



Chairman's Tête-à-Tête 2

Hello again. What have you been doing recently, anything different? Graham and I were tempted to a flutter on The Derby, we haven't bet on a horse for ages. I backed Amhran Na Bhfiann which I understand from an interview with the Trainer Aiden O'Brien, means *The Soldier's Song* and is the Irish National Anthem. Anyway, he came in third and I won £35, it was fun but don't worry I won't be going down the slippery slope of gambling! Jill Gooch also 'went' to The Derby, both of us only in our respective houses on TV but something to talk about. They also interviewed Charlie Fellowes, he gave us the excellent talk at our Autumn Council Meeting in 2017 on being a racehorse trainer, such a lovely man.

I've also been watching the *Denman At Home* lectures from Denman, they are all online and cost as little as £5 each, they are open to members and non members alike. The speakers are all Denman Tutors and you can choose from Cookery, Craft and Lifestyle which includes history, art, singing, armchair wildlife walks and photography. One of the best was John Vigar on *Murder, Sex and Mayhem in Country Churches*, you'd never believe the naughty carvings and paintings there are in ancient churches! I shall be doing another tonight entitled *Bedrooms, Banquets & Balls*, which is, before you jump to conclusions about the development of the English Country House. At the end of the month I'm doing a talk on War Poet Wilfred Owen, Wilfred was born in Oswestry, Shropshire where I was born and therefore of much interest to me. If you're interested in online talks and demonstrations go to denman.org.uk and go to *Denman at Home* and check out what's on offer, or click [here](#).

Do let us know what you've been doing or if you've watched any of these talks and demos and what you thought of them, just email Rachel Hows and maybe we'll put it in The Hive. Stay safe.

Julie Higgins, Federation Chairman

Hello from the WI Office I hope you're all well and if Mr Johnson's latest guidance has allowed you some freedom or to see family and friends then I hope you're enjoying it. I imagine many of you are counting down the days to much awaited haircuts!

With restrictions easing we're pleased to announce the WI Office is once again open to members, however we do ask that you please maintain the two metre rule when visiting. The office is open Tuesday-Thursday 10-4pm and Rachel Sparks will be there to welcome you. I will remain working from home for now but you can still contact me by email or on 07487 786585. Keep smiling everyone ♥

Rachel Hows, Federation Secretary

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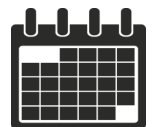


facebook.com/swfwi



instagram.com/swfwi

Events Calendar Add these rescheduled events to your diary.



NFWI Annual Meeting (London)

NEW DATE: Monday 19th April 2021

Please note a misprint in Issue 7, the date should have read the 19th April 2021.

Calling all MCS Reps! Are your WIs MCS records up to date? A recent review of the Suffolk West's membership figures showed a difference between the number of subscriptions paid to those recorded on the MCS. Please could MCS reps double check that your WIs record is up to date and that all new members are listed and members who have unfortunately left have been removed. If you need any help updating the system please don't hesitate to contact Rachel Hows.

NO MORE

violence against women

Public Affairs Memo

The SWFWI PA Committee, following a suggestion from Trustee Rachel Thomas, seeks to highlight the devastating effects of domestic violence, along with details of two Suffolk organisations that provide support for victims. We aim to promote awareness around the NFWI ongoing campaign No More Violence Against Women.

Jeannie's Story

I became a victim of domestic abuse at the age of fifteen and this went on for 10 years until I was put in intensive care and then managed to get away. Having an uncaring mother who told us we had to leave at 15, I met an older, wealthy man who showed me attention and moved me in with him and his mother. The abuse started straight away and he threw me downstairs when I was about seven months pregnant and I gave birth to a baby girl. I called her Hope and she was buried in a grave with a lady who had no family.

This abuse was before safe houses and at a time when police were powerless to intervene. It was either a case of going into a hostel and my children going into care which wasn't an option so I stayed. Thankfully there is more help available today.

The current pandemic has made those in vulnerable and dangerous situations even more at risk. Even before COVID-19, domestic abuse was a significant concern in the UK. Statistics show that more women and girls are abused and at risk during a pandemic or major disaster, and the UK is following that pattern. On 6th April, traffic to the national domestic abuse website run by the charity Refuge increased by 700% compared to the previous day and calls to their helpline were 49% higher than before the pandemic.

If you, or someone you know, are experiencing abuse, please visit Women's Aid, where you can access support from national and local services, or call the

Freephone 24h National Domestic Abuse Helpline on 0808 2000 247 or visit their website. In an emergency, call 999.

Jeannie Bloomfield, Walsham Le Willows WI

Read the full article on the SWFWI website [here](#)



Bury St Edmunds Women's Aid Centre

When the UK was advised by the Government to 'Stay at Home' due to COVID-19, we closed our outreach centre and began a new way of working that ensured that women and children had continued access to help and advice during lockdown.

Our helpline has continued throughout, with staff delivering one to one service via telephone or video link, offering advice and emotional support to those at risk and isolated. As lockdown begins to ease women will have more opportunity to seek help and advice and we are anticipating a peak in referrals, therefore we are preparing for this.

Anyone effected by domestic abuse can access advice and support from Bury St Edmunds Women's Aid Centre on 01284 753085 or email admin@burystedmundswomensaid.org.uk

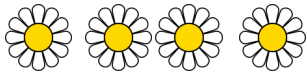
Read the full article about Womens Aid Centre [here](#)

Lighthouse Lighthouse, like other domestic abuse agencies, is very concerned about the impact of social isolating and working from home is having on the families where there is domestic abuse. For those in abusive relationships, the workplace or school may be their sanctuary and they will no longer have access to that safe place.

