

# *Newton Ferrers and Noss Mayo WI*

## *January Newsletter*

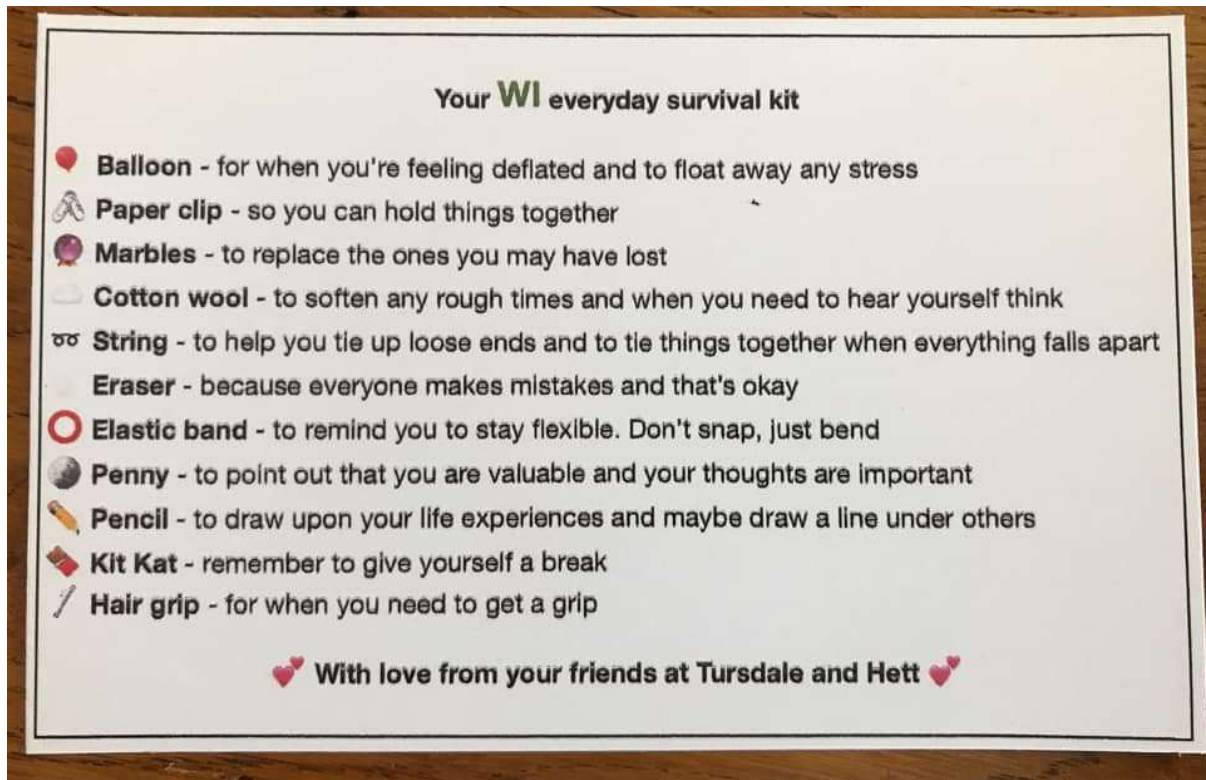


Hello everyone,

I'm writing this on "Blue Monday" - the name given to a day in January (usually the third Monday of the month) which is said by one travel company to be the most depressing day of the year. I must say, it's rather hard to feel low today, with the sun shining brightly in a clear blue sky, the birds singing happily outside and our lovely woods and river, iconic coastline and many sandy beaches only a stone's throw away. Sometimes we just need the simplicity of appreciating our local community, our friends and family too and knowing that the sunny days of spring and summer will soon be with us again to help us through darker days.

But it was during one rather dull, grey day a week or so back that I started to think about making a Hug in a Bag - not my idea but taken from those of other WI's just for times when we all need a bit of a lift. Maybe mine would contain things like a lovingly

handwritten notelet, a rather special mug of tea for cosying up with on the sofa, my favourite chocolates (same re the sofa) a good book to enjoy with the tea and chocs, and a photograph album for when I've finished the book. What would yours be? Here's what another WI came up with...



