

INSIDE THIS ISSUE

Upcoming events

Our April social, membership renewals, trip to Chartwell and regular teas and coffees.

News and campaigns

Our charity of the year, national resolutions and the Big Plastic Count

Recent events

Looking back at March's meeting, remembering Christine Toogood and a day out at Cody Dock



Please send items for the newsletter to wanstead-wi@hotmail.co.uk

MEETING ON 18 APRIL

Our next meeting will be our big Easter/Spring social where there will be an opportunity to share food and mingle with other members.

See next page for full details!

Please remember to bring:

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

Upcoming events

APRIL MEETING

This month's meeting will be our first **SOCIAL** of 2024, when we can all relax, eat, drink and chat to 'old' friends and make 'new' acquaintances in a friendly space.

Please **BRING A DISH** or if you prefer **BYO food to eat**. Either is great as we look forward to seeing you there. Your dish can be either savoury or sweet (enough for 4 to share). Savoury food will be in the hall and deserts will be in the kitchen area.

Set up for the hall will be tables (8 seats) with a large central table for savoury food. Deserts will be in the kitchen on the island.

No charge for tea and coffee - wine and soft drinks will be provided by the committee. Service is 'Help yourself'. **VOLUNTEERS** needed to help set up refreshments in the kitchen serving hatch please.

Don't forget to bring your own plate, glass, mug, and cutlery, and be happy! It would be lovely if you could bring a table decoration to brighten the hall and add to the evening's atmosphere.

WI Business will be :-

Members present will be asked to **VOTE FOR or AGAINST THE NFWI RESOLUTION 2024. DENTAL HEALTH MATTERS** received the most votes nationally. Members will also be asked to give discretion to our East London WI group delegate - Phillipa Jones, Forest Gate WI. This will allow her to consider the arguments put forward at the NFWI Annual Meeting and exercise her discretion when voting.

Members Notices - various items raised by committee / members for members information.

The NFWI 2023 raffle tickets will also be on sale - chance to win £10,000 1st prize, with 60% of proceeds going to our own federation - ESSEX.

Our regular raffle, home produced table, food bank collection and book swap/information table will be available.





MEMBERSHIP RENEWAL

If you haven't already done so, please renew your membership urgently. We ask that you do so by the next meeting on 18th April at the latest. (Dual members who pay their full fee to another WI 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 18 April meeting.

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 April meeting 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, which is in line with National WI instructions, equates to just £4 for each of our 12 monthly meetings and we hope you will consider this good value.

Please take prompt action and remember to renew by the 18 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 or email the usual Wanstead WI email address if you wish to benefit in this way.

Kindest regards

Wanstead WI Committee





TRIP TO CHARTWELL

We have organised another interesting coach trip for Wanstead WI members, this time to Chartwell in Kent - Home of Sir Winston Churchill.

It is on **Wednesday 29th May 2024**

The cost is **£36.00** (which will be reduced to £18 for National Trust members as entrance is free - but you will need to provide your NT membership number in advance and to bring your card on the day).

The coach will meet us outside our Church in Wanstead for a 9.00 am departure and drop us back there in the evening at approx 6pm.

There remains a number of spaces available and our outing will include:

- Return travel from Wanstead
- Tea or Coffee on arrival at Chartwell
- An introductory talk about the Churchills at Chartwell - to set the scene
- Self-guided, timed entrance to the house - with NT volunteers in most rooms to provide additional information
- Self guided exploration of the grounds, gardens and Sir Winston's Art Studio (where talks are given at certain times of the day)
- National Trust shop
- National Trust Cafe for lunch and refreshments

If you haven't already expressed your interest by signing up at the March meeting or by contacting Denise subsequently, please email her directly on denisehitchens@hotmail.com or call or text her on 07732 304353.

Please also advise whether you are an NT member.

This should be another enjoyable coach outing for Wanstead WI members and if there are any spare places nearer the time we will offer them out to your female friends and family members as usual.

I am looking forward to hearing from you.

Denise





TEA AND COFFEE GET-TOGETHERS

The next coffee and tea gatherings are:

- Thursday 25 April, 11.00 The Bull

- Thursday 2 May 2.30 Cafe Belgique

Get to know WI members outside of the meetings. Join us for a chat over a cuppa.

Look forward to seeing you there.

Angela

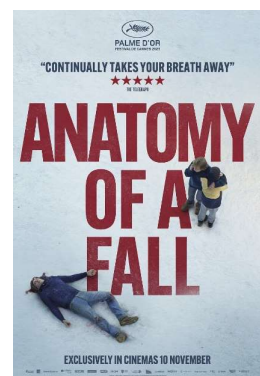


WANSTEAD AND WOODFORD FILM CLUB

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.

<p>May 6th 2024</p>	<p>Anatomy of a Fall (Anatomie d'une chute) (2023)</p> <p><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.</p>
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June 3rd
2024

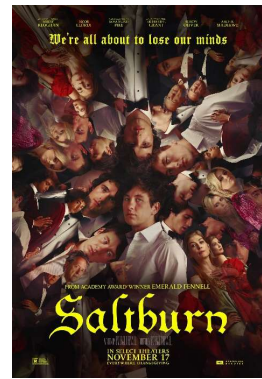
Saltburn (2024)

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.



