

# WEST SUSSEX WINEWS APRIL 2024

Dementia • Personal • Medication • Specialist • Elderly • Companionship & support • Live-in 24/7 • Home from hospital • Respite

**Arundel Castle** 

## **Companionship to Complex Care**

From everyday personal care, medication support, general home help, coffee & cake, healthcare visits, to end of life support, overnight & live-in care, Dementia & Disability care, all in your own home

inhome care (



01243 684048 info@in-homecare.co.uk in-homecare.co.uk

### **WSFWI** Contact Details

Federation Chairman: Erika Brichta - erikabrichta@wsfwi.co.uk

Federation Secretary: Vacant - secretary@wsfwi.co.uk

### Federation Bookkeeper:

Karen James - accounts@wsfwi.co.uk

Tel: 07823330783

Email: secretary@wsfwi.co.uk

Web: http://west-sussex.thewi.org.uk

### Federation Office:

60 Queen Street, Horsham RH13 5AD (Currently unoccupied)

## Deadlines and magazine contributions

Please send items for inclusion to the Federation Secretary.

Email to: secretary@wsfwi.co.uk

May 2024 Issue Deadline 1st April

June 2024 Issue Deadline 1st May

July 2024 Issue Deadline 1st June



WEST SUSSEX COUNTY FEDERATION OF WOMEN'S INSTITUTES

Incorporated in England & Wales as a Company Limited by Guarantee No. 2917631

Charity Registration No. 1036497

The official Journal of the West Sussex Federation affiliated to the National Federation of Women's Institutes

Published, Typeset and Advertising by: Today Magazines Ltd, The Publishing House, Station Road, Framlingham, Suffolk IP13 9EE Tel: 01728 622030 ©

## CHAIR'S COLUMN



### Erika Brichta 01903 742039 • erikabrichta@wsfwi.co.uk

Spring is a beautiful season (it just seems to come around rather more quickly than it used to!) With the longer days and hopefully, warmer weather everything seems possible. I hope you are enjoying meeting members of the Board of Trustees who have been visiting WIs. I know that they have enjoyed meeting you.

As I mentioned last month, we have a vacancy on the Board of Trustees. If you would like to observe a meeting, let me know. We currently have a great team of 11 but with co-options we could have up to 15.

Three of our WIs have recently celebrated momentous anniversaries. Findon Village WI was 50, Clapham and Patching was 90 and Rustington WI was 100; huge congratulations to all.

We received a gift of £1000 left to us by Pat Adams (Westhampnett WI) in her will. Half of the money will go to having a bench made to be placed in our Bramber Beeches Wood on the South Downs above Steyning Bowl. It will have a plaque commemorating Pat and her mother Connie Frankland who was a Fishbourne WI member. What a wonderful, generous gift for WI members to enjoy. The remainder of the money will be put to good use once we move into 60 Queen Street, Horsham.

I am so excited about the events we have coming up for you to enjoy. Hopefully I will see some of you at shuffleboard on Thursday 18th April, or one of the federation walks.

We have a super day planned at Chequer Mead theatre, on 1st May, if you missed seeing Jane Green at last year's International Women's Day then she will be reprising her amazing talk. The Literary lunch on 29th June is already selling well, numbers are restricted, so don't miss out. Look on the WS WI website where all events are advertised immediately we book them, and have a live link to the Eventbrite booking.

Our Annual Meeting in October will be returning the Capitol Theatre Horsham and we are delighted to be welcoming Georgina, Duchess of Norfolk in addition to "Diddy" David Hamilton and others. It should be an interesting and entertaining day. I know that lots of you have struggled to navigate the Eventbrite system however, it has been such a help for those of us in the federation responsible for organising events. It has always been our ambition to create an internal online ticketing process. We will be trialing this in the near future. As always though, if you encounter difficulty purchasing your ticket on line, you can email the events team (events@wsfwi.co.uk) and ask for help or secretaries can send their requirements to secretary@wsfwi.co.uk and ask that the WI is invoiced for the tickets.

### Erika

**Federation Chair** 

### DID YOU KNOW... WSFWI WEBSITE

Do you know about the WSFWI Website. You can contact us through it, book events through it, and more!

Visit the website at:

https://west-sussex.thewi.org.uk/



## FEDERATION NOTICE BOARD

### 2024-2025 Subscriptions

Due to be paid to the federation in April - Treasurers please ensure that you make your regular return showing any additional members who join through the year together with their subscriptions.

### MCS

Now that all the annual meetings are over, please review your WI record to ensure that details of members and officers are up to date. Do keep us informed if you change your meeting date, time or venue so that we can keep our records up to date.

### 300 Club

For £10 per year, you have a chance of winning cash prizes each month. Ask your secretary for an application form or contact secretary@wsfwi.co.uk for a copy.

### **Bulb catalogues**

These are available in digital form or from your WI secretary. If you need more copies email the office address.

### Contact whilst we are without a building

All post will be redirected to 60 Queen Street to be collected from there.

For finance queries accounts@wsfwi.co.uk Karen James.

To notify changes to officer details which affect the Yearbook, queries about the 300 Club and the Speakers list admin@wsfwi.co.uk.

