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INSPIRING WOMEN

WEST SUSSEX WI NEWS

FEBRUARY 2025



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Open: Tues-Wed 9.30am-3.30pm
(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

Mar 2025 Issue Deadline

1st February

Apr 2025 Issue Deadline

1st March

May 2025 Issue Deadline

1st April



WEST SUSSEX COUNTY FEDERATION
OF WOMEN'S INSTITUTES

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CHAIR'S COLUMN



Erika Brichta

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At the close of 2024 I had the privilege of attending the funeral of Margaret Ambler, long time secretary of Southbourne WI. It was too soon to lose Margaret but I was so impressed by the beautiful service her family and friends had put together. Margaret was a WI member through and through and the tributes absolutely captured the very essence of her. Life is so short and precious; try to make the most of every day, I do, I hope you do too.

The Federation Team has been busy already this year reviewing the policies that guide us and developing our federation strategy for the next 2-4 years. Do look at our federation website for more information.

Lots of lovely events are planned, so look out for them and book early to avoid disappointment. We are exploring the possibility of having two sessions of Carols next year, one in the North and one in the South. We have for now decided that Chichester Cathedral is no longer a possibility for us we cannot rely on attracting 400-600 people to one venue, but we could possibly make two venues work each holding 200 people.

We will shortly be sending out details of how you can join us at Denman House to view the National Annual Meeting. Please contact the office if you are interested.

I hope all your crafting groups will be making and hanging lots of knicker bunting during the Ovarian Cancer Awareness month of March. We plan to have some in as many train stations as possible this year. Please send in your photographs so that we can see your displays.

If you would like to bring your members to Denman House for a visit, please contact Charlotte who would love to see you. Her working days are Tuesdays and Wednesdays and some Thursdays. If you can only make Mondays or Fridays, then let me now and I will arrange for a Trustee to be there to welcome you.

There won't be a Denman House Raffle in January but do go in and buy a ticket for February all proceeds going to purchase bird and bat boxes for Bramber Beeches and Slindon Woods.

Last call for photographs for the WSN front page competition, digital entries need to be with Charlotte by Friday 21st February 2025.

Take care and stay safe.

Erika

Federation Chair

WEST SUSSEX FEDERATION PHOTOGRAPHIC COMPETITION

LAST CHANCE TO ENTER!

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

We will need 12 photographs appropriate for each month of the year, with the first photograph appearing in April 2025. The subject is **buildings in West Sussex**.

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.

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**.

Email your entries to: secretary@wsfwi.co.uk

FEDERATION NOTICE BOARD

Federation Secretary: Charlotte Barker
Denman House, 60 Queen Street, Horsham RH13 5AD
Tel: 01403 470812 - Email: secretary@wsfwi.co.uk
Tues-Wed 9.30am - 3.30pm (closed 1pm - 2pm for lunch)

Complete and Return Your WI Record Form

Please complete and return your WI record form promptly after your annual meeting. The form was included in the December mailing with your financial documents. Keeping our contact information up to date is essential; please make necessary amendments in MCS as well.

Don't Forget: WSWI Photo Competition!

Have you captured the beauty of West Sussex's buildings through your lens? The WSWI Photo Competition is still open for entries!

Remember:

- **Theme:** Buildings of Beauty
- **Location:** West Sussex only
- **Deadline:** February 21st 2025
- **Submission:** Email your photos to secretary@wsfwi.co.uk

Let's showcase the architectural wonders of our county!

Charlotte & Karen

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

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

TREAT YOURSELF TO AN

Evening of Beauty

with Clarins at John Lewis, Horsham



Pamper yourself with an unforgettable evening at our upcoming Clarins workshop, held at John Lewis in Horsham.

