



Leire WI held a plant sale outside the home of one of their committee members which is on a popular local walking trail. There was a steady stream of customers adhering to social distancing rules who were able to enjoy conversation, sunshine and take home plants. An honesty box raised funds for the WI.  
Jayne Coleman





**Leicestershire and Rutland Federation**

**WI House Information**

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**Keep in Touch**

with the latest news of federation  
events, courses and activities.

**Via the website:**

leicestershire-and-rutland.thewi.org.uk/

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just search for  
Leicestershire and  
Rutland WIs



**Use your phone to**  
Scan this QR to  
access the website.

**W**ell it's not the summer we were all planning earlier in the year but it's what we have got this year and we just have to get on with everything as best we can. WI face to face meetings seem a long time ago now, but many of you are making good use of online meeting rooms for talks, a quiz or just to socialise. It is great that we can use technology this way but if your WI is unable I am sure you are keeping in contact with newsletters and phone calls. It is important we try and keep in contact with as many members as we can so that everyone still feels part of your group. The Federation Facebook page has daily posts of what members have been up to so I hope you have been able to see the posts on there and the website is always being updated for you as well.

The Board of Trustees have been having online meetings as have some of the other County Committees and if there is not much business to discuss we just have a good chat. As soon as we can get going again we will have events for you if you are able to attend. We would like to be able to give you dates for your diaries but there is little point as things stand at the moment. We have drawn the bursaries that should have been drawn at the ACM and Hallaton and Cottesmore WIs are the lucky winners of those. We are hoping to be able to get some of the trophies presented to the winning WIs soon, but it will have to be at a distance on a doorstep we will be in touch.

I would like to say a massive thank you to Thurnby and Bushby WI members who were due to attend the ACM, they kindly donated their ticket money refund back to the Federation and also to the stewards who did the same. We are going to have to dip into our financial reserves this year to cover running costs of the Federation and this was a most welcome donation.

Enjoy the rest of the summer in your lovely gardens, don't eat too many of the cakes you have been baking, stay in contact with as many members as you can, and hope we can start to meet up before too long.

**Janet**

**From the Federation Secretary**

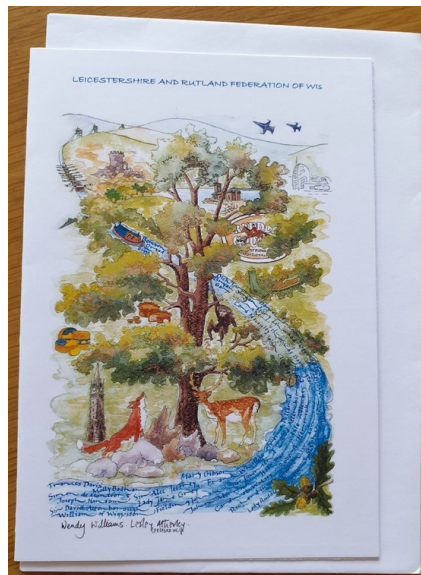
Hello all,

As always I hope everyone remains safe and well.

The Board of Trustees met online and decided that the County and Barbara Gill bursaries would still be awarded this year despite the cancellation of the Annual Council Meeting. This will hopefully provide the winning WIs with a much needed morale boost!

The draw took place on the 27 May and the winners who will each receive £200 in Denman vouchers are.....

County Bursary - Hallaton WI  
Barbara Gill Bursary - Cottesmore WI  
Congratulations!



**Refunds**

We are starting to process refunds for Federation cancellations due to Corona-virus. If you have any queries regarding refunds please email finance@lrfwi.org.