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

### WSN

These will be packed and posted from Rustington. If anyone wishes to collect from Rustington or to make amendments to your order, please contact **lesleyboardman@wsfwi.co.uk** to make arrangements.

### Generic WI email accounts

A third of our WIs now have a generic email address. We need all of you to have one as we will not be printing personal email addresses in the next Year Book. Do contact me or **suemidgley@wsfwi.co.uk** if you would like help setting one up for your WI.

### A Plea:

One kind member donated Edwardian costumes for us to sell for federation funds, which we did. Unfortunately, I have mislaid her details so I cannot contact her to return her bags. Please get in touch. I believe she came from Arundel or Angmering.

With best wishes,

*Erika, Jane and Karen* erikabrichta@wsfwi.co.uk 07823 330783

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



## **TREASURERS CORNER**

### Dear Treasurers

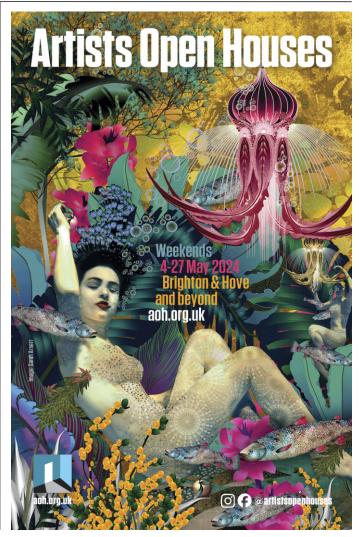
We have a short Treasurers training session on 4th April at Dial Post 2-4 pm face to face and the 7-9 pm on Zoom. Please could you let me know if you would like to attend. We are also intending to do a day course face to face for treasurers as soon as possible so we can cover more in depth the treasurer's job. Once I have a date I will let you know.

Would anyone be interested in training to be an IFE (Independent Financial Examiner) especially any treasurers or ex-treasurers. We are planning on doing a day's training course in October once we know if there is any interest. If you would like to know more or put your name down, please could you let me know.

Hope all is well especially with new Treasurers but don't forget there is always someone to help or advise you.

Please contact me on janehazell @wsfwi.co.uk for any of the above.

### *Jane Hazell* Federation Trustee and IFE.



## **MEMBERSHIP & TRAINING TEAM**

Yvonne Price 01903 772169 yvonneprice@wsfwi.co.ul



Now the Annual Meetings are all done, WIs will be looking to collect the 2024-25 subscriptions. We want to make this as smooth as possible for both the WIs and the federation, and our finance team members, Jane Hazell and Karen James have been working on updated documentation to help Treasurers collect and record payments. This year the NFWI want to ensure subs are paid to them as early in the membership year as possible after April, and we look forward to receiving your subs for all current members in April and May.

All the relevant forms were sent to WI secretaries in March, but please let us know if you need them sent again. Forms for members joining after April are to be submitted monthly.

You will also have received an updated Treasurers calendar.

If you have not already done so, please ensure all documentation from your Annual Meetings is returned to the federation, including any updates to Officers' names, venue, time of meeting etc, and of course your financial statement and copy of accounts.

As already planned the following trainings will take place in April, and we hope you will take up these opportunities. Invitations to all Treasurers, Presidents, and Secretaries were sent out in March.



### **Treasurers & Deputy Treasurers Training:**

We will cover information for Treasurers from a few perspectives, the Advisers will talk about roles and responsibilities, an experienced treasurer will cover specific issues for treasurers and an IFE will advise on managing your accounts correctly.

Some of the topics we are asked about and will include:

- · Clarification of the financial statement
- Issues around acting as agent.
- How to balance communication with the committee
- Flexibility on subscriptions
- Getting an IFE
- · Discussion about using digital account sheet,
- Meeting reasonable costs of a special meeting
- Charity donations

### Treasurers Training free of charge

Thursday 4th April - 2-4pm - Face to Face Thursday 4th April - 7-9pm - Online Zoom

Follow up trainings are planned.

### Presidents & Secretaries Training:

Both new and experienced Presidents and Secretaries can benefit from some top tips, and from sharing your concerns and ideas with other members in the same role.

Topics have included in the past:

- Communication with the committee
- Stepping into a committee role & Sharing roles
- Question about the WI constitution, in addition to National and WSFWI and where to find it.
- Retention of archive records
- Generic email addresses and GDPR
- Clarification on refreshments at meetings/Fundraising, supporting various charities.
- Publicising your WI, recruitment, and retention of members.

### Presidents & Secretaries Training free of charge

Thursday 25th April - 2-4pm - Face to Face Thursday 25th April - 7-9pm - Online Zoom

### PLEASE NOTE CHANGE OF DATE: Tuesday 7th May – Speaker' Interviewing session at Ashurst Village Hall. Details to follow.

