



North Yorkshire West Federation News

May 2020

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theWI
INSPIRING WOMEN

Sticking together and finding support



*Through
uncertain
times*

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Latest News

NOTICE

The format of each issue of Fed News during the Coronavirus outbreak will change, hopefully to try and reflect what we hope members will want to hear about as this crisis progresses: trying to keep members up to date on the changing Federation events schedule, and on what's happening across the Federation to keep members in-touch and supported. The usual content for At a Glance and Events listings on pages 2, 8 and 9 will be temporarily removed and instead we will include new content for "How WIs are staying in contact with members" and "Lock Down Tales". Due to government advice on social distancing all Federation meetings, events and workshops were stopped from the middle of March. It is hoped that all postponed events can either be arranged for later-on this year if possible, or otherwise be rescheduled for next year.

The letter from Her Majesty The Queen on our 2020 Centenary of Yorkshire Federations:



BUCKINGHAM PALACE

13th March, 2020.

Dear Ms. Clarke,

The Queen has asked me to thank you for your kind letter sent on behalf of North Yorkshire West Federation of Women's Institutes on the occasion of the Centenary of the establishment of the Yorkshire Federation of Women's Institutes in 1920.

Her Majesty was interested to learn that in 1983 the Yorkshire Federation was split into five owing to the large demographics of the county.

The Queen appreciated your thoughtfulness in writing as you did and sends her best wishes to you all for a most memorable and successful year commemorating this significant milestone in the history of the Women's Institute in Yorkshire.

Yours sincerely,
Miranda Hansen Lise

Miranda Hansen Lise
Loyal Greetings Officer

**You can read
more about the
2020 Centenary
Celebrations of
Yorkshire
Federations on
page 11.**



Chairman's Update

by Julie Clarke (j-a-clarke@hotmail.co.uk)



As I write this on the 22nd March, you will be reading it in May; I wonder what the situation will be with the Coronavirus. The WI as we know it has been placed in postponement in the hope that once the peak is reached, we can start returning to normality, but who knows. I hope people have implemented what the government have asked and certainly the supermarkets are no longer suffering from panic buying. In Leyburn, this past week we even had shoppers from Leeds emptying our shelves!

Many of you may have managed to complete all those jobs in the home that you'd never got round to, or finished that craft project or the book you'd planned to read; but 12 weeks for some must seem like an awfully long time and we're just about half way through. I won't have done any of the above as from 4th April until early May, lambing time is priority, and this year our helper from Belper in Derbyshire is unable to come so it'll just be the two of us. Now I'm wondering, as we may not be able to have special 2020 Centenary Celebrations, I hope you've seen the letter from the Queen on page 2 I could set a challenge for you all...



Our Yorkshire Federation 1920-2020 Challenge

Please send an article possibly with photographs relating to something memorable that has happened during your membership. It can be anything, your choice completely; ideas such as visiting the Albert Hall, going to Denman, organising a special event either in your own Institute or attending a Federation event, even the first impression you received visiting a WI for the first time. One thing that I have never forgotten is in 1975, shortly after joining the WI, I volunteered to make a jar of Lemon Curd for a Group Show. The comment from the judge, "the rind was too coarse"! I couldn't believe it, so next time I entered a jar so fine she couldn't find anything to comment on it! I have never forgotten that. So, it simply can be anything at all, all I ask is you send your article via email to the Office (details on the front of the newsletter), giving your name, Institute and the year it occurred, if possible, before 1st July 2020.

My idea is to collate all the articles received and put in a little booklet to sell for a small charge to help off-set some of the loss of income. So please do send in your articles.



I hope many of you have managed through modern technology to keep in contact with friends and family or even the old-fashioned telephone as it is so important not to feel isolated during this unusual period in all our lives.

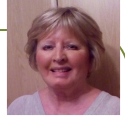
Take care, keep safe.

Julie

Reports from Committees

Membership Support

by Pauline Bowman (Pauline.bowman@icloud.com)



The Membership Support Committee wish all our members well and that you are all staying safe and free of this dreadful Coronavirus. At this time of uncertainty, we are doing all we can to stay abreast of developments and following the advice from our government so that we can cascade that advice to everyone. Undoubtedly there will be many questions from WIs and I have tried to pre-empt these and source answers from NFWI.

