



Bainbridge WI Newsletter

May 2026

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Early May Bank Holiday

Sat 2nd May – Mon 4th May

Walking Group

Weds 6th May. A circular bluebell walk
from Wensley
(Weather dependent)

Beamish Planning Meeting

Thurs 7th May
10.00am Sycamore Hall

Last date for interest in trip to Harewood

Fri 8th May

Craft and Chat

Sat 9th May 10.00-12.00
Sycamore Hall. Bring your own project to work on.

High Dales WI

Monday 11th May, 7.00pm
Pickleball Askrigg Village Hall

Bainbridge WI Holiday to Nice

Mon 11th May – Fri 15th May

WI Committee meeting

Mon 18th May -7.00pm Sycamore Hall

Lunch Group

Wednesday 20th May
The Sandpiper, Leyburn. 12.00 for 12.30

Monthly Meeting

Thursday 21st May – open meeting
7.30pm Bainbridge Village Hall.
Origins of Yorkshire by David Banks
Tea and biscuits for refreshments.

Late Spring Bank Holiday weekend

Sat 23rd May – Mon 25th May

Garden Group

Weds 27th May
Visit to Parcevall Hall Gardens

Craft Group

Lino Printing Mon 1st June 10.00-3.00pm
Bainbridge Village Hall

Book Group

No Meeting in May

Theatre group meeting

Weds 3rd June 2.30pm
Victoria Wood's 14 Again
Bowness on Windermere

Payment by BACS (online): Account name: Bainbridge WI, Bank: Virgin Money,
Account number: 25405645, Sort Code: 05 09 94, Reference: the name of the event/activity

Payment by cheque: Please write on the reverse of the cheque: **your full name, details of the event/activity the payment is for**

Payment by cash: Please put the money in a decent sized envelope and write on the outside: **your full name, details of the event/activity the payment is for**

Events at Sycamore Hall

Monday 9am - 11am Post Office
Monday 2pm - Knit and natter
Tuesday 10.30am - Quiz or Bingo
Wednesday 9am - 11am Post Office
Thursday 10.30am - Coffee morning
Thursday 2.00pm – Bridge
Friday 11am - Gentle exercise
Friday 11.30am – Fresh fish van
Every day 2pm - Dominoes

Intro

April was yet another busy month.

We had our fit walkers out around Redmire and Bolton Castle, while our theatre group headed to York to watch a performance of The Secret Garden. Check the articles overleaf.

We supported the bingo night fundraiser for Bainbridge Village Hall by going “en block” to Hawes Market Hall. Many of us came home having won something or other☺ It's great to support our summer venue.

Our crafters had a trip to Spring into wool at Leeds Grammar school; `it's so good to car share when we travel to many of our events. It always makes the journey much more pleasurable being able to chat with friends.

We had to make a change to our programme in May; due to the speaker not being available so thanks to Sarah for organising 2 treasure hunts and for those who did less walking, thanks for painting some flower pots for the community lunch. They were well received as you can see in the photos



I must say a heartfelt thank you to Anne Harrison and Sarah Betts. We all worked really well as a team and spent days making 72 pie portions for our community lunch in Anne Harrison's kitchen. Gill Flowers made 6 portions of the vegetarian option at her own home. Many more also made a dessert so there were quite a few to choose from. The planning and preparation from creating the invitee list, printing and delivering the invites to preparing food, serving washing up and clearing away all need volunteers to make this event happen. Our family, friends and neighbours all appreciate Bainbridge WI giving them this opportunity to meet up with friends and have a lovely two course meal with a glass of wine and coffee to follow. A bit of fun with the raffle saw the plants in pots being carried away with smiles on the faces of our guests. See photos and article overleaf.