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 Yvonne Bee: yvonnebee@wsfwi.co.uk Sue Carter: suecarter@wsfwi.co.uk Marita Watteau: maritawatteau@wsfwi.co.uk Fiona Edgington: fionaedgington@wsfwi.co.uk Sue Midgley: suemidgley@wsfwi.co.uk Jacky Barugh: jackybarugh@wsfwi.co.uk Chris Hodges: chrishodges@wsfwi.co.uk Fiona O'Leary: fionaoleary@wsfwi.co.uk

#### Arundel Cathedral 28-30 ΜΑΥ CARPET OF FLOWERS

Arundel Cathedral's world-famous **Corpus Christi Carpet of Flowers** takes place Tuesday

28 to Thursday 30 May 2024.

To find out more and plan your WI group's visit scan the OR code:



Or visit the website below:



ARUNDEL CATHEDRAL



© Focus Photography

W: arundelcathedral.uk/ corpus-christi **Registered Charity No 252878** 

THE GARDEN SHOWS ART, DESIGN, YOUR GARDEN & YOU



Adult £10. Senior £8. Child £4. Family £26

7 - 9 JUNE AT **STANSTED PARK** Rowlands Castle, Hants, PO9 6DX Adult £14. Senior £12. Child £5. Family £35 Friday morning (10am-12pm) limited PRE-BOOK ONLY with no 15% discount

<u> 26 - 28 July</u> AT BROADLANDS Romsey, Hants, SO51 9ZD Adult £10. Senior £8. Child £4. Family £26

01243 538456 🔂 🞯 WW.THEGARDENSHOWS.COM 🔀

### **BRIGHTON MUSEUM** & ART GALLERY

ABBA in Brighton 1974 © Photoshot/Topfoto

AN EXHIBITION CELEBRATING ABBA'S 1974 EUROVISION WIN

# **ABBA: One Week** in Brighton

28 Mar - 4 Aug 2024

brightonmuseums.org.uk



ARTS COUNCIL







insured by us. For further details and an online Guardian Application Form, please have at look at our website,

www.housesitters.co.uk or telephone 01394 450865



f 🕺 🞯 @ChichesterOpenStudios



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

### ARUNDEL HISTORIC TOURS AND PRESENTATIONS

Group tours, any day or time.

Collaborative tours. Meet and greet shorter tours for coaches visits.

Presentations to the South West Sussex area. General or more

specific areas and subjects.



Call 07443896480 or email us at arundelwalkingtours@yahoo.co.uk

### Your gift today ensures her care tomorrow. St Peter & St James Hospice.

**IN WILLS** 

Wherever you are on your journey, support us with a gift in your will.

AIREDALE

**GIRONA TEMPS** 

**DE FLORS 2024** 

Scan to donate or find out more

GIFTS

STPJHOSPICE.ORG



### 01924 276135 INFO@AIREDALETOURS.CO.UK WWW.AIREDALETOURS.CO.UK









Join us in travelling to Girona Flower Festival 2024, for a wonderful 8 days in the Catalan region of Spain. Departing on the 13th of May 2024, spend a wonderful 8 days combining food, flowers and architecture for just £1495.

ORDER OUR FREE OPEN GROUPS BROCHURE TODAY



## PUBLIC AFFAIRS

Pam Tedder 07521 275646 pamtedder@wsfwi.co.uk

I am grateful to Jan Marsden and Ann McLean from Bognor Regis WI for supplying the following information.

Under the umbrella of our Clean River Campaign, 3 members from Bognor Regis WI and a member from Wildings Virtual WI joined forces with ARRT - Arun & Rother Rivers Trust and undertook an Outfall Safari Training at Barnham on Saturday 17th February

Outfall Safari is a system that measures pollution in our rifes and rivers. Sarah Hughes from ARRT and Sam Facey from Zoological Society in London, reminded us how poor our river conditions are, and how that affects wildlife and humans! They went on to say how we could help by spotting signs of pollution.

Signs of pollution are:

- · Sewage fungus, a grey often tufty growth
- Fragrant or soapy foam or scum
- Fish in distress, or dead
- Plume of discoloured water cloudy grey/blue or brown
- Sewage related debris
- Foul smells

Now that we have had the training and chosen our areas of the rife we want to survey we are tasked with going out, walking the designated area of rife, find the outflows and take photos. We then have to rank the flow coming out of the



East Preston Village WI used their notice board to remind people to show the love and be aware of the impact of Climate Change



outflow and rank the aesthetics of the outflow. The data, supported by photographs, will be passed on to Environment Agency, Southern Water and the Zoological Society. We learnt some new phrases such as sewage fungus, plumes, flow categories, visual impact and impact score.

I believe we all felt we are about to embark on something that is so worthwhile and positive for the future of our water systems.

### You can help too!

If you see pollution, in any area, that has a gross smell, gross debris and or spreads 30 metres into the river or rife, you should report it to the Environment Agency 0800 80 70 60 - be sure to ask for an incident number and ask to be contacted with an update or outcome.

Thanks go to Sarah Hughes from the ARRT who organised the training. If you would like to help or know more contact info@arrt.org.uk art.org.uk.

### **Bramber Beeches**

An application has been put forward to the South Downs National Park Volunteer Conservation Fund to help our Federation pay for to replacing fencing, a seat, and the gate at our woodland, Bramber Beeches. The panel assesses the application in April and their decision is announced in May.

