

Your Weekly Update From Your WI Federation

Week 7
21 May 2020

Dear WI Secretaries, please forward this weekly update to your members with our best wishes. We are finding that we are receiving enquiries from members who have never received this. They therefore are, unaware that the Board are committed to issuing regular communications to ensure that everyone is kept up to date with what is happening both at Federation and National level. The office staff are working from home and furloughed for three weeks out of four as a result of a reduced workload during this pandemic. This impacts on our methods of communication to everyone. The week the Federation Secretary is working, this update will be emailed to all Secretaries. For the other three weeks you can download this from our Federation website where you will also find all the previous weekly updates. Please help us to stay in touch with our members. Thank you.

This Week Is home-working week for Michelle and Kim, trying to catch up on Fed Secretary and Finance Secretary duties. As they try to deal with your enquiries, process urgent tasks to keep the office running and continue the prioritised dispatch of event refunds, please be mindful that it is impossible to do a month's work in a week. If your WI refund is not processed this week it does not mean that it has been forgotten or refused, it is merely caught up in a backlog that is proving trickier to complete than we had initially envisaged.

The Federation Board of Trustees has considered the position on Federation activities beyond the end of June, bearing in mind that many of our members may not wish to attend large group events for some considerable time, even if government restrictions change in the next couple of months. Consequently, and in the interests of safety first, it has been decided that **all Federation events and activity plans should be cancelled through to the end of October**. Rest assured we are continuing to cost save in all possible areas that we can, and we are applying for every pot of funding that may be available to us to ensure survival. We are also welcoming with open arms the trickle of miscellaneous sales, such as Bulbs and Yorkshire 2020 Commemorative bags, and valued donations that continue to help sustain us as we take things day by day and keep positive.

Mental Health Awareness Week Between 18th and 24th May 2020, **Mental Health Awareness Week** takes place in the UK and this year's theme of **Kindness** is even more relevant as we are still in lockdown easing. As well as extending kindness to others, via a phone call if you are still self-isolating or shielding, do be kind to yourselves too, you are worth it! And do not forget that less sitting down and moving about more have physical benefits but they can also help maintain a more positive mental health, too. This ties in nicely with our next topic.....

Virtual Walking Netball This Friday, 22 May at 11.30 am, sees the next Virtual Walking Netball session. To give it a go, sign up and obtain the Zoom joining details, **by emailing** the WI Walking Netball Office at WINetball@englandnetball.co.uk. However, for an instant Netball practice why don't you give the latest WN lockdown challenge a try? This week, WN Development Host Ruth shares an activity for you to do at home by yourself: <https://youtu.be/RTi7ktkjo8>

'My WI' Please take advantage of the extra time we all find we have now. It is lovely to be able to get all those outstanding jobs done around the house, but for some 'me time' check out the recipes and craft suggestions on 'My WI'.

Our 3rd 2020 Bank Holiday in Lockdown This weekend's Spring Bank Holiday weekend will be our 3rd Bank holiday in lockdown. With the good forecast, if you are planning a barbecue, do spare a thought to support your local corner shop or farm shop, often offering a range of fresh meat products and salads, and with a quick call to individual businesses, even deliveries can usually be arranged for vulnerable customers with the help of good neighbours. We need to Support Local now to ensure they survive this crisis. Also, as you enjoy the good weather in the garden, do try to strike up a conversation over the fence, as however short, it could make a huge difference to a lonely neighbour's day. Hopefully, you are managing to join in the Clap for our Carers each Thursday at 8pm. Every one of them deserves the applause of our nation, including many WI friends and members, of course. Check out some of our "#MyWIHeros" on: <https://youtu.be/i76b7f0NdRQ>

Reminder - Lady Denman Cup Competition

To allow a fair and standardised competition timescale across all WIs and Federations, NFWI have set a closing date of Friday 18th September 2020 for members to submit their entry to their Federation. Federations then have until Friday 16th October 2020 to select up to 3 entries to go forward for NFWI judging. Results will be announced by the middle of December 2020.

A revised schedule, individual entry form and Federation entry form will be available to download from 'My WI' shortly. Please give it a try. We have all been enthralled listening to other people's conversations on the bus. If you would like help with this information please contact Heather Stoney hjstoney48@gmail.com.

The Future of the Federation Choir

Shortly we will be advising you of the decisions that are going to be made re the choir. The choir is such an asset to the Federation but more importantly so beneficial to the health and well-being of all the members.

It is no longer going to be a viable proposition to maintain three separate groups, Pauline and myself (Heather) will be discussing the way forward with the choir masters. We will be looking at one central location and one choir. We cannot see any rehearsals happening before the end of October at the earliest because of social distancing.

This has been a difficult decision, but I do hope that there will be a continuation of our wonderful choir, albeit a slightly different format.

Take Care, stay safe, Julie.