

## Chairman's Column



A very Happy New Year to you all, we had no idea what was coming when I wished you the same last year, we adapted although greatly missed our WI meetings and get togethers. It's not the same online or in small groups but it's all we can safely do at the moment so we have to manage. Many members have risen to the challenges of learning how to do online meetings (me included) and will use these skills in the future I am sure. We have sewn, baked, fetched and carried and made ourselves useful in our local areas. Some of you have had to isolate and you have made as valuable a contribution to the overall effort as members able to get out and about, so well done to you also.

I know some of you feel you have not had value for money for last year's subscription and are unhappy about the increase this year, but I feel that WI is still excellent value for money and we have gained three extra months for last year's money with subs extended until April. I hope WIs will be able to put on extra events this year to make up for missing out last year. Why don't you be the member to volunteer to arrange something new for this year, you don't have to be on the Committee to arrange an event or outing as long as they know what you're doing.

As a Federation we have continued with County Committee meetings but due to lack of people to organise have not been able to arrange online events, we are now moving forward with this and will soon be offering you some online events.

The ACM will be online and even better FREE to you all for this year. I hope you will be able to team up your members who do not have online facilities with a member who can help them if we can meet in each other's homes in March.

As we move forward we may lose some members and unfortunately even some WIs but we all need to try and work together with you telling us what you enjoy and want us to put on, we can come through this awful time and get together again.

Best wishes, Janet

## Online Events



The Federation will be organising 2 online events per month (January to April 2021).

These events will be FREE and open to all members.

Thursday 14 January-Decadent Desserts with Gail Wooliscroft

Thursday 28 January - Quirky Bird 'Paint a Long'

Further events to be announced—watch this space!

See flyer for details including how to book

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### Leicestershire & Rutland Federation of Women's Institutes

Incorporated in England and Wales as a Company limited by Guarantee No. 2769771 Charity Reg No. 1016 766

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Opening hours: Mon-Thurs 9.30am—1.30pm

www.leicestershire-and-rutland.thewi.org.uk or scan QR code

Find us on Facebook: Leicestershire & Rutland Federation of WIs



### Officers' Training 2021

Open to new officers and those wanting a refresher.

As we don't know when face to face meetings will resume next year, the Membership Committee are planning to offer some **online Q & A sessions** for officers.

We will be using either Zoom or Microsoft Teams. You do not need to pay a subscription and access will be arranged for you. There will be no charge for these sessions.

These sessions will be completely informal and will offer the opportunity to:

- ◇ clarify key aspects of your role
- ◇ share ideas and concerns with others doing the same job

Once allocated a place, participants will be invited to submit some questions beforehand to kick start the discussion.

Places are limited to 12 on each session.

#### Dates for Presidents' and Secretaries' Q&A

There will be **two** sessions for presidents and **two** sessions for Secretaries.

They will run on the following dates and start at 7.00pm:

- ◇ Wednesday 17th March and
- ◇ Thursday 25th March.

Sessions will be delivered by WI Advisers.

Applicants should state which date & post you are booking for - Secretary or President.

#### Date for Treasurers' Q&A

The session is scheduled for Tuesday 9th March, starting at 7.00pm. It will be delivered by the Federation Treasurer and an Independent Financial Examiner.

#### How to apply

Please reserve your place by contacting the Federation Secretary:

Email: [fedsec@lrfwi.org](mailto:fedsec@lrfwi.org) or Phone: 0116 2661342.

Closing date: 19th February 2021.

**Mandy Cutler, on behalf of the Membership Committee.**



### Meet your Membership Committee!

This committee is responsible for assisting WIs with any help they require.

#### Joy Hoults, WI Adviser



I arrived in Stoney Stanton, Leicestershire, in June 1982 with a three-year-old and a three-and-a-half-month-old baby. A move that hadn't gone smoothly, but we found we had good neighbours who were very welcoming.

Come September, my immediate neighbour informed my husband he needed to be home on the second Wednesday and I was taken off to a WI meeting. By January I was a new committee member taking the committee meeting minutes. It was a wonderful introduction to village life, which was so like my own experience as a child and was now enabling me to give the same to my sons.

