good mix of flowering plants in your garden, you can provide a wealth of nectar and pollen for a wide range of bee species.

## How to grow plants for bees

Choose single, open flowers where you can see the central part of the flower – where the bees can access the nectar and pollen. Different bees are active at different times of the year. Some emerge from hibernation as early as February, while others are still flying in November.

To give bees the best possible chance to thrive, it's therefore important to grow flowers from late winter to autumn – all year round if possible. Suggested plants include;

**Winter** Hybrid Lenten rose, Snowdrops, Winter aconite

**Autumn** Autumn crocus, Aster amellus, Dahlia (open-centred flower forms only)

**Spring** Piera Japonica, Cowslip, Common comfrey

**Summer** Borage, Lavender, Cornflower

These tips have come from gardening experts at the WI:

**Avoid insecticides** – they may kill pests but are bad for the bees. Instead of insecticides, try companion planting. If you choose to use them, follow the instructions carefully and avoid spraying at times when bees are busiest.

**Go wild** – if you've got a patch of land you're not sure what to do with, why not try planting wild flower seeds. They grow almost anywhere and are pretty too!

**Keep it messy** – solitary bees and bumblebees live in burrows, nests or even long grass. By leaving some messy patches in your garden you can encourage bees to make their home there. You might find some hedgehogs move in too.

**Keep a source of water on site** – a pretty birdbath or water feature will help bees and bring other wildlife to your garden too. Make sure it's accessible by having some small pebbles in the base of the bath.

**Plant flowers in large patches or 'drifts'** – when out foraging, most bees will stick to one type of flower, so by planting in patches you will provide a good forage area and save the bees' energy travelling from site to site.

**Plant some herbs** – good for cooking and great for bees! Try marjoram, thyme, sage, rosemary and borage. Plant in a container if you're limited for space.

**Fruit and veg are brilliant** – bees like beans, strawberries and currants and, once they've pollinated the flowers you can enjoy the fruit – and veg – of their labours!

*Pam Tedder*

# FEDERATION WOODLANDS

## An opportunity to get woodworking

In Her Hands, a not for profit organisation in Steyning, has invited WI members to help make the new bench for Bramber Beeches.

In Her Hands, [www.inherhands.org](http://www.inherhands.org), is run by women and helps women, and other marginalised gender identities, learn and / or feel more confident in DIY and woodwork skills.

The photo is an example of the bench we would be making.



Contact Jan Marsden if you are interested to know more about the project - email [janbognorregis@wsfwi.co.uk](mailto:janbognorregis@wsfwi.co.uk) or call 01243 864670.

## SPORT AND LEISURE



Lesley Boardman  
01903 782831  
[lesleyboardman@wsfwi.co.uk](mailto:lesleyboardman@wsfwi.co.uk)



The Sport and Leisure team have been giving some thought to the programme for 2024 and hoping that you will find something to support. Our first event will be 28th February 2024 with **Table Tennis** at Fittleworth Village Hall. 10-3pm.

We are calling this a **"Mix and Match" tournament** as we are encouraging players of all experience to join in and make new friends while having fun. We will pair members of varying experience to play together. Please indicate your frequency of play when you apply – don't be modest! All details on the WSN calendar. We look forward to seeing you. Any queries contact Lesley Boardman, 01903782831 or [lesleyboardman@wsfwi.co.uk](mailto:lesleyboardman@wsfwi.co.uk)

The calendar will also have a "save the date" for a **Shuffleboard** evening at Ashington on 16th April 2024. Details in February 2024.

Jan Marsden will be arranging some of her lovely walks in the early summer. News of those soon.

Best wishes for 2024 from the Sport and Leisure team.

*Lesley Boardman*

ACWW was founded in 1929, with strong member links and similar objectives to the NFWI. ACWW called then for the co-operation among women's organisations to ensure action, working on behalf of women left furthest behind. In a modernised world, their aims are fundamentally the same.

## Sustainable Growth for the Future

**ACWW supports women-led grassroots organisations to transform the lives of rural women**

**ACWW works hard to engage partner organisations and governments address challenges faced by rural women, as a result of their isolation, discrimination and their lack of standing in their communities.**

Project 1084: Promoting Girls Education  
Organisation: CINTA Foundation Uganda  
Description: Students pose with their new school materials



Project 1131: Entrepreneurship Training Programme for Unemployed Rural Women  
Organisation: Heritage Charity Foundation  
Description: Farmers during a training session. Participants received training on organic farming and climate mitigation to promote a reliable income.



