



theWI
INSPIRING WOMEN

WEST SUSSEX WI NEWS

DECEMBER 2024

Snowy Winter's Tale
by Viv Gibbons



Journalism: My Part in its Survival

A talk by Stuart Flitton, Speaker

The highs and lows of 45 years as a reporter and sub-editor

Journalism is often called "the first draft of history" and I have been lucky enough to have had a front seat to some of the most important events in the past 45 years and an inside track to the people involved. I want to share with you how a newspaper is put together and how this has changed over the years.



Taking
bookings
for
2025!



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(closed 1.00pm-2.00pm for lunch)

Deadlines and magazine contributions

Please send items for inclusion to the Federation Secretary.

Email to: secretary@wsfwi.co.uk

Jan 2025 Issue Deadline

1st December

Feb 2025 Issue Deadline

1st January

Mar 2025 Issue Deadline

1st February



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OF WOMEN'S INSTITUTES

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CHAIR'S COLUMN



Erika Brichta

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Season's Greetings! It is wonderful that our WI Christmas season starts with Carols and this year to be in the beautiful building of Boxgrove Priory will be extra special. It is a lovely start to the festivities.

I know that there have been some disappointed members who have not been able to obtain tickets for either Carols or the federation Annual Meeting. From my perspective, to have events sell out is preferable to have to cancel for lack of interest and support. So, thank you for helping us make the federation events so successful. As I said at the annual meeting, we, at federation level are really trying hard to put on events that you want to attend. We want to use Denman House as much as we can for a variety of classes, events and workshops as well as a place where members can drop by for a cup of coffee and a chat. Do let us know what events you would like.

We have plans for International Women's Day with a great line up of inspirational speakers for you. There will be a shuffleboard evening Denman House in the spring and a musical afternoon with Andrew Bourn. Other ventures we are working on are walks in and around Horsham, at Knepp and Cowdray Park.

At the annual meeting I forgot to congratulate Cuckfield Evening WI on reaching their 70-year anniversary, apologies and I look forward to seeing you collect your 75th anniversary certificate.

I want to thank all those WIs that so generously donated baskets for us to sell at the FAM. They made a wonderful display and made lots of shoppers very happy. We have decided that we will do something different at the next FAM, so watch this space!

The federation flutter raised £204 half going to the winner and half going to the Blake's Cottage fund. However, the most amazing statistic from the meeting was the £550 you put into the NSPCC buckets. The charity was so delighted with your wonderful generosity. Georgina, Duchess of Norfolk has taken strength from your support and thanks everyone who gave her the courage to deliver her talk.

If you enjoy a flutter, don't forget you can join the WI lottery and benefit your WI at the same time.

To go on the 2025 federation holidays; contact the office for information.

Please remember to set aside a little time at your January meetings to discuss the 4 short listed resolutions for 2025: Let's Talk about Incontinence; Bystanders can be Lifesavers; Join the Repair Revolution and Eliminate landfill of medication packaging.

I wish you all a very Merry Christmas and Happy, healthy New Year and I look forward to seeing you in 2025.

Erika

Federation Chair



FEDERATION NOTICE BOARD

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Tel: 01403 470812 • Email: secretary@wsfwi.co.uk
Tues-Wed 9.30am-3.30pm (closed 1pm-2pm for lunch)

Connect with Us on Social Media!

Want to stay up to date with the latest news, events, and inspiration from the WSFwi? Be sure to follow us on social media!

- **Facebook:** <https://www.facebook.com/wsfwi/>
- **Instagram:** @wsfwi

By following our pages, you'll be the first to know about upcoming workshops, competitions, and other exciting opportunities. You can also connect with other WIs and share your experiences.



Need a Hand with Social Media?

Are you a WI struggling to maintain an active social media presence? We're here to help! Whether you need assistance with content creation, scheduling posts, or understanding the latest trends, we can provide guidance and support.

Don't have an Instagram account yet? Now is the perfect time to start! Instagram is a fantastic platform to showcase your WI's activities, events, and community impact. We can help you set up your account and share tips on how to create engaging content.

Please get in touch to learn more about how we can support your WI's social media efforts. Let's connect and grow together!

It's Christmas! Denman House Christmas Opening Hours

Denman House will be closed for the Christmas period from Thursday 19th December 2024, just in time for the festive season to begin. We will reopen on Thursday 2nd January 2025, ready to welcome you back in the New Year!