I have held every position on the committee except Treasurer as this is definitely not my forte! In the early days I was persuaded to enter a competition at county level, which meant absolutely nothing to me, until I received a highly commended certificate for my sons' christening outfits. I was involved with the designing and creation of our WI tablecloth, which had a working party most weeks to complete the task. I was on the village show committee when produce and crafts were judged by County WI Judges and which has evolved into our main WI fundraiser Craft Fair, showcasing local producers and crafters, and also includes

hands on craft and art experiences for the community to 'have a go'.

Throughout, my WI friends have helped me to survive postnatal depression, a divorce, hysterectomy, a house move, remarriage and spinal surgery - amazing forever friends.

In 2008, I embarked on the training to become an Adviser and, in 2010, was one of the successful candidates that appeared on the front cover of WI Life. (The only time this is ever likely to happen!)

For a number of years, I was the Group Co-Ordinator and have this year completed a stint as Membership Chairman. As an Adviser we visit WIs for a variety of reasons, the least pleasant being suspensions. My visits into new areas always seems to coincide with an evening of storms. I usually arrive at the venue okay, but have been on some very longwinded routes home - hunting country lanes for a signpost with somewhere I can aim for, before finding a sign directing me towards Leicester and on to finding something more familiar.

Advisers are invited to many different events and functions around the counties, which has been a great education for me. With the pandemic we have had to work in very different way.

I continue as a committee member at Stoney Stanton, a dual member of Earl Shilton Evening WI and an Adviser for LRFWIs.

### Denman at Home

I hope you are finding something of interest in the wide range of courses available at 'Denman at Home'. My interest tends to gravitate towards food and I've picked up some lovely Christmas recipes over the last few weeks, though they won't do my waistline any favours.

At the time of writing there are courses scheduled to the end of December, and if you register for the newsletter you will receive a weekly reminder of what's in store.

I'm delighted to say that you can now buy e-vouchers, in multiples of £5, so that your friends and family can enjoy the Denman at Home Gift Experience! The perfect way to spread a little happiness, and you don't need a stamp.

**Clare**  
clarerobertsonsmith@lrfwi.org



### Sue Lobb's Quiz

#### "DOWN ON THE FARM" Quiz 2020

As ever, thanks to everyone for supporting this quiz, which raised a magnificent £166 for LRFWI funds. There were 66 entries received altogether, and of these, only 8 were all correct: The lucky winner drawn at random was Mrs Clare Robertson Smith of Ullesthorpe WI, who won £25 - congratulations Clare, I hope you enjoyed your well-deserved prize!

If you sent an SAE you will have received your entry sheets back by now, or by email if you preferred. For those who did neither, here are the answers:

1. ACRE, 2. FARMER, 3. CROPS, 4. ROBERT, 5. COWS, 6. SETASIDE, 7. PIGGERY, 8. EMMERDALE, 9. CATTLE, 10. COMBINE, 11. HUSBANDRY, 12. ARCS, 13. BARNS, 14. POULTRY, 15. FENCES, 16. DITCH, 17. AGRICULTURE, 18. FLEECES, 19. BARLEY, 20. SHEEP, 21. HEDGEROWS, 22. GATES, 23. LIVESTOCK, 24. SCARECROW, 25. SHEARED, 26. SILO, 27. BAKEWELL, 28. AMBRIDGE, 29. STRAW, 30. FARMHOUSE, 31. TRACTORS, 32. ANIMALS, 33. VET, 34. MACDONALD, 35. CEREALS, 36. DRILLING, 37. FOWL, 38. COCKEREL, 39. MASSEY FERGUSON, 40. WHEAT, 41. MUCK SPREADING, 42. SMALLHOLDING, 43. PLOUGH, 44. TROUGH or GOBBLE, 45. ARABLE, 46. HARVESTER, 47. DUCK, 48. SHEEPDOG, 49. STABLES, 50. THE ARCHERS.

By the way, on my Quiz Subscribers' list, there are now 90 members who have the quiz emailed to them, and quite a few of these kind people sell copies to members, family and friends at their own WIs. If you would like to become a subscriber just for your own copy or, even better sell copies to your fellow members, then please let me know by sending an email to me via WI House email address and I will tell you how it works.