Thanks to a bequest made by the family of a WI member and your fundraising, we are able to move forward. If you would like to help make the seat, as mentioned in January's WSN, contact Jan Marsden on 01243 864670 or janmarsden@wsfwi.co.uk



### World Autism Day - 2nd April

On a final note Tuesday 2nd April is World Autism Day. Raising awareness about Autism in Women and Girls is one of our campaigns. Wearing blue for the day is suggested. Can I also ask you to be kind? I appreciate you are kind but, if you see a child having a tantrum in public please recognise that it may have nothing to do with parenting skills, but may be a child not able to cope in that moment. The last thing the carer needs is judgement from people who do not know the situation. Likewise if you see someone in distress, ask how you can help. It may be they need to be somewhere quiet for a while. Kindness helps create an inclusive society.

```
Pau Tedder
```

## **EVENTS**

Ros Williams 01342 810944 roswilliams@wsfwi.co.uk

I hope everyone who went to the "Not the Annual Meeting" meeting at Worthing Atrium had a great day and that you enjoyed the speakers.

Our next event is the **Spring Event** at **Chequer Mead**, **East Grinstead**. For those of us who attended the last meeting will agree this is a great venue. The speakers are Stephanie Smart from the 'House of Embroidered Paper', I would recommend looking on her website as she is so talented. Jane Green is an astronomer who is a presenter, science writer and broadcaster. She has a wealth of information on planets, stars and galaxies.

Tickets are available from Chequer Mead Theatre. Tickets available until April 25th. £15 including booking fee.

We are very excited to be having a **Literary Lunch** at **Barnham Community Centre on 29th June**. Celebrated crime writer Lesley Thomson will be the guest speaker.

We will be serving a tea/coffee, pre-lunch drink and a 2 course buffet lunch, £25.00. Tickets available from Eventbrite.

The Federation Quiz is on 13th August at North Mundham, Fittleworth and The Arc, Turners Hill, afternoon and evening.

We are asking for volunteer WIs to provide refreshments for afternoons or evenings, any profit made to be kept by the WI. Please contact me if you would be willing to help.

**South of England Autumn Show** will be taking place at the Ardingly, Showground - 21st/22nd September. The theme is Ready, Steady Christmas. The classes are on page 14 in this issue of the WSN and the programmes will be put on line in May and sent out to secretaries with May mail.

The **Federation Annual Meeting** will be held on 21st October at the Capitol Theatre, Horsham. More information will be in the next edition of WSN.

**Best Wishes** 

Ros Williams

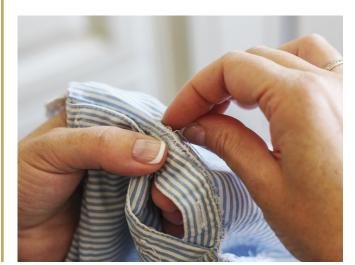
## **CLIMATE AMBASSADORS**

Pam Tedder 07521 275646 pamtedder@wsfwi.co.uk

As mentioned in a previous column the carbon footprint of the clothing industry is second only to the fossil fuel industry. One way of reducing this is to reduce our consumption of new clothing, which can be achieved by repairing and maintaining what we already have.

Fixing up a hem is like giving your clothes a little TLC. Here's how to do it without breaking a sweat:

- 1. Check the Damage: Take a good look at the hem. If it's fraying, coming undone, or has a little hole, it's time for some repair work.
- 2. Gather Your Equipment: You'll need some basic sewing stuff - needles, thread (pick a colour that matches your fabric), scissors, pins, and maybe a seam ripper if your hem needs some undoing.
- 3. Get Ready: If the hem's unravelled, gently rip out the



remaining stitches with the seam ripper. Smooth out the fabric around the damage.

- 4. Tie Up Loose Ends: Snip off any hanging threads to stop them from making things worse.
- 5. Get That Hem Back in Place: If the hem's just come undone, fold it back where it should be and pin it down. Then stitch it back in place, making sure your stitches are nice and tight.
- 6. Patch Things Up: Got a little hole? No worries! Grab a bit of fabric that matches, stick it behind the hole, and stitch it up.
- 7. Sneaky Stitching (Optional): Want your repair job to be super subtle? Try a blind stitch. It's like magic the stitches won't show on the outside!
- 8. Press It Down: Once you've done the sewing, give it a good press with an iron to set everything in place and make it look neat.
- **9.** Inspect Your Handiwork: Check out your handiwork make sure everything's nice and secure. Try the garment on to see how it hangs.
- **10 Strengthen for the Future: (Optional**) To stop future hem hassles, reinforce the hemline with a few extra stitches, especially in spots that get a lot of action.

There you go! With these steps, you can rescue your favourite clothes from a hemming nightmare and keep them looking fab.

Contributions from Climate Ambassadors would be very welcome. Just send it to the email address above.

Pau Tedder

8 • West Sussex WI News • April 2024



## WSFWI SPRING EVENT

### CHEQUER MEAD, EAST GRINSTEAD MAY 1st 2024

The WSFWI Spring Event will take place at the Chequer Mead Theatre, De La Warrior Road, East GRINSTEAD, RH19 3BS on Wednesday May 1st 2024. Tickets £13.50 Early Bird until March 20th then £15 until April 25th (includes booking fee).