LIVE MUSIC IN WANSTEAD

Hon. President: David Thomas
East London and Essex
Electronic Keyboard Club



Electronic Keyboard Concert

Come along and listen to the talented
Keyboard player

Chris Powell

Playing a variety of music from Shows, TV, Old, New, and Classical to Big Band, in fact a variety of music to cater for all tastes. The Concert is enhanced by way of Projection equipment (purchased from Grants from the London North East Community Foundation and Shell)

Wednesday 8th May 2024
Wanstead Library, Spratt Hall Road
Wanstead, London E11 2RQ

Concert starts at 7.30-10.00pm
Doors open at 7.00pm

Admission: £12 for Adults and £2 for Children under 16 at the door

Why not visit our website at www.organfax.co.uk/clubs/eastlondon.html for more information about our Club

News and campaigns



2024 RESOLUTIONS VOTING OUTCOMES FOR WANSTEAD WI

At the April Meeting we will need to vote for or against the Dental Health Matters Resolution. We will do this by a show of hands at the social.

“ 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.”

We can also choose to give discretion to our delegate to decide how to vote after hearing the presentation and debate at the Annual Meeting on 5 June at the Albert Hall.

Two Dental Health Quiz Questions

In what year was the current NHS dental contract introduced?

- a) 2020
- b) 2006
- c) 2013

Research by BBC in August 2022 found what percent of dental practices in England could not take on new adult patients?

- a) 50%
- b) 76%
- c) 91%

Answers at the social.

Angela



OUR CHARITY OF THE YEAR – THE ALLAN BURGESS CENTRE

Members voted with a unanimous show of hands at our March meeting to support our local Age UK centre - **The Allan Burgess Centre, in Wanstead High Street**. The centre is attended by some of our members as well as the wider community, and provides essential social activities, advice, companionship, and refreshments – the lunch is highly recommended!

Monies raised will be distributed throughout the year enabling the purchase of new or replacement equipment items and to set up new activities, e.g. starting Bingo sessions, replacing the folding tables (used by the art classes) and card tables.

Lou (the manager) was really delighted the centre will be our charity this year. Your support in providing additional funds will be greatly appreciated by all those attending the centre. Lou has offered to give us some plants to sell on the home-produced table.

We will invite her to one of our meetings so you can learn more about the centre's work and hear how our charity donations are supporting their activity groups.



THE BIG PLASTIC COUNT

Did any of you take part in the Big Plastic Count (11 – 17 March)? Three members of the Committee did – Frances, Gladys, and Maggie. After submitting your count results, a unique report into your household's plastic packaging footprint was provided. What type of plastic you used and what's likely to happen to it. **QUITE AN EYE OPENER...** considering how “environmentally friendly” gets bandied about.

Taking part wasn't about feeling guilty about how much plastic packaging you used. Supermarkets and big brands produce too much plastic, and we have very little choice about what our food and other essentials come wrapped in. So, what were Gladys and Maggie's Plastic Footprints... (N.B. Maggie does have more cats than Gladys)

Gladys in one week used :-

68 bits of plastic. Over a year that's equivalent to 3,536 pieces of plastic

If all households were the same as hers, the UK would use **99,361,600,000** bits of plastic every year. Imagine where that lot is going to end up?!

So, what was her plastic packaging waste used for - what was the breakdown of hard and soft plastic – and what happens to her plastic packaging waste?

68% = Food & Drink; 1% = Cleaning & Toiletries; 31% = Everything Else.

21% was hard plastic and 79% was soft plastic



11% is recycled in the UK



9% is sent abroad (Turkey the main destination)



13% is sent to landfill



67% is burnt

Maggie in one week used :-

90 bits of plastic. Over a year that's equivalent to 4,680 pieces of plastic

If all households were the same as hers, the UK would use **131,508,000,000** bits of plastic every year. Maggie's breakdown was: -

60% = Food & Drink; 4% = Cleaning & Toiletries; 36% = Everything Else. 27% was hard plastic and 73% was soft plastic



9% is recycled in the UK



8% is sent abroad (Turkey the main destination)



13% is sent to landfill



70% is burnt

It is shocking that so little is recycled, and so much is incinerated right?! But there is a solution! This year, **governments around the world are negotiating a Global Plastics Treaty**, which could set targets to reduce plastic production, and agree ways to better deal with our plastic waste. **Will you sign this petition to call on the UK government to push for a strong Treaty?** <https://act.gp/49neIZA>



GLA ENVIRONMENT HUSTINGS IN WANSTEAD

GREATER LONDON AUTHORITY ELECTION

ENVIRONMENTAL HUSTINGS

WANSTEAD LIBRARY WEDNESDAY 17 APRIL 7.30 – 9.00



The environment should be high on the agenda at the GLA election on Thursday 2 May. This is a rare opportunity for voters across the political spectrum to come together to quiz candidates and hear them debate the issues.

