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Please send items for the newsletter to [wanstead-wi@hotmail.co.uk](mailto:wanstead-wi@hotmail.co.uk)

## Please remember to bring:

- A mug and glass
- Money for the home stall
- Pennies for friendship
- Donations for the food bank



## MEETING ON 21 MARCH

On 21 March, Simon Myers, Chief Executive of the Gaswork Dock Partnership charity, will be joining us to talk about Cody Dock.

Discover how the Dock (River Lee) was regenerated in what promises to be a fascinating evening.

# Upcoming events



## MEMBERSHIP RENEWAL

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Dear Members

The annual subscription for WI membership is due on 1st April. In line with instructions from the NFWI Board of Trustees, the fee this year will be **£48.** (Dual members who pay their full fee to another WI will pay the WI retained portion only - £23.60.)

**Payment** can be made in one of three ways:

**1) BACS Transfer - Payment to**

Wanstead WI

Barclays Bank Account - 10255823

Sort Code - 20 67 90

**Reference - Your surname**

**2) By Cheque - Made payable to Wanstead WI**

which you can bring or send along with a friend to the 21st March or 18th April meetings

or put in the post to our Treasurer Patsy Whiteside, 2 Sandringham Gardens, Barkingside, IG8 1NY.

**3) By Cash - exact money please**

**Most Importantly - in an envelope with your name on the front** which you can bring or send along with a friend to the March or April meetings as above.

We sincerely hope that you continue to enjoy your WI membership and all it offers by way of meetings, speakers, outings, opportunities and friendship. The £48 fee equates to just £4 for each of our 12 monthly meetings which we hope you will consider good value.

Please take prompt action and remember to renew by the 18th April meeting at the very latest. Should you be deciding not to renew please let us know so that we may offer places to those on our waiting list.

(A small number of Bursaries (4) are available for anyone on a low income should this be preventing renewal.

Please contact a Committee member if you wish to benefit in this way.)

Kindest regards

Wanstead WI Committee

## APRIL MEETING



Our meeting on 18 April will be a spring/Easter social – a lovely, convivial time for members to enjoy getting together. Catch up with old friends or take time to make new ones.

Bring a dish to share for the buffet or bring your own if you wish. Please label any food that you bring in case people have food allergies.

## TEA AND COFFEE GET-TOGETHERS

The next coffee and tea gatherings are:

- Thursday 28 March, 11.00 at The Bull
- Thursday 4 April, 2.30 at Cafe Belgique

These gatherings are informal and a good way of getting to know other WI members. Just turn up, you do not need to tell us you are coming.

Angela







WIGG has been chosen as the acronym for the Women's Institute Gallery Group.

A few members recently visited the Royal Academy, this time for Entangled Pasts. This is a very thought-provoking exhibition looking at our colonial past with some amazing work from the late 18th century to now. If you're going to go, allow plenty of time!

'Naming the Money' by Lubaina Himid



Next month we're going back to the Fashion and Textiles museum for BIBA which will bring back lots of memories for many of us I'm sure. Put 12th April in your diary and let me know if you're joining us.

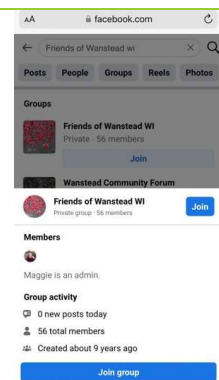
A couple of members have told me that they want to be added to my WIGG list but I haven't had their email yet so do get in touch with me at [cathy.unwin76@ntlworld.com](mailto:cathy.unwin76@ntlworld.com)

Cathy Unwin



## WANSTEAD WI FACEBOOK GROUP

Did you know Wanstead WI has a Facebook group which is available to members? Search "Friends of Wanstead WI". You will need to be accepted as this is a closed group, visible to members only.





