



SFWI News Bulletin

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Find us on:



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Hello Everyone

The Wellness, Love Yourself day was everything we ever hoped it would be, please read Verity's report. My grateful thanks to our Board Of Trustees team; Verity, Mary, Karen Sulway, Karen Harrison, Liz and Helen Newman and our staff Amanda and Sam, It has been a great example of working together. There are too many to mention by name, but WI members helped too and we are so grateful, thank you. It is amazing, all we have to do is ask and you come along, being cheerful and being part of the team. My favourite bit was witnessing smiling, happy women all day long, it was superb.

For those of you who didn't attend the President, Secretary and Treasurer updates, some important financial information will be heading to you, please take note, thank you.

A save the date for the next Treasurer update on zoom will be 10th February 2027. Details will be out next month.

Happy Autumn vibes to you all.

We all look forward to seeing you very soon.

Helen

Hi Everyone

We hope you are all well.

We had such a great President and Secretary meeting at Stafford Rugby Club, it was so great to see so many of you and thank you for being so engaged with everything.

The Treasurer update was another great meeting. Again thank you for making the effort to come along. Please remember that any committee member can attend these meetings, if the officers can't come along. It will enhance your teamwork greatly when everyone has the same information.

We look forward to seeing you soon.

Member Support Team

SUPPORTERS CLUB

Congratulations to the September Winners who each win £25!

Ticket No 175 M Whalley, Great Haywood WI
Ticket No 162 M Clark, Haughton WI

theWI
INSPIRING WOMEN

Committee News and Activities

Garden Festival Trophy

Congratulations to Mavis Ballard, Brocton WI, whose powerful depiction of Swifts looking for a nest site over densely constructed buildings was judged to be the winning entry.

Swifts are amazing birds - When young swifts leave the nest they do not land until they reach breeding age. They are also the fastest bird in level flight, reaching up to 70mph - hence their name. They migrate more than 6,000 miles twice a year between the UK and Africa. Over its lifetime, a single swift can fly the equivalent distance of a round trip to the moon. Swifts are on the Red List of endangered species with habitat loss one of the main reasons.

All entries for the Press Report Shield and Garden Festival Trophy - with judges' comments - will be displayed at *It's Christmas !*



Press Report Shield

The winner of the Staffordshire Newsletter Press Report Shield competition is Kingstone WI. Well done - and thank you to all who entered!

The judge congratulated the report on being a really interesting and enlightening story which was captured well.

'It was well written and laid out and if I had read it and wasn't a member, I would have definitely gone along to the next meeting'.

That is the Power of the Press - and the Might of the Media - informing, promoting and encouraging. There is a revised Procedure Note for Press Officers, available [here](#) to help get your messages across.

EVERY ACTION COUNTS: -

Will you be celebrating Hallowe'en? What will you do with the carved out pumpkin flesh and the shells? Please remember that pumpkins are not a natural food source for most wildlife.

Hedgehogs can often be particularly badly affected – as Hallowe'en coincides with a time when hedgehogs are gorging themselves as they prepare for hibernation, eating too much pumpkin rather than a more natural diet can cause severe diarrhoea and dehydration. The hedgehog will then enter hibernation in poor condition with potentially lethal results.

You could turn the hollowed out pumpkins into bird feeders - it is a simple and fun post-Hallowe'en project for children, or why not try making roasted pumpkin or pumpkin pie, or some hearty and delicious pumpkin soup, from the surplus flesh? The seeds can be toasted to make a delicious snack or put out for birds to enjoy, or dried and saved for planting next year.

Unwanted pumpkins might also be welcomed by anyone who keeps chickens. Otherwise simply add them to your compost bin to break down and recycle – cutting a pumpkin up first helps it to do so faster.



PREMATURE BABY KNITTING

Please note that we are no longer taking donations of premature baby knitting as we do not have the facility to store or transport the items.

WIs may continue to knit but will have to make their own arrangements to deliver the knitting to Royal Stoke University Hospital or other outlets.

Thank you

Upcoming Events

[See what's coming up here!](#)

'It's Christmas 2026 ' will be held at the Staffordshire Showground on November 17th. The flyer and booking form are with your WI. Tickets are selling fast!

Adam Frost will be with us as our Keynote Speaker. He is a presenter on BBC TV 's 'Gardener's World' a garden designer and horticulturist, known for his successes at the Chelsea Flower Show, where he has won seven gold medals. He is an RHS Ambassador. At the moment our gardens are dry and shrivelled. Adam will no doubt have ideas to help us face up to our changing climate. Look out for him on TV.