1. Can we delay Annual Meetings until this crisis is over? **Yes**
2. Our Officers were intending to step down at our Annual Meeting in April. As this meeting is now cancelled can they stay in the role until we can have our Annual Meeting? **Yes**
3. Will our members receive a refund for cancelled meetings? **No**
4. Will we be receiving refunds for the cancelled Treasurer's training and Fine Tune your sessions? **Yes**
5. Will these events be rearranged after the country is clear of this Coronavirus? **Yes**
6. If we have any queries can we get in touch with a Adviser? **Yes**, if you would like to speak to anyone on the Membership Support Committee please email any of the following Committee members.

Pauline Bowman Chair - pauline.bowman@icloud.com

Jackie Williams - jackiewilliamsmaden@gmail.com

Sue Earl-Armstrong - smea48@yahoo.co.uk

Anne Harrison - anneandmauriceharrison@btinternet.com

Pamela Rudd - pamela47.rudd@btinternet.com

Carol Ambler - carol@ambler.plus.com

Margaret Merrall - mjmerrall@yahoo.co.uk

Sue Butters - george.butters@sky.com

No question is a stupid question, if we don't know the answer, we will do all we can to find the answer for you.

These are very trying times but I'm sure we will all come out of this nightmare, wiser and proud of how we all pulled together.



Take care and stay safe.

Craft & Home Economics



This this time of enforced isolation is a good opportunity to take up all those craft activities that you normally never have time for. Look back at your old WiLife copies or those of you who use the internet can google a craft idea and find some amazing tutorials on YouTube. A lot are American so



may have different terms, but if you type the craft + UK, you will get a British tutorial.

I am expecting fantastic garden displays this year, as everyone will have no excuse not to lavish a lot of time on them. Like many villages, ours has a 'Tidy Garden' competition for the village show and I am expecting serious competition this year. Let's hope we have a good hot summer to kill off the virus and encourage a lot of over-the-garden-fence chats.

Sadly, the Great Yorkshire Show has been cancelled but now is the time to keep practising your baking and craft skills, so you can shine at next year's event! Hopefully we can continue with and enjoy our

planned programme on rearranged dates later in the year – actual dates will need to be renegotiated.

Our new, very experienced Patchwork tutor, Hazel Williams will be teaching us how to make a feathered cushion. Alongside this: Rachel Hutton (Poole) will show you how to use anodised aluminium to make various items. Nicola Hume is a new tutor showing how to turn wired ribbon into beautiful flowers. Perveen and Dalera are still raring to show examples of cooking from Asia, their colourful clothing and will finish with a cream tea as soon as we can re-arrange the date. This event at Gilling West is in the North of our wide area, but is easily accessible from the A1 for those who live further South. Watch out for new dates as they are advertised. We have plans for a new development in August aimed at those who want something to do with children in the long holidays. Watch for details next month!



Arts and Leisure by Heather Stoney

(hjstoney48@gmail.com)



Who would have thought that life would change so quickly? All I will say to you all is be kind and thoughtful to each other. And all your family and friends stay safe.

Because we are short of events for you and missing out on your own social groups, don't forget that the quiz is in September, sit in the sunshine and study quiz books. It

is always a competitive event, but this year it could be more so.

Try some singing and dancing either on your own or if you have the internet there are some amazing groups you can "perform with".

Whatever you decide to do, enjoy the next few months and look forward to renewing friendships.

Public Affairs by Liz Whapples

(liz.whapples@gmail.com)



I am waiting to hear if National make any decision about whether votes for Resolutions are going to be taken and if so, how Federations are going to implement this. I will let you know as soon as I hear.

Onwards and upwards I feel is the only option we have at present. As far as we as an organisation are concerned we will no doubt be looking after each other. However, hopefully we will also all reach out to those other than WI members who also require support. Social media helps us to keep informed but I am finding some of the information quite difficult to follow. We must also be aware that not everyone has access to social media, which is the source of most of this information.

The two poignant resolutions now are the *Mental Health* and the *Combating Loneliness Resolution*. Below are links which could be useful for managing your mental health through Coronavirus.

1. [Rethink](#)
2. [Mental Health Foundation](#)
3. [Mind](#)

As far as Combating Loneliness is concerned, we can't go to people's houses but there is always a telephone call to be made. For me, WhatsApp is also extremely good, but I know not available to all.