On **Thursday, February 20th** from **6pm-8pm**, indulge in:

- Expert skincare advice from Clarins specialist Jessica
- Personalised beauty consultations
- Complimentary glass of Prosecco
- Exclusive goodie bag
- Special gift with purchase

Don't miss this opportunity to enhance your beauty routine and discover the power of Clarins. RSVP by **February 18th** to tickets@wsfwi.co.uk

300 CLUB

300 Club Winners December 2024:

E Tourell	Kingscote WI	£25
B O' Rourke	Hassocks WI	£25
M Thompson	Tangmere Swifts WI	£25
C Grossman	Cuckfield Evening WI	£25

300 Club Winners January 2025:

G Dandridge	Hassocks WI	£25
E Stenning	Cuckfield WI	£25
A Duffy	Hunston WI	£25
A Wigmore	Bognor Regis WI	£25

Findon Valley WI Trauma Teddies

The photo shows "trauma teddies" for Worthing Hospital, made by Findon Valley WI Ladies last year. They were greatly received.



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MEMBERSHIP & TRAINING TEAM



Yvonne Price
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yvonneprice@wsfwi.co.uk

All our WIs will now be planning for their Annual Meetings, due to take place in either February or March. The M&T team along with the Trustees hope that you use your Annual Meeting as a way of reviewing your WI year, looking back on all you have enjoyed and achieved, and looking forward to the new WI year.

WIs sometimes say to us that no one is interested in the AM, but we know that many members do enjoy this meeting, and if you plan a little it will interest all your members and prospective members as well.

Points to consider for your AM:

- **Finances** – your treasurer, with the committee will have closed the books at year end and will have engaged with one of our IFEs to have the books examined. Please contact the **treasurer's helpline** if you need any further help with this. Although it is the committee who oversee the finances, all members should be aware of a WI's financial situation, too little and some fundraising should be planned, too much and the WI should consider how it can benefit the members, an educational trip perhaps, or some different speakers. It is usual to have a copy of the summary accounts available to all members for the meeting.
- **Planning the meeting** – please don't book a speaker for your AM, allow plenty of time for the reports and the review, and then have some social time at the end. You could organise some special refreshments for your members. Ask for nominations or volunteers in advance of the meeting to ensure you have a viable committee going forward.
- **Committee** – some members of your committee maybe

stepping down, and hopefully new members will step up to help. New ideas and input are always needed. Also, your officers may be looking to retire, so succession planning is crucial, as without your officers a WI is vulnerable and may have to suspend. Let members know that any help they can offer is welcomed, and look to share all roles and responsibilities, the more the better, within reason for your size of WI.

On the day – follow a simple agenda:

- 1) Welcome the members
- 2) Give them an outline of what will happen – some may be new and not experienced an AM before.
- 3) The President will chair the meeting and introduce the various reports, Finance, given by the treasurer, Committee or Annual report, given by the secretary, and the President's report.
- 4) If enough committee members are willing to stand an election may not be required – all help is gratefully received!
- 5) **President's Nomination** – roles in the WI are for one year, and each year the President will need to be nominated from those members of the committee willing to stand. Those willing to stand should state this in writing, in advance, especially if they cannot attend the AM. Each WI member, including the committee and officers should be given a slip of paper, and can nominate who they would like to see as President from those willing to stand. The nominations are counted, by an Adviser or Trustee if present, or maybe a member from another WI, and the person with the most nominations is named as the President for the coming year and takes over at the end of the meeting.

It is important to hold this nomination process to give your members their democratic right to choose their president.

We hope that you will find this information useful and will have a successful AM. Some of us are already going to Ams where WIs have requested an Adviser to be present, and some Trustees are also attending. If you are not anticipating any issues that's great, but if you would like some extra support for your AM, please let us know as soon as possible, and one of us will endeavour to attend.

The Science groups are continuing with great success and many new attendees. **The next meeting will be on – Friday 28th February, 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

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 – February 17th, 10am, Zoom, or Face to Face at Denman House. Please let me know if you would like to attend.**

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

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Sue Carter is on sabbatical

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PUBLIC AFFAIRS

Pam Tedder
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pamtetter@wsfwi.co.uk



The WI Green Hub



I wish to thank you all for leading by example and changing your everyday lives to encompass environmental change. No matter how small, this makes a difference. My passion is reducing **plastic pollution**. As a Climate Ambassador I started the **WI Green Hub** stall in the Chichester Farmers Market supported by volunteers from **Eco-Chi**. With **Eco-Chi** we have broadened the stall information to include **Trees & Bio-diversity, Renewable Energy, Waste & Recycling, Sustainable Travel, and Water Pollution**.

