

Farringdon WI Monthly Newsletter –January 2018 -Our Centenary Year!

This is our 6th Newsletter, which highlights dates in the month for your quick and easy reference. Our hope is to simplify the correspondence and reduce the time given to business at the meeting. It will be available on line the Monday preceding the Wednesday meeting. Hard copies will be given to those members not on line. We welcome your feedback on the content.

Next Monthly Meeting, Wednesday 10th January 2018

Speaker: Ammanda Major from 'Relate, the relationship people', gives her insights into her work as a sex and relationship therapist.

1pm. Informal Ploughman's lunch £2. Please book with Dee Panes, latest 9th January.

1:30 – 1:45. Arrival of Members. Access to WI mail, Hampshire News, 'sign up' boards, etc. Welcome.

1:45 -2pm Prompt start to discussion and voting on Resolutions 2018. See below and December Newsletter, November Hampshire Life WI magazine, National WI website for information. Please take a moment to read the notes before the meeting.

2pm onwards Speaker.

3pm AOB.

Refreshments: Grateful thanks to Anne Charrington and Jo Pilgrim.

Dates for this Month:

Knit and Natter: 17th January, 2-4 pm at Sue Collett, East Tisted.

Lunch club Not this month.

General updates:

THIS MONTH'S CRAFT CHALLENGE IS..... Not this month. Gill Pears

WI Bench and Garden area. I removed the Christmas baubles and ivy from the obelisk without asking others to help as the daffodil bulbs are all coming up and the less feet around the spot to squish them the better, I thought ! Dawn

Finance. Important. Please remember to bring your cheque book!

1. The WI annual subscription is due for payment in January.

If you are coming along to the January meeting please bring your payment of £41.00 (Cheques preferred and payable to Farringdon WI). If you would like to pay by cash it would be very much appreciated if you could bring the exact amount in an envelope marked with your name. If you are unable to attend this month's meeting but intend to renew your membership, please will you deliver a cheque to any of the committee members before the end of January. Many thanks for your cooperation and prompt payment.

2. Spring Council meeting tickets on Wednesday 21st March. The ticket price increases on 12th January, from £12.50 to £15.75 so we will need to place the order for those who wish to attend at the Monthly meeting to benefit from the discount.

Book of the Month

A Midwinter Break by Bernard MacLaverty

Sixteen years on from his last novel, Bernard MacLaverty reminds us why he is regarded as one of the greatest living Irish writers.

A retired couple, Gerry and Stella Gilmore, fly from their home in Scotland to Amsterdam for a long weekend. A holiday to refresh the senses, to do some sightseeing and generally to take stock of what remains of their lives. Their relationship seems safe, easy, familiar - but over the course of the four days we discover the deep uncertainties which exist between them. Gerry, once an architect, is forgetful and set in his ways. Stella is tired of his lifestyle, worried about their marriage and angry at his constant undermining of her religious faith. Things are not helped by memories which have begun to resurface of a troubled time in their native Ireland. As their midwinter break comes to an end, we understand how far apart they are - and can only watch as they struggle to save themselves.

WI News on the Farringdon Biz

Please take a look at the WI updated news on the Farringdon Biz. Chat with the committee if you have any ideas for information to be included in the future.

Centenary Activities – See the 2018 Programme of events.

2) **Save the date** :  **Centenary lunch with entertainment, January, 22nd 2018**  **The Rose and Crown, Farringdon.**

Please, please put this date in your diary and let us join together to celebrate the very first meeting of Farringdon WI on this day ,**100 years ago. Most members have registered their intention to attend. A signature board will be available for you to sign up to at the meeting. Hopefully we will have the menu details at the meeting to distribute.** This promises to be a wonderfully entertaining and celebratory lunch in our newly refurbished pub! Our thanks to Marianne Prynne, Kathy Barber and Debbie Newton for enthusiastically planning this event!

3)Centenary activity. 'How to live to 100' February 14th . See Programme. The activities will run for the day on the theme of 'How to live to 100' and will include:

St John's Ambulance Essential First Aid Course, East Tisted Village Hall. Ticketed Event.Open to non-members. Ladies only as the numbers are restricted.

We will serve a Healthy Lunch at 12. 45 pm and Cardiac Rehab will speak at our regular meeting in the afternoon.1.30 pm.

4)Centenary Event: Saturday, 12th May. Celtic Band, 'Head North' and supper. Evening Charity fundraiser for The Rosemary Foundation. Open to non members. The Committee is suggesting that a small subcommittee is gathered from the membership to arrange the detail of the event, joining Committee members Dawn and Kate Causton.

5) The Centenary Cookbook –For your copy see Anne Charrington or any Committee member.

National Resolutions. Please read these notes before the January meeting.

Final 2017/18 Resolution Shortlist

Below is the final shortlist of resolutions for the 2017/18 resolutions process. This list was developed by federation representatives at the Resolution Shortlist Selection Meeting on 2 October.

1.Positive body image in a digital age

This meeting urges every WI and the NFWI to campaign to ensure that government and the media industry promote healthy body images and ensure diversity is represented in the media.

2.Stop female genital mutilation

Almost 200,000 women and girls in England and Wales are affected by or threatened with the risk of female genital mutilation (FGM). This figure rises to 200 million worldwide. FGM is illegal in the UK, but it is still happening. We urge the NFWI to use its collective voice and

influence to raise wider awareness of the traumatic health consequences of FGM and support and partner with agencies that are working to end this practice in the UK and worldwide.

3. Raising awareness of modern slavery in the UK

Modern slavery affects thousands of people in the UK every year, and leaves them facing servitude, forced or compulsory labour, sexual exploitation and human trafficking. This meeting calls on every WI and the NFWI to raise awareness of this important issue and to lobby for more effective support for the physical and psychological health of victims of this crime.

4. Mental health matters

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.

5. Healthier Mouth, Healthier Body

Health research suggests that there is a link between gum health and serious illnesses such as heart disease, stroke and even dementia. The NFWI calls upon the government to raise awareness about the importance of oral health and the impact that it can have in preventing life changing acute and chronic health conditions.

Future Farringdon WI Dates for your diaries:

(WI Correspondence.) Dee.

1. Terracotta Warriors Exhibition, Liverpool, Sunday 21st October to Tuesday 23rd October 2018. Cost: £195 per person. See WI Folder for further details.
2. Darts Tournament – venue = various. April to November 2018. Cost: £13.00 per team. See WI folder for further details.
3. Centenary Concert with the Southern Pro Music Orchestra and the Portsmouth Choral Union. 17th March 2018, at the Anvil. Cost: £19.00 per person. See WI Board for further details.
4. IT Training – MYWI, Wednesday, 28th February (morning and afternoon session available). Cost: £6.50. See WI Board for further details.
5. HCFW Centenary Spring Council Meeting & AGM, The Guildhall Portsmouth, Wednesday 21st March 2018. Morning Speaker: Lynne Stubbings NFWI Chair. Afternoon Speaker: Anton Du Beke. See WI Board for further details.