Travel to warmer climes on Saturday 23rd March 2024 at 7pm on a rich and colourful journey through a variety of Latin American countries with this innovative and skilled musician, who performs traditional pieces and his own spellbinding compositions on harp, cuatro, maracas and vocals. Vibrant, energetic and jazzy pieces are combined with more classical, captivating melodies and romantic songs to create an evening of contrasts on a wide emotional landscape.

Ricardo is delighted to bring his very special music for the first time to St Gabriel's Church, 12 Aldersbrook Road, London, E12 5HH.

Tickets: £12 advance / £14 door. Under 18s £6

Phone/Text: 07986 589553 / 020 8539 0246

Online: [www.wegottickets.com/event/608827](http://www.wegottickets.com/event/608827)

*"I have never heard the harp played like this before and I loved it!"* Haslemere Educational Museum, Surrey, March 2018

*"This was a delightful sojourn into a different place. Such mastery and melody."*  
St Andrew's Church, Leytonstone, November 2019

*"Enthralling! Loved your music."* Halton Mill, Lancashire, May 2023

*"He has got to be seen to be believed."* Time Out magazine, London

More information on: [www.ricardocurbelo.com](http://www.ricardocurbelo.com)

Many thanks and with best wishes,

Rosie Fenwick (Organiser, roadie etc!)





## NEW GROOVE CLASS IN WANSTEAD

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Some of you may remember my Groove taster session for WI a while back. Groove dance exercise is easy, uplifting, for every body and needs no dance experience. In addition to my popular classes at the Memorial Hall in South Woodford at 10am on Fridays, I now have a new Wanstead class on Wednesdays at 2pm at the Aldersbrook Tennis Club (ALTC) in Blake Hall Crescent. It's handy for the 308, 101 and W19 buses, which all stop nearby.

Contact me, Jane Mallen, for more info, or if you'd like to join us but need car parking.

Tel 07981 012446 or email: [janemallen01@btinternet.com](mailto:janemallen01@btinternet.com)

Please note there are no classes Wed 20 and Fri 22 March due to holiday.



## BUGGY RIDES IN THE OLYMPIC PARK

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Buggy rides can be taken from the Information centre at the Olympic Park. As you enter the park the centre is on the RH side by the side of the German Restaurant which has now closed down. The buggies run on the hour, are manned by two volunteers. They take you right round the park and give some very interesting info about the park and its development.

Highly recommended!

Maralyn







## WANSTEAD AND WOODFORD FILM CLUB

Below is the upcoming programme for the Wanstead and Woodford Film Club which holds monthly screenings at the **Odeon Cinema**, 60-64 High Road, South Woodford, E18 2QL. Bus routes 123, 179, 679, W12, W13 & W14 stop nearby. There are no adverts or trailers shown.

Films are shown at 12.30pm on the first Monday of every month. Everyone is welcome at our Film Club. There is no membership charge but a 20p donation is requested to cover essential costs. You pay the normal admission charge at the box office. Council car parking is available at the bottom of George Lane or further north on Woodford High Road.

<b>April 1st 2024</b>	<b>Brian and Charles (2022)</b> Director: Jim Archer Duration 1 hour 30 minutes  <i>Language: English</i> Comedy Drama Sci-Fi After a particularly harsh winter, Brian goes into a deep depression. Completely isolated and with no-one to talk to, Brian does what any sane person would do when faced with such a melancholic situation. He builds a robot...	
<b>May 6th 2024</b>	<b>Anatomy of a Fall (Anatomie d'une chute) (2023)</b> <i>French with English subtitles</i> Director: Justine Triet Duration Two hours 31 minutes Language French with English subtitles Crime Drama Thriller A woman is suspected of her husband's murder and their blind son faces a moral dilemma as the main witness.	
<b>June 3rd 2024</b>	<b>Saltburn (2024)</b> Director: Emerald Fennell Duration 2 hours 11 minutes Language English Comedy Drama Thriller A student at Oxford University finds himself drawn into the world of a charming and aristocratic classmate who invites him to his eccentric family's sprawling estate for a summer never to be forgotten.	