Candidates, or representatives, of all the main parties have been invited to participate.

Free and open to all. Doors open 7.00. Event begins 7.30.



Organised jointly by Wanstead Climate Action and East London Humanists

Recent events

WANSTEAD WI GOES EXPLORING CODY DOCK AND THE ENVIRONS OF THE RIVER LEA



After the extremely interesting talk by Simon Myers (Chief Executive and Co-founder of the Gasworks Docks Partnership (GDP) at our March meeting, we couldn't wait to seek out our walking boots and explore Cody Dock with Simon who gave us a private tour during which we learnt so much about the dock's past, present and future.

Cody Dock was built in 1871 during the heyday of the London Docklands era and was primarily where coal from the barges was offloaded and used to produce town gas. By the mid-20th century all London docks like Cody began to close due to a growth in containerisation and the use of larger ships which required the more accessible and deeper docks located downriver at Tilbury.

Extensive manual works have been done primarily by thousands of volunteers to clear years of built-up wasteland debris, - enabling the partnership to restore and redevelop the area into a very much thriving social, educational and heritage centre. Simon showed us their newly built green classroom and explained the plans for a Heritage Pavilion, where the roof is going to be constructed from the hull of a 19th mahogany Thames lifeboat! We also learnt all about the community and educational activities going on at Cody Dock. Sustainability, climate change and protecting wildlife are definitely at the heart of everything the partnership does. Last year over 1000 trees were planted by volunteers in the local

area from samplings grown at Cody Dock. A very recent addition to Cody Dock has been the building of the spectacular Rolling Cody Bridge (see photo of us all on the bridge).

Thank you so much Frances for suggesting Cody Dock be part of our 2024 programme. Simon said that it was a real pleasure coming to talk to us and showing us around the dock. Simon was very much inspired to hear about all the things we do and try to achieve for both our members and the charities/communities that we work with.

We are hoping to get this article published in Essex Life and possibly WI Life too!



NFWI 2024 RAFFLE TICKETS – YOUR CHANCE TO WIN £10K AND OTHER PRIZES

Ladies, 30 tickets are available for sale from Gladys at the next few meetings - with 60% of proceeds going to our own federation – ESSEX. You have to be in it to win one of the following prizes...

1st – £10,000

2nd – Taj and Tigers holiday for two (approx value £11,000)

3rd – National Gallery guided tour for up to 25 people (approx value £2,500)

4th – KitchenAid cast iron covered casserole collection (approx value £360)

5th – Top-price Theatre Tickets for Two

6th – Singer M2605 Sewing Machine (rrp £209)

7th – Lakeland Dual Basket Air Fryer with easy view (approx value £159)

8th – Martha Hill Beauty Hamper (approx value £100)



IN MEMORY OF CHRISTINE

We thought you would like to see a photograph of the shrub that will be planted in the church gardens in memory of our dear friend and past President Christine Toogood. We are currently liaising with the Church to find the best home for it in the grounds and as soon as it is planted we will share the news with you. As you can see it is a beautiful Cornus or Dogwood which will have vibrant red stems throughout the autumn and winter months and lovely lime-coloured leaves during the spring and summer.

A small and delicate commemorative tag has been made in Christine's name.





Following our 1940s-themed February meeting, here are some recipes for the surprisingly delicious war time treats we sampled.

Jam Cake

Ingredients

4oz. boiled potatoes
8oz. SR flour
1 teaspoon bicarbonate of soda
2 oz. margarine
2 tablespoons jam
2 eggs (or dried equivalent)
2 oz. dried fruit

Sift dry ingredients and rub in fat, then mix in the potatoes, eggs and jam.

Pour into an 8 inch greased, lined cake tin.

Bake at gas mark 4 for 50 minutes.

Make a glaze with a tablespoon of jam and a little hot water and pour over the cake as soon as it comes out of the oven. Serve cold as a cake or hot with custard as a pudding.

Eggless Sponge

Ingredients

6oz. SR flour
1 level teaspoon baking powder
2 and a half oz. margarine
2 oz. sugar
1 level tablespoon of golden syrup
Half a pint of milk or milk and water
Jam for filling

Mix the flour and baking powder.

Cream the margarine, sugar and golden syrup until soft and light.

Add a little flour and a little liquid. Continue adding slowly until the mixture is smooth.

Grease and flour two 7 inch sandwich tins and divide the mixture between the tins.

Bake for approximately 20 minutes at gas Mark 5, until firm to the touch.

Turn out and sandwich with jam.

Carrot cookies

Ingredients

1 tablespoon of margarine

2 tablespoons of sugar and a little extra for sprinkling on top

A few drops of vanilla essence

4 tablespoons of grated raw carrot

6 tablespoons of SR flour

Cream the fat and sugar until the mixture is light and fluffy.

Beat in the vanilla essence and grated carrot.

Fold in the flour.

Drop spoonfuls of the mixture onto a baking tray and sprinkle with the remaining sugar.

Bake for about 20 minutes in a hot oven.



WHO'S WHO ON THE COMMITTEE

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