After receiving thank you cards it shows it was well worth the effort☺ Of the 140 invites we fed over 60 including our volunteers. Well done to all

Sue Stokes

North West Federation

Another reminder to all members that if you would like to find out about the latest news and events happening in our Federation, do go to -

<https://yorkshire-north-west.thewi.org.uk/2026-events-and-workshops>

Alison Thwaite

WI Membership

The WI recently changed its Equality Diversity and Inclusion policy, with the effect that WI membership is now only open to women registered female at birth (biological women) who have reached the age of majority. As a result, all WIs have been asked to ensure that all members, both new and renewing, confirm their compliance with this policy when they join or renew their membership from April 2026 onwards. Thank you to those of you who signed the form we circulated at the April members' meeting; for those yet to sign Alison Thwaite will follow up with you over the next few weeks. There are some [useful FAQs](#) on My WI.

Rachel Newall

April Meeting

Unfortunately, our speaker for April had cancelled and has now re-arranged to come in June. That meant we had to find ourselves something to entertain at our April meeting so the committee put on their thinking caps and came up with a Scavenger Hunt!

We weren't too sure what that involved but, when we turned up at the Village Hall, we were given sheets telling us that we had to walk around Bainbridge and collect things that began with the letters of 'Bainbridge WI',

Fortunately, it was a fine evening so those who participated set off to track down and collect all sorts of items. Meanwhile, those members unable to venture out were given a riddle quiz to name things found in the home. It wasn't easy but prompted lots of discussion and laughs. When everyone returned to the hall, their collections were assessed, answers were given to the riddles and marks awarded. That resulted in a draw so two teams participated in a tie-break which caused a bit of controversy! Do you know the oldest structure in Bainbridge, and the

second oldest? We weren't all in agreement with the answer! Nevertheless, the winning teams were named for both the outdoor hunt and the indoor quiz and they were awarded a box of chocolates to share. All in all, it was a fun evening and we had particularly enjoyed the opportunity to catch up with friends over a cuppa. Thanks to Sarah who we understand set these challenges for us.

Karen Prudden

Annual Community Lunch

On a gloriously sunny April Saturday, we welcomed around sixty of the more senior members of our Parish to Bainbridge Village Hall for our Annual Community Lunch. There was a buzz of excitement as friends met up, all eager to enjoy a delicious meal prepared by our talented members.

For the previous three days, a small group of keen cooks slaved away to prepare numerous large pies



and a selection of puddings. Another team of members had prepared and decorated the Village Hall, ready to welcome our guests.



Once seated, Sue welcomed everyone and Gill read The Grace. After that, a team of members stepped up to serve the food which, by this time, was smelling delicious! Service went smoothly and everyone tucked into the food whilst enjoying plenty of chatter. There was a good selection of hot and cold puddings to follow the pie and these also went down very well.

Brenda Stirling gave a vote of thanks and explained that this event had been held for many years and was always eagerly anticipated by those entitled to an invitation.



Grace with the pot she decorated herself at the April monthly meeting!

The whole event had gone very smoothly and had been enjoyed by everyone. Despite the hard work and many hours on their feet, even our members helping had enjoyed themselves but they were relieved when they could sit down and enjoy their own lunch later in the day!

So, another very successful event which was really appreciated by those invited. There is such a great atmosphere at this event and it is lovely for us to be able to give something back to the local community. We have already received thanks from some of those present! Of course, this couldn't happen without an awful lot of hard work, both in advance and on the day, so ENORMOUS THANKS go to our

lovely members who came forward to help make this a success - Anne, Gill, Nicola, Raewyn, Rachel, Susan, Sue, Sarah, Linda, Liz, Christine and Karen. Well done everyone!

Karen Prudden



Members are still encouraged to make items for the WI stand display this year and can download a document with the requirements, should you wish to get involved.

https://www.thewi.org.uk/data/assets/pdf_file/0007/773890/The-Great-Yorkshire-WI-Yarn-Bomb-2026-Schedule-and-Entry-Form-.pdf

The Craft and Chat group are already aware of these and working on it, but all are welcome to contribute, particularly on the 6" and 12" squares.

