A message from the Committee

Welcome to a New ‘Wanstead WI’ Year.

We look forward to an interesting programme for 2017 and hope that many activities will be enjoyed by members.

January is the month for resolutions and Wanstead WI is no exception – we need to vote on the NFWI resolutions for 2017 and we need to choose a new charity to support. Please familiarise yourself with the resolutions proposed by looking in the latest copy of WI Life or on page 3 of the newsletter. Also please bring the voting slip from your copy of WI Life to use at the meeting. If you wish to speak about a Resolution please prepare a short piece and let a member of the committee know that you wish to do so.

Depending on time it may be necessary to postpone the choosing of our new charity until the February meeting to give more time to the Resolution process. Details of previous charities supported are available at meetings. The criteria are based on woman and community. All ideas will be considered and voted on as usual. There are currently two ideas—Admiral Nurses (specialist dementia nurses who have to fund their own carers meetings and expenses) and Women’s refuges (see information at end of newsletter).

Pamela says “As most of you will know, for the past few years some members have been meeting at the Cuckfields in Wanstead. In an effort to boost numbers, and for a change of scenery, the next get together will be held at The Eagle Carvery (just around the corner from Snaresbrook tube and opposite Snaresbrook Road), from 7.30 pm on the second Wednesday in the month. Hope to see you there!”

News from the Committee

Please pay your subscription. Please write a cheque to Wanstead WI for £39 and place it in an envelope with your name and any change in personal details on the front and bring it to the meeting.

Tracy Hall will be helping Jennifer on the welcome desk to assist with signing in. Also help needed again with setting up the IT equipment at meetings. Please see Maggie at the desk for details.
Gillian B has updated the website with the 2017 programme, diary dates and refreshment rota. Thank you Tracy and Gillian.

We will continue to have two refreshment servings with cake at the second break. Thank you to Pamela M for organising the refreshment rota for 2017.

57 members and 4 visitors attended the December meeting. Following consultation with members it was agreed to cap membership at 100. Four members were against the capping. Current membership is 91.

Members are encouraged to join the Facebook page ‘Friends of Wanstead WI’

Using the Moodle – does anyone use it and how can members be encouraged to do so?

Essex Federation Centenary Year is 2017 – what can we do?

A reminder of the timings for meetings

7.45 SIGN IN Arrive and collect a chair and arrange in a horseshoe shape (help with tables if needed).

8.00 Briefing to draw attention to events to sign up for and organisers to talk to in the break.

8.15 Feature of the meeting

9.00 Social time - meet new members, chat with regulars, buy raffle tickets, enjoy refreshments, browse noticeboards, swap books.

9.40 WI formal information and raffle

9.50 Clear away. Please help by sharing in the packing up and tidying of the hall.

Regular Reminder of things to bring to meetings

* a mug for your refreshment drink
* your spare pennies for the ‘Pennies for Friendship’ piggy bank
* raffle prizes and money for tickets
* donations for the Food Bank always needed.
* books and quality monthly magazines for the Book Swap Box
* yarns, craft papers, materials etc. for Craft swap box

PLEASE REMEMBER TO SIGN IN AT EVERY MEETING AND WEAR YOUR NAME LABEL

Information about subscriptions

- Subscriptions run from January to December (From 2017 £39)
- New members joining for the first time (not previous members) will pay a pro-rata sub depending on the quarter in which they join
- If you belong to more than one WI the additional fee is £19. No pro-rata rate.
- Membership includes 8 copies of WI Life and information from your Federation. At least 11 meetings where you are entitled to contribute ideas to the annual programme.
RESOLUTIONS FOR 2017

1. Alleviating Loneliness  This meeting calls on every WI and the NFWI to work alongside health and social care providers and their local community to raise awareness of the causes and impacts of loneliness, thus ensuring better identification of lonely people in order to be able to offer them the appropriate assistance and support.

2. FGM: More Awareness for More Action  Female Genital Mutilation (FGM) has been illegal in the UK for over 30 years and the Female Genital Mutilation Act 2003 made it illegal to aid, abet or procure the carrying out of FGM abroad. However, there have been no successful prosecutions of those involved. The NFWI calls on the government to improve efforts to measure and disclose the prevalence of FGM in the UK and to take further action to help secure more successful prosecutions of those involved in this abusive practice and thereby advance the health of women who have suffered or may be at risk of suffering FGM.

3. Equal access for all who need specialised maternal mental health services  There is presently an acute shortage of quality specialised maternal mental health services, meaning that many vulnerable women, their babies, and families face a postcode lottery of perinatal mental health support. The NFWI calls on NHS commissioners to prioritise the development of specialised perinatal mental health support services so that pregnant and postnatal women, their babies, and families are able to access the support they need.