Another quiz is available now; called "Crowning Glories" if you are not on my Subscribers' List but would like to have a copy, email WI House who will pass on your request to me, or email me directly if you know my email address.

**Sue Lobb**

### Jolly Festive Get Together

Federation Christmas Open House was a little different this year, with a determined effort, COVID couldn't put a stop to Board of Trustees and Committee members coming together to share the festive spirit before Christmas.

A video call was the natural option, but we gave it some sparkle and flare with festive jumpers and hats, our own nibbles selections and drink of choice.



BOT and Committees enjoyed a fun hour including a picture quiz and poetry. We were treated to cocktail making with Gail, some of us making our drinks as we went along, and enjoying them!

Handbag Bingo was really good fun and played with a competitive edge and we also enjoyed a few carols. It was lovely to see so many WI ladies together, if virtually.

**Heather, BOT**

### Constitution Changes Consultation

The NFWI is aware that the on-going pandemic, and resulting restrictions on freedom of movement and assembly, have caused logistical difficulties for WIs and federations when attempting to comply with the governance requirements in their governing documents (constitutions).

It is therefore proposing changes to the constitutions of WIs and federations (as well as its own governing document), to make these processes easier.

To ensure WIs are happy with the changes, NFWI's articles of association specify a process where Federation Chairman and Treasurer consult with the WIs in their federation. The necessary documents have been sent to WI Secretaries and are available on the Federation website and My WI.

We would be grateful if you could provide any comments in relation to the questions asked by email to [wihouse@lrfwi.org](mailto:wihouse@lrfwi.org) or by post to WI House so it has arrived with us by **15 January 2021**.



### Some Festive ideas from Food & Flowers...

This month's suggestions from the Food & Flowers team include a couple of recipes from Gail - an Australian very nutty fruit cake and a tasty way with leftover turkey – and Jacqui's favourite cocktails and mocktails. Enjoy!

#### Murrumbidgee Cake

By Roger Bayley

A little butter for greasing the tin

200g whole shelled Brazil nuts

140g walnut halves

250g stoned, halved dates

100g chopped candied peel

175g glace cherries

100g seeded raisins

Finely grated zest of 1 lemon

100g plain flour

½ teaspoon baking powder

½ teaspoon salt

140g caster sugar

3 eggs

1 teaspoon vanilla extract

2 tablespoons brandy or rum (or other alcohol of your choice), for soaking



1. Preheat the oven to 150C or 130C fan. Prepare a 1 litre loaf tin, lightly brush with butter, then line with non stick baking paper or buttered greaseproof paper.
2. Tip the nuts, dates, candied peel, fruits and lemon zest into a large bowl and mix them well. Sift the flour, baking powder and salt over the nut mixture, tip in the sugar and mix again. Beat the eggs and vanilla and stir into the mixture.
3. Spoon the mixture into the tin and smooth the top. Bake for 1½ hours in an electric oven, about 2 hours in a gas oven, or until a skewer inserted in the centre of the cake comes out clean. If it browns too fast, put a piece of paper or foil over the top to protect it.
4. When the cake is cooked, cool in its tin for 10 minutes, then turn the cake out and stand it the right way up on a large piece of muslin. With a skewer, make several holes in the top of the cake while its still warm and spoon in the alcohol of your choice. Wrap the cloth around the cake, then enclose in cling film or foil and store in a cool place until ready to eat.

#### Turkey & Cranberry Ring

2 packets (240g each) chilled fresh dough for 6 croissants or ready rolled puff pastry

6 tablespoons mayonnaise

1 tablespoon Dijon mustard

½ teaspoon freshly ground black pepper

225g (8oz) cooked turkey (chopped)

1 stick celery (thinly sliced)

3 tablespoons fresh parsley (chopped)

85g (3oz) dried sweetened cranberries

85g (3oz) Gruyere cheese (grated)

2 tablespoons walnuts (chopped)

1 egg white, lightly beaten



1. Arrange the 12 croissant triangles around a baking stone, with wide ends overlapping, leaving a 5-inch opening in centre.
2. Mix together mayonnaise, mustard, black pepper, chopped turkey, thinly sliced celery, chopped parsley, cranberries and grated cheese.
3. Scoop mixture evenly over dough in a continuous circle. Bring points of triangles up over filling and tuck under dough at centre to form ring.
4. Brush with egg white and sprinkle with chopped walnuts.
5. Bake for 25-30 minutes at 190°C/375°F/Gas 5. Serves 8 as a main course or 12 as a taster.



