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News and campaigns

End of life campaigns, ending violence against women and girls and the 2024 national resolutions

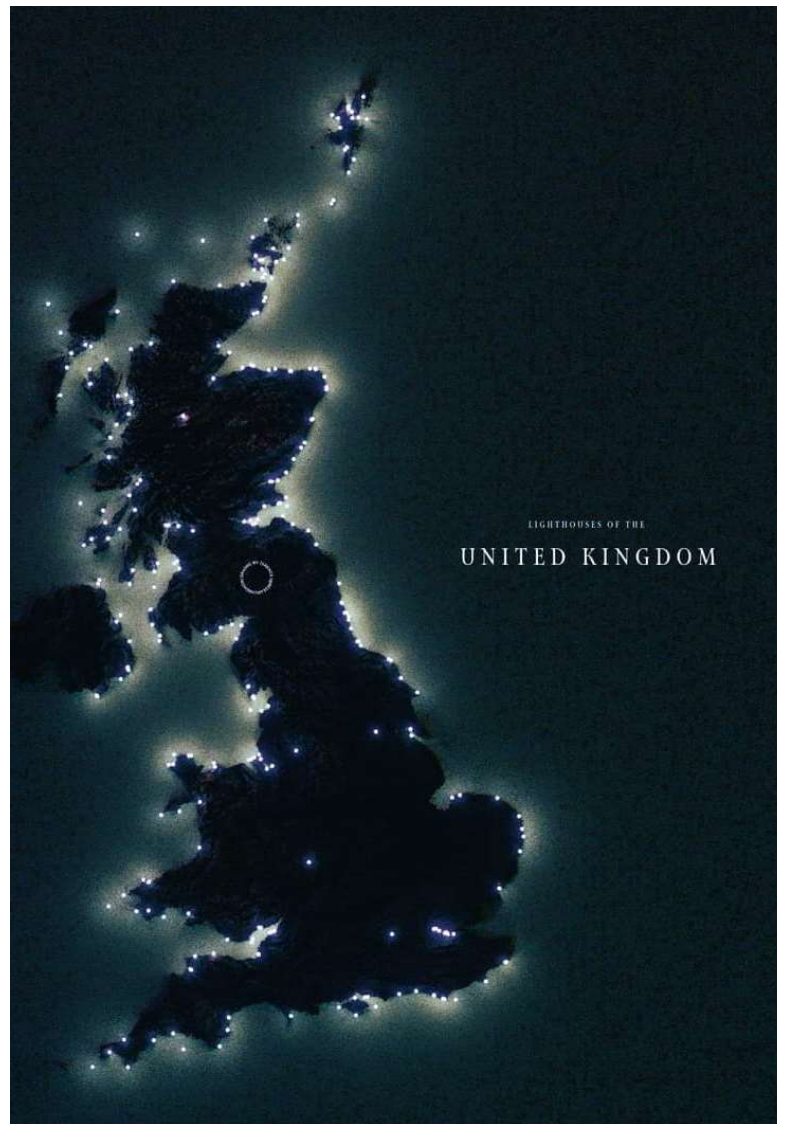
Recent events

Fun with poppies and WI goes Gaga

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 and NFWI raffle
- Pennies for friendship
- Donations for the food bank
- Seeds for the seed swap



MEETING ON 16 NOVEMBER

On 16 November, the topic will be Guardians of the Light with author and lecturer Mark Lewis. Discover the world of the lighthouse keeper. What were the daily lives, hobbies, challenges and heroic deeds of the men and women who tended the lights?

The image above shows the lighthouses of the United Kingdom

Upcoming events

DECEMBER MEETING

On 21 December we will hold our Christmas and Winter Social – more details to follow. Please bring finger buffet foods that you would be happy to share with others in your table. Wanstead WI will provide mince pies. Plus a discussion of the WI Resolutions before our vote at January 2024 meeting.



REGULAR AFTERNOON TEAS

Meeting for a chat over a tea and coffee at The Bull and Cafe Belgique are well attended. It's a chance for new members to meet and get to know others from Wanstead WI. No need to tell us in advance, just turn up. Look forward to seeing you soon. Angela K

- Thursday 23 November, coffee at The Bull, 11.00
- Thursday 7 December, tea at Cafe Belgique, 2.30
- Thursday 28 Dec, coffee at The Bull, 11.00
- Thursday 4 Jan, tea at Cafe Belgique, 2.30





WI CHRISTMAS MEAL, MONDAY 11 DECEMBER

It's time for our Christmas meal. Unfortunately, the Bungalow is unable to accommodate us this year so we have made a provisional booking for 7pm on Monday 11 December at the Golden Fleece, 166 Capel Road, E12 5DB. The Golden Fleece is accessible by bus - 101 and W19 and the Elizabeth Line. Parking is easy and free.