Your community may have a network supporting the elderly and vulnerable. However, we should still be considering all groups. e.g.

a young mum stuck at home with children who have symptoms of a cold and cannot get out. Having just returned from Spain, my husband and I are completely isolated for 7 days and it is not easy, especially after being restricted for 5 days in Spain. The restrictions in Spain were stronger; no one was allowed out with immediate effect from the weekend before us. Food shops were open though, and strangely hairdressers - apparently the Spanish government said people needed to go to the hairdressers!

To finish this month's report on a different note, we hope those of you who attended the International Day enjoyed it. We have had some excellent feedback and all of our participants were very impressed.

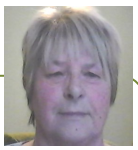


It is with regret that we have to cancel the Allerton Waste Recovery Park visit. They have no idea when these visits can be rebooked, so everyone will get a full refund. We are looking into whether we can book a later date in for Jodrell Bank and Jean Jones and I are still looking into a visit to Wales in September 2021. This will hopefully be something for us all to look forward to.

Whatever happens, no WI will be out of pocket because of the measures we have had to take.

Treasurer's Report

by Sue Earl-Armstrong (smea48@yahoo.co.uk)



I do hope all our members are able to Stay Safe and Stay Indoors to help Save Lives. We have noticed that we are receiving Financial statements after the Annual meeting for Independent examination. If you have a look on My WI, under Annual meeting, it explains that prior to your Annual meeting the WI's accounts need to be examined by a Charity versed examiner. In some cases, they have not been examined at all; to keep to the constitution rules we need to

be mindful of our role as Trustees that we carry out the necessary duties. We send out to each WI an Annual report form and Financial Statement which is to be examined and the Annual report form filled in and returned to Alma House. The reason for this is that the Board of Trustees can then see if everything is alright with the running of your WI. Meanwhile if you have any queries regarding your accounts please get in touch with us on 01765 606339.

Communications & PR by Jackie Williams

(jackiewilliamsmeden@gmail.com)



As I am writing this, we are less than a week away from the clocks 'springing forward' an hour, when we can look forward to spring getting fully underway. Signs of spring have already sprung: firstly, snowdrops and crocuses, then daffodils and magnolia putting on a show, with tulips following on and hedgerows now almost fully green. However, in an already challenging year due to flooding, we now find ourselves facing a coronavirus crisis that no-one could have predicted and none of us know what the outcome will be. By the time you are reading this I am hopeful, and very optimistic I know, that the worst will be behind us. Hopefully with our communities pulling together to help each other, and with society stronger and kinder than before, we will soon be able to

start planning to come out the other side.

The Comms & PR Committee are looking at ways to provide support for those wanting to use technology to stay in contact and reduce the risk of loneliness or feeling isolated: from email, texting, and WhatsApp to video calling and online or virtual meetings, we are trying to help, together with postponing the Technology & Daily Living workshop to the end of the summer (we hope to have a date by next month).



Work on the new national WI website was halted for some time, to focus on NFWI staff home working arrangements that had to be introduced due to coronavirus, but work to populate the website has restarted again now. Please support each other to stay healthy and happy ladies.

How WIs are staying in contact with members during Coronavirus?



Knaresborough WI COVID-19 Support

by Maddy Willmott, Knaresborough WI

On 17th March we sent an email to all of our members advising that we had put in place a team of volunteers who could be called upon to help anyone self-isolating with shopping etc and asked that members let us know if they had decided to isolate so that we could keep in touch. Those members who do not use the internet were contacted by phone. Since then we have introduced a News email which is sent to all members giving up to date information on the facilities and services available in and around Knaresborough and directing them to websites such as www.knaresboroughdelivers.com to help them with shopping and food deliveries. This will be updated and reissued as and when necessary. Our President, Janet and Vice President, Maddy are regularly contacting, by phone, any member who lives alone for a chat and to make sure they are ok. We have had very positive feedback from our ladies to this initiative and we will keep monitoring the situation and adapt as needed.

Stay home and stay safe!

