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Find out about our upcoming meetings, regular afternoon teas, art gallery outings, and share news of local events

News and campaigns

Voting on national resolutions, choosing our charity of the year and the Margaret Centre campaign makes Private Eye!

Recent events

Looking back at the Christmas social

Please send items for the newsletter to 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 18 JANUARY

This month's meeting we'll be joined by Louisa Green to talk about swan rescue. **Please note we have just been advised that Swan Rescue have ample supplies of old towels, so there is now no need to bring any along.** Also Louisa is selling her book "There's Something About Wallace" so please bring along a cheque or cash if you want to buy a signed copy of her book. We're sure everyone is going to enjoy her presentation.

Plus voting on the WI Resolutions for 2024.

Upcoming events

FEBRUARY MEETING

Make Do and Mend - A 1940's theme for the night.

Pat and Barbara Elliot (History on the Move) will be wearing typical 1940's fashion, as we share the experience of a 1940's housewife's daily life with them.

What can you manage to find in your wardrobe to join in? Headscarves, turbans, smart little hats were in fashion. Aprons 'pinnies' were a familiar sight, as were knitted items.

Classic 'Culinary delights' of eggless sponge and cookies will be available for you to sample.

To get us 'In the Mood' music from the 1940's favourites of Glenn Miller, Vera Lynn and the like will serenade us during the evening.

The jauntiest headscarf or hat and 'pinnie' will get a prize. No – it won't be a tin of SPAM!





TEA AND COFFEE GET-TOGETHERS

It was lovely to see so many members at the December and January get togethers, for laughter and lively chats. We look forward to seeing you at the next get togethers too.

- Thursday 25 January, coffee at The Bull, 11.00
- Thursday 1 February, tea at Cafe Belgique, 2.30

Angela K



YOUR NOTICES



A new section ladies! **Just for you to tell us about all the lovely goings-on that you are involved in or those interesting events that are being held in our wider community and beyond.**

Towards the end of members meetings, many of you ask to speak about activities that you are planning or events taking place locally, e.g. choir/music concerts, jumble or plant sales, open gardens.

Sometimes it can be a bit rushed at the end and some details can be missed. So why not tell us in advance and your notices can appear here. You can still give us a reminder at our next meeting.

Let the committee know at our January meeting or email Wanstead WI at Wanstead-WI@hotmail.co.uk



ART GROUP OUTINGS

Hello and Happy New Year everyone.

I have been looking at my calendar to plan some more gallery outings to start 2024. However, I think I need to revise my list of members who want to be included as I'm sure it's not properly up to date so I am going to start again from scratch. Apologies, but can you please send me a quick 'count me in' message to cathy.unwin76@ntlworld.com if you want to stay in the loop on my planned gallery trips. Thanks.

For our next trip I'm suggesting the [Royal Academy for 'Impressionists on Paper'](#) in February, exact date to be confirmed.

I hope to hear from you,

With very best wishes,
Cathy Unwin



Edgar Degas, Dancers on a bench, c 1898, pastel on tracing paper



WI LEARNING HUB – YOUR NEW LEARNING JOURNEY!

Hope you all received on 8 January, an email from Denman announcing a big new change to the way their online courses, training opportunities, projects and activities will be offered to all members. The current Denman at Home Newsletter is being replaced with a new WI Learning Hub newsletter. Many members enjoyed interesting and well produced courses and events during the Covid lockdowns and afterwards.

The WI Hub Newsletter will contain details of online opportunities relating to the WI Learning Hub and the NFWI.

Opening on 24 January 2024, the WI Learning Hub will be available for members to access [free online learning](#).

Make sure you don't miss out - you must subscribe to the new mailing list to continue receiving updates. You'll need to click on the link below to sign up to the new WI Learning Hub weekly newsletter.

<https://denman.us11.list-manage.com/subscribe?u=09b4f997fdaa7ecccc620f8e3&id=28d29065a5>



Creative Crafts



Environment & Nature



Food & Lifestyle



Talks & Interests



Business & Training



View All Courses

News and campaigns



2024 RESOLUTIONS

Members will be voting for the 2024 Resolutions at the January meeting.

You may have decided which resolution you support the most, but if you need more information, here's where to look.

- November issue of WI Life, page 23
- December and January Newsletters.
- Listen to very short presentations from our members at the January meeting.

VOTING

- vote using our sign - up sheets at the January meeting.
- bring your completed voting slip from Nov issue of WI Life, page 25. (I will have a few spares at the meeting) and give to Angela K please.
- send a message to Wanstead WI email address wanstead-wi@hotmail.co.uk
- if you are unable to attend the January meeting, maybe ask a friend to bring your completed voting slip.

