

NFWI-Wales Public Affairs contacts

Rhian Connick, Head of NFWI-Wales: r.connick@nfwi-wales.org.uk
Sarah Thomas, Public Affairs Officer: s.thomas@nfwi-wales.org.uk



Winter 2025

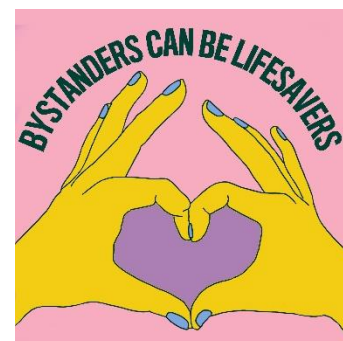
NFWI-WALES

Public Affairs Bulletin

BYSTANDERS CAN BE LIFESAVERS

In the spirit of Valentine's season, as part of our Bystanders Can Be Lifesavers campaign the NFWI is running a webinar titled: 'Put your heart first this Valentine's: Everyday habits for lifelong heart health', taking place on Friday 13 February, 12pm to 1pm.

This webinar will focus on ways to nurture your most important muscle, your heart. Learn simple, evidence-based lifestyle habits that can strengthen your cardiovascular health and promote your long-term wellbeing.



You can register for the webinar here <https://denman.bookinglive.com/book/add/p/6396> or by emailing pa@nfwi.org.uk

MANIFESTO FOR THE 2026 SENEDD ELECTION

NFWI-Wales has published a manifesto ahead of the Senedd election in May 2026 outlining key asks for the next Welsh Government in relation to our current campaigns. The manifesto is available on My WI and additional information and guidance on campaigning during the Senedd election will be added in the new year to support members in getting involved and raising key questions with candidates. Read the manifesto here: <https://mywi.thewi.org.uk/wales/nfwi-wales-news/manifesto-for-the-2026-senedd-election>

THINKING DIFFERENTLY: AUTISTIC AND ADHD WOMEN AND GIRLS

Panel debate at the National Eisteddfod

During our week at the National Eisteddfod in August, we held a discussion on our Thinking Differently campaign. Thank you to the panel of experts - Sioned Thomas, Neurodivergence Wales; Vicky Powner and Non Parry - for reflecting on their lived experiences and to Heledd Fychan MS for leading the discussion. Throughout the week, there was an opportunity for people visiting the WI stand to make a Rainbow Infinity Neurodiversity Symbol keyring and to take part in other craft activities.



See you at the National Neurodiversity Show, Cardiff!

Thursday 30 April, 10am - 4pm, Cardiff City Stadium

The NFWI are excited to be attending the National Neurodiversity Show, taking place at Cardiff City Stadium on Thursday 30 April. The show will feature a bustling exhibition floor packed with organisations offering advice, support, products, and services tailored to the neurodivergent community. Plus, enjoy a full schedule of insightful seminars running throughout the day across two dedicated seminar rooms.

NFWI-Wales

Suite 5, 11 Cathedral Road, Cardiff CF11 9HA

Tel: 029 2022 1712 E-mail: walesoffice@nfwi-wales.org.uk

Winter 2025

Members can purchase tickets to attend the show here <https://nationalneurodiversityshows.com/wales/> and use the discount code ADHDPROMO for a 20% early bird discount.

The NFWI speaks to the UK Government

During Menopause Awareness Month and ADHD Awareness Month in October, NFWI Trustee Paula Pierce spoke in Parliament to share her lived experience of menopause and ADHD. Paula spoke to the Secretary of State for Health and Social Care, Wes Streeting, about her experience of the intersecting challenges of menopause and neurodiversity, and featured on a panel at the Menopause All Party Parliamentary Group (APPG) for the launch of the Menopause Inquiry Report “Rebuilding Trust: Tackling Inequality in Menopause Care”, which you can read here <https://tinyurl.com/3z9jbe3s>.



Paula spoke alongside fellow female campaigners, all experts through lived experience, reflecting on how we can make menopause care more equitable. Special thanks to Wellbeing of Women for offering Paula the platform to share how we can make menopause care more inclusive for neurodivergent women.