Meltonby WI COVID-19 Support

by Judith Stansfield, Meltonby WI

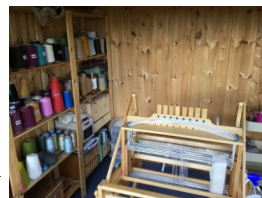
Many of Meltonby WI's members come into the vulnerable group, either due to age or illness. However, a Support Group involving the Parish Council and all the organisations in the village have come together to establish a support group. Initial contacts were made through village Facebook groups and a leaflet funded by a local business, Johnson Land. Volunteers will be paired with 'clients' who need shopping, prescription collection, dog walking, or just a friendly phone call. The March Parish Council meeting was cancelled, so the Newsletter that is circulated to every household after a meeting, was dedicated to lots of information on how to help each other, local food outlets that deliver and where more information can be obtained. As many of our WI members are in 'social distancing', we keep in contact through our Google email group, phone calls and helping out where we can. A lot of gardens will be getting more attention than usual which looks good for the Tidy Garden competition and all that paperwork that accumulates may at last get sorted or shredded?

What are you doing to stay in touch?

Please email nywfnews@gmail.com with a report on what you are doing to support one another through the coronavirus. Don't forget to include your name and your WI name.



Lock Down Tales



Treasured Hideaway

by Margaret Merrall, Ure with Leyburn WI

There I was sitting listening to Boris when suddenly—"As of this weekend we advise all over 70 year olds and those with health issues to isolate for 12 weeks." That's me, I thought. Now I had just been to my local store, Campbells in Leyburn, and bought a few things that I wanted for the next week. Loo rolls was on my list and to my delight they had some, no hand sanitiser. At the check-out the cashier grumbled 'I haven't recognised anyone so far this morning except you. These Tesco shoppers have emptied the shop'. I smiled and thought yep, you are right.

Arrived home and the Boris bombshell was announced; mind, we were expecting it. My 'little grey cells' went into action as to how to deal with this crisis and would I be able to have any escape plans.

Books to read, I need to get to the Library before lock down. I wrap my scarf around my neck, put on my outdoor shoes, and get into the car. As I drive down my lane a friend knocks on my window and says "Where are you going, should you be out?!"

"Um, well lock down isn't until the weekend and I need books to read."

"Oh... well you can go then."

A bit scary, I thought, but I got my escape pass.

Library books collected and I decided to take the full allowance of 10 books. It was good to see that all of us worked on the two metre distancing and many a smile and a nod was given.

Over the next couple of days more information was coming quick and fast as to how the lock down was going to happen, but to my amazement, instead of feeling panic inside I became quite upbeat about it. I have looked at my pile of UFOs (for those not in the embroidery/sewing world, UnFinished Objects); I have a lot. I shall get these started again.

I took a walk up the garden to my Loom Room; shock horror, spiderwebs and total disorganisation. I donned the marigolds and set to with the sort out. Isn't it fascinating what you find in various textile stashes? In my silk yarn box was a lost sock!

"Oh so that's where it went, I wonder how it got there?" Followed by "Oh bother, why did I throw the other one out!"

Three hours later after many walking up and down the garden, the job was complete, my Loom Room smells of Dettol, I smell of Dettol, the radio smells of Dettol and the Loom smells of Dettol.

As I sat that evening still smelling of disinfectant, I thought, with my G&T in hand, I have had my daily exercise, kept myself busy and smiled. I know this is just the beginning but, COVID-19 you have no chance in my treasured little hideaway!



Notices

Denman News

by Judith Stansfield (judstass@gmail.com)



Those members going on the Federation visit will have received a letter from me about the current state of play. Courses have been cancelled until July 1st so our course is to be postponed – date yet to be notified. We are still hopeful that the situation will have improved enough for us to enjoy our week of activities later this year. However, if Denman is still closed, we would hope to use our bookings to fund a rearranged course next year.

Please remember to let us know if you are agreeable to this, or would rather have a refund.

The new management has taken a long, hard look at securing the financial future of Denman and have reduced the deficit against 2018 by 62%, from a £249K deficit to a £95K deficit and have brought expenditure down by 8.3%, a saving of £247K. Despite these successes, on average 30-35% of bedrooms are unoccupied at any given time, so there are plans to make better use of the rooms by reviewing their bedroom standards to cater for both internal and external customers and to enable more efficient servicing. Some beds will be replaced with a double bed or a wider single bed, depending on the room shape. The beautiful surroundings are attracting corporate events and weddings and can be used as bed and breakfast facilities for Northerners to break their journey for holidays in the West country and South coast, or to make taking part in day events more feasible.