**Thank you for your fund raising and donations to ACWW.**

Please note ACWW have not reestablished their telephone lines yet, but ensure that there is a quick response to any emails sent to office@acww.org.uk

*Jan Marsden*

## MCS REPS - YOUR WI ON THE MCS

The MCS is the database of information about your WI, and most WIs have a MCS rep, who check the data and keep it up to date. The updating of membership details is crucial to ensuring members receive information, but did you realise that the meeting information you put on the MCS, is used as part of the search for enquiries and prospective members. It can be used to tell prospective members when you meet and where you meet, and that may lead to new members. One of the pieces of information we want MCS reps to add is the accessibility of your meeting venue. Having this information might really help someone who is enquiring about local WIs.

Underneath the meeting details you will see:

**Disability Access**  
**No items to display**

Next time you do some updating, please fill this in with any details you can such as a ramp, or lift, or toilet facilities available in your venue.

Thank you

**M&T Team WSWFI**

I would like to thank Karen Yates for all the effort she has put in during the time she has been Team Leader, we are very fortunate that she has agreed to stay on as a member of the team. I would also like to thank Jan for taking over as the temporary lead and who remains the secretary.

We are now planning for events for 2024/2025, so please put the dates in your diary.

Following the success of 'Not the Annual Meeting, at Chequer Mead Theatre in East Grinstead in 2022, we are bringing the event south on **Monday March 25th 2024** to the Atrium, Worthing at 10.30am.

The star of the day will be the War horse puppeteer, Ruth Rogers. She talks of the two years performing in the West End as the only female operator as 'Joey's' head and how they brought the puppet to life. Ruth really is a quite astonishing actress literally bringing Joey to life. Other speakers will be confirmed shortly. Tickets will be available in the New Year.

On **May 1st** we will be returning to Chequer Mead for the Spring Event.

There are two speakers: Jane Green an Astronomer who takes us through the birth of the universe and beyond, her presentation is absolutely fascinating and Stephanie Smart a fantastically talented woman who creates historical costumes from paper. We will also have a short talk about Fair Trade with beautiful goods for sale.

**June 6th:** National Annual Meeting.

**July:** We hope to arrange a Literary Lunch - date, venue and speaker will be found later in the WSN.

**August 13th:** Federation Quizzes at 3 locations and an online version if the demand is there.

**September 21st and 22nd** The South of England Autumn Show will take place at the Showground, Ardingly with the theme being 'Christmas'. So, look out for sale bargains of material this month that you may be able to use!

**October:** Federation Annual Meeting

**November/December** we are planning 2 Christmas Craft workshops at Queens Street, dates to arranged.

Dates and venues are in the calendar at the back of the WSN. I look forward to seeing you all.

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](mailto:secretary@wsfw.co.uk) and [gandm.lancing@ntlworld.com](mailto:gandm.lancing@ntlworld.com)



Poppies donated to Royal British Legion

## Horsham Normandy WI

Horsham Normandy WI created over 500 poppies for the Royal British Legion to sell. We also made 9 Remembrance toppers including a larger one in the Carfax, near to the War Memorial. The White poppies remember everyone killed in war at any time or place.



Co-Op North Parade



Bartholomew Way



Blackbridge Lane Shops



Chesworth Close



Black Jug



Market Square



Carfax

## Franklands Village WI Craft Day

A selection of photos from the Franklands Village WI Craft Day. The day was a huge success with our members and friends. The committee also provided lunch.



Some of the founding members with Yvonne Price and Yvonne Bee

## Haywards Heath WI celebrates 10 years

Members from Haywards Heath WI celebrated their 10 year anniversary at their recent meeting. The first part of the meeting was learning about *Pioneering Women Doctors in Brighton* from Louise Peskett which was a timely talk since the new building at the Royal Sussex Hospital has just been named after Louisa Martindale who was the first woman doctor in Brighton. For the second part of the meeting we shared memories of the last 10 years, admired some of the creations we have entered for the South of England Show and enjoyed a celebration cake decorated by our talented President.

We were delighted that Yvonne Price & Yvonne Bee could come to join us for this special evening and see the results of all their hard work and support since the first meeting in September 2013. Thank you also to the members of our neighbouring clubs who came along.

# EVERY CHILD NEEDS A FAMILY. DO YOU HAVE ROOM IN YOURS?

You don't need to be a superhero to be a Foster Carer! You simply need to have some experience of caring for children, have a spare bedroom, and be kind and patient (a sense of humour also helps!).

Every child deserves to have a safe and loving home, where they can experience all that life has to offer; where they can fulfil their potential.

While the children that West Sussex County Council cares for are all in safe accommodation, a number are living a significant distance from their school and their friends. These children are waiting to find a local family – someone like you, who can guide them through this important and uncertain time in their lives.