June visit to Harewood House



We are investigating whether we can run a group trip to Harewood House on Saturday 13 June, travelling either by car or mini-coach depending on numbers. It may be possible for individuals to arrange their own side-visit to the Emmerdale set (shuttles run from Harewood House). We need to

understand the level of interest before we can book, so please email, call or WhatsApp Rachel Newall by Friday 8 May if you would like to put your name down for this trip. We'll take it from there!

Rachell Newall

Beamish 2026



The annual Beamish vintage car run takes place this year on Sunday 21 June, and we're planning to have our regular stall on Bainbridge Village Green. This event is usually our biggest fundraiser of the year so please let Sue Stokes know if you can offer donations of sandwiches, cakes and/or your time to help on the day. In addition, we are looking for a couple of people to get involved with planning. We have a meeting scheduled for 10 am Thursday 7 May - please get in touch with Sue, Gill or Rachel if you are able to join us!

Rachel Newall

High Dales

Pickleball Taster Session



I hope you were intrigued by the information about Pickleball in the last newsletter. Here are some more fun facts.

There are 26 holes on an indoor pickleball ball.
The serve must be done 'underhand'.

World Pickleball day is 10th October.

Over 40 countries have their own Pickleball associations.

Do come along to our taster session to find out more, watch a demonstration game, and have a go. Monday 11th May, 7pm, Askrigg Village Hall. Please wear comfortable clothes and suitable shoes such as trainers.

There is no charge for this. Booking is not essential, but it will help us to organise if we know how many there will be. If you didn't put your name on the list at the last meeting, please let Nicola, Karen or Claire know and we will keep you updated.

Nicola Robinson

Spring Council



We had a good attendance at Spring Council with 9 members from Bainbridge WI. The speakers were interesting, Jeryl Stone catching up with Anne. She was smiling then but not very happy when challenged about why the WI sells acrylic wool rather than sheep or goat wool?! We all enjoyed the deaf conductor who had us all on our feet and singing along.

There were many photos of Bainbridge WI members and many of our activities over the last year or so. They were on a rolling slide show which demonstrated our active and friendly WI very well.

A full report of the Spring Council including business matters will be available shortly

We had three highlights: Both Margaret Thompstone and Anne Harrison received long service awards presented National Chair Jeryl Stone. Congratulations to you both.



Anne's cookery book has been updated and reprinted, she signed some copies for us including Alison Thwaite's. Anne has been working with Sara Baldwin Cole on the reprint of the original WI Cook Book, so it was good to be able to buy a copy. The recipes really stand the test of time and the quantities can be easily multiplied when catering for large groups or events. There are some copies of the new reprint still available at £10 each. If we need to get more from Federation then there will also be postage to pay.



Then the winner of the Norah Worth trophy was announced. We were told it was a close run competition with many more entries than usual; but Bainbridge WI's Sarah Betts won with her wonderful cottage garden chair.



We're asking Sarah to bring her chair and trophy to our next meeting so that you can see for yourself what an unusual trophy it is!

Microplastics

I am concerned about the appearance of hypocrisy of the WI as a body, when it comes to microplastics. There is an inconsistency in the WI promoting the sale of acrylic yarn through Hobbycraft (because it is cheap and presumably for some financial benefit) and at the same time the WI campaigning against acrylic yarn with the End the Plastic Soup campaign that members nationally voted for.

I put forward a question about this to Jeryl Stone, our president, at the Spring Council. Unfortunately, I did not feel she answered it (despite having had the question in advance) and so have written to her directly, and am waiting an answer.

Below is some information about microplastics taken from an article written for the Geographical Magazine by Victoria Heath in October 2024.

Microplastics - Alluring acrylic

Acrylic and microplastics are found in everyday environments, but how exactly do they impact our planet, and what exactly are they found in?

The fibres released from acrylic are one of the major contributors of microplastics in marine environments. These are ingested by both plankton, fish and large mammals, as well as humans. Because of their tiny size, microplastics have also seeped their way into foodstuffs including seafood, beer, sugar and drinking water.