Denman is not subsidised by NFWI and takes no portion of membership subscriptions, so it has to be a sustainable business in its own right. The new five year plan aims to move Denman from a deficit position to delivering a surplus. Once this is achieved, the plan is to look at ways the surplus can be reinvested to deliver their charitable objects to support members, including more competitive and subsidised course pricing for members.

200 Club Results

Congratulations to the following, who have won this month's prizes:

£100—Susan Render, Ripon WI

£50—Elizabeth Atkinson, Low Bentham WI

£25—Ben Rhydding WI

An online Zoom draw replaced the draw that should have been done at Spring Council.



Around the Federation

Service of Thanksgiving

by Gloria Cooke, Stray Ladies WI

What did you do with your Extra Leap Year Day?

Arriving in York on a very cold but sunny Saturday morning, we joined 480 WI members from the four other Yorkshire Federations after the split in 1983 at St Michael Le Belfrey Church to celebrate the 2020 Centenary Celebrations of Yorkshire Federations.

What a glorious occasion meeting up with so many friends again from East, West, South & North Yorkshire East Federations and not forgetting our National Chair Lynn Stubbings who took great delight in greeting so many of the members, this is when you really do feel you are an important person in a likeminded group of women.

We were treated to many reading from the various federations, especially funny was Julie's rendition, in her best Yorkshire accent, of a poem called "The Great Divide" which was about how the original Yorkshire Federation was split in to five – shock and horror from the members.

Lynn Stubbings addressed us giving us a potted history of "Yorkshires" contributions to the WI over the last 100 years which was very

impressive. Explaining that Yorkshire as one Federation had become too big and had to be split.

We also joined in singing four great rousing songs well known to us all. But the best was left till last when a recording of "Simply the Best" started playing, for a few short seconds there was silence, should we sing or not was the question?

Then the singing started, getting louder and louder every one of all 480 of us were singing and waving, it was fabulous, you really needed to be there to get that sense of camaraderie. YORKSHIRE was back as one force to be reckoned with even if it was only for an hour. Well we are Simply the Best.

A grateful thanks to all the organisation that went into the service, and to everyone who took the time out to attend making it such a happy and Memorial Day. Everyone left smiling. I for one will not forget this Leap Year Saturday.



Send a report to Federation News

If you attend a Federation or National event and would like to submit a report and pictures, please email nywfnews@gmail.com. Don't forget to include your name and your WI name, along with pictures attached as jpeg files (NOT pasted into your report). Reports should usually be no more than 300 words, and may be edited for publication.

Plastic-free Ripon

by Val Paxton, Ripon WI

At our February meeting, Ripon Centre were pleased to welcome Emma Pilkington from Plastic Free Ripon. We asked her to tailor her presentation to be interactive and she didn't disappoint. Instead of giving a slide show, she passed round photos such as this one taken in Ripon of a mallard swimming around with the plastic and other litter people have thrown in. Her talk was interesting and informative. Part of it took the form of "Litter pick bingo", where we were given pieces of paper with 9 boxes drawn on and different items of litter written in each box. When Emma called out each item, if it was on your bingo paper, you crossed it out. She discussed each item, saying if it was recyclable or not and how harmful to wildlife, adding anecdotes as to where she

found it. She and her family are very dedicated litter pickers. They have come across some very strange items in their travels, such as a wardrobe door, shopping trolley, underwear and even drugs (which she took to the police).

She also passed round some plastic items and we shared our own WI Plastic Soup resolution with her. We welcomed 6 special guests that afternoon from Ripon Community Link, who were members of their recycling group and came to hear Emma's talk. Most of our members, as well as those from the Community Link, went away with a better idea of the local plastic problem and extra knowledge as to what we can and can't recycle.



Rachel Hutton's Felt Rabbit Workshop

by Janet Kazlauciusas, Knaresborough WI

I arrived for the second of two workshops that Rachel Hutton had run for Felting a Rabbit. I have done a very small amount of felting in the past so assumed it would be okay.