Starters

*Prawn cocktail
or
Baked mini camembert V*

Main Course

*Traditional Christmas dinner with all the trimmings.
or
Woodland mushroom bourguignon wellington V*

Dessert

*Christmas Pudding V
or
Vanilla cheesecake with shimmering berries V*

They are offering us a 3 course meal with the following options:

The cost will be £25, which includes a service charge. Tea, coffee and other drinks may be bought separately from the bar and should be paid for separately.

If you would like to join us, **please bring £25 cash, in an envelope, to the next meeting on 16 November** . On the envelope please put your name, phone number and your choice for each course. If you prefer to pay by cheque, we will send out a further email letting you know who to make the cheque payable to.

Similarly, if you cannot attend the meeting, please send a cheque to reach us no later than 16th Nov, along with your meal choices, to:-

Linda Mair,
15, Clavering Road,
Wanstead,
London E12 5EY

We hope that we can replicate the lovely evening we had last year at The Bungalow Cafe. If you think you'd like to join us please let us know by replying to Linda.mair@talk21.com **NOT TO THE WWI EMAIL ADDRESS.**

This wouldn't be binding in any way, but would be helpful for us to have some idea of the number of members who might be interested.

We look forward to seeing you there.

Deirdre, Madeline and Linda



NFWI ANNUAL MEETING, ROYAL ALBERT HALL, WEDNESDAY 5 JUNE 2024

At the National Federation Women's Institute Annual Meeting (NFWI AM), Royal Albert Hall on 5 June 2024, Wanstead WI will be represented by a delegate from Forest Gate WI.

However, we do have an opportunity to apply for NFWI AM 'Observer' tickets, to either attend virtually or in person. The cost of virtual attendance is FREE, and an in-person ticket is £28.

Places for virtual attendance is unlimited. There are only a limited number of in-person Observer places and if places are oversubscribed a ballot will take place.

All places must be booked using an Application Form which must be received at the Essex WI Centre by 8 December 2023.

If any member would like to attend virtually or in person, please inform Gladys or a committee member at the 16 November members meeting or by emailing wanstead-wi@hotmail.co.uk

Gladys will email you the application form to complete. Further details and agenda will be provided nearer the time.





Angela K, Cathy U, Claire T, Gill W, Gladys, Maralyn, and Gill T who arranges our IT, are happy to announce your draft members meeting programme for 2024. **A couple of details still need to be finalised.**

Thank you to those who have suggested ideas – already there’s been a few suggestions for 2025! All will be kept to hand for next year, or in case of unavoidable last minute 2024 changes. As always, please check for updates on our webpage: www.wansteadwi.weebly.com

A Wetlands Walk is arranged for 23 May and there will be women’s events at Cody Dock to join in. **Please tell us about your ideas for e.g. coach outings, exhibitions, open gardens, theatre, walks and local events which members may wish to appreciate next year.**

<p>18 January</p>	<p>Make Do and Mend - History on the Move - Pat & Barbara Elliot</p> <p>Dig out those headscarves and pinnies! Experience a 1940's housewife's daily life</p> <p>Taste some 'culinary delights' and appreciate the sounds of the time</p> <p>Plus Voting on the WI Resolutions 2024</p>
<p>15 February</p>	<p>Swan Rescue – Louisa Green</p> <p>Our local Snaresbrook ponds are home to these beautiful, majestic creatures</p> <p>Hear how you, and your 'old towels' can find a new lease of life helping support their rehabilitation</p>
<p>21 March</p>	<p>Cody Dock – Simon Myers</p> <p>Discover how the Dock (River Lee) was regenerated</p> <p>Details of their women’s events at Cody Dock will be available throughout the year</p>
<p>18 April</p>	<p>Spring Social</p> <p>Our Spring / Easter get-together – a lovely, convivial time for Members to enjoy getting together</p> <p>Bring a dish to share for the buffet or bring your own if you wish</p>
<p>16 May</p>	<p>Annual Meeting of Wanstead Women’s Institute</p> <p>Business reports followed by an enjoyable challenging quiz led by Kathy Moore, WWI member</p>
<p>20 June</p>	<p><i>Immersive story telling - Xania Gresham-Knight</i></p> <p><i>A previous programme presenter - we eagerly anticipate the subject of her performance...</i></p> <p>Be engaged, entertained and enthralled by her narrative</p>
<p>18 July</p>	<p>Blood, Sweat and Fears – Mary Newton</p> <p>Over 30 years spent in the field of Forensic Science</p> <p>We will hear about her involvement in some major London based scenes of crime</p>