We need to inform Essex Federation of the resolution we support the most, by early February, so the deadline for voting will be Monday 29 January.

Thank you for your support with the resolutions this year and to the members who have given us additional information. Thank you also to members who will be giving a short presentation at the January meeting.

Angela K



Summary of the resolutions

1. Dental Health Matters

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.

2. Impacts of poor housing conditions

Poor housing can have a deleterious effect on human health and wellbeing, safety and quality of life and can disproportionately affect the most vulnerable groups in society.

The NFWI calls on the UK Government to boost housing standards and regulations, increase funding for housing renovations, increase the supply of affordable and secure housing and strengthen collaboration with local authorities, housing associations and other relevant stakeholders to develop strategies that address local housing challenges.

(See also the article by Claire in our December newsletter).

3. Banning gambling advertising

This is the second time this resolution has been put forward although slightly altered this time. Adverts for online gambling are everywhere on social media and terrestrial TV, relentless. Just before Christmas Betfred turned up in my X/Twitter feed with jolly people all singing Let it Snow! and an announcement for a £5million competition as long as you placed a minimum £1 bet using Googlepay or ApplePay. But the advertising doesn't match up with the reality - alone, with your phone, silent, unlikely to win big if at all. Gambling is an addiction wrecking the lives for families not just an occasional innocent flutter, While gambling on sports seems aimed at men (think football and rugby match ads around the pitch) for women it's tombola and bingo with the likes of Ojo promising fun and friendship from your sofa while watching TV. In moderation that's true but gambling is addictive and can get seriously out of hand, despite the protests of the industry about checks and balances. So that's why I support this resolution.

4. Improving Outcomes for Women in the Criminal Justice System

There is an urgent need to radically reform decision making in respect of women in the criminal justice system and in particular, pregnant women and women with children. We urge cross government collaboration to the deliver on the 2018 female offender strategy by setting goals, robust governance and performance measures to reduce the number of women who have committed non-violent offences from being imprisoned.





What's the worst pain a person can have? Depends on your threshold, Tooth ache must be up on that list. A twinge if you're lucky before the earliest appointment to see your dentist. A gnawing, debilitating pain that no amount of paracetamol can subdue, and unable to get an appointment to see ANY dentist locally, so a call to NHS 111 for a dental nurse to assess you over the phone and offer you an appointment if needed for a London dental hospital. In London there are five dentist vacancies for every applicant.

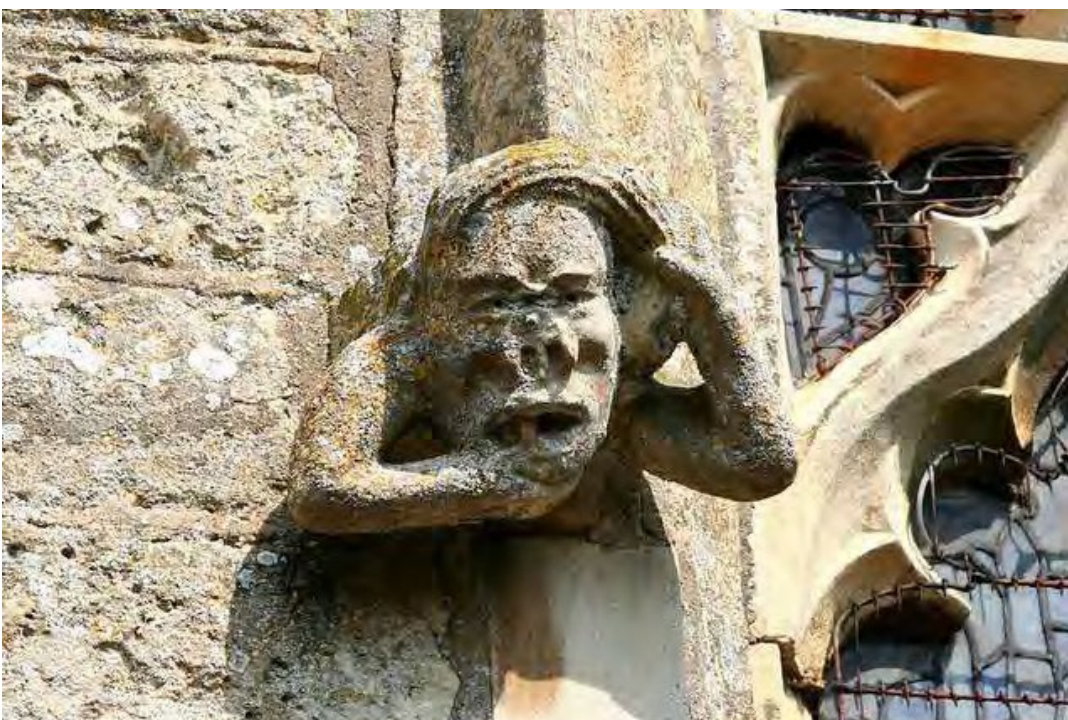
This is a country-wide issue. News coverage has shown queues of people lining the streets waiting to sign on at 'High Street' dentists who have announced they are taking on NHS patients. Basically, there are simply not enough dentists. In 2021 more than 2,000 dentists quit the NHS, and in 2022 a BBC survey found that nine out of 10 of the dental practices that still offer NHS services are not accepting new adult patients – eight in 10 are not taking on any more children [26 Jul 2023].