Wishing you a very Merry Christmas and a Happy New Year!

Charlotte & Karen

Federation Secretary:
Charlotte Barker - secretary@wsfwi.co.uk

Federation Bookkeeper:
Karen James - accounts@wsfwi.co.uk

WIs Finance Column

By the time you read this piece Christmas will nearly be upon us can't believe how quickly this year has passed.

Following on from Christmas will be our Financial Year end. I am sure you are all very confident in this procedure, but if you have any problems, please let me know and we will help you as best we can.

As many of you are aware we have had to do some reallocating of examiners for your accounts due to the retirement of two of our long standing IFEs. I hope I have contacted everybody who this may concerns but if you haven't heard from me or you do not have someone to examine your accounts, please again let me know.

A couple of reminders. Remember the Insurance you pay per member and is sent to the Federation needs to be put in the Insurance column on the accounts and not in the Acting as Agent column. If you use a card machine the entries need to be entered in full in the correct receipts column with the charges entered as a minus figure in the other column, this will give the correct bank statement figure.

As an IFE myself I am looking forward to meeting some new Treasurers in the coming months.

I would like to wish you all a Happy Christmas and a Healthy New Year.

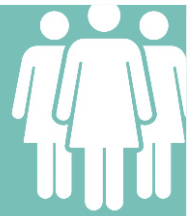
Jane Hazell

janehazell@wsfwi.co.uk

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MEMBERSHIP & TRAINING TEAM



Yvonne Price
01903 772169
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In early November we ran a single session on **Programme Planning** using Zoom, and despite the low numbers of attendees we had a good afternoon's discussion. Those who attended were already fulfilling most of our suggestions and guidance regarding their programmes, and it was good to see lots of ideas and interaction.

Thank you to all the participants, and I hope you found it useful. We will plan to have further sessions in the new year.

The first of the new **Science groups** was a great success with nearly 30 members present, and it was lovely to have Ray Hale with us as our speaker.

The next meeting will be on - Friday 29th at the slightly earlier time of 1pm-3pm, at Denman House. Speaker to be confirmed. Please book using the tickets@wsfwi.co.uk stating Science group, name, WI and who you are booking for. Payment of £5.00 can be made on the door, cash/card.

I would like to talk a little about the **MCS** - the database of names of members in the WI. This database is quite old and cannot offer the data selections we would like to start building. You will all know that each WI has or should have an MCS Rep - she will upload members details onto the MCS, making local changes and check the details are up to date. For any more complex tasks, setting up dual members or supporting a brand-new WI, the Federation MCS rep will help. Many of you will

know Janet Melvin, who held this post, among many others for many years. Janet has retired now, and we would like to offer a very big THANK YOU for all her help, support and kind patience. I have taken on the MCS role and share it with Charlotte Barker and Karen James.

A couple of tasks I would like to highlight:

- Please make sure member details are kept up to date. NFWI will be installing in a new high-Tek system, and the data migration will be made much easier without any long term data errors.
- Please ensure you include your WI venue POST-CODE; this will ensure your WI can be located on the interactive map.

If you have queries about the MCS, or need to know some more please contact me on yvonneprice@wsfwi.co.uk

Please remember the open invitation to join one of our **M&T team meetings**, we would love to meet members who would like to be involved, in any way

- Next Meeting - December 16th, 10am, Zoom, or Face to Face at Denman House. Please let me know if you would like to attend.

Care Home Visit

In October, Jacky Barugh and I had the pleasure of meeting with the staff and some residents at the beautiful Lakeview Grange Luxury Care home in Whyke Road Chichester. The meeting drew 2 ex members of Lavant WI, and a current member of Chi Regnum WI, who attended out of interest, and it was lovely to see them all.

We were warmly welcomed, and the intention of the visit was to explore how we might work together to offer the ladies at Lakeview a bit of the WI experience we all treasure. Jackie Cridin, their Home Admissions Adviser told us about the care home and its ambitions, and I followed with a short talk on the WI, including a very potted history, and we then talked about how we could work together. Opening a WI at Lakeview was discussed, but there are certain practical restrictions to this, and so for the moment we are looking at ways that some of the more active residents, might visit WIs in the area, and Jacky Barugh is busy co-ordinating this. We finished the afternoon with tea & cake, so familiar ground there!