**Notelets**

We have a limited supply of LRFWI notelets for sale which you might find useful to stay in touch with members. Packs of 10 for £4.50 including postage. Please call or email if you would like some

## Events up to August have been cancelled

### August

Wed 12 PAT Testing Day at WI House  
 Fri 14-16 Federation Denman Weekend  
 Sat 22 Dorset Buttons Workshop, WI House

### September

Sat 19 Beading Workshop, WI House  
 Sun 20 Autumn Lunch, Greetham  
 Tues 22 Taste & Try, Kirby Muxloe  
 Wed 30 Behind the Seams, Tour of Strictly costumes (Rescheduled)

### October

Sat 10 Gold Work Techniques, WI House  
 Fri 16 Race Night, Stoke Golding  
 Mon 26 Speakers Audition Evening, Leicester  
 Tues 27 Ghost Walk, Leicester

### November

Sat 7 Christmas Dabble Day  
 Sat 21 Mocktails, Cocktails and Canapes, Hinckley

### December

Sat 5 Belvoir Castle  
 Sat 5 Christmas Wreath Workshop, North Kilworth

Skittles and Darts Competitions 2020  
 CANCELLED

### Events for 2021

January  
 Mon 25- Fri 29 Warners, Bodelwyddan Castle, North Wales

As the Annual Meeting was cancelled, the two resolutions that were due to be discussed were not able to be debated or voted on by delegates.

The NFWI Board of Trustees has decided that the results of the shortlist selection process will be used as a proxy for the Annual Meeting vote. In the shortlisting selection stage the two resolutions (stem cells and modern slavery) attracted a clear majority of selections from members (over 70%). This means that the two resolutions have now been adopted by the WI.

### A call to increase potential stem cell donor registration

There is an urgent need to increase the number of people registered on the aligned UK stem cell registry in order to provide potentially life-saving treatment to people of all ages with certain blood cancers. We call on all WI members to promote registration to the database to avoid people dying whilst waiting for a match.

### End Modern Slavery

There are tens of thousands of victims of modern slavery hiding in plain sight in the UK. Modern slavery has severe consequences for the health and mental wellbeing of survivors. The NFWI calls on Government to protect victims of modern slavery in the first instance and deliver longer term support to help them rebuild their lives. We call on our members to raise awareness of the prevalence of modern slavery throughout society and to campaign to defeat it. The Public Affairs Department will be producing a range of educational and discussion materials over the coming weeks and months to allow members to consider the issues in more depth.

**Resolutions 2020/21** The resolution submission stage will take place as normal during the summer with the submission deadline Friday 11th September.

## Test your WI Knowledge

### Campaigning –

## Can you put a date on when the following issues became WI resolutions?

- 1 Equal pay for equal work?
- 2 A ban on smoking in restaurants, and other public spaces.
- 3 Protest against the closing of small hospitals in rural areas.
- 4 A call for the following regulations to be adopted on roads: Slow traffic to light up at the same time as other traffic. Compulsory use of rear reflectors on bicycles. A special light to be carried before and after driven cattle on high roads.
- 5 The setting up of breast screening clinics.
- 6 Measures to promote organ donation.
- 7 Addressing the issue of high rates of maternal mortality associated with child -bearing.
- 8 When the idea of a Women's Institute College was mooted and agreed on by members.
- 9 Promoting a campaign to reduce litter which became the 'Keep Britain Tidy' movement.
- 10 Concerns over the growing and importation of genetically engineered food.
- 11 The identification, by labelling, of food that has been frozen initially then thawed before sale.
- 12 Calling for a ban on the use of Bovine Somatotropin.
- 13 The labelling of food to avoid allergic reactions to any ingredient not readily obvious.
- 14 Calls for the Local Authorities to be compelled to provide main services, water, sewerage and electricity, for rural areas.
- 15 Establishment of homes for mothers convicted of neglect or ill treatment of their children in which they could learn appropriate skills, as an alternative to prison.
- 16 Concern raised that in some hospitals parents are not permitted to visit their children.
- 17 The need to tackle obesity and diet related health problems in children.
- 18 The need for reform of the Homicide Act to include the recognition of prolonged domestic violence as provocation
- 19 A call for more women police.
- 20 A call for government to address the problem of people trafficking and to give support to victims.



## Recipes

### Spinach, Chickpea and Potato Hash

1 Can of Potatoes (Drained) or cooked fresh new potatoes  
½ Can of Chopped Tomatoes  
1 Can of Spinach (Drained)  
2 tsp Oil  
1 Onion (Thinly Sliced)  
Salt and Pepper



½ Can of Chickpeas  
1 tsp Curry Powder  
4 Eggs  
Handful of Chopped Parsley

Heat a large frying pan, reduce the heat and pop in the sliced onions. Cook until soft, add the curry powder, stir well. Now add the potatoes and turn up the heat to start colouring them. Break them with the back of the wooden spoon as they are cooking. As they are starting to brown add in the spinach and the chopped tomatoes. Season and cook through until piping hot. Set to one side while you fry the eggs, fry these to your taste (you may like them crispy!) Enjoy immediately!