NO MORE VIOLENCE / NOT IN MY NAME

Awareness-raising at the National Eisteddfod

We held a panel discussion about violence against women and girls on our stand at the Eisteddfod in Wrexham. We were joined by Ann Williams, Welsh Women’s Aid; Shannon Morris, survivor; Manon Davies, Rape & Sexual Abuse Support Centre (RASASC) North Wales; and Detective Inspector Cefin Roberts, North Wales Police. We also had a supply of the Live Fear Free Helpline resources and awareness-raising resources available on our stand.

Not in my Name competition

Thank you to all members who entered our competition to Create a Banner depicting the Not in my Name campaign. Huge congratulations to Minera WI, Clwyd Denbigh Federation for the winning entry. Congratulations are also extended to Machen WI, Gwent Federation who was awarded second place and to Alston WI, Cumbria-Cumberland Federation on securing third place. The following were highlighted commended: Kenton & Powderham WI, Devon; Goytre & Penperlleni WI, Gwent; and Ystwyth Belles WI, Ceredigion. A video showcasing all the entries received is available on the WI website:

<https://www.thewi.org.uk/wi-in-wales/news-and-events/winners-of-the-2025-not-in-my-name-competition>



Events at the Senedd to mark the 16 Days of Activism

On 17 November, NFWI-Wales held two events at the Senedd with Joyce Watson MS to mark the 16 Days of Activism Against Gender-Based Violence (25 November to 10 December). The daytime stakeholder event

NFWI-Wales

Suite 5, 11 Cathedral Road, Cardiff CF11 9HA

Tel: 029 2022 1712 E-mail: walesoffice@nfwl-wales.org.uk

Winter 2025

included a panel discussion focusing on online harm and a recording is available to watch on the WI website. Early evening, a candlelight vigil was held on the Senedd steps to show solidarity with survivors of violence against women and girls (VAWG) across the world and was addressed by survivors and White Ribbon ambassadors. Find out more here: <https://www.thewi.org.uk/wi-in-wales/news-and-events/wi-marks-the-16-days-of-activism-against-gender-based-violence>



Federation activities

On 22 November **Ceredigion Federation**, in collaboration with Dewis Choice, New Pathways and West Wales Domestic Abuse Service, hosted a well-attended daytime vigil at the Bandstand in Aberystwyth to mark White Ribbon Day. Speakers included Joyce Watson MS, Ben Lake MP and Councillor Emlyn Jones, Mayor of Aberystwyth Town Council. The event was attended by WI members, White Ribbon ambassadors, members of the local scouts, students and families. Following the presentations and pledges of support of the White Ribbon promise, supporters walked along the promenade.



On 26 November, WI members carried handmade banners through Usk to St Mary's Priory Church where **Gwent Federation** held their annual Light a Candle service, hosted by the Rev Sally Ingle-Gillis. The banners were given a prominent place inside the church along with a wedding dress constructed by Liz Davies of Llandenny WI on which the names of women murdered were sewn. Speakers included Mike Wilkinson, Deputy CEO of New Pathways; Zhivago Greaux of St Joseph's Boxing Club and Welsh Government Sound campaign ambassador; and Councillor Peter Strong of Monmouthshire County Council. Barbara Compitus of Usk WI along with Liz Davies read "Lovestruck", a refuge poem.

Pembrokeshire Federation held a very successful White Ribbon Day in Pembrokeshire College. Students signed the Not in my Name pledge board as well as some tutors. All tutor groups were shown a video and Federation Chair Anne Fraser was also interviewed.



A vigil was held in Welshpool, hosted by Welshpool Town Council, and with the involvement of **Powys Montgomery Federation**. Several WI members supported the vigil and the majority of the town councillors also attended and signed the pledge board.

For the third year **Clwyd Denbigh, Clwyd Flint, Anglesey, Gwynedd Caernarfon and Gwynedd Meirionnydd Federations** held a joint event in Llandudno on 22 November. Speakers include Rhian Connick, Head of NFWI-Wales; Elfyn Llwyd, Barrister; Rachel Carey, Community Champion ASDA; Mike Taggart, North Wales Police and White Ribbon Ambassador; and Jo Galazka, UNITE Wales Equalities Officer. The event ended with a performance by Côr Meibion Caerwys.