During this challenging time, please look out for friends, family members, neighbours or colleagues who may be experiencing domestic abuse. They can access support by calling the Lighthouse Advice Line 01473 228270 (9am-4pm Monday-Friday) or Lighthouse Immediate Safety Advice: 07516 124536 (9am-4pm Monday-Friday).

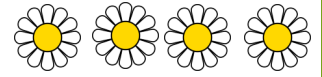
Read the full article about Lighthouse [here](#)

SWFWI Public Affairs Committee



The Daisy Chain

Linking together our WI members across the county



Sudbury QH WI

Chaos is a friend of mine

Clutter clutter everywhere oh how my husband does despair

Spare room is my treasure trove full to brim with goods unknown

My Gemini brain flits so fast that clear up plans can soon depart

Cookery books so carefully sourced now gain neglect from lack of resource

The colourful beads once worn with glee, look so dated on the older me.

Receipts, receipts from years in piles overflow their bulging files

Wardrobes full with hubby's coats, parting from would cause such woes

Christmas decks and lighting bright will dress the tree one winters night

Fishing mags a hundred score must not be touched as precious store

Ironing piles for rainy days looms so vast as each day goes

Lots of games and children's toys, lots of fun for girls and boys

Postcards, photographs all in store retell the tales of holidays galore .

Letters , greeting cards treasured so right , reminds me of those loved so tight

Glasses stacked from parties gone ,packed ready for more party fun

Yes Chaos is a friend of mine, I'll clear it up when I have time.

Written by Marie Retzback
Sudbury QH WI President

Don't Forget!! When contacting the WI Office, your WI Advisor or The Hive, please always remember to include your full name and WI.

The deadline for anything you would like to include in the next issue of The Hive is Monday 20 July.

Barrow WI Barrow & District committee finally got together for a meeting, held in our president's pretty garden, for the first time since the end of February. Unfortunately, July let us down by choosing to inflict on us a particularly cold day with a few drops of rain thrown in for good measure! However, being made of stern country stuff we went ahead and all agreed that it was lovely to get back a semblance of normality and catch up after the long break. At present there is not much we can plan but we hope to get members together for a garden picnic in September all being well.



Honington & Sapiston WI WI member Susan Smith shares a beautiful quilt she's been making during lockdown, and how she made it.

"I started by cutting out 295 two and a half inch squares from fabric I already had as this was to be a "scrappy" quilt. Some was bought fabric left from previous



projects and some was home dyed and home printed during a C&G course 4 or 5 years ago. The fabric was in five very loose colour groups and the bigger the variety of fabrics within a group the better.

The squares were joined, following Lynne Edwards pattern, and 4 right angled triangles were formed. These were joined to form a square with the small squares on point.

I haven't been able to finish as I need to buy fabric for the border and, being so colourful, I need to take it to the shop to choose a suitable fabric. At the moment I have no idea what I will end up with!"

Congratulations



To our newest WI Advisor!

It is with great pleasure that we can announce that Trustee and Denman Ambassador Janet Brown is adding another string to her bow, and has been appointed by NFWI as a

WI Adviser for Suffolk West. We are delighted that she is a fully-fledged member of our WI Adviser team and know that she is going to be a huge asset to our work. Sue Beavan, MAC Chairman

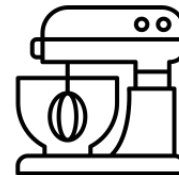
Resolutions 2020/21 As there was no Annual Meeting in 2020, the NFWI chose to adopt the two resolutions which came top of the shortlist selection process: A Call to Increase Potential Stem Cell Donor Registration and End Modern Slavery. NFWI will be sending campaign guidance in due course.

The new round of resolution selection starts again this month. Has your WI got an issue they would like put forward as a resolution? It should be topical, timely, targeted and achievable. The deadline for submissions to the Federation is **14 August 2020**. So no time to lose, contact your members and see what you can come up with. If you would like to talk through your ideas, I can help you to formulate them into a strong resolution and ensure that it is a topic not already covered.

Brenda Dyer, Suffolk West Resolution Adviser

Cookery Corner

Wooden spoons at the ready! This fortnight's recipe is for yummy Banana Muffins, submitted by Moreton Hall WI Secretary, Annette Brown.



Ingredients:

- 250g self raising flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 110g caster sugar
- 75g butter (melted)
- 1 tsp vanilla extract
- 2 eggs
- 2 ripe bananas (mashed)
- 125ml buttermilk

Makes 12 muffins.

1. Set oven to 190c.
2. Sift the self raising flour into a bowl, add the baking powder, bicarbonate of soda, caster sugar and a pinch of salt.
3. Mix together in a separate bowl the melted butter, eggs, vanilla extract, mashed bananas and buttermilk.
4. Pour the wet ingredients into the dry ingredients and mix – don't overmix!
5. Divide the mixture between twelve muffin cases and bake for 20–25 minutes.

Enjoy!

2021 WI Diaries With 2020 events being rescheduled you're probably already thinking ahead to next year, so why not treat yourself to the 2021 WI diary to fill with all those exciting opportunities! Diaries are a fetching royal blue and are £5.50 each, including P&P.

To order yours please return the form below **by 30th September** to the WI Office with payment either by cheque (made payable to SWFWI) or BACS (SWFWI / Sort Code: 089299 / Account number: 65868449). Due to COVID-19 we will not be able to invoice WIs.



✂.....Please detach and return.....

Name: WI:

Address:

..... Tel:

Number of diaries req: Total: £..... Paid by (please tick): BACs cheque