



Chairman's Address

Hello Everyone

The signs of Spring are burgeoning, the bulbs are bursting into flower and I have already seen catkins and pussy willow to stroke on my strolls along the Rea Valley trail. The dawn chorus is waking me earlier each morning and already there is perceptible evidence each evening that the daylight is lengthening. Although I enjoy all the seasons with their differences, I think Spring is my favourite.

It will soon be time to get out into the garden to prune back old growth and tackle the ever-reappearing moss in my north facing border and the weeds which proliferate everywhere and then I need to move into the greenhouse to begin sowing summer bedding plants and vegetables.

I would like to thank all of our wonderful members who sent me cards and emails with kind and sympathetic messages to cheer me through the dark days over Christmas when I wasn't sure if I would have a husband in the New Year. It is this sense of belonging and caring which so exemplifies the spirit of the WI. I am delighted to say that Paul is making excellent progress.

It will soon be time to be thinking about your Annual Meetings. I have already received some invitations to attend and would like to say that I and our other two WI Advisers Cathryn Marsh and Jackie Poyner would be delighted to attend to meet you. It is always a pleasure to find out what you are up to and to listen to your views on what you would like your Federation to do to support you.

You are all used to these meandering chats each month, but this month I am going to do something unusual and bring two important matters to your attention.

Firstly, in line with NFWI policy to cut down on contributing to further global warming and to help offset the negative effects of climate change on wildlife and the environment, I regret to say that in future we will no longer be in a position to send out paper copies of The Cog or flyers announcing Federation planned events. All WI Secretaries will of course continue to receive everything by electronic means and your committees will ensure that all information is passed on to you.

Secondly, on page 15 of this month's edition of WI Life, there is an article by Melissa Green (Chief Executive of NFWI) which introduces an initiative for attracting new supporters of the WI whereby women can (for a fee of between £5 and £26) enjoy some of the benefits of new and existing members without attending meetings or belonging to a specific WI. Some current non-members may find the idea attractive as

their immediate lifestyle means they cannot find the time to attend monthly meetings, but they will have limited elements of the benefits of membership scaled according to the contribution they make. It is thought that their support will create wider awareness of the WI and its objectives and may, it is hoped eventually increase membership. We know that some of our members complain about the amount of the annual subscription but for £46 we get membership, meetings, the right to propose and vote on Resolutions and above all the friendship that being a member brings.

I would be very interested to hear your thoughts on this matter and perhaps it could be a discussion item at your next meeting. If you do decide to hold a discussion it would be very helpful if a member of your committee could collate your responses and email the results to me so that I can present the matter to the Trustees at our next meeting. Thankyou.

In the meantime, enjoy the Spring and I wish you all the pleasure that being a WI member brings.

Lynn

200 Club Winners £10.00 Draw

Ruth Smith, Green Lane WI

Diary of Events

2023

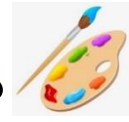
- 30th March 2023 – Resolution Cascade, BMI
- 4th April 2023 - Glass Fusion Workshop at Curborough Hall Farm, Lichfield WS13 8ES
- 21st April – Spring Outing (Stamford)
- 21st April – Menopause the Musical 2, Alex theatre
- 25th May 2023 – NFWI Annual Meeting, Cardiff
- 9th June – Quiz
- 21st June – Summer Outing (Skegness)
- 13th July – Croquet (Kenilworth)
- 25th July – Croquet (Kenilworth)
- 19th September – Autumn Outing (Melton & Oakham)
- 25th September 2023 – Annual Meeting (Austin Court)
- November 2023 – Christmas Outing (Hyde Park)
- 9th December 2023 – Christmas Festivities

Don't forget to follow us on Facebook for regular posts and updates.
<https://www.facebook.com/WMFWI>





Acrylic/ Watercolour Painting Class?



Would you be interested in learning to paint in acrylics or watercolour?

The Federation would be willing to hire a tutor and demonstrator, to give members a chance to have a go.

Remember 2023 Trustees Trophy is a painting.

If members could let their WI Secretary know if they are interested and then the information and names passed to Federation by the end of March 2023 @

WMFWI@AOL.COM

Glass Fusion Panel Workshop

Design an art glass panel. Select and cut pieces of stained glass from a huge collection of colours, assemble and heat in the kiln to soften and melt.

Cost is £45 per person approx. 2hrs Limited places available. Can be repeated if popular.