Our morning speaker is Lindsay McKenna. Lindsay lives near Ross on Wye and her farm is home to almost 200 exotic animals including lemurs, lynx, mountain lions, coatis and servals. These exotic animals she has rescued from squalid conditions and she devotes her time to caring for them. This is a very topical subject as these animals are soon only to be kept under license



Finally Stephen Potter from Severn Trent Water Authority will be talking about clean water, a need to save water and clean rivers. There will be new stalls, as well as the ever popular favourites for you to do your Christmas shopping. Come and have fun. This special day is for members only.



Let's hope we have recruited some new members from the Wellness Day.

Verity Conner and the Events Team

Wellness Day Saturday, Saturday 26th September

Setting up started on Friday with a dozen willing WI volunteers from in and around Stafford, forming a conveyor belt to fill 'Goodie' bags to be given away to all the women attending. They were all so cheerful and positive it raised our spirits, as we set out all the rooms for speakers, demonstrators and retail stalls. Balloons and flowers decorated the foyer and the signs were up and the tea and coffee stand was ready when we left.

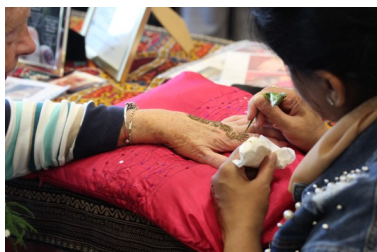
Saturday morning was sunny and warm encouraging lots of members and visitors. We were busy from just after 9.00am, when members arrived to join their workshops, with time to spare to collect a free hot drink. With all the stallholders and demonstrators in place the atmosphere was buzzing and everyone was smiling and chatting. The free workshops for members were very much enjoyed and were found to be both stimulating and relaxing.



The Willow Weavers took home some beautiful stars, balls, hearts & trays and those at the 3D metal workshop had a unique bunch of flowers. The Calligraphy workshop was really popular as were the Mindful Art drop-in sessions. Life drawing presented a chance to concentrate on looking at what you could see and producing this on paper. The feedback was tremendously positive.



The talks on naturopathy, herbal medicine, staying supple, pranic healing and owning your own health were very popular, as were two sessions of Chair Yoga. During two relaxing sessions with a Sound Bath, after twenty minutes the audiences were almost all very quiet and sleepy!



There were so many exciting demonstrations to watch and visitors could 'have a go'. The flower posy table was full all the time. Some ladies made hand felted brooches and others had a very delicate henna hand art design painted on. Book and paper folding was fascinating as was making a lovely little gift box. The calming knit and natter corner was near the table for making friendship bracelets. Machine embroidery and machine patchwork were demonstrated and the hand stitchers became engrossed in

Sashiko embroidery. Crochet is so popular at the moment and the crochet table was always busy. The spinners were busy and showed just how it can be done. The water colour artist was able to give practical advice on equipment needed to get started on this delightful style of painting. Park Run was advertised by Liz, our Trustee and there was information about our WI Bowls & Darts competitions. Kinesiology was explained by an expert and a representative from West Midlands Cancer Research was there to offer advice. Did you have a go at Resuscitation with the First Aid Crew? It was one of our resolutions ~Bystanders can be lifesavers.

Women love shopping ~ a wide variety of produce, handicraft, gifts and clothes were on display. Everyone seemed to have a cheery, smiling face and a carrier bag! Vice Chair, Mary Cooke, was our roving reporter, talking to members and prospective members. She was told: "Love the Day" "Big variety and breadth of activities" "Great feeling of togetherness". Non-members seeking "company, new skills to learn and conversation" were overwhelmed with their engagement with the friendly and helpful members, throughout the day.

I know some of you were disappointed to miss demonstrations and talks because they were filled already. Many apologies, but it is wonderful to think we had such a lot of interest for the different talks throughout the day.

I am sorry we are not allowed to provide food at the Showground. However, we were so pleased to offer hot drinks and biscuits for free all day. That's always so welcoming.

Amanda and Sam from the office kept track of the signing up sheets for talks and were busy all day. There were women all the time asking about joining the WI for the first time.

All the contributors and helpers made our 'Love Yourself' Wellness Day go with a swing. We have had a grant from the Denman Trust and Chrissie Booth NFWI Trustee, who joined in the day, was extremely delighted with everything achieved.

'Team Wellness' worked brilliantly together and made it happen!

The trustees all hope those of you attended still feel relaxed and happy.

Thank you for coming!