The facilities are beautiful there, and perhaps I can ask the local WIs to come up with ideas to build a relationship with the ladies who live there.

I will let you all know of any progress we make, please send any ideas and let me know if you would like to be involved.

The Adviser team is 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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Sue Carter is on sabbatical

Marita Watteau: maritawatteau@wsfwi.co.uk

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EVENTS

Ros Williams
01342 810944
roswilliams@wsfwi.co.uk

DECEMBER

5

FEDERATION ANNUAL MEETING

The meeting was a great success. The members I spoke to during and after the FAM at the Capitol Theatre thought that the speakers were excellent, certainly the talks were varied, the theatre was full and everyone enjoyed meeting up and seeing friends from other WIs. Thanks, have to go to Karen Yates, Karen James, Charlotte and the Board of Trustees for arranging such an excellent event.

CAROLS AT BOXGROVE PRIORY

We will next meet for Carols at Boxgrove Priory Thursday 5th December 2.15 - 3.45. **This is a sold-out event.** Coffee/Tea and mince pies will be available in the Village Hall from 12.30, there will also be a selection of Sales Tables. With stock for Christmas. You are most welcome to come to the Village Hall even if you are not coming to the Carols event.

CRAFT AND WORKSHOPS

Friday April 11th - PAPER FLOWER CLASS (DAFFODILS) 10 - 1pm

Friday June 6th - PAPER FLOWER CLASS (PEONIES) 10 - 1pm

We also plan to have a Literary Evening as the lunch this year was such a success, more details in 2025.

We are looking for members who would like to join our team to help and plan future events, it's fun and we are always looking for new ideas. We meet on zoom, so it is very flexible.

Thank you for your continued support.

Merry Christmas and a Happy New Year.

Ros Williams

2025 EVENTS - SAVE THE DATES

The Events Team is now planning the programme for next year. Please **SAVE THE DATES**. There will be more information in future issues.

Saturday March 8th

INTERNATIONAL WOMEN'S DAY.

Wednesday April 23rd

MUSICAL AFTERNOON WITH ANDREW BOURN.
Finalist on Britain's Got Talent and Starstruck.

Friday June 20th

SHUFFLEBOARD at Denman House 7 - 10pm.

Tuesday August 12th

ANNUAL FEDERATION QUIZ at 3 VENUES; North Mundham, Denman House and The Ark, Turners Hill

Saturday and Sunday September 27th and 28th

THE SOUTH OF ENGLAND AUTUMN SHOW.

Saturday October 4th

FABERDASHERY

Wednesday October 22nd

FEDERATION ANNUAL MEETING in Horsham.

ACWW

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



Associated Country
Women of the World

As 2024 closes, ACWW thanks WIs and WI members for their interest and donations, which support and encourages their work.

ACWW recognised and honoured International Rural Women's Day in October - see its statement on their website ACWW.org.uk. ACWW participated in the Central Asian Forum for Women, Science, and Innovation for Food Security and Sustainable Future. The focus was on enhancing agricultural productivity and preserving biodiversity - all of which require the active participation of women. Magdie de Kock,



Photo provided by ACWW

ACWW World President, said that taking part continues to inform, inspire and empower women and stakeholder organisations.

Looking ahead, nominations for ACWW Board of Trustees are invited and ACWW has designed its 2026 World Conference Logo. Being held in Ottawa, the logo features Canada's maple leaf. The leaf points reflect the many places ACWW members come from, while the open base shape of the leaf shows a warm welcome by the Canadians, reminding ACWW of the Algonquin meaning of the word Ottawa: to trade. In ACWW's case that translates into trading information, knowledge, compassion, and experience as

ACWW celebrates being Rural Women in Action.

Jan Marsden
acww.org.uk

PUBLIC AFFAIRS

Pam Tedder
07521 275646
pamtedder@wsfwi.co.uk



Safe in Sussex provide a place of safety for women experiencing violence. Should your WI wish to support their work, here is a link to their Wishlists on Amazon for their current needs. They would be very grateful for anything you can afford.