<p>25 August</p>	<p style="text-align: center;">Summer Social</p> <p style="text-align: center;">Enjoy an ice cream, <i>maybe female Morris Dancing (?)</i> and an outside picnic (weather permitting!)</p> <p style="text-align: center;">And the bonus of an earlier evening start time</p> <p style="text-align: center;">Bring a dish to share for the buffet or bring your own if you wish</p>
<p>19 September</p>	<p style="text-align: center;">A Turkish Valentine – Jenny Gibbs</p> <p style="text-align: center;">Find out about her encounters and maybe relive your idyllic Mediterranean holidays</p> <p style="text-align: center;">Pashminas and Turkish gifts for sale in time for early Christmas presents</p>
<p>17 October</p>	<p style="text-align: center;">Polymer Jewellery Craft workshop - Jade Holt</p> <p style="text-align: center;">Try your hand at making delightful jewelry whilst enjoying sociable tête-à-tête</p> <p style="text-align: center;"><i>Further details are awaited</i></p>
<p>21 November</p>	<p style="text-align: center;">A Taste of Italy – Vincenzo (More Italy)</p> <p style="text-align: center;">A local Wanstead High Street business owner's insight on all things Italian</p> <p style="text-align: center;">Sample typical Italian treats, popular delicacies, with a chance to buy for the season</p>
<p>19 December</p>	<p style="text-align: center;">Christmas and Winter Social</p> <p style="text-align: center;">Our end of year seasonal get-together - Bring a dish for the buffet or bring your own if you wish</p> <p style="text-align: center;"><i>Possible Light Entertainment – music, activity</i></p> <p style="text-align: center;">Plus a discussion of the WI Resolutions before our vote at January 2025 meeting</p>



DENMAN COLLEGE

Just a reminder to members that Denman College offers a range of on-line courses and talks which are both interesting and excellent value for money. In November and December there are talks on various aspects of the history of London, cities of the world and midwinter traditions and celebrations. These are in addition to the craft and cookery classes normally associated with Denman College. From the Home page, select Live Courses and then scroll down and select Online Talks.



News and campaigns

WHIPPS CROSS, MARGARET CENTRE PETITION AND EOL AND PALLIATIVE CARE RESOLUTION

As reported in last month's newsletter, sadly we didn't get on to the national shortlist but Essex Federation are considering making our resolution a county campaign. They're discussing how that might work and then if agreed, it will be put to the **Essex County Annual Meeting on 22 May next year**. We'll keep you posted on that and any further feedback we get. So save the date in your diaries.

We now have a date to hand in our **Save the Margaret Centre petition** to the chief executive of the North East London Integrated Care Board (ICB) which includes not only Whipps Cross but Barts and Newham and more of north east London.

Thursday 16th November 10.45am for 11.00am at Unex Tower, 5 Station St, E15 1DA. Just a few minutes from the main entrance to Stratford Station, turn right as you exit and walk past the bus station. We hope that many of you will turn up so that we can have a photo shoot of the handover made with Action4Whipps (much like we did last year). Sometimes I can't believe how long we've been doing this and we still haven't got the money through for the new hospital all though some is promised.

Meanwhile Ann Brown and myself have been attending fortnightly workshops at Whipps X since June on end of life and palliative care. The report should have been presented by end September. However, it is in depth, includes not only community members (and we do feed in your experiences as related to us) but also clinical staff at the hospital, staff at the local hospices of St Josephs and St Francis as well as taking into consideration the results of the survey that many of you filled in recently as carers. We hope that at the end the findings will be actioned - it's not all about money, quite a bit about systems and an awful lot about improving communication and access to services. Again, we'll post updates either at the WI monthly meeting or in the newsletter. Thanks as ever for all your hard work on this campaign.

Thought I'd give you a medal this time!