Rachel gave us all a square pad of foam and two very sharp felting needles we could choose our own wool from what she had brought. She also had a stash of plasters in readiness for any mishaps that might occur. She then opened a lovely small box and produced a superb felted rabbit; could I do that? Well, I was going to give it my best shot. We were given two pieces of wire for the body and ears. Rachel showed us how to wrap the wool around the wire to make the body then we had to do lots of stabbing. Felting is great if you have lots of pent up frustration. Lots of stabbing and more wool winding later I had what vaguely resembled a body. Move up to the head now more wrapping and stabbing. I could not possibly repeat the names Rachel gave for the types of head we should avoid, if you did manage to produce one then more stabbing was required. We then added different colours for the nose. Once finished to our own satisfaction we moved to the ears. Two pieces of wires bent into a vague ear shape with two colours to produce ears, finally I had two ear-like pieces ready to attach to the

head, this came later. Now onto the arms and legs. More wire wrapped in wool and yes, you guessed it, lots of stabbing. We were running out of time where had it gone, my rabbit was still armless and legless but did have a head with ears on and a scarf ready to wrap around the neck.

At the end of the workshop for those of us with unfinished rabbits, Rachel ensured we had sufficient material to complete it and to add eyes, whiskers and scarf. Nearly all of us left with a partly complete rabbit.

At the weekend following the workshop I set to and finally completed my rabbit, not quite up to the standard of Rachel's but it certainly looks like a rabbit. I have to say I am quite proud of my specimen although it is not the one shown on the picture attached to this write up. An extremely busy but thoroughly enjoyable workshop producing something from bits of wool and wire and the ever sharp needle. Well done to those who have completed their rabbits!



by Pam Myers, Richmond WI

Scottish beef stew with chunky
bread followed by

The final speaker was Malcom the Weaver, the name given to him by the Queen when she met Malcom Campbell in 2010. His career began with an apprenticeship as a weaver, but developed into being involved with textile design, selling and marketing for some of Scotland and Yorkshire's largest textile firms. Through questions from his six year old twins Aidan and Zoe, he had the idea to write books for young children on craft colour, nature, the environment and sustainability. These have now been sponsored by firms and individuals alike, so they can be introduced into schools to expand children's understanding of these topics.



Recipe of the Month: Tuna or Salmon and Macaroni Cheese

This is a store cupboard recipe, so in these times you might already have the ingredients in! Serves 4.

Ingredients

300g (11oz) macaroni pasta
1 onion finely chopped
1-2 tbsp oil
450ml (3/4 pt) white sauce
1 or 2 tins of tuna or salmon,
drained
150g (5oz) frozen peas

Optional for topping:

55g (1oz) grated cheese
1 tbsp grated Parmesan
2 tomatoes

White sauce:

450ml (3/4 pt) milk
25g (1oz) plain flour
25g (1oz) butter
Seasoning, plus a little mustard
50g(2oz)grated strong cheese

Method

Oven: 200°C, gas 7

1. Cook the pasta in a large pan of boiling salted water, as according to the pack. Drain.
2. Heat the oil in a medium pan and cook onion until soft, don't brown.
3. Make the white sauce using the ingredients listed by the roux method. Mix in grated cheese. Season to taste. If lumpy, use a small whisk to blend.
4. Mix together all in the macaroni pan, the macaroni, white sauce ,flaked tuna or salmon, peas and onion. Pour into a shallow, 2 litre oven proof dish. If using tomatoes, slice and arrange on top.
5. Sprinkle the grated cheese and Parmesan, if using, on top.
6. Place in the oven to reheat, until the top is golden brown for approximately 20-30 mins. If the dish is still hot, it could just be browned under the grill instead of using the oven.



Enjoy!

Could you share a recipe?

Do you have a favourite recipe that has proved a hit at WI events? Send it in to Alma House and we might share it in Federation News!

NYWF's Stance on Coronavirus

Following the advice of our Prime Minister, Boris Johnson, on Monday 23rd March the office at Alma House is closed and will remain so until further notice.

Telephone calls will still be answered but we would appreciate you trying to keep these to a minimum.

There will be NO regular postal correspondence from the Federation and WI Secretaries are urged to check for email communications daily.

If anyone is aware of a Secretary that does not use email please pass this message on, asking them to contact the office for help.

Any notices, updates or announcements will be posted on Facebook and our Website.

Please bear with us as we are doing our best to keep you all informed whilst protecting our employees.