## Cocktails and Mocktails



### NON ALCOHOLIC

#### Cranberry Collins

125ml/ 4 Fl oz Cranberry Juice  
225ml/ 8 Fl oz Club Soda  
½ Tablespoon Lime Juice  
Ice Cubes and Lime Slices

Mix cranberry juice and lime juice.  
Stir in club soda.  
Add ice cubes and lime slices.



#### Snowball Mocktail serves 4

Start this the night before...

25g/ 1oz sugar  
25ml/ 1 Fl oz water  
10g/ ½oz Mincemeat  
300ml Vanilla Ice cream  
100ml lemon juice  
500ml lemonade or diet  
½ tsp cinnamon  
60g redcurrants

Heat the water and sugar until dissolved.  
Pour over mincemeat in a jar, leave overnight.

Strain the mixture, measure 10ml of syrup mixture, mix with the other ingredients (not cinnamon and redcurrants) until white and frothy.

Pour into glasses, dust with cinnamon and top with redcurrants to serve.

### ALCOHOLIC COCKTAILS

#### Blushing Reindeer

25ml/ 1 Fl oz White Rum  
25ml/ 1 Fl oz Dark Rum  
½ oz Triple Sec  
1tsp fresh lemon juice  
Dash Grenadine  
4 strawberries hulled  
1 strawberries for garnish

Combine all ingredients with 4-5 ice cubes and blend until slushy.  
Serve in a tall glass/flute garnish with a strawberry.



#### Poinsettia

100ml/ 4 Fl oz Champagne/Sparkling Wine  
7ml/ ¼oz Triple Sec  
Splash cranberry Juice  
Orange Peel to garnish

Stir all VERY gently in a champagne flute.  
Garnish with orange peel.

### Margaret Johnston Trophy Competition 2021

Leisure Activities Committee

The theme of this year's writing challenge is ...

#### 'The Ups and Downs in 2020'

in no more than 500 words. Your entry should be typed, if possible, on A4 paper.

Entry fee: £4 Closing date: 10 January 2021

Entry forms are on the flyer which has gone out to WI secretaries and is also on the downloads section of the website.

The winning entry will be displayed at the Annual Council Meeting in March 2021 and be featured in County News.

### Photography Competition 'We've Got Talent!'



Bid to make the **front cover** of County News with **your** photo!

Photos to be submitted by 31 January 2021 for judging

The winning entry will receive a prize.

We need only digital photos sent by email or memory stick, of high resolution (min. 1 MB)

£2.00. per entry

Entry form and details on the flyer

### The Edith Buckley Poetry Competition 2021

In memory of Edith Buckley, Blackfordby WI

#### 'Lockdown'



Use any poetic form to capture the changes & challenges of lockdown in Leicestershire, in your village/ within yourself in no more than 150 words.

Entry fee: £4 Closing date: 4 February 2021

Entry forms are on the flyer which has gone out to WI secretaries and is also on the downloads section of the website.

The winning entry will be displayed at the Annual Council Meeting in March 2021 and be featured in County News.

### Federation Art Trophy 2021

Art & Crafts Committee

#### Fairground

Entrants should submit a painting in any two dimensional drawing or painting medium. The actual artwork shall not exceed A3 (42.0 x 29.7 cm) in size excluding the mount/ frame and must have fittings suitable for hanging.

Entry fee: £4 Closing date: 11 February 2021

Entry forms are on the flyer which has gone out to WI secretaries and is also on the downloads section of the website.

The winning entry will be displayed at the Annual Council Meeting in March 2021 and be featured in County News.



## Save the Date! Annual Council Meeting

6 March 2021, On Zoom

Free for all members!



### Speakers

#### Christine Walkden

Horticulturalist, author and TV gardener

#### Sally Illsley

Girlguiding Division Commissioner for Loughborough and former UK Deputy Chief Guide



Please contact your WI Secretary with your email address in order to receive the details for joining the meeting by Monday 15 February 2021.