Tuesday 4th April 2023 at 10.30am Curborough Hall Farm Countryside Centre Watery Lane, Lichfield WS13 8ES

Your secretary has the flyer



Knowle WI

Knowle WI donated and planted a tree in memory of the Queen.

Originally intended to be a tribute to the Queen in honour of her Platinum Jubilee, we have now planted this Hawthorne Crimson Cloud tree in her memory in Knowle Park on January 25th 2023

Stephanie Withers Knowle W.I

Aldridge WI

Aldridge WI monthly Craft group making cards using buttons



Yardley & Hobs Moat WI

Yardley WI played the first dart match against Hobs Moat and these amazing ladies from Yardley won 3 games to 1. Well done to Janet, Karen, Bea and Val and our reserve Julie You go girls!

Left - Photo of Yardley and Right Hobs Moat



Trustees challenge- Collection dates September /October

Please note the focus of the charity has changed a little and they no longer require period pouches. Instead, could you review the other options for supporting them as listed below.

I know some members have already been working on making these. We will use those pouches made to date for small crayons to go in the buddy bags. So please keep them until the dates for collection later in the year.

Thank you so much.

The Buddy Bag Foundation was created in response to the rising number of children who enter emergency care after fleeing violent situations at home.

Restoring a sense of safety and security into a child's life during a traumatic time is one of the first steps to recovery. By providing these children with a few essential items, our mission is to help make the transition into emergency care a little easier.

The charities' philosophy

- 100% of donations go directly to the children.
- To support local communities all over the UK.
- To provide opportunities for individuals and organisations to give back.

The Buddy Bag was created to support children in this situation and provide comfort when all else has been removed.

Buddy Bags are tailored to suit babies, children and young people according to age groups and gender. The charity can use up to 80 a month!

What's in a Buddy Bag?

A Buddy Bag is a backpack that contains all the essential items a child needs. They include items such as, toiletries, pyjamas and underwear, in addition to comfort items such as a book and a teddy bear.

How can the WI help? Sewing

- A simple toiletry bag Size: Drawstring bag 12" x 10" Make in bright colours for children aged from 0 to 16.
- Folded pencil case Size: 10.5" x 6.5" Follow the demonstration on YouTube <https://youtu.be/ezu0zEx3rx4>
- Zipped pencil case Size 10.5" x 6.5" Follow the instructions on YouTube <https://youtu.be/j1AsfZRYIRM>

Knitting

- [A topsy turvy doll or teddy. \(Please make sure eyes etc are sewn directly onto the item rather than attached as this meets health and safety rules for children's toys\)](#) [See pattern back page](#)
- [Crocheting - A teddy](#) [See pattern back page](#)

If you prefer not to sew, knit or crochet you can still help the charity by providing

Toothpaste, tooth brushes, children's underwear, note books, crayons, children's pyjamas.

THANK YOU

Quiz Evening

QUIZ!

on Friday 9th June 2023 7pm

At Shirley Community Centre

Stratford Road, Shirley B90 3AD.

Each Team to consist of up to four members from your Institute

Each Institute may enter more than one team

Cost £20 per table to include coffee/tea and cakes

Supporters welcome at a cost of £3 to cover refreshments, payable on the door.

Your secretary has the flyer

ACWW WOMEN WALK THE WORLD

The ACWW 'Women Walk the World' will be held Wednesday 26th April meeting at the Roundhouse, 1 Sheepcote St, Birmingham, B16 8AE from 11.00am

I will be arranging a tour which I am sure will be a very interesting day

Do hope you will join us as always a lovely social day together

More detailed information will be sent to your secretaries

Look forward to seeing you

Pamela
ACWW Coordinator

Public Affairs Report February 2023.



No More Violence Against Women

NO MORE

violence against women

Lynda Gibbon, President of Harborne Village WI arranged a meeting with Simon Foster (Police and Crime Commissioner for the West Midlands). Five members of the WMFWI Public Affairs Committee attended on 20 January 2023 and were supported by a briefing note from our national Public Affairs team.

Nicky Brennan works with victim support groups and as a counsellor, leading on the City's Violence Against Women Strategy.

Discussions ranged from ending violence against women and girls to the role that the WI plays in the heart of the community. The WI's interest was warmly welcomed and suggestions made for ways in which WIs could provide active support. A very useful and informative talk.