Doors Open at 10.20am for coffee. Event begins at 11.10am Bring a packed lunch. Lunch break 1-2pm Event ends 3.15pm. Sales tables in the breaks.

Speakers will be Jane Green, Astronomer, with her talk about the planets, stars and galaxies. With some beautiful photographs from NASA's latest telescope.



Stephanie Smart from the House of Embroidered Paper, fashion house - fine art studio - garments formed entirely from paper and thread, inspired by society, memory and fashion. Photos by Ray Sullivan.





Barbara Wilson, love that stuff, hand made, fair trade shirts, quilts, jewellery and soft toys from the poorest areas of India, Nepal and Africa.





Book your tickets with Chequer Mead using this link: www.chequermead.co.uk/shows/wsfwi-spring-event/ you may pre order a sandwich for lunch, too. Or call the box office on 01342 302000.

## Literary Lunch

Books and Lunch - what a great combination!

Saturday 29 June 2024 11.00am to 3pm Doors Open at 10.30am

Barnham Community Centre, PO22 0AY. 5 minutes walk from Barnham Railway Station and on the 500 bus route. There is a free car park.

£25.00 includes lunch and liquid refreshment Closing Date 10 June 2024



We are delighted that Lesley Thomson, award winning Crime Author and MA Creative Writing tutor at West Dean College, will tell us about writing her novels.

In her talk "Write what you know - if you don't know find it out!", Lesley will discuss the research she has done over the years, including riding in the cab of a District line underground train to visiting the 19th century herbarium at Kew Gardens and seeing a specimen filed by Charles Darwin.

Lesley Thomson's novels include 2010 People's Book Prize winner A Kind of Vanishing, the no. 1 bestselling series The Detective's Daughter, which has sold over 850 million copies, and her recent novel The Mystery of Yew Tree House, which was in The Times top ten for 2023. Lesley is currently writing the tenth in The Detective Daughter's series.

A 2 course luncheon will be served after Lesley's talk – preceded by a glass of something, on the terrace. Tea/coffee on arrival and after the meal. Diet needs can be catered for. There is space to request this when booking via Eventbrite or let Jan Marsden know by email or phone.

Be prepared to be entertained, amused, informed and fed!

Lesley will bring some of her books to buy.

Tickets are available via link on WSFWI website under the Events Column, or WSN Events Calendar. If you have any queries contact Jan Marsden on 01243 864670 or janmarsden@wsfwi.co.uk

## **SPORT & LEISURE**

Lesley Boardman 01903 782831 lesleyboardman@wsfwi.co.uk

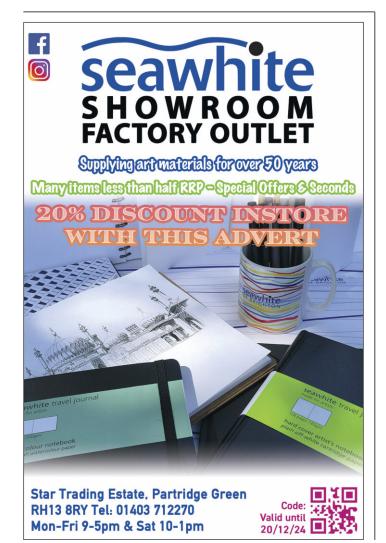
I hope we will receive plenty of support for the Shuffleboard Evening. It is necessary to book halls, and in this case, the supporting company well ahead, so we would appreciate **early bookings** and therefore not have to deal with cancellation charges.

Shuffleboard is a lighthearted competitive game played at tabletop height. It involves pushing discs (pucks) towards a numbered target. Scores are added to find the events winning team! Come along and enjoy delicious cake or scone with your drink and have fun with friends!

**Walks:** Jan Marsden has been very busy organising two summer walks.

The first is on Friday 14th June 10-1pm **in Slindon Woods** to explore the site where WSFWIs planted 100 Oak trees for the centenary year. A National Trust representative plans to be on hand to talk about the Regeneration programme. Tickets are available on WSFWI website through Eventbrite. Please see event calendar for link and details.

On Saturday 13th July a walk based on our woodland at **Bramber Beeches** is planned between 11 and 2pm. There will be a chance to enjoy your own lunchtime picnic and the beautiful South Downs landscape. Applications details will be available on the Calendar next month. Meanwhile please Save the Date.





Maureen Sherwood from Sullington Windmills WI received the Table Tennis trophy from Lesley Boardman on 28th February 2024

The **Mix and Match Table Tennis** on 28th February proved to be lively and enjoyable and resulted in some very close scores. The new format gave members a chance to meet and play with members from a variety of WIs with varied skill levels. Players were sustained by homemade soup and Chris Warren's delicious cakes which will also be a feature of our Shuffleboard evening. The runner up was Margaret Robert's from Burgess Hill Martlets and overall winner Maureen Sherwood from Sullington Windmills. Thanks to all who supported Sport and Leisure.