WI Secretaries will collate the required information and should send to WI House (wihouse@lrfwi.org) before Thursday 25 February 2021.

Please state who will be your delegate as they will be sent the information to enable them to vote on the necessary items.

Speakers subject to change at short notice.

This event may be photographed, we will presume permission unless we are otherwise informed.



## Federation Events

### Individual Competitions for the Annual Council Meeting Saturday, 6th March 2021 via Zoom

#### The José Smart Award Flower Competition

TITLE: "Time for Tea"

SCHEDULE: A photograph of a petite display of natural plant material in a teapot, accessories allowed, not to exceed 25cm/10" in width or height. Please place a ruler in front of the exhibit and a 1 litre milk carton beside it in the photograph.



#### Children's Cookery Competition

TITLE: "Animal Faces"

SCHEDULE: A photograph of three decorated cup cakes on a plate. To be judged in two age categories: up to 7 years, and 8 to 15 years.

#### Adult Cookery Competition

TITLE: "A Visit to the Zoo"

SCHEDULE: A photograph of a 20cm Decorated Cake on a board.

#### RULES FOR ALL INDIVIDUAL COMPETITIONS:

1. Must be competitor's own work.
2. Two photographs of each exhibit should be emailed to [wihouse@lrfwi.org](mailto:wihouse@lrfwi.org) or posted to WI House to arrive by Thursday 18th February 2021. No entries will be accepted after this date.
3. Include your name, WI, the age of any children entering and the date in one photo only.
4. The judges will be appointed by the Federation. The judges' decision will be final and no correspondence will be entered into.
5. The competitions are free to enter.
6. The winner of the José Smart Competition will hold the cut glass vase for 12 months. All children entering the cookery competition will receive a small prize, and the winning adult will receive a free ticket to any Food & Flowers event in 2021/22.

Please note: Groups are encouraged to submit entries prepared for the Brenda Barnett Trophy 2020 – Musical Memories in 2021. Contact WI House for further details

## Around the Counties

### Cossington

Cossington WI invited Zoom speaker Jeremy Prescott to speak at their November meeting. Jeremy's presentation titled "The Miracle Flower - from Flanders to the Tower" told the story of the Poppy and how it has become the symbol of remembrance. An apt and informative talk for what was Armistice Day.



Prior to the meeting Centenary gift bags, containing a cake, a tea bag and bottle of Prosecco, had been delivered to all members to toast and celebrate the Centenary of Cossington W.I.

### Billesdon

Billesdon WI did a socially distanced Happy Birthday for one of their long standing members. Audrey Stimpson was 90 and a group of friends and neighbours gathered on her drive to wish her Happy Birthday, and give her a pot of pansies and a card.



## Barkby & Beeby

The doorbell rings, I look and find a small paper bag with the WI logo and my name on it - My 'Meeting in a Bag' has arrived courtesy of Sue, a committee member of BARKBY & BEEBY WI. The bag contains a letter from our President, a note of the state of our finances, and a quiz, word search, knitting pattern, 2 recipes and the obligatory individual teabag and piece of iced fruit cake (for the refreshments) also a small gift of hand cream. I forgot, a picture to colour – we had crayons in our bag last month. It cheered me up no end on this dreary wet Tuesday morning and I thought I would like to share it with you all. It brings together our WI friends in spirit as we cannot meet face to face. It won't be forever and we have to work to get back to normal as soon as it's practical and safe.

## Anstey

Anstey WI held their Annual Meeting on Zoom. It was good to see some members who had not been able to meet with others during the pandemic. Two committee members stood down, and there was a change of treasurer. This can be a hard post to fill, so a volunteer was very welcome. Encouraged by the success of this meeting, a Zoom meeting is to be arranged for December.

A phone buddy scheme is now in place, so that each member is contacted by someone on the committee on a regular basis. This is particularly important in the case of those without internet access of course.

Jan Chandler went to visit Chris Figgins, who moved to Turkey to live with her daughter, and celebrated Chris' 90th birthday. Jan went for more than a fortnight, but Chris' son, who has a farm, flew over just for the day, to Chris's delight. They enjoyed a private boat trip with a magnificent buffet. Jan took the birthday card from the institute. It was made by Heather Savage, and each member signed a paper flower. Most also coloured their flower, and these were fixed into the card. Chris is looking very well, clearly benefitting from the warmer weather, care and company.