February is the month for the Show the Love Campaign. This is when we show our love for the environment. There are many ways you can do this, from organising a litter pick to reducing how much carbon your lifestyle generates. Every little helps as they say. If you have a new MP, perhaps you could make a green heart for them and ask to discuss ways in which the government can help love our environment.

By now, you will have made your choice about which resolution you would like to be put before the membership in June. This is a unique aspect of the WI: We campaign on matters chosen by our members. One campaign you chose was to raise awareness of Ovarian Cancer.

Ovarian cancer is a significant health concern in the UK, with approximately 7,500 women diagnosed annually. This equates to about one woman receiving a diagnosis every hour. The disease predominantly affects older women, with around 82% of cases diagnosed in those over the age of 50.

Survival rates for ovarian cancer vary significantly depending on the stage at diagnosis. Approximately 95% of women survive for five years or more when detected at the earliest stage. However, survival rates decrease substantially with later-stage diagnoses; for instance, only about 15% of women diagnosed with stage IV survive for five years or more.

Early detection is crucial, as two-thirds of women are diagnosed at a late stage, making treatment more challenging. Raising awareness about the symptoms and encouraging prompt medical consultation can improve early diagnosis and survival outcomes.

I hope you can see how important it is for us to raise awareness about the symptoms of this disease. March is Ovarian Cancer Awareness Month. Perhaps you are able to put out bunting that grabs attention and gives information about the symptoms. If you are unable to put out the bunting, you could ask if you can put a card with this information where it will be seen by women. We have been able to have a card in John Lewis' toilets in Horsham for the past year.

If you enjoy the campaigning aspect of the WI please consider joining our team. We meet over Zoom and you would be very welcome to observe one of our meetings.

Pam Tedder

I started the **WI Plastic Free Picnic** at Oaklands Park behind the Festival Theatre, in the **Covid year of July 2020**, with the first Information Table - **Refuse, Reduce, Re-fill, Re-use and Recycle Plastic**. Together with this and other plastic-free work, I helped **Chichester** to be given **Plastic Free status in 2021**. In support, **Chichester District Council** funded the commission of **Mike Fry and the Plastic NoNo Band** to compose and record the song 'Plastic No', which is played annually at the **WI Plastic Free Picnic**. **CDC** supports the monthly **WI Green Hub** by waiving its market pitch fee, where WI campaigns, along with other organisations are highlighted. The following are action months for us:

February - **Show the Love**, March - **Ovarian Cancer**, June - **Great Big Green Week**, July - **Plastic Free Month**, November - **Clean Water** and **No More Violence Against Women and Girls**.

Friday 4th December 2024 was **Season's Greenings** - *sustainable gifts not costing the earth, festive wrapping avoiding waste plus alternative ideas and makes from salvaged/foraged home grown items were displayed on the stall.*

Saturday 14th June 2025 is the annual **Lavant Fete & Dog Show** which is conveniently held during the **Great Big Green Week** where the **WI Green Hub** has had a presence since 2021. The whole event will be **Single-Use Plastic Free** and is being opened by **Mary Corfield**, CEO of the **Climate Coalition**, who are partnered with the **WI**. **GBGW 2025: Saturday 7th June 2025 - Sunday 15th June 2025**. I would love to hear from you if your WI intends to hold a Plastic Free Picnic during the 2025 Big Green Week.

The **Eco-Chi group** meets every **Monday 10.30-12 noon** at **Chichester Festival Theatre Café in the Park**. **Chichester Transition Earth Café**, open at the **Friends Meeting House in Priory Road**, between 11am to 1pm every **Friday**, and complements the **Green Hub**. Please contact me if you would like further information or *need help in your role as a climate*. Let us know what other environmental work members are doing as we need to redouble our efforts towards achieving Net Zero - as Chris Packham said "I am not going to give up on the beautiful and the good, the grip on my dreams just got tighter".