The manufacturing process of acrylic isn't any greener either. Estimates suggest that to produce just one kilogram of acrylic, 210 litres of water is required. The process emits 5kg of CO₂ – equivalent to driving 357kmin a car – as well as toxic fumes that pose threats to human health. And once produced, it is neither biodegradable nor easily recyclable. So if it's so harmful, why do we

use acrylics? And more crucially, what are they found in?

Clothes, clothes and more clothes

One of the biggest culprits that uses acrylics is the textiles industry. Around 8% of European microplastics are released to the world's oceans are from synthetic textiles. From jackets to cardigans, waistcoats to socks, acrylic is found across a huge range of clothing.

One of the most appealing reasons for using acrylic is cost. In the world of textiles, it is cheaper to produce than its counterpart, cashmere wool, but still retains the characteristic warmth and wool-like feel without the steep price. This means it can be used from jumpers to gloves and home furnishings such as furniture covers. The fibres made from acrylic also have the strength and resistance of wool, so can fare well in clothing that needs to last longer.

Microplastics – also known as microfibrils since they come from textiles – are able to enter marine systems particularly when clothes are washed, especially in the first few times that they are washed. Globally, laundry, contributes half a tonne of plastic microfibrils to the world's ocean, equivalent to almost three billion polyester shirts.

Acrylic does not get away lightly when compared to its other counterparts. A recent study found that acrylic fabrics released nearly 1.5 times more tiny synthetic particles into the ocean via sewage networks when washed – a staggering 730,000 – compared to polyester.

Sarah Betts

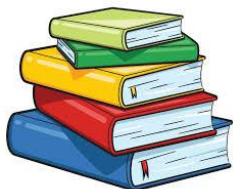
Lunch Club



On St Georges Day 11 of us went to the Village Pub in Redmire. This was the first visit here for the Lunch Club, and the first visit for many since the Villagers started running the pub. The food was good value and very plentiful. The service was also good. Susan F asked for something that wasn't on the lunch menu and they were able and willing to provide. In my opinion, it was a successful lunch and a venue worth returning to.

Gill Flowers

Book Club



Nine members attended the meeting at Sycamore Hall on 24th April. The book we discussed was "A Heart Full Of Headstones" by Ian Rankin.

This is a Police Inspector John Rebus murder mystery. Rebus is supposed to be retired but he is unable to stop trying to bring criminals and corrupt policemen to justice. The book is set in Edinburgh and is one of a series.

There was a mixed response to this book from members. Some enjoyed it and others found it a difficult read.

Our next meeting is on Friday 5th June at 7-30pm in Sycamore Hall. The book we will be discussing is "Your Inner Hedgehog" by Alexander McCall Smith. All welcome

Hexham Book Festival



Our Book Club tenth anniversary trip to Hexham Book Festival took place on Saturday 25th April. Those going had a very enjoyable day. The group consisted of President Sue Stokes and her partner Mark, Gill Flowers, Janine Preston, Louise Akin, Susan Freer and Tim Freer

Hexham is a two-hour drive away and as we were concerned that parking might be an issue we set off at 7 am. However, it was well worth the early start. Our first event at the Queen's Hall was to hear Alexander McCall Smith in conversation with lady called Claire Malcolm. This was very interesting and

entertaining with the author giving many amusing anecdotes.

Lunch was booked for 1-pm at the nearby Beaumont Hotel. We all sat at one long table to eat our meal and toasted the Book Club which hopefully will continue for another ten years!

After lunch there was time to explore Hexham Town Centre before returning to the Queen's Hall to see author Val McDermid in conversation with Alison Freeman (of Look North fame). Val is very well known for her murder mystery books and television series. She spoke of her love of being outside in Nature and her childhood in Fife where she lived opposite the local library. This again was a very interesting event.

We returned home in glorious evening sunshine. Many, many thanks to Mark and Tim who provided our transport

We all had a very memorable day

Susan Freer



Five members travelled together in Claire's car to this "proper" garden centre Braithwaites Garden Centre at Leeming Bar.