## Ask one person about fostering

Foster care is at crisis point. In West Sussex we are facing the lowest number of fostering enquiries in six years, while the number of children and young people coming into care has never been higher – exceeding 900 in May 2023 for the first time ever.

You play a pivotal role within the local community, and we need you to serve as an ambassador for the children we care for. This might be by considering becoming a Foster Carer yourself, or by starting conversations with family and friends.

There are many types of foster care, from Respite (usually one weekend a month) to Supported Lodgings, where you can help a young person aged 16-21 learn the skills needed to live independently.



One WSCC Foster Carer stated, "To be the first person to give a child hope, or care, or love... is the most rewarding thing I have ever done in my life".

## Why is it important to keep children local?

All children in care have been through trauma. When they have to leave their family homes, it's like a bereavement. If you try to put yourself in the shoes of those children, you'll begin to see how scary that must be for them. By keeping our children local, we are at least ensuring that they can attend the schools that they're familiar with, with the teachers who know them, with the friends who know them. When promoting Family Time, so that they see their birth families regularly, they can do that easily. We're ensuring that they're not driving too far after school, so that their days are as manageable for them as possible at the same time as settling into their new Foster Carer home.

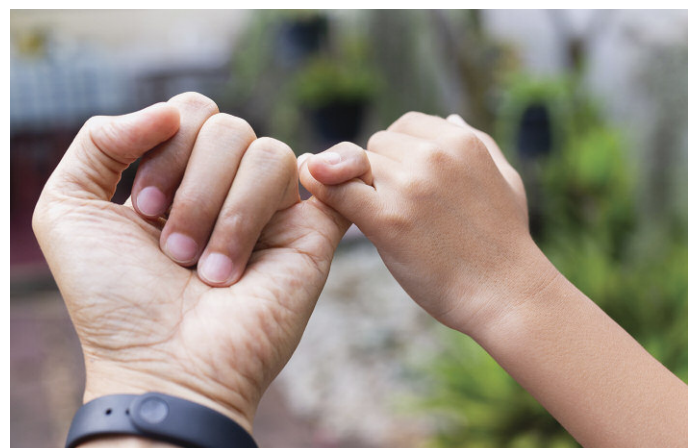
## Could you open your heart and home to a local child?

Foster Carers for WSCC receive comprehensive training, ongoing professional support and a competitive financial package of up to £28,500 per year to help look after a child in their care.

Contact the friendly Fostering Recruitment team on 0330 222 7775 or visit the website [www.fosteringwestsussex.gov.uk](http://www.fosteringwestsussex.gov.uk) for more information. Book to attend an information session by scanning the QR code.



Thank you for helping to give our young people the childhood they deserve. #Ask1Person



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# MYLA

## HEALTH

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# NEW TRUSTEE PROFILES

## Rosemary Hunter

I moved to West Sussex from London in 2013. When my friends asked me what I was going to do there, my response was that I was going to join the WI in order to make new friends and to get to know my local community. Rustington WI made me very welcome and has enabled me to do both of these things.



Within the first year of my membership I was on the committee as Events Organiser, the following year I added Vice President to my duties and in 2019 became President. When I stood down in March of this year Erika invited me to consider joining the Board of Trustees which I did at our recent Federation Annual Meeting.

Outside of WI I am an active Board member for The Westie Rescue Scheme a nationwide charity devoted to rescuing and rehoming West Highland Terriers. My responsibilities include co-ordinating volunteers and sponsors in addition to fostering dogs prior to adoption.

*Rosemary Hunter*



## Jane Hazell

Hi my name is Jane Hazell and I am one of the new trustees and am both a Treasurer and an IFE.

I thought I would put my name forward as a trustee as I wished to understand more about the Federation and how it worked.

My hope is that I can help both Treasurers and IFEs with any problems and to try and work more together and in the same way making it easier for new people taking over these positions. Looking forward to meeting some of you soon.

*Jane Hazell*

## Treasurers Reminders

- 1 There is new digital accounts download on My WI.
- 2 Make sure you use the newest account book for hand written accounts.
- 3 Pay any cash in monthly.
- 4 Bank statements need reconciling and agreed with President monthly.
- 5 Petty cash is for small items only and should never exceed £10.
- 6 Accounts should mirror bank statements.
- 7 Put Insurance in correct column.
- 8 Do not send cash in the post to the federation.

Send off New Year subscriptions at the end of April and then monthly after that.