## Hathern

The Committee of Hathern WI have been busy preparing and will shortly be delivering gift bags to our members for Christmas.

They include a hand cream, craft pack, Federation quiz, Sudoku and pen and a chocolate Santa with a Christmas card from the Committee.



## Broughton Astley

Ladies of Broughton Astley WI decided that instead of exchanging Secret Santa gifts this year, they would buy gifts and donate to the Women's Aid Leicester and Leicestershire charity, which provides refuges to support women escaping domestic violence. Top of the list of needs was kitchen equipment for women starting afresh in their



own accommodation, underwear and baby clothes. Our ladies came up with a wonderful variety of kitchen items, pretty underwear, delightful baby

clothes, hand knitted cardigans and blankets (plus a good as new Moses basket), a collection of cosmetics and a generous amount of cash.



Our member, Chris Riley, celebrated a very special birthday at the end of November and we presented her with a bouquet with good wishes from all her WI friends.

Our committee delivered a Christmas gift bag to each member to bring them a little seasonal cheer. Each bag had been decorated with recycled Christmas cards and contained a pot planted with either Tete a Tete Daffodils or miniature iris bulbs, a travel size soap and hand cream, a Christmas card Cross-stitch embroidery kit, some chocolates and a copy of Sue Lobb's Christmas Quiz. There will be a prize for the winner!



We are planning our first ever Zoom meeting with a view to inviting a guest speaker in the New Year to keep us going until we are able to restart meetings in person – what a lovely thought!



## Thurnby & Bushby

One of our members, Pat Wesley, did a sponsored challenge to knit 200 wrist cuffs for premature babies (these are used to keep cannulas in place on the babies' arms). Pat has raised over £100 for the Leicester Hospitals Charitable Trust. This charity was the one our WI had chosen to support at our annual Strawberry Tea but this of course had to be cancelled due to the pandemic.



Two of our members Val Kelham and Lynne De Ville have been knitting cardigans and beanie hats for a volunteer led charity called Baby Basics. This charity helps mums and families referred to them when they are struggling to meet the financial and practical issues of looking after a new baby.

Altogether they knitted approximately 25 cardigans and 25 beanie hats.

## Markfield

In October we held our AGM as a hybrid meeting as per guidelines with some committee members together and members on zoom. We were very pleased at the number of members attending and although we lost members of the committee for personal reasons we also gained. One of our members followed the AGM with a talk on the meaning of Halloween and a couple local ghost stories.



On 11 November a group of ladies from Markfield WI met at the village War Memorial to lay our wreath. A few other people from the village also attended and it was good to have two minutes silence together but sad that no Last Post was sounded and obviously we couldn't have the service as in previous years - hopefully next year.



## Oakham

We started the year with our post Christmas meal at Rutland Golf Club enjoyably, unaware of what was to come. In March we had been due to host a horseshoe meeting with guests from our local WIs but that unfortunately was cancelled due to Covid regulations coming into force on the same day. Little did we know that there would be no more regular member meetings this year. We soon realised that the committee would need to meet and started to hold our committee meetings via Zoom. Our president started a monthly newsletter which was e-mailed out to members and continues to be sent monthly. In June all members received "a hug in a mug" delivered by committee members. A Whats App group was also started.

We were lucky enough at the beginning of September to be able to hold a meeting outdoors



before the regulations changed again. We also ran a treasure hunt around Oakham. It became increasingly clear that we had to take the opportunity to ensure that as many of our members as possible were confident in using Zoom prior to the winter, as things were not going to get better for a while. We invested in a Zoom account, using the money we would



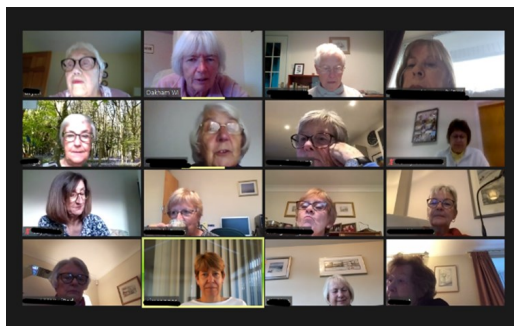
have been paying for hall rental.