From Loved Canned Food

Recipe from 'WI Family Favourites' a collection of members recipes' marking 75 years of WI in Leicestershire & Rutland

### Cheese and Carrot Patties

60g butter plus extra for greasing  
2 eggs separated  
1½ tbsp milk  
80g carrots grated  
sprig rosemary finely chopped  
pinch of nutmeg  
25g fresh brown breadcrumbs

Generously butter a tray of 12 patty or bun tins. Whisk the butter until soft. Then whisk in the yolks of the eggs until pale. Gradually add the milk (it does not matter if it curdles). Then stir in the grated carrots, cheese, nutmeg and rosemary. Season with plenty of pepper and a little salt. Lightly stir in the bread crumbs. Heat the oven to 190C Gas mark 5 Whisk the egg whites until they stand in soft peaks and fold into the mixture a little at a time, using a metal spoon. Spoon into the bun tins. Bake for 15 to 17 minutes until golden brown. Carefully lever out with a round bladed knife. Serve warm with a salad.  
NB The original recipe was for twice these quantities.

### Sign up to the Citizens' Panel and help improve local health services

The NHS is inviting the inspirational members of the Women's Institute in Leicester, Leicestershire and Rutland to join a new online network to help shape the future of local NHS services.

The NHS Citizens' Panel gives local people the chance to share their views and opinions on a wide variety of health topics, which will be used to help plan services, particularly during and after the coronavirus pandemic. It is also a great place to network online with local people in Leicester, Leicestershire and Rutland.

Fiona Barber and Gillian Adams, Independent Lay Members for Public and Patient Involvement for the Clinical Commissioning Group in East Leicestershire and Rutland and West Leicester said: "Your feedback will be used to make meaningful improvements that will affect people's lives for the better, particularly at this uncertain time is a great way to get involved. Through the Citizens' Panel you can share your experiences and what matters most to you."  
"What makes the Citizens' Panel different is the number of conversations that will take place online; in this way we hope to reach out to people who perhaps wouldn't normally join a patient group, because they are busy."

Anyone can sign up and members will receive a regular newsletter with information about health and social care and be asked for their views on health topics. To find out more about the Citizens' Panel and to sign up go to [www.healthcareviewsllr.co.uk](http://www.healthcareviewsllr.co.uk)



### Beaumanor August 2018

When we enjoyed celebrating the WI centenary. Let's look forward to the time when we can get together again.



Founded in 1929, the Associated Country Women of the World grew from the International Council of Women as the natural meeting place for rural women from across the globe. In 1930 Mrs Madge Watt, one of the founders of ACWW, presented the following statement to what became the first World Conference:

*“Country women have begun to realise that their best contribution to the welfare of their families and their countries is not to stagger on under burdens too great for their strength, which result in invalidism and premature death; but, through co-operation with one another, to secure that due care for their health as mothers which is their right, and those reasonable opportunities for education and recreation, and development of their talents, which every human being should be able to claim”.*

ACWW holds Consultative Status with the UN Economic and Social Council (ECOSOC), the Food and Agriculture Organisation (FAO), and the UN Educational, Scientific, and Cultural Organisation (UNESCO).

When you join ACWW, you join a network that allows rural women to connect their voices. ACWW works to ensure the issues they face, and the solutions they raise, are heard and acknowledged by national and international policy-makers and legislators.

ACWW exists for women who want to actively engage with international policy and support and promote the empowerment of rural women.

The easiest way to join ACWW or renew your membership is to do so online via the website. If you would rather, you can also contact ACWW Central Office.

**Associated Country Women of the World** A04 Parkhall London SE21 8EN  
Telephone: +44 (0) 207 799 3875 Email: [info@acww.org.uk](mailto:info@acww.org.uk)



In 2018 we launched the **Women Empowered Fund**, focusing donations into six Priority Focus Areas which reflect the charitable aims and objectives of ACWW. This funding model allows members and donors to choose a specific Focus Area to support, whilst ensuring the sustainability of ACWW Projects.