Maureen O'Grady

WI Climate Ambassador, Wildings & Rumboldswyke WIs
Email: matwell10@gmail.com

ACWW

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

rural
women
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Associated Country
Women of the World

With your WI donations, ACWW strives for positive change in attitudes, opportunities and actions for rural women globally: supporting women lead more involved, active, respected lives in their communities. ACWW is recognised within organisations such as, UNESCO, and government bodies as a voice for rural women cross the world. Partnering with other organisations makes the plea to hear the voices of women stronger.



Women Walk the World, around 29 April, each year, women worldwide walk to celebrate and raise awareness about ACWW. Our Federation can be part of that as an ACWW Society Member and there are resources on the ACWW website that might help you if you want to run your own walk, or event.

Jan Marsden will be organising a **coast walk at Pagham Harbour** if anyone would like to join her on **Saturday 26th April**. Contact Jan for details.

EVENTS

Ros Williams
01342 810944
roswilliams@wsfwi.co.uk

MARCH

8

The first federation event this year is:

INTERNATIONAL WOMEN'S DAY
SATURDAY 8th MARCH 11am-3pm
BRIGHTON ROAD BAPTIST CHURCH, HORSHAM

The speakers are 3 inspirational women:

Michaela Wynn-Jones: Renowned Artist from East Sussex, speaking to us about her life and experiences.

Linda Schneider: Linda won the Betty Merrit Bursary and used it for a course at East Dean College for metal work.

Kim Brinkworth: Kim worked at Headley Court Hospital where she nursed injured soldiers who came back from Afghanistan. She went on to work as Lead Nurse for the Invictus Games and the Paralympic games.

Inspiring Women Awards will be presented to members for their outstanding contribution to the WI and beyond.

Refreshments will be available, there will be a raffle.
Tickets £10. Apply to tickets@wsfwi.co.uk

MUSICAL AFTERNOON WITH ANDREW BOURN
SATURDAY 23rd APRIL
BRIGHTON ROAD BAPTIST CHURCH, HORSHAM 2-4pm

Andrew is a professional singer who was a finalist on Britain's Got Talent and Starstruck. He sings a wide selection of songs including Frank Sinatra, Michael Bublé and many other genres. There is a flyer sent to WI secretaries with this edition of WSN. Family and friends will be welcome to join us.

Refreshments will be available, there will be a raffle.
Tickets £22, Early bird £20 (closing date 31st March).
Apply to tickets@wsfwi.co.uk.

NATIONAL ANNUAL MEETING • WEDNESDAY 4th JUNE

This year Members will be offered the opportunity to join the on-line meeting at Denman House in both the Board room and Kingscote Suite. This year NFWI Annual Meeting is not a face-to-face meeting. Look out for more details in future editions of the WSN.

SHUFFLEBOARD • FRIDAY 20th JUNE 7-10pm
DENMAN HOUSE, HORSHAM

ANNUAL FEDERATION QUIZ • TUESDAY 12th AUGUST

**SOUTH OF ENGLAND AUTUMN SHOW
AND INTERNATIONAL HORSE TRIALS**
SATURDAY AND SUNDAY 27th/28th SEPTEMBER

The theme this year will be 'Alice in Wonderland', more details will be available soon.

FABERDASHERY AND AFTERNOON TEA
SATURDAY 4th OCTOBER

FEDERATION ANNUAL MEETING
WEDNESDAY 22nd OCTOBER

CRAFT WOKSHOPS

FRIDAY 11th APRIL • PAPER FLOWER CLASS (DAFFODILS) 10-1pm
FRIDAY 6th JUNE • PAPER FLOWER CLASS (PEONIES) 10-1pm
£20 tickets available – apply to tickets@wsfwi.co.uk

PLEASE SAVE THE DATES

I look forward to seeing you at these events. If any members would like to join our events team you would be very welcome.

Ros Williams

2025 OUTDOOR TALKS AND WALKS

3 Outdoor Talks and Walks, spread across the County, are in the planning stages. Each of the events will include guided tours lead by an expert on the topic with a short walk. Details will be confirmed next month, but might be worth you putting the dates in your diaries.

Tuesday 20 May - A Day out in Midhurst with a look at its Tudor History

Cowdray Heritage Trust's Living History Guide will tell us about Cowdray Ruins and what Tudor life was like there, followed by a short walk to the Square in Midhurst. If the gardens are not in use for a private function, we may get a sneaky look there too! After the tour, there will be time to explore Midhurst town.