### Lesley Boardman



Shuffleboard Evening at Ashington Community Centre NOW! 18th April 2024, 7-9.30pm

NEW DATE!

Members £9 Non-members £10 to include tea / coffee.

Cake / cheese scones for sale. Raffle. Come along and enjoy a fun evening run by English Shuffleboard Company.

Please apply early to ensure evening goes ahead. Apply on Eventbrite link on Event Calendar or WSFWI website or to LesleyBoardman@wsfwi.co.uk Closing date: 11th April 2024

Apologies for the unforeseen change of date.



Harpist and Speaker

> www.harpmusic.co.uk Call: 01403 740102 or 07957 669504

> > Email: goldharp23@gmail.com www.facebook.com/HarpistMargaret

Professional Nursing Care in beautiful surroundings

Woodside Hall specialises in 24 hr complex care; we pride ourselves on our friendly homely atmosphere. We have a dedicated GP surgery who visit our residents weekly. The service provides specialist areas of care:

- Palliative / End of life care
- Rehabilitation following hospital admission
- Dementia care
- Our primary focus is holistic care
- Home cooked meals prepared daily by our chefs

#### **Our activities include:**

Yoga, cooking, crafts, activity time, quizzes, bingo, coffee mornings, pet visits, gardening and outings. Plus local church services in the home.

Why not come along and view our home and meet our team?



Rated

Excellent

Woodside Hall Nursing Home

WE ARE PROUD TO SUPPORT ST WILFRID'S HOSPICE

01323 841670 • info@woodsidehall.co.uk • www.woodsidehall.co.uk Polegate Road, Hailsham, East Sussex BN27 3PQ



A green alternative to a traditional cemetery

- Set in 15 acres of countryside you can be part of a new English wood that will be protected from development, within the South Downs National Park.
- Dedicated areas for natural burial and scattering are surrounded by native trees for future generations to visit, remember and enjoy.

the second second



Brighton Road | Clayton | West Sussex | BN6 9PD 01273 843842 info@claytonwood.co.uk claytonwood.co.uk

### **CUSTOMER FAVOURITE – OUTSTANDING PERFORMANCE WHATEVER THE WEATHER**

## The best begonias you'll ever grow

Garden Ready Plants Supplied

### **5 Star Customer Rating**

"Plants of great quality received in excellent condition" *Trusted T&M Customer* 

### Maxicrop Plant Treatment ONLY £1

For ONLY £1 we will treat your whole order with MAXICROP to give your plants: • Strong, healthy root system - More energy for growth • Greener, healthier leaves – Great nutrient availability • Reduced stress during transit • Better establishment and improved root growth

### www.thompson-morgan.com/TM\_WIN2

When ordering online please use order code TM\_WIN2 to access our special offers.



0,

Please send to: Thompson & Morgan, Dept TM\_WIN2, Poplar Lane, Ipswich, Suffolk, IP8 3BU.



ONLY

£1

YOUR SATISFACTION GUARANTEED or your money back We want you to be 100% satisfied with any product you buy from us. If you're not 100% happy then neither are we, so let us know and we'll replace your product or give you your money back.<sup>†</sup>

Tel: 0844 573

0					
enclose a cheque/postal order made <b>ORDER CODE</b>	Code	Item Description	Price	Qty	
bayable to 'Thompson & Morgan' for £ TM_WIN2	KA9686	Begonia Apricot Shades Improved 15 Garden Ready Plants <del>£12.99</del>	£9.99		
Name	KC6169	Begonia Apricot Shades Improved 30 Garden Ready Plants <del>£25.98</del>	£16.99		
Address	73691	Geranium Jackpot 15 Garden Ready Plants	£12.99		
	KC6184	Geranium Jackpot 30 Garden Ready Plants <del>£25.98</del>	£18.99		
PostcodeTelephone	KA2524	Maxicrop Plant Treatment	£1.00		
mail	Please debit	my: 🗌 Visa 🗌 Mastercard 🗌 Maestro		P&P	£6.99
By providing us with your email address, you'll be able to:				Grand Total	
- Access your order information online - Receive delivery date updates - Receive despatch notifications - View order tracking 24/7	CSV Please turn your card over and write the last 3 numbers from the signature strip.				

E6.99 P&P payable per order. 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. © 2024 Thompson & Morgan. † For full T & C's, please visit www, thompson-morgan.com. Regretfully we are unable to ship live plants to the following postcode areas: HS, IN41-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 Birly ou do not want to schare 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 remail 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 you 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 communications preferences with us at any time by calling ouri customer service team on

### Begonia Apricot Shades Improved 15 Garden Ready Plants <del>£12.99</del>

## ONLY **£9.99**

30 Garden Ready Plants £25.98 ONLY £16.99

- Non stop, vibrant, cascading colour up until October
- Easy to grow in sun or shade
- Fill hanging baskets, pots and beds with luxurious blooms

### Begonia 'Apricot Shades' At Thompson & Morgan we select only the best plants

At Thompson & Morgan we select only the best plants that will perform well in your garden year after year and for over 20 years cascading Begonia Apricot Shades has been a customer favourite.