No wonder when unable to eat properly in chronic pain due to broken, decaying or loose teeth through gum disease, you resort to pulling teeth out with pliers because you have no access to, or cannot afford NHS dentists. How about making five-hour trips to get treatment? You don't smile, you lose your confidence, take painkillers on a regular basis. A YouGov poll found that 10% of respondents resorted to "DIY dentistry", including attempted at-home root canals and making their own dentures. A lady in Norfolk removed 11 teeth and resorted to crowd funding to pay for dentures [BBC report 14 July 2023].

A check up at the dentists is not just about cavities, gum disease, loose fillings. It includes checking for oral health (cancer), your general health and any problems you've had since your last appointment, and advice on your diet, smoking and alcohol use, and teeth-cleaning habits. Oral health can be a life-or-death situation. Without regular checkups, early signs of diseases like oral cancer, which is on the rise, leads to later referral to the NHS, a worse prognosis for you, and unsurprisingly also costs the NHS more in the long term.

In its present form, NHS Dentistry is not sustainable and the current dental contract, which pays dentists for batches or courses of treatments delivered rather than for every single item or procedure, such as a check-up or a filling, is not fit for purpose.

Gladys



Fun fact: Toothache was a popular subject for medieval stonemasons



CHARITY NOMINATIONS FOR 2024

As you know, each year we fundraise in support of a local Charity nominated and chosen by our members. In recent years we have supported:

- **Chaos** - a small local registered Charity run by Volunteers providing free summer camps to children referred by their school who would not otherwise receive a holiday that year
- **Crest** - a local registered charity providing community based services for older adults including those with Dementia as well as those feeling lonely or isolated
- **The Magpie Project** - a local registered Charity providing support, advice and a safe place for Mums and pre- school children suffering in temporary or insecure accommodation
- Local foodbanks - endeavouring to feed people in these times of austerity
- Amyloidosis - a Royal Free Charity in memory of our late President Christine Toogood.

It's time to start thinking about the local Charity we would like to support in 2025.

If you know of a local Charity which meets the WI recommended criteria as shown on My WI then please nominate it for consideration. Send your suggestions and brief details of the Charity to the usual WI email address Wanstead-WI@hotmail.co.uk . We can then collate the suggestions we can then start to discuss them at our monthly meetings and perhaps select one, by vote, in February or March.

Fundraising, of course, starts in January!



Mums and babies supported by the Magpie Project



A mention for the Margaret Centre campaign in the January 2024 edition of Private Eye (see below)! We joined with Action4Whipps to get the petition done and they've done a great job of getting media coverage. There has also been coverage in the Waltham Forest Echo and on LBC. See <https://walthamforestecho.co.uk/2023/12/02/why-were-fighting-to-save-the-margaret-centre/>



Recent events

CHRISTMAS SOCIAL

The Christmas Social was a lovely evening. Delicious finger foods enjoyed and generously shared between tables and a delightful group of singers performed seasonal songs accompanied by their pianist with some we could join in with too.





CHRISTMAS PRESENTS FOR THE MAGPIE PROJECT

The gifts for Magpie were very well received. Jane explained that the women manage on very little money and any they can save goes on their children so the treats we have sent are really just that, as they are never able to treat themselves. Thank you so much everyone.

Maggie



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



Swans, ducks and Geese need a variety of foods to keep them fit and healthy.

What can I feed?

- Bread
- Leafy Greens
- Grains and Cereals
- Wheat
- Dried Grass
- Swan food or pellets



Feeding Tips

Feed small amounts at a time making sure all food has been eaten before giving more.

Always feed on water.

Never feed them any thing that has gone mouldy.

Please remember to feed responsibly, and follow any guidelines in your area.