# News and campaigns



## 2024 RESOLUTIONS VOTING OUTCOMES FOR WANSTEAD WI

The Resolution votes are in! Over 95,000 votes were cast and here are the results:

Dental Health Matters	37,772
Impacts of Poor Housing	27,608
Say “no” to gambling advertising	20,077
Improving outcomes for Women in the Criminal Justice System	9,949
TOTAL SELECTIONS RECEIVED	95,406

The NFWI Board of Trustees has agreed to put forward one Resolution to The Annual Meeting in June, Dental Health Matters. The wording is as follows:

“There is a chronic shortage of NHS Dentists and people are suffering health issues as a result. The NFWI calls on the Government to increase investment in the training and retention of dentists and to review the current inadequate NHS contracts in order to ensure everyone can access an NHS dentist wherever they live.”

There is information about Dental Health Matters on the NFWI website, under My WI.at the April Social, we will need to vote for or against the Resolution.

Thank you to all our members who have enthusiastically engaged with the Resolution Process this year.

Angela K







## MILLION WOMEN RISE MARCH

Niri and I joined the Million Women Rise march protesting about male violence against women on Saturday 9 March. It's always held at this time of year, near International Women's Day.

Every 3 days a woman is killed by her spouse or partner in the UK. Women's Aid this year is celebrating its 50th anniversary this year campaigning on violence against women.

Next year 2025 is the 50th anniversary of the Women's Institute's first campaign on the subject, demanding a refuge in every county if not in every town for women escaping such violence in the home. It's horrible that we still have to protest about this and felt really poignant that Mother's Day this year fell the next day.

We met up with 4 members of Shanks Sisters who come from Staffordshire (their name derives from Armitage Shanks whose factory was in their village!) Super Barbie pink gilets and great home-made posters!



Frances S



## CONVERSATION CAFES – UPDATE ON PROGRESS

You will remember that a group of us are exploring how we can best set up a 'conversation cafe' for refugees and asylum seekers, as described in WI News early last year and on myWI. The good news is that we are hoping to have a weekly 'cafe', based somewhere in Waltham Forest and with all interested WI members invited to participate, sometime in the second half of this year.

It's taken us a while to work out how we'll be able to organise these, get the venue, invite participants, run them safely, etc etc, but we're now making steady progress by partnering with Waltham Forest's 'Conversation Clubs' initiative. Sue Reid, Ann Smart and Ruth Kaufman are halfway through Waltham Forest's training course to enable us to set up such a club; Sanjeeda Ahmed is way ahead of us, having started the training before the rest of us had even thought of doing it.

We're happy to answer any individual questions either at meetings or by email to [ruth.kaufman@btinternet.com](mailto:ruth.kaufman@btinternet.com).



## END OF LIFE AND PALLIATIVE CARE IN WHIPPS CROSS HOSPITAL AREA

Tuesday 19 March at 6pm Waltham Forest council meeting discuss report

The report has finally been published. Ann B and myself have spent the last nine months attending a workshop at Whipps with other residents, clinicians and management getting the data together. The result is that the provision of such care services in Waltham Forest is seen to be really poor and Redbridge, although better, could be much better too.

With the new hospital still not materialising the Margaret Centre is 'safe' for the time being (so our efforts are all worthwhile). However, the Margaret Centre is seen as an acute ward whose beds are released in late afternoon to ease bed shortages in the rest of the hospital. It is not a hospice - and we don't have one in Waltham Forest, nor a hospice at home service that works. GPs at present aren't referring patients directly to the MC, so people arrive in A&E instead. The Centre isn't safe in the long term.

The main report recommendations are that there should be better communications between patient, their carers and health professionals, and better support for patients and carers in the community. To facilitate this, they propose setting up a single point of access to make accessing services simpler, improving access to medication within the community 24/7 and improving care services in the community. All well and good but there's no money. So the intention is to apply for a grant from a body called Social Finance (in conjunction with the Macmillan charity) that has to be paid back after 12 months if the proposed services are put into place. There are no costings yet and the report is quite vague in parts so we need to point that out.