2024 RESOLUTIONS PROCESS

Please look out for the November Issue of WI Life. It's an important edition because it includes information about the NFWI 2024 Resolutions and the voting process. We will speak briefly about these Resolutions at the November and December meetings. We will be voting at the January meeting (details to follow).

If a member would like to speak about one of the Resolutions at the November and December meetings, please let Angela know, via the Wanstead WI email address or at the meetings.

Angela K

Next year's 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.

3. Say 'no' to gambling advertising

Harm caused by excessive gambling is a global problem. Some countries are already addressing this by banning advertising. The NFWI calls on members, the government, regulators, the NHS, educationalists and gambling charities to work together towards achieving a complete ban on gambling advertising. This will reduce gambling harm, save the NHS money, protect family relationships and decrease the number of suicides, around 400 per annum at present.

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.



NO MORE VIOLENCE: GET INVOLVED WITH 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE (25 NOVEMBER-10 DECEMBER)

Ending violence against women and girls remains a critical frontier in a world striving for equality and justice. The 16 Days of Activism against Gender-Based Violence stands as a global call to action, inviting campaigners like you to raise your voices, ignite conversations and drive transformative change.

Running from 25 November – the International Day for the Elimination of Violence Against Women and also White Ribbon Day – to Human Rights Day on 10 December, the 16 Days is a global event. Each year, the WI marks it and encourages members to get involved as part of our No More Violence against Women campaign.

By lending your voice, you can contribute to breaking the silence that shrouds survivors and promoting open dialogue about the actions needed. See the Action pack on My WI:

https://mywi.thewi.org.uk/_data/assets/pdf_file/0008/379547/WI_NoMoreViolenceAgainstWomen_ActionPack_web.pdf

A suggestion from national federation campaigning this year is as follows:

Craft orange flowers, the campaign symbol, and display them in your local area, with labels that read #16days #nomoreviolence to raise awareness. Use your favourite technique to create the orange flowers: embroider them, macramé ornaments, make them from paper mâché, or crochet a brooch to send to an MP or other public figure. You can also wear orange to your November or December WI meeting, or knit an orange scarf or hat for a candlelight vigil.



SAVE THE DATES

November 25 - The International Day for the Elimination of Violence Against Women and also White Ribbon Day

Candlelight vigil being organised by Million Women Rise movement see their website <https://millionwomenrise.com/> and also <https://www.whiteribbon.org.uk/white-ribbon-day-2023>



Saturday 9 March - Million Women Rise protest march

This is the annual protest march against the violence and abuse of all women. It is supported by National Federation of WIs; last year our chair was there to lead the WI contingent which came not just from London but from all over the country. Ruth and I have gone on several occasions but it would be great to have more people from Wanstead there.

The movement started in the US in Philadelphia as a grassroots protest for black women. You can read about the first march on Wikipedia - then a million people did take to the streets. However, violence against women continues and is global affecting all ethnicities despite political gains. More details to come later re. times and associated talks and briefings. See red! Wear red!



Photo: credit Adzovi Nyanyo, Forest Gate W

CHRISTMAS PRESENTS FOR THE MAGPIE PROJECT

Once again we will be supporting the women living in temporary accommodation who access The Magpie Project in Forest Gate. So many lovely things have been sent in the past few years and these have always been much appreciated. Anything suitable for a young woman living in cramped conditions with young children so no candles or scented oils please but items such as scarves, gloves, toiletries, mugs, notebooks and pens, chocolates or other edible treats, make up, nail varnish etc. are so welcome.

Gifts will be delivered to Magpie in time for them to be give out on 19th and 20th December. As our December meeting is not until 21st all gifts need to be brought to our November meeting at the latest or dropped at Maggie's house before 18th December.

Thank you so much for your support.

Maggie

Recent events

OCTOBER MEETING

I hope everyone had as much fun making their poppies last month as I did showing you how. It was great to see how well you all did and maybe you learned the basics of wet felting in the process. I have since been asked if I run classes, well I don't very often these days but willing to if there's interest. I will bring a sign-up sheet to the November meeting to gauge demand and maybe arrange something in the new year if enough people are keen. I would only charge enough to cover hall hire and materials so the more people booking the cheaper it will be.





We had another fascinating trip with the Art Group to see 'Court to Couture' at Kensington Palace. It was comparing the sumptuous clothing of earlier centuries alongside catwalk designs and red carpet outfits worn by modern celebrities. Some designs were more wearable than others, I doubt Lady Gaga ever sits down at the Met Gala!!





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