Their Christmas list:
www.amazon.co.uk/hz/wishlist/ls/RI6V45UODDV0?ref_=wl_fv_le

And their ongoing list:
www.amazon.co.uk/hz/wishlist/ls/1GA2S430SWB5L?ref_=wl_fv_le

March 2025 is **Ovarian Cancer Awareness** month. Now might be the time to book display space and think about making more of our eye catching bunting, though I am not sure if they is anywhere left in Storrington to hang it. There may be more places to hang bunting this year, I will be contacting Secretaries once I have finalised it

Finally, you will have seen the shortlist of resolutions for us to consider in the New Year. This year they are

Let's talk about incontinence - It is estimated that 14 million people in the UK of all ages are suffering with bladder problems, and a further 6.5 million with bowel problems. However, it is still a subject that is misunderstood and very hard to talk about. We call upon the UK Secretary of State for Health and Social Care and Wales' Cabinet Secretary for Health and Social Care to examine in detail all areas of health and wellbeing that are affected by incontinence issues. We call for the government to commit to an up-to-date audit to provide a national picture of incontinence care, offering a baseline from which to drive improved services. We call upon the members of the WI to raise public awareness, remove the stigma around incontinence, to help reduce the significant impact on people's lives.

Bystanders can be lifesavers - There are over 30,000 out of hospital cardiac arrests a year in the UK, and less than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation (CPR) and defibrillating can more than double the chances of survival. We call on WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help to improve access to defibrillators in their communities to give every person the best chance of surviving a cardiac arrest.

Join the repair revolution - There is a huge excess in clothing production which has devastating consequences for the environment. The WI calls on the UK Government to join the repair revolution and strengthen the law and investment to support a circular economy of clothing and fabrics in the UK, where repair and reuse is achievable, accessible, and affordable to all. We also call on WI members to promote clothing reuse and repair in their communities.

Eliminate landfill of medication packaging - Medication packaging, due to its complexity, is not routinely recyclable through local authority collections, usually leading to disposal in landfills. We call on the WI to proactively raise awareness by encouraging additional collection points where empty packaging can be easily returned for recycling. Furthermore, we call on manufacturing companies to acknowledge their moral responsibility to reduce their environmental impact by exploring simpler packaging alternatives that are easier to recycle or have less impact on the environment. These steps can significantly improve recycling rates to move towards eliminating landfill.

If the concept of campaigning appeals to you, please consider observing one of our online team meetings. You would be very welcome.

Pam Tedder



WEST SUSSEX FEDERATION PHOTOGRAPHIC COMPETITION

FOR THE FRONT PAGE OF THE WEST SUSSEX NEWS 2025-26



Your photo could be here!

We have loved seeing members photographs gracing the front of the WSN so the Board of Trustees has agreed that this competition will become a regular event. The subject next year will be **buildings in West Sussex**.

We will need 12 photographs appropriate for each month of the year, with the first photograph appearing in April 2024.

We need photographs in **LANDSCAPE format**. You may enter up to 4 photographs. This year we are only asking for digital copies.

With your entries we will need:

- **Your name and telephone number**
- **The name of your WI**
- **A title for each image**
- **When and where each photograph was taken.**

Full details will also be on the West Sussex Federation Website. Each WI member is permitted up to 4 entries. All photographs should be taken in West Sussex and entrants should indicate which month their photograph represents.

Each photograph that is used will win the owner £10. There will be a special prize for the most outstanding photograph which will be presented at the Federation Annual Meeting in October 2025.

Closing Date: **21 February 2025**.

Good luck and happy snapping!

The WS Board of Trustees

YOUR NEWS FROM AROUND THE COUNTY

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

Rustington WI Bringing Hope

Once again Rustington WI members generously came up trumps with donations for the Link to Hope Christmas Shoe Box appeal.

The Link to Hope appeal, originally called the Genesis Project, started in 1992 when 300 shoe boxes were sent to Romania.

The appeal has grown so much over the intervening years, in 2023 26,500 boxes were despatched containing Christmas gifts for families and the elderly in Romania, Moldova, Bulgaria and Ukraine.

The picture shows our own Pam Childs with some of the 20 knitted teddies she made for the children in these countries. Pam first became interested in contributing to the appeal some 20 years ago whilst working at Angmering School.

Appeal Director, Lisa Hector, who has herself visited Romania to help distribute the gifts said "our vision at Link to Hope is to combat poverty through education and inclusivity through social care initiatives. We are so incredibly grateful to groups such as WI members helping us to bring joy to people living in poverty".