Thursday 3 July or Wednesday 23 July - Behind the Scenes with the Storks at the Knepp Dial Post

Lead by Knepp Rewilding Foundation about their Stork project. It is anticipated that we will see storks on their nests, in the sky and maybe on the ground too. A 3 mile walk on footpaths, generally flat, but if wet, can be muddy. A morning visit followed by an optional visit to the café and shop, where you can buy your own lunch, or picnic.

Wednesday 1 October - A Look at Medieval East Grinstead

An ancient market town with a Medieval Street. The plan is to have a guided tour around the town, led by East Grinstead Museum, and a guided tour of Sackville College, a Jacobean Almshouse founded in 1609 and still in use as an Almshouse today. Discover East Grinstead's fascinating history, architecture and some of the people who shaped it. An all-day visit, with time to picnic, or find a café to buy your own lunch.

YOUR NEWS FROM AROUND THE COUNTY

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

Felpham Fillies WI

On Saturday 9th November Felpham Fillies WI held a coffee morning with craft sale, tombola, hamper raffle and name the teddy.

It was a lovely morning meeting and chatting with all our lovely visitors.

A great team effort by all our members



Durrington WI

A big thank you to Ella who entertained us and got us in the Christmas spirit with a selection of Christmas songs. One which was new to nearly all of us was called "I want a hippopotamus for Christmas," which is her grandmother's favourite. The table was covered with food for every taste; savoury, sweet, and a delicious Christmas cake. There were a lot of raffle prizes and Christmas cards and presents were given out.

Many thanks from all of us to the ladies who worked behind the scenes, making the evening so enjoyable.



Franklands Village WI

Franklands Village WI held their Christmas Party the beginning of December and as you can see they were all busy chatting. We provided a buffet together with a singer which made it an enjoyable evening.



Findon Village WI

The latest Post Box topper made by 2 of our WI ladies for our village post box. As always, they do a magnificent job and demonstrate their creativity and skill with the crochet hook and sewing needle. We are very proud of all the toppers they have made for our village and look forward to seeing what comes next.

MEMBERSHIP & TRAINING TEAM

My Journey...

The M&T team are, as you would expect a varied group, with a common aim to help and support WIs. I have asked if M&T members will occasionally write a short piece for the WSN, telling you a little about themselves and why they enjoy being an Adviser.

Here is a piece from Jacky Barugh who many of you will know:

I joined the WI just over ten years ago, after moving from West London and retiring from work. After three months, I became a member of my local WI, who made me very welcome. Two months later, I joined the Committee. After a short time, I took on the new role of President at Westergate WI.

At the start of my new role as President I was unsure of all the rules and regulations of the constitution and charity. However, five years on (and still going strong!) the Covid Pandemic (2020) hit and sadly my husband passed away.

I don't know how I would have got through this immensely difficult time without the support of all my sisters at the WI.

After that, it was as if a new chapter of my life began. I was looking to do something new. Therefore, I decided that I wanted to help and support other WI members and became an adviser. I joined the Member's Training Team. During that year, I attended meetings with other advisers and shadowed them during their visits to WI venues. I also became a member of the Public Affairs Team and a dual member of North Bersted Village.

After one year, I went on the Advisers' training course with the NFWI, the National Federation. I found it hard going and I spent

hours studying but I met some wonderful ladies who were students just like me from all over the country. I keep in contact with these ladies now, and we meet up occasionally. I was given a lot of support from the federation too. I couldn't wait to finish the course, receive my certificate and start my new role independently.

Since then, I have opened two WIs and I currently support a total of 18 WIs. Recently, the Adviser's new training course has changed to online which seems to be less time consuming. This has meant that more advisers can be trained. Our federation has 3 new advisers who have recently passed the course. I really enjoy the buzz that I get from meeting the members at all the WIs and supporting them.

So, if you would like to support WIs and have fun, then don't hesitate to join our Membership team. We are a very friendly group.