Photo left to right Dawn Statham, Victory Belles WI, Lynn Smith, Federation Chair, Simon Foster, Nicky Brennan, Carole Parkes, Harborne Village WI, Cathryn Marsh, Walmley Eve WI, Lynda Gibbons, Harborne Village WI

Million Women Rise March 2023 Campaign Craft Project: Musical Instruments



On Saturday 4th March the NFWI Public Affairs team will be hosting a pre-meet and panel discussion before joining the Million Women Rise march. You will have the chance to hear from expert speakers on the issue, which will be followed by a Q&A session where you will have the chance to ask the speakers your questions. If you are interested in attending pre-meet and/or the march, [you can register your interest here](#).

The NFWI Public Affairs team would like to invite members to create musical instruments to bring to the march to create a cacophony of noise, supporting victims and survivors of violence against women.

These musical instruments are all created from recycled household items, plus bits from your craft stash and a few items that are easy to obtain. The instructions are intended as a basic guide and you can decorate them in the campaign colours or as desired.

Below you will find downloadable instructions on how to create the instruments. You will also find the No More Violence logos to download for decorating your instrument.

In this document you will find instructions and materials needed to make the following instruments:

- Tin drum
- Bottle maracas
- Hoop tambourine
- Tube whistle
- Quick musical instruments for non-crafty members

<https://mywi.thewi.org.uk/nfwi-news/articles/million-women-rise-march-2023-campaign-craft-project-musical-instruments>



ADHD/Autism Awareness webinars still available on MyWI.
October marks ADHD Awareness month. The NFWI Public Affairs team hosted two webinars in Oct/Nov 2022.

WI Conversation Cafés: Enhancing community cohesion for refugees.

The **Women's Institute** is mobilising its network of 190,000 women to offer refugees a warm welcome when they arrive in the UK. The organisation is encouraging its network of 5,500 WI groups to set up Conversation Cafés in their own communities to offer refugee women a place to come together to meet others and learn new skills.



The scheme has been set up in response to a huge outpouring of support from the WI network in response to the recent refugee crises in Afghanistan and Ukraine. The WI has had a flood of requests from WI members who wish to take practical steps to support and welcome refugees to their communities.

The scheme which was launched 12th December 2022, will see WI members working with refugee organisations, local authorities and communities to set up the Cafés. It builds on the WI's long history of working to support refugees, including its work in 1972 to welcome Ugandan refugees

Under the **Climate Change** banner, a coffee morning took place on Zoom entitled 'A Green look ahead to 2023' with presentations from key policy experts on their predictions in terms of policy context and upcoming legislation.

A range of new resources will be available to support Climate Ambassadors (and WIs generally). These include guides to lobbying (MPs/Councillors); hosting an environmental documentary film screening; a directory of available film material available on BBC iPlayer, Channel 4, Netflix, etc; templates, checklists and material for events.

Upcoming resources soon to be available for Climate Ambassadors include:

- 'Starting out as a Climate Ambassador' guide
- A lobbying on guide how to lobby MPs/councillors
- How to host an environmental documentary/film screening
- A directory of climate/environmental documentaries/films available on BBC iPlayer, Channel 4, Netflix and other home streaming platforms.
- A short template feedback survey for events
- Template GDPR notices for events/calls
- An event checklist
- An environmental quiz
- A simple swap guide
- A climate coffee morning resource pack

International Women's Day 2023: Women in Leadership



On 9th March 2023 from 7pm – 9pm the NFWI will be hosting a webinar on Zoom for WI members and members from the Six-O group. The Six-O group is made up of the six leading women's organisations in the UK.

The webinar will offer WI members and members from the Six-O group the chance to hear from expert speakers on the importance of women in leadership. The panel of speakers will also reflect on their own experience taking on leadership roles in their own careers. We will be publishing the full panel for the event in the new year.

You can register to attend by visiting: <https://www.eventbrite.co.uk/e/the-wi-webinar-international-womens-day-2023-tickets-471310300797>

Show the Love 2023



#ShowTheLove

This February, people from all walks of life will come together and use the power of green hearts to show decision makers that we want to see urgent action to tackle climate change, protect nature and bring down our energy bills.

You can find resources for Show the Love 2023, including the Show the Love 2023 digital action pack and a downloadable postcard on [**The Climate LCoalition's website.**](#)

You can find lots more ideas about how to get involved on our Show the Love hub which includes lots of craft projects and other resources. [**This is available on MyWI.**](#)

Look out for your February edition of WI Life magazine for exclusive WI Show the Love content.