Whilst we were still meeting in sixes for coffee and walks, we started to embrace Zoom with our first monthly meeting held in September on Zoom where we had a session of face yoga and a quiz.

At our October meeting

we held our AGM and also had a presentation by a local photographer, Richard Adams on travel. Something we are all missing. In November we invited members of our local WIs to join us to hear Murray Jacobs give us a virtual tour of Cambridge. 35 members enjoyed his insight into the Cambridge we thought we knew but didn't.

For lockdown 2 we have extended our use of Zoom from our normal quiz night, book club and local history club to include a games afternoon with bingo, a beetle drive and a virtual scavenger hunt so far. We try to make sure that we have at least one Zoom activity a week, sometimes two.



Our Twitter feed has been invaluable in sharing ideas for Zoom activities and speakers with other WIs throughout the country. Whilst we are missing meeting face to face as a group we feel with have risen to the challenges in 2020 caused by Covid. We are doing everything we can to provide a programme that has something for all our members and provides support and companionship during these difficult times. We look forward to the time when we can celebrate life returning to normal.



### Copy for County News

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 [finance@lrfwi.org](mailto:finance@lrfwi.org).

### Advertising Rates

**WI Announcements 5p pw**

**For sale/wanted (WI only)**

**5p per word text only**

**£5 per column inch with graphics.**

**Minimum charge £3.00**

**Charity rate**

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**Commercial rate (including WI members business advertising)**

**£9.00 per column inch**

Discounts available for regular advertisers. Please pay on receipt of invoice only.

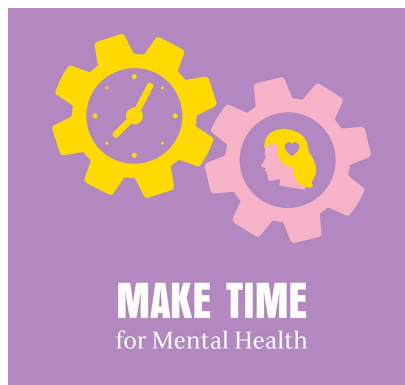
**Cheques made payable to LRFWI and sent to WI House.**

We do not accept any responsibility for any adverts published in County News. Advertisements are accepted subject to space available.

## Public Affairs

### Make Time for Mental Health

'Mental health matters as much as physical health. The NFWI urges all WI members to recognise the importance of parity between mental health and physical health, and take action to make it as acceptable to talk about mental health issues as much as physical health issues, and to lobby government for better support for mental illness.'



The coronavirus outbreak has affected the way we all live, and many of us may be feeling anxious, lonely or stressed as a result. We also know that some people are finding it difficult to access the necessary support. Making time for your mental health and wellbeing is as important as ever.

#### Here's how you can take action:

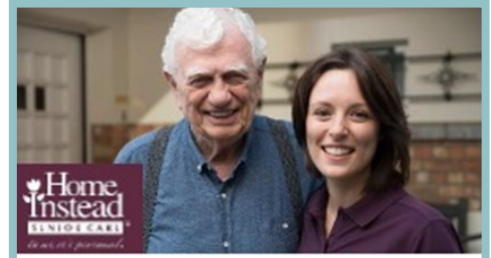
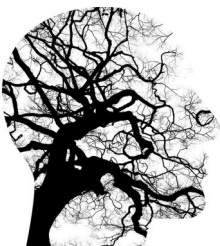
**Let us know what works for you.** Lots of specialist organisations have published information and advice to help you take care of your mental health and wellbeing during this time, which you or your friends and family might find helpful.

These organisations include: Rethink Mental Illness, Mind, NHS England, Public Health England and the Mental Health Foundation. The Maternal Mental Health Alliance has also compiled information and guidance from its members, including for new and expectant parents. Don't forget to share this information with your networks as well, as you never know who it may help.

**Look out for people in your community** – find out more on our My WI [Link Together to alleviate loneliness campaign page](#).

**Invite a speaker on mental health to a meeting.** This is a great way to learn about the different types of mental health problems and sources of support.

**Spread the word on the top tips on how to look after your mental health** from the [Mental Health Foundation](#).



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