ACWW invests in women's empowerment by funding small-scale, women-led projects in rural areas. We work with our own grassroots Member Societies around the world, and with local partner

organisations, who collaborate with beneficiaries to create and implement projects.

The funds for ACWW Projects are raised by Members and Member Societies worldwide. This advances the women-to-women approach to development work and ensures that ACWW's network of rural women's organisations around the world is strengthened by the commitment of each woman who shares our philosophy.

### Big Compost Experiment

#### A nationwide citizen science research experiment in compostable and biodegradable plastics

Many of us have been busy in the garden over these last weeks and may even have found a new interest. For many households composting is an important and intriguing activity which reduces landfill waste, reduces carbon emissions and methane and enriches the soil. Maybe it's one of the greenest activities we can easily achieve.

However what can be composted?

Professor Mark Miodownik from UCL -Plastic Waste Hub, says

"Lets get the whole of the public involved in trying to understand whether the stuff that comes through our door that says 'compostable' is actually compostable."

A team at UCL are conducting a national experiment to understand more about combatting public waste. Everyone can participate in this exciting ongoing experiment whether you compost or not. First is a five minute survey for everyone then if you do compost an activity to complete over time. Go on line to Big Compost Experiment (If you would like to hear more -BBC radio 4 Inside Science Big Compost Experiment)



**Jenny Berry** Climate Change Ambassador



## Around the Counties



Gail Horsley, a member of **Newbold Verdon WI**, is a collector of Dolls House's and was given an old dolls house that needed some TLC. During lockdown she has been renovating it.



We realised quite early in March 2020, that life in **Billesdon** was going to be quite different for a time. So we organised our 32 members into 6 smaller groups, with a Committee member in each, with the idea that they could telephone each other, or email or skype, or whatever. We did a collection of toiletries for the Nurses, with one person from each group collecting and delivering.

Every Monday our Secretary produces a Newsletter, made up of photos, poems, puzzles, quiz questions, requests for help and of course news from members. It has been welcomed by most

people, giving them something to smile at, and keeping them reassured.

We have also had several members making crochet hearts for use in the ITU at LRI. And another lady has made head bands and bags for the Nurses.

So we are all trying to keep busy until we can meet up again – let's hope that is not too far in the future.



So...what have I (Alma Wright ) enjoyed during lock down? Sunny April with lots of gardening (hopefully plentiful fresh veg later!); 6 jigsaws; 2 books; daily exercise in fields overlooking Leicester's Space Centre accompanied by skylarks and yellow hammers; baking (and sampling, of course!) for neighbours in return for hens' eggs plus bags of flour and numerous 'phone calls as mobile companies offered free unlimited minutes until middle June! Also celebrated a birthday with present of an afternoon tea delivered by local cafe in glorious sunshine - a first! Slightly updated my IT skills by mastering Click & Collect, Zoom (must tidy that room!!), video calls and further attempts with Office 365 (not over successfully!)

What am I missing? Hairdresser! Contact with my WIs and U3A activities. So ladies, I set a challenge...how's about trying buddy 'phoning members of your WI or Zoom meetings to enjoy a quiz, plan 2021 programme, cookery demo, start a craft project? Anything that you think might keep members' interest, as well as alleviating loneliness.....hopefully members might rejoin in 2021!

Many thanks to County News Team for spreading your wings and inspiring us with your new on-line news sheet - it is much appreciated!  
**Leicester Ladies** have continued to run their meetings via Zoom during the COVID-19 Pandemic. For the May meeting our Joint President Jess delivered a great virtual yoga class which was most welcome during these stressful times. A virtual book club and craft club have proved a popular way of connecting with friends; we look forward to seeing our Lockdown Blanket the members are making. Our member Kathryn is very busy making scrubs for the NHS out of duvet covers and sheets in a true WI way.

Like all WIs **Broughton Astley** was very disappointed to have to cancel all our current guest speakers, outings and activities from the end of March but we know that when restrictions are lifted we will be able to rearrange most for future dates and we have a lot to look forward to.