Become a WI Champion

We are inviting WI members in Wales to become Champions in their WIs and communities to help end VAWG. To date, we have over 30 Champions registered. Recruited WI Champions will be supported to lead action in their WI and community to raise awareness of VAWG and recruit and empower ambassadors to become allies in the prevention and elimination of VAWG. Register your interest here:

<https://mywi.thewi.org.uk/wales/nfwi-wales-news/become-a-not-in-my-name-champion>

Dinas Powys WI receives New Pathways Team Award for Excellence in Sexual Violence Support



Dinas Powys WI, Glamorgan Federation was recently awarded winner of the New Pathways Team Award for Excellence in Sexual Violence Support. This award recognises groups, projects and organisations that have come together to address the issues surrounding sexual violence, challenging the stigma and improving accessibility to survivors. Dinas Powys WI has been raising funds to support the charity and making hand-knitted Trauma Teddies which are then given to children who are often victims or witnesses of abuse. Find out more about the work of New Pathways here: <https://www.newpathways.org.uk/>

Coercive control webinar

As part of 16 Days of Activism against Gender-Based Violence, the NFWI hosted a webinar on the topic of coercive control. We were joined by Carrie Bower from the charity Hourglass, Katy Williams from the Centre of Women's Justice, and Lu, a survivor of coercive control. The discussion was deeply insightful and informative, with each attendee coming away with a greater understanding of what coercive control entails and its effects on victims. If you missed the webinar, you can watch the recording here:

<https://mywi.thewi.org.uk/public-affairs-and-campaigns/news-and-actions/webinar-on-coercive-control-to-mark-16-days-of-activism-against-gender-based-violence>

You can learn more about coercive control here: <https://safelives.org.uk/about-domestic-abuse/what-is-domestic-abuse/coercive-control/>

If you need to contact a professional about coercive control, you can call the Live Fear Free Helpline free of charge: **0808 8010 800** or visit the website of Welsh Women's Aid <https://welshwomensaid.org.uk/>

GLOBAL CLIMATE JUSTICE

WI Climate Ambassador Judith Merritt from Sir Gâr/Carmarthenshire Federation took part in a panel event 'Climate Justice Conversations' in Swansea on 15 November, organised by Climate Cymru as part of the Global Day of Action for Climate Justice. The powerful dialogue brought together voices from women, youth, racialised, disabled, and frontline communities.



During COP30, we gathered on the steps of the Senedd, alongside other members of Global Climate Justice Cymru, for a visible moment of solidarity - calling on Members of the Senedd to back real climate justice.

CLEAN RIVERS / END PLASTIC SOUP

WI Week of River Action

To mark this year's WI Week of River Action, WI members from Gwent, Powys Brecknock, Herefordshire and Gloucestershire Federations gathered for a rally on the banks of the river Wye, alongside the WI Loch Mess Monster, to call for stronger protections for our rivers, soil, and communities.

Jill Rundle, Chair of NFWI-Wales, addressed the crowd with a powerful call for immediate testing and regulation of microplastics in sewage. She also urged the government to adopt upstream solutions, such as installing microplastic filters in washing machines and improving product design.



We were honoured to be joined by the Mayor of Monmouth, Jackie Atkin, and local MP Catherine Fookes, who stood in solidarity with our campaign.

NFWI-Wales

Suite 5, 11 Cathedral Road, Cardiff CF11 9HA

Tel: 029 2022 1712 E-mail: walesoffice@nfwl-wales.org.uk

Winter 2025

Meeting with the UK Government Minister for Water

In October, the NFWI met with the Minister for Water to discuss our Clean Rivers and End Plastic Soup campaigns, making the case for washing machine microplastic filters and stronger action on microplastics and sewage. In the meeting, we secured support for cross-departmental talks to tackle microplastic pollution.

Craft a dragonfly

The Clean Rivers Dragonfly is a great gift to get the conversation started with your decision-makers. You could also pair your dragonfly with our new Clean Rivers postcard to send to decision-makers and show that WI members care about the future of our rivers. You can find instructions on how to make your own keyring and more here: <https://mywi.thewi.org.uk/nfwi-news/articles/craft-a-clean-rivers-dragonfly> A recording is also available on the WI Learning Hub on how to make the keyring: <https://learninghub.thewi.org.uk/on-demand/courses/recent-recording-craft-the-wi-week-of-river-action-crochet-dragon-fly-keyring-with-felicity>

SUBSCRIBE TO THE NFWI-WALES PUBLIC AFFAIRS BULLETIN

If you would like to receive future bulletins directly from NFWI-Wales, please sign up at the following link: <https://mywi.thewi.org.uk/wales/nfwi-wales-campaigns-and-projects>