4. Provision of appropriate welfare and safe spaces for women and children in refugee camps  Millions of women and children are fleeing conflict and disaster around the world, finding themselves at risk of violence, abuse and exploitation in refugee camps. This meeting calls on all WI members and the NFWI to raise awareness of the risks facing women and children refugees and push for action to ensure they have access to safe places to eat and sleep, to get the care they need and space to learn and play.

5. Supporting women's refuges  Many women and children rely on refuges to escape violence and abusive relationships, but in recent years refuges have faced significant cuts to their services. The NFWI calls upon the Government to safeguard refuges and increase service provision in areas without adequate support.

6. Plastic Soup: Keep microplastic fibres out of our oceans  Microplastic fibres are shed from synthetic clothing with every wash and are the main contributors to microplastic contamination of the oceans. The NFWI calls on Government and industry to research and develop innovative solutions to this problem in order to stop the accumulation of microplastic fibres in our oceans.
Dates for your Diary

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>4 January</td>
<td>Committee meeting</td>
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<tr>
<td>9 January</td>
<td>Craft club 2 -5 at Maggie’s</td>
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<tr>
<td>11 January</td>
<td>The Eagle for drinks and or food 7.30pm</td>
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<td>13 January</td>
<td>Sinbad Pantomime</td>
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<tr>
<td>19 January</td>
<td>Evening meeting 7.45 to help for 8pm start</td>
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<tr>
<td>23 January</td>
<td>Craft club 2 -5 at Maggie’s</td>
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<tr>
<td>26 January</td>
<td>Coffee morning at The Manor - opposite Majestic Wine. 11 am</td>
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<tr>
<td>26 January</td>
<td>Thursday Book club at Susanne’s. 8pm</td>
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<tr>
<td>1 February</td>
<td>Committee meeting</td>
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<tr>
<td>8 February</td>
<td>The Eagle for drinks and or food 7.30pm</td>
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<tr>
<td>9 February</td>
<td>Afternoon tea at ‘Time for Tea’ 2.30pm on Feb 9th</td>
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<tr>
<td>13 February</td>
<td>Craft club 2 -5 at Maggie’s</td>
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<tr>
<td>16 February</td>
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Decisions about a second coffee morning or afternoon tea to be confirmed soon but as a trial meet at Time for Tea at 2.30 on Feb 9th.

Next meeting

19 January ‘Reputed friends of Eminent Quakers in East London’
A talk from Kate Poole

Refreshments: Nicola Hayes  Pauline Wise  Tina Knight

Previous meeting

We had a jolly Christmas Social with lovely food and many festive jumpers. Linda B set a fun puzzle and Carole B provided the music. Thank you to others who did extras too.

Refreshments: Thank you Pamela M
Sue W  Elaine C
Future Meeting

16 February ‘Operational Research in War and Peace’ Our member Ruth Kaufman, OBE, President of the Operational Research Society will give a talk.

Refreshments: Maralyn Ryan  Eve Gentilhomme  May Gilbert

Future Wanstead WI events

Everyone is welcome and new members are particularly invited to join events organised by members.

Info on washing line about the WI Fair at Ally Pally next March

Things to read on the washing line and table at WI meetings

Calendar of events          Minutes of meetings          Connections Folder
NFWI and Essex Federation info  Wanstead Events and outings  details on notice board

Essex/National Federation news

Have a look at the current Essex WI News- there are lots of courses as well as days out and about in Essex advertised

Don’t forget Denman

Look out for the Denman Course booklet on the noticeboard table. We’re keen to support Denman College as much as possible, so if you are interested in any of their courses, Wanstead WI will help with the costs. Just get in touch with any Committee member. The NFWI also provides various bursaries.

The 2017 Annual Meeting will be in Liverpool

Don’t forget to help support HACAN in the campaign to have the flight paths over our area reviewed. See leaflets on WI noticeboards and check out www.hacaneast.org.uk

Be active about proposed changes to parking in Wanstead – the changes will affect the way you can use the area. Sign the petition, attend meeting on Friday 13 at Scout Hut and Town Hall next Thursday (unfortunately same evening as WI meeting).
Members Corner – Wanstead WI out and about

‘On the Town’

There will be a sign up sheet at the January meeting. If you would like to go, you can contact Angela directly via WI email. Cash or cheques (Wanstead WI) for £33. If possible please pay at the January or February meetings. Cheques can be post dated to 15 March 2017.