Ann's helping me with a three-minute speech to the council and it would be great if some of you could turn up at support us and Action4Whipps at the Waltham Forest Council Offices - please be there by 5.45pm on Tuesday 19th March. Parking I think is still OK as people will have left work by then. Thanks for your support!



(And no, that's not my dog, just a view of the council offices, main building).

Frances S



For Nutrition and Hydration Week, and World Sleep Day on Friday 15 March, the National Federation of WI put together a blog with experts sharing their top tips and advice for staying healthy and getting a good night's sleep.

Top tips? stay hydrated, drink water and keep off the caffeine. See <https://thewi.org.uk/media-centre/blog/blog-listing/2024/nutrition-and-hydration-week-11-17-march>

## Benefit Of Sleep For Body and Mind







## AXIOM INCE (FORMERLY WISEMAN LEE) SOLICITORS IN WANSTEAD

Just a shout out to any of our members who may have been a current or past customer of Wiseman Lee Solicitors in Wanstead which was taken over by Axiom Ince in March last year. Please be advised that the Solicitors Regulation Authority (SRA) had to with immediate effect shut down all Axiom Ince Offices in London and elsewhere in October. Therefore, if any of our members had any personal files including deeds or wills stored at the Wanstead Office, these will have now been safely possessed by the SRA. To retrieve any personal papers please contact The Intervention Archives Team at the SRA on 0204 525 0250 or email [iaf@sra.org.uk](mailto:iaf@sra.org.uk). You will need to complete and return a document retrieval form to enable any personal files to be sent back to you or to your solicitor.

# Recent events



## FEBRUARY MEETING

The Terry's Chocolate Oranges prizes for the jauntiest headscarf and pinnie were won by Margaret B and Gill W – both chocolate and oranges were hard to come by during World War Two. Gillian T put together a 1940's play list to set the mood for our meeting and many members dressed up (or down) for the night.

Pat and Barbara Elliott really enjoyed their visit to us last month and presenting their 'The daily Life of a 1940's housewife'. Pat has kindly sent us copies of the 1940's cake and biscuit recipes that we all eagerly sampled during the evening and enjoyed. She hasn't converted the measurements into grams but imagines many of our members, like her, are familiar with imperial measurements!

Pat said "We had great fun giving our talk last week and it is so good to meet a thriving group like yours. Here's to some successful cake making, All good wishes, Pat"

Pat and Barbara present talks and guided tours at Eastbury Manor House, Barking IG11 9SN. They suggested we may like a cream tea and a tour later this year. Gladys is happy to make further enquiries if members are interested.

Many thanks

Gladys x







## REMEMBERING THE LATE CHRISTINE DYER

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Christine died earlier this year. Several years ago she had an unfortunate accident which left her with mobility and health issues. More recently she suffered a mild stroke and moved into a Nursing Home. Christine was an early member of Wanstead WI, she attended coffee mornings and participated in theatre trips. Christine was also very involved with the Scouting Movement and was a Commissioner. Her Thanksgiving Service was held in South Woodford on 22 February.





## WHO'S WHO ON THE COMMITTEE

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Committee Member	Officer or Committee Role
Denise Hitchens (DH)	President
Gladys Shuckard Rowe (GSR)	Secretary & 2024 programme co-ordinator
Patsy Whiteside (PW)	Treasurer
Gillian Thackray (GT)	Website Manager
Vicki Ensor (VE)	Newsletter Editor
Nicola Hayes (NH)	Committee meeting minute secretary
Angela Kane (AK)	National resolution co-ordinator and members meeting recorder
Pamela Morgan (PM)	External Communications & Refreshments
Frances Simmons (FS)	Wanstead Campaigns & local WI liaison
Claire Thorogood (CT)	New member liaison
Maggie Widdecombe (MW)	Membership & charity co-ordinator