Cervical Cancer prevention Week

Next week is #CervicalCancerPreventionWeek and cervical cancer charity Jo's Trust is encouraging everyone to spread awareness of cervical screening and the HPV vaccine, read up on the facts, and get involved where they can.

Head to the [Jo's Trust website](#) to find out how you can get involved.

[Read more about our 5 Minutes that Matter campaign here](#)



The NFWI has developed a [leaflet on HPV and cervical screening](#) to raise awareness of HPV and how it is passed on, and to help people understand their screening results. You can request a printed copy by [emailing the Public Affairs team.](#)

[Outside Events:](#)

Birmingham Honey Show at Winterbourne Gardens



Sat 09, Sun 10 September 2023
10.30 – 5.00pm



Heritage Open Day – free entry

The weekend is all about our ‘buzzing’ residents, the honey bees. See the bees in glass observation hives, attend live bee demonstrations (weather permitting) and meet local beekeepers. Stalls for all the family, activities, plant sales and more.

Liz Galloway

ARTS AND ACTIVITIES



Here comes spring and with it my thoughts fly to days out, picnics and summer evenings. Please see below some of the Federation events for the next few months and hop on board. The newly formed committee is keen to explore the things you want us to organize and put on for you. Maybe you fancy cocktail making, or a gin tasting evening. No matter how different, odd, peculiar or exciting it might seem we are waiting for your ideas.

THE VAL DAGGATT CUP - Award for writing

We do hope that if you enjoy writing or are even an amateur writer or simply a complete novice, that you will enter this years' competition.



Members are invited to submit a piece of writing (no more than 1,000 words) On this subject

My fondest memory of the natural world

There is an entry fee of £5 for this competition to cover the costs of judging and moderation

The Cup will be presented at The Annual General Meeting in September 2023

ARE YOU INTERESTED? Entry forms available from

Julie Afridi Martin
28 Vicarage Road
Yardley B338PH

itafridi@hotmail.co.uk
0121 784 7010

Please remember to include a A5 SAE so that your entry form can be sent to you.

Plus, your £5 cheque made payable to WMFWI or contact me for bank details.

Closing date for entries Monday 26th June 2023



KARTING - We proposing to offer a trip to Midland's karting in Cannock near Fradley in April.

We would be pleased to hear from groups approx how many of your members would be interested in this activity so that we can plan effectively the numbers of places we need to secure.

Sessions usually run for 45-60 minutes. Safety info and equipment will be included in the price.

E mail Julie – jtafridi@hotmail.co.uk

Planning and organizing these events takes a good deal of time and effort. I am happy to look into this further if I hear from any interested groups before the end of February.

Here's a taste of what's on in and around our area

You can find further details about all of these events at

<https://visitbirmingham.com/whats-on>

Art Classes in The Art Room

Education – Venue [Newhampton Arts Centre](#), Wolverhampton **Until 1 Oct 2024**

Art Classes in The Art Room

Join Art Tutor Hannah Boyd in the Art Room for a 5-week art course every Tuesday

The course will be focusing on creative mark making and textures using different materials and techniques to make images, suitable for all levels...

Sights of Wonder: Photographs from the 1862 Royal Tour

Exhibition - The Barber Institute of Fine Arts, Birmingham until **12June2022**

Pyramids, sphinxes, temples and shrines: breath-taking views of these ancient and often iconic landmarks, captured by pioneering Victorian photographer Francis Bedford, feature in the Barber's first ever online-only exhibition, Sights of Wonder. ...

Grayson's Art Club: The Exhibition

Exhibition - Midlands Arts Centre, Birmingham until 16 Apr 2023

The exhibition features over 100 artworks selected by Grayson Perry, Philippa Perry, and guest celebrities during season three of the popular TV series, Grayson's Art Club.

Morning Coffee and Paint with Watercolours at Cass Art Birmingham

Workshop – Central Birmingham EARLY BIRD OFFER 10% discount with code EARLYBIRD10

What's Included Watercolour Paper, paints, aprons, water jars, palette and brushes.

What to expect - A 1.5-hour watercolour workshop

Reference picture and tracing supplement provided for easy drawing.

Learn about colour mixing - then the fun part will begin with your imagination

Create your own masterpiece and take it home. Limited to 5 people

Keeping limited number so everyone gets the time and attention from the artist. No

Experience Needed Even if you have never picked up a brush, this is your sign to get in there and experience the joy of painting. Instructions will be given but don't stop yourself there, you can go wild with your own imagination.