#Curling #WI #multistorey_carpark_Stratford? #cocktails! #mulled wine! all the elements of a fun outing as suggested by WI N1 member Anna Kidd on the unofficial WI Facebook page. Sounded irresistible. So after Anna sussed out the booking, I confirmed a lane, got together a group of 8 players from various WIs including Forest Gate plus cheerleaders from Wanstead (Carol B, Frances C-H and Peter C-H as WISH*) - and it was great fun! *WISH = Women’s Institute Supportive Husband. The venue was Sliders - a pop-up curling rink on the roof of the Stratford Centre in the old car park (some of you may have gone to the cinema there in the summer?).

People came straight from work or from home at 5.20pm for 40 minutes of competitive curling - throwing our (plastic) stones down the (plastic) rink - and trying to knock out the competition - our team of 4 under the leadership of Eve Gentilhomme with Adzovi and Vicky from Forest Gate won! Not that we were too competitive - it was all friendly. Afterwards we went to the Theatre Royal Stratford bar for supper Caribbean style and drinks - lovely to meet up with our sister WI members: from at Forest Gate: Adzovi Nyanyo, and Vicky Grainger, plus Wendy Levis (Waltham Abbey) Claire Stack from Chelmsford, Elizabeth Lansman from Suffolk, and Anna Kidd from Islington. We hope to organise some more events together in 2017 and visit each other’s meetings.

Frances Simmons

Thank you Frances

Regent’s Park Theatre,

2.15 Saturday 1 July 2017, £33, includes a donation to Wanstead WI.

We have a group booking to see the revival of the classic Broadway Musical, music by Leonard Bernstein. The story follows 3 American sailors on a 24 hour shore leave in New York City during wartime 1944, who each meet and connect with 3 very different women. The new production promises to be “the biggest dance musical ever staged at the Open Air Theatre.”

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Items of interest

Frances S says “Please remember to bring your donations to the food bank.

What’s wanted? All the basics with a long life please:

Tinned tomatoes, tinned fish, meat, veg, fruit and pulses (e.g. chickpeas, lentils)

Cooking oil Long life milk and juice Breakfast cereals Anything to make a dessert e.g. Angel Delight, custard, and the egg boxes! Anything that just needs you to add water e.g. Pot Noodles, or can be eaten without cooking - this for those who are without access to much in the way of cooking facilities. Toiletries and detergent (non-bio preferably for the children and babies)

All the people there are really grateful for our consistent support which they appreciate and depend upon. After Christmas and January are particularly high periods of need (because of loss of seasonal jobs) so please bring what you can.

Silver Screen Anyone fancy going to the Odeon South Woodford on Tuesdays and Thursdays 11 or 2 o’clock every week for £3 each session? Includes tea and biscuit! Can we get a group together?

Mystery Screen on Mondays. Is anyone interested in organising a list for this?

East London and Essex Electronic Keyboard Club have regular Wednesday concerts playing a variety of music from the shows to classical and the Big Band sound. Concerts start at 7.50 ‘til 10.15 at Wanstead Library. Tickets £7

Also look out for events at The Cadogan Hall featuring The Jazz Repertory Company

Read Womens World magazine online via the NFWI website

Join Wanstead WI Facebook group.
Look at our website.

“I work for a charity organisation Called refuge, we are committed to a world where domestic violence is not tolerated and where women and children can live in safety. We aim to empower women and children to rebuild their lives, free from violence and fear. We provide a range of life-saving and life-changing services, and a voice for the voiceless. We advocate for improvements to domestic violence policy and practice, and the implementation of legislation to meet the needs of abused women and children. Encouraging other agencies to develop best practice services and approaches. Helping to prevent domestic violence through campaigning, education, training and research. We work in partnership with other agencies to raise awareness of domestic violence, its causes and solutions.

Our refuges provide emergency accommodation for women fleeing abuse. But they are more than just a roof over a head. They give women the time and space to make decisions about their futures. Our specialist refuge staff are on hand to provide emotional and practical support. Some women may choose not to go into a refuge or leave their home. Our outreach workers meet with women at safe times in their own homes or in discreet places in the community. They help women to draw up safety plans, progress housing applications and also provide emotional support. Our Independent Domestic Violence Advocates provide expert guidance for women going through civil and criminal courts. They help women to obtain injunctions and occupation orders, and they help increase conviction rates. My role within the organisation is a Child Support Worker in Waltham Forest and Redbridge. I help support the children when they come into the refuge and help them with any developmental delays or council them through play to help them get back to a normal life. I often see children come into the refuge who have fled in the middle of the night and many of them don’t have anything and have only come with clothes on their back. They rely on donations and fundraising. In order to help the children I have to arrange activities that are appropriate to their ages and stage and where they are in their development, however this relies on donations we are given. The children in the refuges that I work in love arts and crafts however the lack of equipment means that we are limit on what we can do. Thank you again for your time, I hope this helps and gives you an insight into what we do as a charity, if you need to know anything else please do not hesitate to ask”.

Kind Regards Jessica Co