Now on to other items...

Website: Our WI website is progressing well, being built with much patience, knowledge and expertise by Peter Pritchard with each stage being considered and reviewed by our committee. It aims to provide a balance between maintaining confidentiality and providing a social connection of our WI's activities. It will be a useful addition to our membership, being able in future to check past and present meeting dates and speakers, group activities, and events and outings (both ours and those arranged by DFWI) all online - oh, and copies of the Newsletter will be there too. We hope to launch it later this year, once it has been signed off by the committee and approved by our membership.

Resolutions for the NFWI's Annual Meeting in June: Voting will take place at our next meeting on 1st February for our chosen resolution to go forward for final voting at the Annual Meeting. (Please see WI Life November/December 21 edition or go to <https://mywi.thewi.org.uk/> for more details). A delegate from Wembury is representing Yealm Group at the Annual Meeting in Liverpool.

Briefly, the five resolutions are:

- i) Fit for Purpose: Fit for Girls - to ensure girls' clothing is equal to that of boys' clothing in terms of design, quality, and coverage to help girls feel comfortable and confident in whatever activity they choose in childhood.
- ii) Appropriate sentencing of non-violent women offenders - The NFWI considers that most non-violent women offenders do better in community settings with early intervention and community-based solutions rather than harsh custodial sentences which only contribute to harming families still further.
- iii) Equality in law for the menopause - The government will be asked to strengthen equality law by including the menopause as a protected characteristic alongside pregnancy and maternity under the equality act 2010 in order to provide better protection for women and to help tackle the stigma around menopause.
- iv) Women and Girls with ASD and ADHD - Under-identified, under-diagnosed, misdiagnosed, under-supported - NFWI would lobby for more research into ASD and ADHD in women and girls and for action to be taken to improve the diagnostic process so they are better equipped to manage these conditions and no longer to suffer in silence.
- v) Tackling digital exclusion - The NFWI calls on the government to increase investment in digital infrastructure, ensure access to I.T. and provide appropriate education and training for all.

Please vote for your chosen resolution at our next meeting on 1st February. Annual Meeting online tickets are available at £5 each for the resolution debate 10.30 - 16.30 on June 11th, with a line up of speakers due to be announced soon. See MYWI <https://mywi.thewi.org.uk/> for online tickets.

#### Groups:

**Craft:** Angela writes...

We have had some great offers of workshops for the forthcoming months to April/Easter.

So the programme is:

**Tuesday 25th January** - Zoom - Angela will demonstrate some of the stitches for Tunisian Crochet. Attached below are some instructions. You will need some wool or crochet cotton in DK or worsted weight, and size 5 - 6mm crochet hook.

**February 8th and 22nd** - We hope to be back to "live meetings" - Lesley Dempsey will show us how to do some simple parchment craft. Lesley will provide some equipment for us to use but bring a craft lamp if you have one (for better lighting) and either colouring pencils or watercolours or felt tips.

**March 22nd** - Carol will bring small wooden easter eggs for us to paint and hang on twigs. If you have a painted or decorative twig bring it along!

**April 12th** - Annette will show us how to do cathedral window patchwork. We will make a small pin cushion. Annette will provide fabrics so just bring your sewing kit.

**Book Group:** Has been reading *The Ambassador's Wife* by Jennifer Steil. Their next meeting is imminent so Judith will let non-members know of their next book choice for the February newsletter. (Only book group members may attend their meetings).

**Choir:** Will be back again in late January/early February after the Christmas/New Year break.

I think that's all the news covered and to end on a particularly happy note - we will be marking the Queen's Platinum Jubilee in June with (apart from a four day bank holiday weekend!) our own WI style of Super Celebration - lots to look forward to!

Hope your Blue Monday was anything but blue. I'm still thinking about my own personal hug in a bag - It might even run to a lovely hot bath with bath oils and essences followed by my special cup of tea and chocs - heaven!