Our committee has been keeping in touch regularly with all our members by phone and email and newsletters through doors and it has been good to hear that everyone has been virus free. Some of our members have made Headbands for Nurses for a local group and another made a variety of items, all of which were delivered to our Leicester hospitals.

Many of us have appreciated on-line deliveries and the kind help of family, friends, neighbours and our local Volunteer Group to keep us supplied with all our needs. We have been keeping busy and as active as possible and all our houses and gardens are super clean and tidy! But like everyone we can't wait to get back to our usual sociable lives.

**Cossington WI** members have been working hard to respond to the call from scrubs for the NHS. Jayne has made 75 face masks, making approximately 200 which have been donated to NHS Covid 19 Charities; Pearl Morelli-McKeon has been knitting Canula gloves and has sent off over 100.





## Around the Counties

**Stathern WI**, in Leicestershire's Vale of Belvoir, has responded with enthusiasm to a call from Leicestershire and Rutland Federation to help make hospital scrubs for Leicester NHS Trust to be used in Intensive Care Units.

At the centre of Stathern's effort is committee member Hilary Patterson who answered the call for help and is organising us all – with a complex system of delegating tasks according to skills, abilities and availability.

Some are cutting out; those with basic sewing skills have been given the simpler tasks, while our more skilled seamstresses are racing through the more complicated tasks. Scrub caps, bags and labels are also being created. Delivery of items around the village has been undertaken by another of our members, a keen runner, who could do this as part of her daily exercise as many of the members were at home, shielding.

Equipment new and less new has been pressed into service. The owner of this machine, a vintage Singer machine, originally owned by her mother, insists it knew where it was going without her having to guide it!

The fabric itself, a high grade, tightly woven scrub material suitable for ITU work, was donated via the Leicestershire WI lead, Hilary, who is also the volunteer Arts and Crafts tutor at Dove Cottage Hospice, had quite a range of threads, elastics and tape which she used to begin with, for all the extra bits, but soon realised that this was not enough. A call for help to our village WhatsApp group, other members and local WI groups through Facebook, brought in a large supply.

In all, we hope to provide 25 tops and bottoms in a range of sizes, plus scrub hats and bags. For a small, rural WI – we have 33 members – it has been a tremendous effort, completed in under three weeks, with skill, hard work and for the most part, enjoyment! For many members, it has been a chance to give back and to feel they are helping the wider community. We hope our scrubs will be put to good use.

The question of how best to support our members during lockdown is a question that is probably being asked by many WIs around the country.

Here at **Stathern** we are tackling the issue in a variety of ways. We decided this month to deliver to our 33 members, several of whom are living alone or are having to shield during the Covid-19 crisis, a small posy of flowers, locally sourced, to let them know we were thinking of them. We hoped this would bring a bit of cheer to a bleak time. The response has been tremendous, with so many messages from our members thanking us. 'Lifted my spirits', 'a lovely surprise' and 'made my morning' being a sample of some of the comments we received.

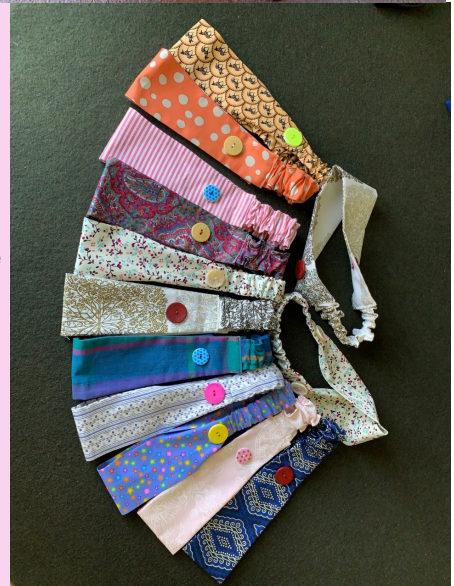
In addition, we have set up our own WI WhatsApp group, for those members who wish to join, to keep in touch with news and information. A weekly quiz is sent out on this group by one of our committee members and we have also run a 'cook-a-long' evening, where members all cook the same type of dish on the same evening and post pictures and messages during and after cooking.