Each year there will be hundreds of extra large, three to four inch blooms in the most vibrant shades of orange and apricot to amaze you. Begonias thrive in the British weather growing in sun, rain and shade. Only by growing this spectacular variety will you truly appreciate why this is our best selling begonia. Plant in beds, create sensational patio displays. *Garden Ready plants despatched from May onwards*. *Offer ends 30th June 2024*.

### Garden Ready Plant Size 10-15cm

We despatch these super-size plants at the perfect time for planting out, usually before the blooms form, so all the plants energy has gone into producing a strong root system - for even better displays!



Jan Marsden (Temporary Rep) 01243 864670 janmarsden@wsfwi.co.uk



### The Associated Country Women of the World .... Working toward Sustainable Growth for the Future

April is a key moment in ACWW's calendar for raising awareness and fundraising. Each year on or around 29 April, women worldwide celebrate ACWW's work by joining together to Walk the World.

It would be great if we, in West Sussex, could join together! Either by walking with your friends, or your WI, and think about the work of ACWW. Jan Marsden will be walking in the Arundel area with her Bognor Regis WI Walk Group on 29th April to celebrate ACWW and you are welcome to come along too - about a 4 mile walk with some hills in Arundel starting at 10.30 am. There is no charge - contact Jan details above.

ACWW was founded in 1929 with strong links with the WI. Its aim was to bring together rural women and their organisations all over the world, and in doing so address the challenges they faced as a result of the isolation of their communities, discrimination against women, and their lack of standing in political processes.

ACWW's membership spans 82 countries, and since 1947 has passed more than 180 policy resolutions by popular vote. The key concept behind each of these is the empowerment of rural women in all their diversity. This continues to be their driving priority. Rural women are the backbone of families,

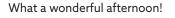
communities, and nations, but they suffer the worst impacts of climate change and conflict, go unheard in legislation, and remain unprotected and unsupported.

Donations can be made by cheque or BACs. Associated Country Women of the World, Account 01244108, Sort Code: 56 00 33, Reference: Name of your WI West Sussex WI Federation

Jau Marsdeu

## MEMORABLE AFTERNOON CELEBRATING THE CENTENARY OF RUSTINGTON WI

### Tuesday 20th February 2024



Anniversary.

The ladies of Rustington WI excelled themselves. The WI Committee led by President Mrs Pam Lovegrove put on a wonderful feast of sandwiches and cakes and sausage rolls for just over 70 people. The celebratory meeting was held at the Woodlands Centre which was decorated with 100th Anniversary Balloons filling the hall and creating a truly festive atmosphere. Rustington WI 1924 Committee

WI Centenary logo

Celebrating with The Rustington WI were also members from the West Sussex Federation Board of Trustees: Erika Brichta, Lesley Boardman and Yvonne Price.

Lots of members from other local WIs came as guests to join in with our celebrations. Accompaniment was provided throughout the afternoon by harpist Margaret Watson who delighted us with well-known melodies which accompanied the afternoon tea.

A special 100th Anniversary fruit cake, made by Rustington WI members Ann Mathias and decorated by Lucy Trask, was cut in true celebratory style and enjoyed with a welcome glass of fizz.

If you'd like to come along to one of our meetings, they are held every third Tuesday afternoon of the month starting at 2pm at The Woodlands Centre in Rustington. A warm welcome awaits you. For further information on our WI please ring our President Mrs Pam Lovegrove 07770 254684

LEFT: Unveiling the tree



In typical February wet weather, Councillor Jamie Bennett

unveiled a flowering cherry tree sapling commemorating the

wonderful achievement of the Rustington WI reaching its 100th

## BUSTINGTON bruary 2024

## We clean your oven... so you don't have to



Call Ben today to have your oven, hob extractor or Aga professionally cleaned

### **Ben Moser** 07779 430292 benmoser@ovenwizards.com www.ovenwizards.com



## **AUTUMN SHOW** HORSE TRIAL

Saturday 21st & Sunday 22nd September 2024

## Ready Steady Christmas 2024

### **Class 1 - Cooperative Cookery**

A minimum of 3 members to take part / only 1 entry per WI To be displayed / staged in a hamper of your choice. (Display & staging will be judged). No larger than 18in (46cm)

### 4 Mince Pies

Any flour can be used. 1 Jar of Brandy Butter. Any size / style jar of your choice. (Must be a new lid and jar).

### 6 pieces of Shortbread

Any Shape. Your choice of display.

6 Chocolate Truffles Displayed as a gift.

### A Handmade Christmas Card

Any medium and any size to fit in the hamper. Envelope is not required.

### **Class 2 - A Decorated Gingerbread House**

Make an edible gingerbread house and decorate as you wish. Display on a board of your choice. (As gingerbread house kits are available, only the decoration will be judged).

### **Class 3 - Christmas Stocking**

Make a Christmas Stocking in any size/medium with a loop for hanging.



### **Class 4 - Christmas Wreath**

Make a wreath from dried plant materials Accessories are allowed. Add a loop for hanging.