Jacky Barugh

JOIN THE DOTS FOR NATURE IN WEST SUSSEX

Weald to Waves - Gardens and Greenspaces Project

Have you put your garden or green space on the Weald to Waves Map?

January's WSN article explained the Garden and Greenspace project, which comes under the Knepp Wildland Foundation.



You can register your garden, window box, balcony, verge, allotment or other community greenspace at:

<https://www.wealdtowaves.co.uk/get-involved/gardens-and-greenspaces/> and become part of the Weald to Waves corridor to support wildlife across Sussex. Whatever the size or type of garden or greenspace in our Federation area - every patch counts when joining the dots in our fragmented landscape.

Once registered you will receive regular email information about the project and ideas to take forward if you want to. There is no cost, nor expectation to take action: your interest is enough - let's show how the WI cares about nature.

The collective power of our gardens and greenspaces can make a difference - Project lead, Amy Hurn, said that "the Gardens and Greenspaces project will benefit us all and our vital ecosystems in so many ways, now and into the future. We already have around 900 gardens and greenspaces pledged, and we welcome all members of the WI to join us at Weald to Waves. We are very much looking forward to working with the WI to join the dots for nature across West Sussex and beyond."

More information about the project can be found on the Weald to Waves website: <https://www.wealdtowaves.co.uk/get-involved/gardens-and-greenspaces/>

Jau Marsden

janmarsden@wsfwi.co.uk • 01243 864670

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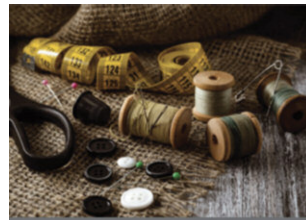
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Speaker

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For more details or to book a talk please contact me:

Web: stuartflitton.co.uk

Tel: 07984 714966

Available daytime and evenings, also at short notice



Self Care is the Real First Aid

As women, we are mostly hardwired to put others before ourselves. All very commendable, but to continue to support those we love and enjoy a full life, we must put on our own oxygen mask first. If we don't look after No1, how can we do a truly great job for everything we care about?

Hi, I'm Steph; I live opposite your new HQ and have been intrigued and absorbed in WI developments. I have looked at your WSN and think there is a bit of a gap with no health and well-being section so I asked Erika if I could step in and support.

I'll share some take-aways (healthy ones, that is) over these coming six months. Nutrition, Mindset, Healthy Ageing, Stress Management, and effective ways to age with strength and confidence without it feeling onerous.

Here's some top tips to encourage a fruitful start this February!

- 1) Create a small window of 15 mins at the beginning of each day to plan a couple of things that you want to achieve no matter how small. Having some structure to our week helps



to keep ourselves on track during a time of year that can make us feel a bit blue. Take note of some healthy recipes with loads of veggies, quality protein (animal and/or plant), and healthy fats that you can try out. Our brains love and need omega 3 fatty acids to function well so include oily fish such as trout, mackerel and wild salmon. Chia seeds are a powerhouse plant for protein and omega threes and easy to incorporate into lots of meals.

- 2) Hydrate when you celebrate! A glass of water for every glass of alcohol can help offset that hungover feeling and keep the grey matter and liver happy. Having bitter foods such as dark green leafy veggies and herbs (which are great natural sources), aids in detoxification. Some good quality milk thistle or spirulina as a supplement can give support too.



- 3) Get as much natural light behind the eyes in the morning and help to stay buoyant in mood. We can keep our happy factor in check during these short days by embracing daylight within 30 mins of waking which helps to promote good sleep and circadian rhythms. A high-quality uplifting essential oil can make a significant difference to mental wellbeing combined with a diet of hearty whole foods, soups and stews to maintain even blood sugar levels.

That's it from me. If there is any particular subject, you would like me to include in the forthcoming months then please drop me a line via Charlotte at HQ - secretary@wsfwi.co.uk

To your very good health!

Steph McCann

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WSFWI EVENTS CALENDAR & DIARY DATES 2025

Let us know what events you would like to see on offer.

Email - wswfi-events@wswfi.co.uk

Web - www.west-sussex.thewi.org.uk

The Events Team is now planning the programme for next year. Please SAVE THE DATES. There will be more information to come.