Hapstead Jam Tarts Ardingly WI

The Hapstead Jam Tarts Ardingly WI October meeting had a fantastic & informative talk by Debbie Elwell-Sutton, Advanced Nurse Practitioner at the Park Centre for Breast Care in Brighton. 100 more heart cushions sewn for women (and men) in Sussex after surgery.

An amazing 1957 cushions have been made by the President Fiona, and given so far. Funding for cushions with thanks from the Sussex Cancer Fund.

Teresa Murray, breast cancer survivor, Fiona O'Leary, cushion maker & Debbie Elwell-Sutton



Littlehampton WI

On 19 September Littlehampton WI had a day trip to the Isle of Wight. The photo was taken at Yarmouth before we climbed back on the coach to head back to Fishbourne for our return journey home. We were treated to Bucks Fizz and cakes on the way to the ferry as it was one of our member's birthday, we stopped in Sandown for some refreshments and had a lovely pub lunch in Godshill. The sun shone all day and everyone had a great time.



CLIMATE AMBASSADORS



Pam Tedder
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SMALL CHANGES CAN MAKE A BIG DIFFERENCE!

People used to use animal and plant-derived products for many of household tasks. Sometimes the results weren't great - for example, ivory and tortoiseshell put strains on rapidly diminishing populations of elephants and tortoises. Then along came plastics; wonderful substances, easy to use, long-lasting and convenient. Fully synthetic plastics, from oil and gas, were first manufactured in around 1907 and have been going strong ever since. Now, what made them so useful - their long life - has become the source of significant problems. We are literally drowning in man-made plastics - single use drinks bottles, shampoo sachets, micro-beads from exfoliants, washing-up bowls, storage boxes, toys: the list is endless. But a trip round a general store shows both the versatility of plastics and their ubiquity. Traces of plastics are found everywhere - in the oceans, people, cities and the countryside, rubbish dumps in huge quantities, rivers and streams, the soil - nowhere is free from at least some contamination from plastics. On top of the waste plastics, there is the carbon footprint of the oil and gas used to make them.

This is not good - for us or the planet.

So what can we do? It's hard to cut plastic out completely, but it is possible to reduce its impact on our own lives by

small, easy steps - good for us and the world, a win-win. Here are some suggestions for swaps that can help:

In the kitchen:

- Beeswax food wraps for cling film
- Loose leaf tea for teabags
- Eco cleaning products for mainstream ones
- Biodegradable sponges for synthetic ones
- TrueStart Coffee
- Pukka Teas
- Milk delivered in glass bottles
- Local veg boxes

Laundry and in the bathroom

- Avoid non-compostable make up wipes
- TOTM - planet friendly period care cotton pads and tampons and menstrual cups.
- Wuka Period Pants
- Shampoo bars for bottles
- Laundry sheets for liquid detergent
- Natural deodorant

In the home and garden

- Re-use plastic plants pots or use earthenware
- Coffee logs and pellets made from waste coffee
- Buy wooden toys
- Purchase organic plants

Ethical stores online

- Coacoara Foundation: coacoara.co.uk
- Ethical Superstore: ethicalsuperstore.com
- Natural Collection: naturalcollection.com
- Eco Haven: ecohavenstore.com

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There are eco shops and farm shops throughout West Sussex, some of which also deliver, and finally, the WI shop now stocks Teemill T shirts! (pictured)

Maureen O'Grady, Diana Morgan
Chichester Regnum & Rumboldswyke WI

Augie Lintott, Barbara Quin
Climate Ambassadors, Ovingdean WI

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Nigel Clarke
(CBeebies)
as Robin Hood

Janine Pardo
as Marian

Darren Clewlow-Smith
as the Sheriff of Nottingham

Paul Giddings
as Dame Delia

Darryl Carrington
as Will Scarlett

Katie Pritchard
as Alana

Robin Hood

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WEST SUSSEX WIs REMEMBER

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Rusti Belles WI

Members from Rusti Belles WI placed the poppy wreaths they made, to the bench they donated outside Westcourt Medical Centre in Rustington.

Hassocks WI

Hassocks WI's Poppy Cross in Adastra Park in Hassocks, the poppies are all made by our members.

Remembrance post box toppers made by one of our members, Stella Jenner.