### **Class 5 - Patchwork**

Make a Patchwork Throw. 4ft x 4ft (120cm x 120cm) Any patchwork design or fabric of your choice. Recycled or used fabrics encouraged. Does not need to be a Festive / Christmas theme.

### **Class 6 - Knit a Novelty Christmas Jumper** Any size, shape, colour design. Recycled yarn allowed.

### **Class 7 - Embroidery**

Create an embroidered book mark. Any shape, style or colour.

Class 8 - Make a Child's Toy Any style of soft toy suitable for a child.

### **Class 9 - Collage**

Create a collage of a festive scene using any medium. A4 please.

Ros Williams - roswilliams@wsfwi.co.uk Fiona O'Leary - fionaoleary@wsfwi.co.uk Deb Ruse - debruse@wsfwi.co.uk

## WSFWI EVENTS CALENDAR & DIARY DATES 2024!

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

**APRIL** 

### **Officers Trainings - Treasurers Training**

Thursday 4th April • 2pm - 4pm (Face to Face - Sessions at Ashurst Village Hall) • 7pm - 9pm (Zoom)

Treasurers Training	Face to Face	2pm – 4pm
Treasurers Training	Online Zoom	7pm – 9pm

Trainings are FOC and Invitations were sent out in March.

### **Officers Trainings - Presidents & Secretaries Training**

Thursday 25th April • 2pm - 4pm (Face to Face - Sessions at Ashurst Village Hall) • 7pm - 9pm (Zoom)

Presidents & Secretaries Training	Face to Face	2pm – 4pm
President & Secretaries Training	Online Zoom	7pm – 9pm

Trainings are FOC and Invitations were sent out in March.

### Shuffleboard Evening - PLEASE NOTE CHANGE OF DATE

### Thursday 18th April • 7pm - 9.30pm • Ashington Community Centre

Shuffleboard Evening at Ashington Community Centre. Raffle & Cake / cheese scones for sale. Run by the English Shuffleboard Company. Please book early to avoid disappointment.

Cost:Members £9, Non-members £10, to include tea / coffee.Eventbrite:https://www.eventbrite.co.uk/e/wsfwi-shuffleboard-evening-tickets-821758209927Contact:lesleyboardman@wsfwi.co.ukClosing date:11th April



### **Spring Event**

### Wednesday 1st May • Chequer Mead Theatre, East Grinstead

Jane Green, Astronomer, Stephanie Smart from the House of Embroidered Paper. Book via the link on the WSFWI website

Cost: £15 Eventbrite: Book via the link on the WSFWI website Closing date: 25th April

### **Speakers Interviewing Sessions**

### Tuesday 21st May • Ashurst Village Hall

Speakers Interviewing Sessions, Ashurst Village Hall. Tickets £4 per member. WI programme planners can be paid for from WI Funds. (WIs will be invoiced for all tickets) Email application to the email address below, use Speakers Session in the subject line, and indicate your name, WI and how many tickets you are booking.

Please apply to: tickets@wsfwi.co.uk

## **JUNE & BEYOND - SAVE THE DATES IN YOUR DIARIES**

Wednesday 5th June:	NFWI Annual Meeting at the Royal Albert Hall
Friday 14th June:	<b>Slindon Walk &amp; Talk Centenary Oaks •</b> 10.30am start until approx. 1pm. Please bring a snack and a drink. WI Members only. Tickets £5 - Book via the link on the WSFWI website. Closing date: 7th June
Saturday 29th June:	<b>Literary Lunch with crime writer Lesley Thomson.</b> Barnham Village Hall 11am – 3pm £25, including a pre-lunch drink, 2 course buffet lunch, tea & coffee, Additional drinks available a small charge. WI Members only. Book via the link on the WSFWI website Closing date: Monday 10th June
Saturday 13th July:	Bramber Beeches Walk & Picnic
Tuesday 13th August:	WSFWI Federation Quiz
Sat/Sun 21st/22nd Sept:	South of England Autumn Show
Monday 21st October:	WSFWI Federation Annual Meeting at the Capitol Theatre Horsham



\*Prices quoted exclude VAT & are available to customers with a long term medical condition.

## ADAPTATIONS

As a local and independent specialist, we offer a wide range solutions along side well known brands to fit any need.

### 01444 275 053 STAIRLIFTS • RAMPS • BATHROOMS www.clearwellmobility.co.uk





Wheeled Walkers From **£89.99\*** 

Visit your local showroom today!

Worthing

**BN11 1EG** 

01903 233 288

Mon-Sat 9-5PM

19-21 Chapel Road,

### Chichester

1 Market Avenue, Southgate, PO19 1JU

01243 839 699 Mon-Sat 9-5PM





Mobility Scooters From £799\*

> Hove 18 Boundary Road, BN3 4EF

01273 424 224 Mon-Sat 9-5PM

**Powerchairs** From £1,690\*

#### **FREE Brochure** WSWI

NAME:





With Motability, you can turn all or part of your disability benefits into a new scooter or powered wheelchair of your choice. Read more on our website: www.clearwellmobility.co.uk/motability-scheme

POSTCODE: Post to: FREEPOST CLEARWELL MOBILITY