It was dry and sunny on arrival, and we walked around the plant stalls, marvelling at the choice of quality plants available to us. There is a good range of Herbaceous plants, rockery, bedding plants, shrubs and trees on offer.



After we all had made some purchases, we returned these to the boot of the car, then we made our way back to "Bloom" a new café opened last year on the site and having booked a table for five, we sat down to enjoy a hearty lunch with hot drinks. Braithwaites is well worth the visit and the café is outstanding.



We returned up the dale back into rain but had a successful day choosing some excellent garden plants.

The next outing is to Parcevall Hall Gardens, near Appletreewick on Wednesday 27 th May leaving by shared cars from Bainbridge at 10.00am. Parcevall Hall Gardens lie on a steep hillside with glorious views of Wharfedale. This is an unusual garden at high altitude which lies between 600 to 800 feet above sea level. Please be aware that the natural

topography of the gardens makes the terrain hilly and there are uneven paths and steps throughout. Suitable footwear should be worn.

Those wishing to attend can sign up at the next WI meeting or contact Claire at claire@penninotech.net Entry is free if you are a Historic Houses member and the Gardeners World 2 for 1 voucher is also allowed to be used at this garden. Payment is on arrival and there is tearoom seating 20 people inside and 16 people outside in the terrace area, however we cannot reserve tables in advance. If you can indicate that you are willing to drive when signing up, that would be appreciated.

Claire Lambert



The next Craft and Chat session will be on Saturday 9th May, 10.00-12.00, at Sycamore Hall. Do join us with whatever project you are working on at the moment!

Linda Cameron

Spring Into Wool

This was held on 11th and 12th April at The Grammar School at Leeds. Four intrepid members, Janine, Sue, Linda and Sarah headed off for a jolly woolly jaunt on Saturday 11th. It was very interesting to see parts of the school, then to wander around the hall with various stalls selling an array of yarns, accessories, some clothing and a few other stalls. We all bought things for future projects and ended it with lunch and chat in the Refectory.

The picture was taken as we left when there was a rather strong and cold wind – we didn't hang about! It was a very enjoyable day.....now, where did I put my needles?!.....



Sarah Betts

Walking Group



Our April walk started in Castle Bolton. Taking the road going east, the route the Yorkshire Dales Rally took just a few days earlier. Surprisingly there were no signs of damage from the cars, and it was beautifully quiet. We passed the entrance to a conservation area and crossed the very pretty Apedale beck which is wide and stoney at this point. Descending into Redmire we had big open views of Wensleydale, Bishopdale and Waldon.

We went alongside the railway at top of Redmire, crossed the main road then through the fields to the church. There were a few muddy bits here, but it was not bad considering the wild wet weather of previous weekend. We stopped a while at the delightful church, admired the grounds full of daffodils and the simplicity and light of the inside.

Sue Peckitt had to leave us early to catch a train but we left her reading the history of the church for a



Our return took us through the village back up to and along the last accessible bit of the railway line, then diagonally uphill back to Castle Bolton for delicious pies, pasties, cake and good coffee.



Our next walk is on **Wednesday 6 May**, a walk alongside the river from Wensley to admire the bluebells and back through the Bolton Estate. About 4 miles. Refreshments – either a picnic or at the Three Horseshoes, whichever is preferred. Leave Bainbridge at 10am or meet in the layby at Wensley at 10.30.

Please let me know if you would like to come along so I can keep you updated with weather etc. Email njrob222@gmail.com,

phone/text 07490 656007

Nicola Robinson

Theatre Group



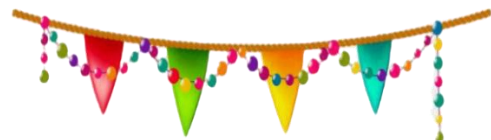
The Theatre group have recently taken the opportunity to offer a visit to York Theatre Royal to see *The Secret Garden* and The Station Cinema to see a live screening of *The Magic Flute*. Sadly The Leeds Quarry Theatre production of *The Beekeeper of Aleppo* was not available as the original programme planned

The 13 strong cast of *The Secret Garden* are all singer-musicians, and combined with atmospheric lighting and creative scenery was an engaging production. The pleasure of watching the production of *The Magic Flute* was amplified by the back stage information on the puppets, filming and sound production.

