

## Welcome to your newsletter



July already and what a lovely summer it has been so far- too hot at times and we really need some rain, but so nice to see the blue sky. It will soon be time for our summer social. Lots of WI's take a break in August but Wanstead WI has always provided an additional meeting. It means that members can gather and enjoy a summer evening together. For some of our members the monthly meeting is a lifeline – a time away from caring responsibilities, a time to feel less lonely or a chance to be diverted from ongoing problems. The committee always try to make it a jolly affair and this year Gladys has come up with the idea of a tropical party.

The committee would like members to bring a dish with a tropical theme to share. To get a balance of foods – if your surname begins with the letters A-L please to bring a savoury dish; M-Z surnames please bring a sweet dish.

### Dates for your Diary

4 July	Committee meeting
5 July	Afternoon tea at 'Time for Tea' 2pm
9 July	Craft club 2 -5 at Maggie's
11 July	The Eagle for drinks and or food 7.30pm
19 July	Evening meeting 7.45 to help for 8pm start
23 July	Craft club 2 -5 at Maggie's
26 July	Coffee morning at The Manor - opposite Majestic Wine.11 am
26 July	Thursday Book club at Susanne's. 8pm
1 August	Committee meeting
2 August	Afternoon tea at 'Time for Tea' 2pm
8 August	The Eagle for drinks and or food 7.30pm
13 August	Craft club 2 -5 at Maggie's
16 August	Evening meeting 7.45 to help for 8pm start
23 August	Coffee morning at The Manor - opposite Majestic Wine.11 am
30 August	Thursday Book club at Susanne's. 8pm

## Next meeting

### 19 July Growing food - a workers' co-operative

Orla O'Flanagan from [Organiclea](https://www.organiclea.org) will talk about a community food project based in North Chingford. It produces and distributes food and plants locally, and inspires and supports others to do the same. It has a workers' cooperative at its core, and brings people together to take action towards a more just and sustainable society. Gill W says "Members might like to follow up with a visit to the open day on July 29th. Here is the link,

<https://www.organiclea.org/2018/06/hawkwood-summer-music-story-telling-and-puppetry-trail-2/>Open Day with Arts Trail – Also, I'm hoping there will be an organic produce stall on the evening so members might like to come prepared with a shopping basket!"

**Refreshments:** Carole B, Christine G, Eufemia A

## Previous meeting

### 21 June - "50s Memories are made of this" History on the Move - Pat and Barbara Elliott

Pat and Barbara certainly got us talking and nodding- "I had one of those", as they told their stories of the 50s and showed us toys and cakes from the time. Everyone thoroughly enjoyed the evening and some of us had a go at dressing the part (getting ready for our Anniversary party in November).

**Refreshments:** Thank you Rita , Annie, Frances C-H



Thank you Cathy for the photos

## Future Meeting



16 August Summer social

Please come along and enjoy our tropical party.  
Don't forget to bring your food (see front page), plate, cup, glass and cutlery.  
Feel free to dress with a tropical theme

As a reminder here are the timings for our monthly meetings

- 7.45 **SIGN IN** Arrive and collect a chair and arrange in a **horse shoe 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. **All members round a table are responsible for putting away their table and chairs so please share this task fairly and consider those less able.**

### 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
- \* **items for the market stall**
- \* donations for the Food Bank always needed.
- \* one book or quality monthly magazine 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**

## Fundraising and campaigning

### **Crest Waltham Forest - our chosen Charity for 2018.**

CREST is an independent charity based in the London Borough of Waltham Forest. Originally set up in 1971, CREST has been caring for older people with a disability since this time. Over the last few years, responding to need, this has expanded to encompass people with Alzheimers and Dementia. They offer a day centre service which includes transport to and from one of two centres in Chingford and Walthamstow, group games, activities and exercise, as well as a healthy cooked lunch. It endeavours to provide a social, caring and jolly environment for all its guests. Denise H

Another £62.66 raised in June (Well done to Deidre for being determined to make money while in charge of the stall).

*Would you like to be part of some Wanstead WI sub-groups to work on campaigns, WI resolutions, current charity or fundraising?*

*The committee would like to get some more groups going. We are going to revamp the CONNECTIONS BOOK that Kate F put together a few years ago as many new members have not really seen what it is about. We want to make it work for members to find like-minded people for friendship and activities.*

*Please sign up and get involved - Numbers 6 and 8 of the Anniversary Challenge.*

## **How are you getting along with your 10th Anniversary Challenge?**

*(The newsletter editor would like to publish some of your ideas or achievements – please send them to the usual email).*

To help mark the 10th anniversary of the founding of Wanstead WI, members are encouraged to do something different over the next 12 months.

Listed below are ten suggestions for challenging yourself over the next year. The challenges are personal, so do replace the suggestions with other ideas that you might find more relevant to your life!