Chair's Officer Receptions 2025:

Two sessions will be held:

Balcombe Victory Hall - 13th May - 7-9pm

Boxgrove Village Hall - 15th May - 4-6pm

Invitations will be sent to WIs

Events:

Saturday 8th March - International Women's Day.

Wednesday 23rd April - 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

Science Group:

Science Group Meetings will continue in 2025. Held at Denman House, on the last Friday of each month starting on February 28th at 1pm - Speaker to be confirmed.

REMINDER!

15% discount for West Sussex WI Federation members with the code **SUSSEXWI**, either in the shop or online. Some exclusions apply.

Owner Kay Mawer apologises to the WI member who visited the shop in December, before Kay had told all her team about the discount. All the team know about the discount code now.

Clothkits's shop is based in Chichester:
16 The Hornet, Chichester PO19 7JG

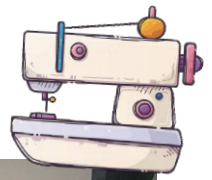
Clothkits sells fabrics, yarns and haberdashery, as well as kits to sew and craft with.

If you would like Clothkits to run a fabric workshop with our Federation, please let Jan Marsden know - janmarsden@wswfi.co.uk 01243 864670

01243 533180
www.clothkits.co.uk



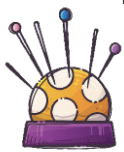
Bognor Regis WI Sewing Project



130 dresses and counting!

We had no idea we could achieve so much.

It all started when the three of us met at Bognor Regis WI, myself Fleurie, Sally and Olga. I first invited them over for a chat and a sewing session at my house which we enjoyed so much we've been meeting once a month since. We make different things for charity such as Post surgery Mastectomy cushions, tote bags for women's refuge centres, twiddle muffs for dementia patients and of course things for ourselves too.



But the past few months has been filled with making dresses for the charity *Dress a Girl Around the World*. They believe that every girl deserves to have a pretty dress. We were really enjoying making these simple peasant style dresses and asked our WI group if they'd like to make some too. Our members were so enthused to take part once we'd explained the criteria for the dresses.



1. Thick cotton suitable for washing on rocks
2. Overlocked or French seams to prevent fraying over time
3. Bold prints to disguise any stains
4. Sleeves for modesty
5. 2 Pockets for any personal possessions
6. No zips or buttons to do the dress up as they might be lacking equipment and or skills to mend them
7. A label from the charity on the front of the dress as this has been proven to deter kidnappers, the children are part of an organisation and therefore are on a register and would be missed if taken.



It wasn't just sewing skills needed which meant everyone could take part, 2 ironing boards were in constant use, we had a quality control group who sat and snipped threads, added the elastic in the neckband and checked each one had a label. We covered the pool tables with boards then cutting mats and members used pre-cut patterns out of cardboard as they could withstand multiple use all day. Members also enjoyed selecting and pattern matching fabrics to make the cutest styles and then passed these on to the sewers. The noise of machines and chatting and laughter went on all day, needless to say at the end we all looked rosy and damp like children at the end of a birthday party. Happy and exhausted.

Members are still producing dresses in their own time and can take them to the designated drop off at The Secret Linen Store in Durban Road, Bognor Regis who are happy to send on to the charity distributors.

We're currently planning our next sewing project and now we know how many members want to be involved we'll definitely be more ambitious than we previously thought we could.

Fleurie Llewellyn, Sally Gurnham and Olga Beoney
Bognor Regis WI



Over the next few months, we were really overwhelmed with the support and interest from members as they set about sourcing suitable fabric and bringing it to each meeting. We tried really hard to use anything and everything we had, giant maxi dresses, duvets, and curtains. We even used some material that I bought at one of the North Lodge content sales. The fabric stash grew and grew ready for a big sewing day. We are lucky to have Jack Owen as our vice president who knows everyone and everything in Bognor and she secured us a free room for the day thanks to Bognor Regis Railway Social Club right in the centre of town. 27 members turned up with sewing machines, overlockers, ironing boards, cutting mats and lots and lots of extension leads! Oh and of course we made cakes, cookies, quiches, and sausage rolls for everyone to munch on when taking a break.





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