The Beer Tasting – Solihull 24 Mar 2023

Join us for an evening where we shall look at beers from all spectrums that are currently adorning our shelves.

This evening will be conducted like a wine tasting. There will be at least eight beers on show with tasting measures (25ml approx.) ...

Evening Talk - Rogues, Villains & Peaky Blinders West Midlands Police Museum, 25 Feb 2022

Rogues, Villains & Peaky Blinders – Criminals of the Lock-up

Explore the museum after hours and joins us for an evening talk as we take a dive into some of our fantastic historical records and discover some of the criminals held at the lock up in...

Darts



The darts rounds are going ahead and we will issue results of each one next month. Good luck to each team player across the county.

Reading

During lockdown. We published some potential good reads as recommended by our members. I'm keen to revive this. Here's one to start. Please let me have your titles and a short precis / critique.

Thanks all. Enjoy the early sunshine

Julie Afridi Martin

NFWI News



Claire Lubbock of Ovarian Cancer Action has contacted our Federation to invite us to take part in Walk in Her Name, www.ovarian.org.uk/walkinhername) a fundraising event to support ovarian cancer awareness and research. By participating in Walk in Her Name, you will be supporting efforts to increase knowledge about ovarian cancer symptoms, develop ground-breaking treatments, and ensure that women have access to the best care regardless of their age, ethnicity, or location. I know these things align closely with the WI's **see the signs** campaign.

During the month of March, the official Ovarian Cancer Awareness Month, we are asking our supporters to walk a cumulative total of 100km each. This impressive challenge can be fit around your lifestyle, or be completed through treks with family, friends or other WI members To register and receive your fundraising link and guide please visit www.facebook.com/groups/walkinhername. If you would prefer to take part outside of social media (or as a team) you can set up a JustGiving page here: <https://givp.nl/register/GvGowAgP>

	<p>new Denman at Home courses!</p> <p>Ready for the new year and new skills? Want to learn how to communicate in BSL, at a beginner level, on a range of topics using simple, everyday language? Or maybe your new year's resolution is to learn new craft skills? How about investing in your mindfulness by joining a Qigong session? Whatever you fancy, take a look at our Denman at Home online educational courses led by expert tutors.</p>
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	<p>The WI joined with over fifty celebrities, environmental organisations and climate activists to sign Make My Money Matter's open letter.</p> <p>The letter calls on the CEOs of the UK's 5 biggest high street banks to stop financing fossil fuel expansion and achieve the goal of net-zero emissions by 2050. Between 2016 and 2021, the five biggest UK banks have collectively funnelled billions of consumers' money into the fossil fuel industry. The open letter is still available to sign by WI members.</p>
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	<p>Brew Monday was an initiative run by the Samaritans</p> <p>Tea Gift Card that you can create</p> <p>Missed out on January's Brew Monday? No worries, prepare for next year with a beautiful tea gift card!</p> <p>Follow the WI values of upcycling and use leftover card stock materials to create the gift card.</p>
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Summer Outing

Skegness

Wednesday
21st June 2023

Join us on our summer outing to the award-winning seaside town of Skegness that offers plenty to see and do or just sit back and enjoy the prestigious Blue Flag award winning beach that it is amongst the cleanest in the world.

Complete your seaside experience with an ice-cream or a delicious portion of fish and chips, there's nothing quite like fresh fish and chips by the sea.

Plenty of shops, bars and restaurants and local transport can take you along the coastal road. Easy walking, nice and flat!

We will aim to arrive by 11 – 11.30am to enjoy the day and depart at 5.00pm.

Cost inclusive of coach, is **£23.00** (non-members welcome)

Closing date is 25 April 2023

Pick Up points;

Allesley, Yardley, Solihull, Cotteridge, Halesowen, Walsall Wood, Mere Green, Boldmere

(times to be confirmed)

Please contact Kim Slivinski 07843 123748 if you would like to discuss other pick- up points

WMFVI - Summer Outing to Skegness

Cheques to be made payable to WMFVI to - Kim Slivinski, 136 Common Lane, Sheldon, B26 3DN by no later than 25 April 2023

INSTITUTE _____ Require _____ tickets @ £23.00 =Total £_____ Pick up_____

please include a sae with your application and list name of applicants on the reverse of this slip

Refunds will not be issued for this event unless cancelled by the Federation