Findon Village WI Crafty Ladies

A few photos of our crocheted poppies we have been busy making and a our lovely post box topper outside the village post box. These are around the village and are our contribution towards remembering our armed forces veterans and those that have lost their lives in conflict and service to our country.

The Partridge Green Colvin WI

The Partridge Green Colvin WI decorate the high street with crocheted and knitted poppies annually and Ed Smith adorns our post box with her amazing work.






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WSFWI EVENTS CALENDAR & DIARY DATES!

Let us know what events you would like to see on offer.
 Email - wsfwi-events@wsfwi.co.uk
 Web - www.west-sussex.thewi.org.uk

December 2024:

Thursday 5th December 2024
Carols at Boxgrove Priory – SOLD-OUT
 Waiting list in operation

Time: 2.15pm - 3.45pm • Ticket price £8.00
 Boxgrove Priory, St Mary & St Blaise Church, White Knights, Boxgrove, Chichester PO18 0EE

Coffee / tea and mince pies will be available at the village hall beforehand from 12.30pm with a selection of table sales. Parking is available at the village hall for the carol service, a short walk across the road to the Priory. Parking at the Priory will be reserved for those members with blue badges, and they will need to book a space with the federation secretary.

Please book using tickets@wsfwi.co.uk - State you are booking for Carols, your name and WI, and how many tickets you are booking. WIs will be invoiced for tickets after the event.

2025 Diary Dates:

The Events Team are now planning the programme for next year. Please SAVE THE DATES. There will be more information in future issues.

Chair's Officer Receptions 2025:

Balcombe Victory Hall - 13th May 7-9pm
 Boxgrove Village Hall - 15th May 4-6pm

Invitations will be sent to WIs.

- Saturday March 8th - International Women's Day
- Wednesday April 23rd - Musical Afternoon with Andrew Bourn
- Friday 20th June - Shuffleboard at Denman House 7 - 10pm
- Tuesday 12th August - Annual Federation quiz at 3 venues North Mundham, Denman House and the Ark, Turners Hill
- Saturday 27th/ Sunday 28th September - the South of England autumn show
- Saturday 4th October - Faberdashery
- Wednesday 22nd October - Federation Annual Meeting

Craft and Workshops

Friday 11th April - paper flower class (daffodils) 10 - 1pm
 Friday 6th June - paper flower class (peonies) 10 - 1pm

We are planning to have a Literary Evening as the lunch this year was such a success, we are still planning the details.

We are looking for members who would like to join our team to help and plan future events, it's fun and we are always looking for new ideas.

The Events Team wishes you all a very Happy Christmas and a fun filled 2025!

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YOUR NEWS FROM AROUND THE COUNTY

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



Westergate WI

The Ladies of Westergate WI spent a morning at the Recycling Centre at Ford. Don't they look great with their safety kit on!

Felpham Evening WI



Felpham Evening WI celebrated their 71st birthday with local vintage entertainer Dawn Gracie.

After explaining the history of burlesque, she proceeded to teach the members how to dance.

Props of feather boas, opera gloves and tassels were supplied, and audience participation was encouraged – needless to say, laughter was in abundance and the 5 visitors who came along have all decided to become members!



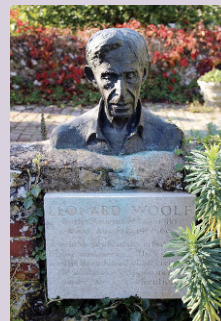
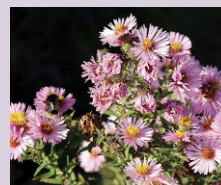
Sullington Windmills WI Book Club - visit to Monk's House, Rodmell, nr Lewes

Sullington Windmills WI started a Book Club this year and on 11 October the book group decided to take a trip to Virginia Woolf's former home in conjunction with the reading of her final novel, *Between the Acts*.

What a great day we had. A lovely lunch in the local pub, where, over tea and coffee, we discussed the book.

We then walked down the lane in the autumnal sunshine to Monk's House, Virginia & Leonard Woolf's former home and where the book was written. A tour of the ground floor of the house was followed by a wander in the beautiful gardens and a peek inside Virginia's writing room.

This was a successful first literary outing for our group (we hope for more to follow), and although Virginia Woolf and her life, friends and family fascinated us more than her novel, we would still recommend trying one of her books.



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