Any queries feel free to contact me. Please email [janehazell@wsfwi.co.uk](mailto:janehazell@wsfwi.co.uk)

# “WHAT ARE WE DOING ABOUT DIVERSITY?”

It was at the Federation annual meeting this year when a question from the floor was put to Ann Jones, our chair of the NFWI. “What are we doing about diversity?” was the question while looking around the auditorium at the mostly white middle-aged women. Ann responded that it is a concern to NFWI. She then suggested that the new advisers in West Sussex see what they can do. Not one to resist a challenge I contacted various groups in Worthing where I live and discovered a group called The Women’s Hub. These are a group of women from all nationalities that have got together to give support to one another. They were holding a community event in East Worthing and invited me along. Everyone was very friendly, and I chatted to different groups talking about the WI and giving out our information postcards. I told them about Worthing WIs next meeting and invited them to come along and some of the women seemed keen. One of the organisers of the group came along to our next meeting and thoroughly enjoyed herself. She wrote to the Women’s Hub, and I quote “What a friendly and welcoming evening (I was amazed at the number of younger women there) I’d happily come along with you if you want to give it a go”. **Watch this space!**

*Chris Hodges*  
WSFWI Adviser



## ARDINGLY EVENING WI POPPIES



The photos show poppies made by Ardingly Evening WI members and friends. We placed them around the village. The benches have labels to note the fallen in both world wars. This year we have added the post box topper and wreaths on gate posts to the recreation ground.



## THE BERKELEY ARMS



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# 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/wsawi-mix-and-match-table-tennis-tournament-tickets-772143761777](https://eventbrite.co.uk/e/wsawi-mix-and-match-table-tennis-tournament-tickets-772143761777)

Contact: [lesleyboardman@wsawi.co.uk](mailto:lesleyboardman@wsawi.co.uk)  
Closing date: 20th February 2024

## MARCH

**Save the date: Saturday March 9th**  
“Million Women Rise” March

No more violence against women. Our PA team are organising attendance at this amazing event – further details to follow.

**Save the date: Monday March 25th**

We will be holding another “**Not the Annual Meeting**” at the Atrium at Worthing Pavilion Theatre.  
Another opportunity to hear the brilliant Ruth Rogers – **The War Horse Puppeteer**.

Booking Link and details to follow.

## APRIL & BEYOND

**Save the date: Tuesday 16th April**  
Shuffleboard sessions

**Wednesday 1st May**  
Spring Event at the Chequer Mead Theatre East Grinstead

**Wednesday 6th 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

**October:**  
Monday 21st October  
WSFWI Federation Annual Meeting

Please let us know what events you would like to see on offer. Email - [wsawi-events@wsawi.co.uk](mailto:wsawi-events@wsawi.co.uk)

# SCAM ALERT!

Many of us have been victims of scam email, even the Federation were caught out recently. We have discovered various ways to report any suspicious emails and the following is some useful information from the gov.uk website.

## Report internet scams and phishing

Report misleading websites, emails, phone numbers, phone calls or text messages you think may be suspicious.

**Do not**, give out private information (such as bank details or passwords), reply to text messages, download attachments or click on any links in emails if you're not sure they're genuine.

## Emails

Forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk). The National Cyber Security Centre (NCSC) will investigate it.

## Text messages

Forward suspicious text messages to 7726 - it's free. This will report the message to your mobile phone provider.

## Adverts

Report scam or misleading adverts to the Advertising Standards Authority. You can report adverts found online, including in search engines, websites or on social media.

You can also:

- report scam or misleading adverts to Google if you found them in Google search results
- report to Bing if you found them in Bing search results.

## If you think you've been a victim of an online scam or fraud

Contact Action Fraud if you think you've lost money or been hacked because of an online scam or fraud and you're in England or Wales. You can:

- report online - sign up for an account or continue as a 'guest'.
- call 0300 123 2040.

If you're in Scotland and you've lost money because of an online scam or fraud, report the crime to Police Scotland.

## Avoid websites, emails and phone numbers that imitate government services.

Some websites, emails or phone numbers look like they're part of an official government service when they're not or claim to help more than they actually do. Some make you pay for things that would be free or cheaper if you used the official government service.

ENTRY  
DEADLINE  
SOON!

# 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.

# POPPIES FOR REMEMBRANCE

When Rustington Hall residential nursing and care home decided to mark Remembrance Sunday with a large display of knitted poppies they asked for help from the local community.

12 members of Rustington WI made 100 poppies which added to the total of 1,500 and were laid out on the floor at the Hall to be attached to netting before being fixed on a low section of roof.

The display will be stored and used each year.





# MAKE YOUR MARK

WEST  DEAN

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# John Craxton: A Modern Odyssey

P

Pallant  
House  
Gallery

Until  
21 Apr  
2024

John Craxton, Galatas, 1947, Oil on canvas on hardboard, © Estate of John Craxton/DACS All rights reserved, 2023, Photograph: British Council Collection