Our next trip will be to see Victoria Wood's *14 Again*, at Bowness on Windermere, 2.30 on Wednesday 3rd May.

Further suggestions welcome, especially The Swaledale Festival events

Gwen Clark



Happy Birthday

Many Happy Returns

Anne Bell Gill Flowers Christine Lambert Mary Scarr Sue Peckitt



A LIFE LIKE NO OTHER

I am writing this on what would have been the 100th birthday of the late Queen Elizabeth II. This has made me think about what the late Queen lived through in her long life of service. We all notice the passing of time but perhaps don't have the time to stop and think about the significance of some of the things we experience or hear about. That is probably increasingly true in this modern world where the pace of life is so fast, but it is a shame.

So, looking back over the reign of the late Queen, just think about all that happened in those seventy years. She has gone down in history as our longest-reigning monarch, being committed to the promise she made when she first became Queen at the age of 25 to serve the country and the Commonwealth for the whole of her life, whether that be long or short.

Well, it was long and certainly was a life of service. Whatever you may think of the monarchy, dedicating your whole life to doing what other people want you to do is quite a commitment and probably not one that any of us would fancy. No doubt there were many perks and opportunities but there would also have been restrictions on what she could do and when she could do it. She would never have just 'nipped to the shop' or theatre as we can. Just imagine if every time you wanted to go out, it had to be planned and someone had to go with you. I know that would have driven me mad!

Anyway, aside from all that dedication to her role (which, of course, she wasn't born to, but rather landed with after her uncle abdicated), let's consider what she witnessed. During her reign she would have seen huge changes in this country and indeed across the world. She was the most travelled monarch in history and she had probably met just about every world leader. She had witnessed enormous changes and developments in science, medicine, travel, technology and indeed probably just about every aspect of life. She will have seen wars come and go, witnessed developments in space travel with man landing on the moon and sending astronauts to live on the International Space Station. She will have seen organ transplants become second-nature and test-tube babies become a viable option for many, not to mention cures or treatments found for many diseases and illnesses that previously killed many people.

Whilst Queen Victoria (our second longest serving monarch) lived through enormous changes with the industrial revolution, Queen Elizabeth II must surely have seen the most changes in the world. That is, of course, astounding but the sad thing is that all that she saw, heard and experienced has gone with her and it is not likely to ever be repeated. I think most of us who appreciate the work of the Royal Family, will have felt some affinity with the late Queen and indeed, many saw her as 'part of their family'. She was certainly a figurehead for anyone who has lived through the period of her reign and when she died, the loss felt by many was enormous. This makes me wonder whether her death has affected us more than we perhaps know? After all, she was a constant, steady feature of our country and was often seen or heard following disasters etc, providing words of comfort and advice on how to cope.

Could the absence of this be part of the reason that this country feels more than a bit 'lost' now? Whilst King Charles III has stepped into the role of King with ease and appears to be doing a good job, he is not his mother. He will never have her experience and knowledge and perhaps we as a country need that. It certainly feels to me that the country has lost its way and it doesn't feel that there is anyone to 'ground and guide' us and re-focus on what is the right thing to do. Could it be that, in the same way that the Queen lost her husband who was her 'strength and stay' we have lost her with her strength and knowledge? We have lots of 'world leaders' these days but none of them come up to the late Queen's standards! In fact, most of them seem to be utterly mad! I tend to think that the late Queen and her steadying effect is probably missed more than we really know.

So, although she is not with us today to celebrate the enormous milestone of a one hundredth birthday. I shall spare a few minutes to think of her today and all that she gave us, and achieved, during her long life. Thank you

Ma'am!