- 1. Learn a new skill or take up a new hobby**
- 2. Try cooking something you've never cooked before**
- 3. Do something active or sporty that you've never tried before**
- 4. Feel the fear and do it anyway!**
- 5. Organise an activity or trip for a group**
- 6. Invite others to join you in a new WI sub-group**
- 7. Reach out to others**
- 8. Participate more in the WI**
- 9. Break a habit / change a routine / change an automatic response to an event**
- 10. Make a 'green' improvement to your life even if it involves a bit more effort or inconvenience**

*Diary Order Form - will be in this month's Essex News. The committee agreed that any members requiring a 2019 diary should order their own directly in view of the small numbers involved (4 last year).*

### Walking over the O2 Which challenge is this for you?

At the March meeting two dates were suggested (7th and 28th June) and a list compiled of members who wanted to do the walk. Since then other members have expressed an interest and so more dates will be added because it is unlikely that everyone will be free on the same day. At the same time as choosing dates, the climb time will be chosen by the participants and then they can all book their places with "UP at the O2" (cost £30 person).

If anyone wants further information about the walk/climb please check out "Up at the O2" website. All equipment and a guide are provided!

Please bear in mind you have until the end of December to do your Dares and Challenges (weather permitting)!

Participants so far: Eve G, Tina Knight, Gill W, Margaret B, Frances C-H, Lee N, Maggie B, Alison R, Lyndsey E, Niri de F, Frances S, Maggie W, Joy P, Hazel Welch, Kate F

To add your name to the list, please contact me via [wanstead-wi@hotmail.co.uk](mailto:wanstead-wi@hotmail.co.uk)

Hazel

## 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.

### Waste Not Want Not

Essex Federation & The National Trust are holding an event at Rainham Hall on 15/09/18. To be advertised on the washing line at forthcoming members meetings with a view to seeking interest and perhaps getting a group together to attend.

Resolution Workshop - being held on 25/07/18. Hazel W will be attending.

## Future Wanstead WI events

**Everyone is welcome and new members are particularly invited to join events organised by members.** If you have a suggestion or a connection please follow it through. It is a great way of getting to know more people. ANNIVERSARY CHALLENGE no 5

### WI TRIP TO FROGMORE

Several members have booked seats for this visit to Frogmore and The Savill Garden on August 8th with Wests/Dans Coaches. I understand that seats are going fast so if you would like to go please ring Wests/Dans on 020 8505 8833 to book a place.

### WI VISIT TO ST PANCRAS MIDLAND HOTEL at St Pancras Station.

We are thinking of going on a tour of this iconic hotel. A tentative date is Wednesday 17th October at , say, 11.30 am. The hotel can offer a "backstage" guided tour for 15 people for £250. This lasts about 90 minutes. This would be about £18 per person if 15 members came! If we had more than 15 we could book another guide at the same rate. Cost obviously depends on numbers .

They could also offer "Tea or coffee and cake" in their lobby for £12.50 per person which for a 5 star hotel sounds about right, sure to be nice cake!

Please think about it and I will have more details at the next meeting . However, if you know that you are definitely interested please send me a message so that I can see numbers!

Linda A

**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. See notice board. 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

## Members Corner – Wanstead WI out and about

Please send items for this section of the newsletter to the usual email address.

## Items of interest

Do you have a few hours to spare?

The Barnardos shop in Wanstead urgently need volunteers to help sort, serve on the till and support. Call in or phone 0208 989 0380 if you would like to join this friendly shop team.

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

*An e-mail to Teresa,*

*Dear Teresa I wanted to thank you again for the twiddle muffs and blankets you brought for our Home on Friday. Please pass on our thanks to the members who made them.*

*Kind regards*

*Tess Braddick Administration Officer Churchfields Nursing Home*

Dear Christine,

You might have seen the recent press coverage about Sadler's Wells' plans to develop a fourth venue in Queen Elizabeth Olympic Park, east London. As well as sharing this news, we can also tell you about some of our forthcoming events in the Olympic Park over the summer.

**Sadler's Wells** will be part of a number of events taking place in the Olympic Park over the summer. On Sunday 22 July, together with our partners in the project we will host a day of free entertainment for the local community at Here East on 22 July. Celebrating 100 years of women's suffrage with performances, talks and activities, **Open Doors: Vote 100** will be the first event jointly devised by all partners (Sadler's Wells, BBC, London College of Fashion, V&A, Smithsonian Institution and UCL).

In September, **Sadler's Wells** will be the London theatre taking part in Europe's first dance 'hackathon', alongside partner theatres in Lyon and Liège and sponsored by BNP Paribas Foundation. This innovative weekend event will take place simultaneously across the three cities. For 72 hours over the weekend of 28 to 30 September, interdisciplinary teams will share a unique experience of co-creation, exploring new ways of making and sharing dance through the use of new technologies.

***LOOK AT OUR WEBSITE.***

*Join Wanstead W2 Facebook group*

**WI education, interest and empowerment**