We have tried out Zoom with committee members and this Wednesday are hoping to extend our cook-a-long session and run it as a Zoom session for all our members with a live demonstration of canapé making, with the option for members to make them at the same time. Recipes have been provided in advance. We are also hoping to video this, so that members who can't access Zoom will be able to see the video later.



**Ullesthorpe WI** ladies have been busy in the Lockdown. Inspired locally by Tricia Pollard's Upholstery group and together with ladies from **Gilmorton and Bitteswell WIs** and Lutterworth U3A we have managed to make 2800 bags for nurses, 400 headbands and 400 hats for premature babies. It has been wonderful effort with all groups coming together to help albeit in their own homes. They have been distributed to local hospitals and care homes. The hats went to LRI maternity unit.

Members are keeping in touch by weekly news letters containing WI information, quizzes, amusing stories and local news from members.



Janet Newberry, who will be 83 next month answered the call of a local lady who had asked for donations of spare cotton fabric for making hospital scrubs on social media site "Quorn Next Door".

She is on her 8<sup>th</sup> set after only a couple of weeks sewing. These are part of over 70 sets so far distributed to the Leicestershire hospitals by one team of local volunteers. It has now been suggested that they may be useful in Doctors surgeries too. Sheets, duvet covers and pillow cases are used. Laundry bags and head bands are being made out of the spare materials so little is wasted and I expect Janet will also be making lavender bags with the smaller pieces.

Janet has lived in Quorn for three and a half years having moved from Kinouulton to be closer to her family after being widowed. She is a valued member of the **Quorn WI** and produces lovely fabric items which are sold on the sales table at Christmas to raise funds.

Janet spent 9 years at the Southwold school of Upholstery and Soft Furnishings on a once weekly course. She learnt so much about the subject which then provided her with an income. It has now become her full time hobby and she has met so many people in Quorn that she says it's the best move she has made.

Pat Mansfield of **Glenhills WI** delivering ear bands for the NHS. Pat, a WI member, also volunteers at Glenhills library and cafe and with other volunteers made these ear bands. They have also sent some to the LRI and Paramedic Service.

Genesta Cope of **Hollycroft WI** has knitted a banner for her WI. She mentioned that it has helped keep her sane during lockdown!





Please send material for inclusion in County News to **WI House** by e-mail: [wihouse@lrfwi.org](mailto:wihouse@lrfwi.org) or post to arrive by the **FIRST** of the preceding month at the latest.

Adverts and announcements by the same time to:

**Margaret Osborne**  
16 Spencer Street  
Hinckley LE10 1RB  
Tel:01455 449956  
[margaretosborne@lrfwi.org](mailto:margaretosborne@lrfwi.org)

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**Cheques made payable to LRFWI and sent to WI House.**

We do not accept any responsibility for any adverts published in County News.

Advertisements are accepted subject to space available.

### Test your WI Knowledge

#### Campaign Quiz Answers

- 1 1943 Bures WI West Suffolk
- 2 1964 Hellesdon WI Norfolk
- 3 1963 Langham & Barleythorpe WI
- 4 1927 East Suffolk
- 5 1975 Willoughby Waterleys WI
- 6 1994 Essex Federation
- 7 1925 Epping and District WI
- 8 1945 Oxfordshire Federation
- 9 1954 Northumberland Federation
- 10 1999 Ickenham Village Afternoon WI Middlesex
- 11 1980 Dunkerton WI Avon
- 12 1990 Market Bosworth WI
- 13 1995 Quintrell Downs WI Cornwall
- 14 1943 Essex Federation
- 15 1949 Wolverly WI Worcestershire
- 16 1950 Hampshire Federation
- 17 2003 East Wilton WI North Yorkshire West
- 18 1993 Clare WI Suffolk
- 19 1924 Ridlington WI
- 20 2004 West Yorkshire Federation



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**NEW MACARONI RECIPES**

MACARONI and meat together make appetising savoury dishes, and the macaroni helps a little meat go a long way. Leaflet No. 68 gives a variety of recipes for meat and macaroni dishes—also milk puddings. All approved by the Ministry of Food.

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