

Red Rose News

The Lancashire Federation of Women's Institutes



Issue 5 2025

WELCOME TO THE AUTUMN EDITION OF RED ROSE NEWS

It's been a little while since the last one due to the summer holidays, so this is a bumper newsletter, with lots of news on your trips, events and celebrations. You've all had lots of fun and learned a lot along the way, embracing the WI's values and mission as always.

We look forward to receiving your updates for the winter 2025 newsletter (I can't believe I'm saying that!). As always, please follow the editorial guidelines and deadline on page 11.

The Editorial Team

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A Message From Our Chairman

Welcome to this Autumn edition of Red Rose News and thank you to the Editorial Team who pull all your news and events together to produce this every two months. Keep sending in your articles and event news - it really does inspire us all. I personally have enjoyed joining some of you in celebrating all things WI, some birthday events, some meetings and some trips out. In particular, we have three WIs celebrating their Centenary this year - AUGHTON WI, WHALLEY WITH MITTON WI and WOODPLUMPTON WI - Congratulations to you all. It is lovely to meet up with members and be part of celebrations and fund raising. For those who joined us at Higham Hall, I hope you enjoyed your experience. I certainly did and will enjoy wearing my silk scarf this winter.

After a lull in activities over the lovely hot summer holiday period, our Teams have lots of activities for you to look forward to in the Autumn and run up to the Festive Season. I hope you all send in your pictures from my challenge of promoting your own WI on NFWI's 110th Birthday. The other special occasion was our 105th Anniversary Dinner at Barton Grange Hotel which I hope those who attended enjoyed. There were plenty of Pin Cushions entered into the Betty Sanderson Trophy competition. The winner was chosen by members visiting the Archives Open Days and 105th Anniversary Dinner. Look out for some photos and the result in the next edition and on Facebook. There have been lots of activities and events organised by our volunteers on the LFWI Teams, including a visit to Stonyhurst College and a walking tour of Manchester, both of which sold out very quickly and are being repeated. The Lancashire Day Cheese Tasting event sold out very quickly too and another 40 places were added, which also sold out. Fantastic that it was so popular, and as a result, I am organising another date and venue for early next year so more of you can enjoy the experience. All our events are advertised on the website and in the monthly mailing, which is also on the website, so keep an eye out for the remainder of this year and into 2026.

The Autumn harvest is arriving early this year. I have been busy jam and chutney making and freezing as much as I can. The recipe for Apple and Blackberry Cake was a recipe to use up produce and it freezes quite well. It is delicious slightly warm with cream, ice-cream or custard. Enjoy and don't forget to send in your own recipes to share with other members.

Heather Williams



Around the WIs

MEETINGS, BIRTHDAYS & PARTIES...

AINSDALE NATTERJACKS had a wonderful time at their July meeting when Stewart Hankinson, a celebrated conductor, musician and choirmaster came along to teach members how to sing. He taught breathing techniques, posture and much, much more as well as regaling them with funny stories about his career.

As usual, the meeting started with a rendition of Jerusalem. After Stewart had finished, he asked the members to sing it again, but this time using the hints and tips he'd given them. It sounded truly amazing and he was thrilled. Some of the members have now decided to join a choir.

The walking group enjoyed a lovely, sunny outing to Port Sunlight and had a full tour of this wonderful village. They also visited the Lady Lever Art Gallery which had an exhibition of Jim Moir's



paintings of birds and wildlife.

In August, some members had a coach trip to Lytham St. Annes to finish off their VE Day celebrations by attending the Armed Forces Weekend which is held every year. If you haven't been, it is well worth a visit.

Happy 20th birthday to **ANSDELL AND FAIRHAVEN WI!**

Members are planning a two-fold celebration. First will be a splendid meal at Fairhaven Golf Club in October, the birthday month, with delicious food, entertainment and, of course, cake. Second, the group will be embracing their contribution to the local community inspired by the King Charles Coronation gardens. Their green-fingered sub-group, The Green Goddesses, maintain a community area and have enhanced its beauty in partnership with Ansdell in Bloom. Their work was admired by the RHS in Bloom judging team. They have also purchased and planted a young Bramley apple tree with a beautiful plaque



attached, celebrating the group. This will be a permanent tribute to their continuing contribution to the area, and the fruits may find themselves in mouthwatering crumbles and pies! Here's to the next 20 years.

BANKS WI's July meeting included a visit from Ciara, a chair-based exercise instructor. All did a very good 30 minute workout. For their annual trip in August, 29 members went to the Wensleydale Cheese Creamery. First, they had a demonstration of how to make Wensleydale cheese, which became very popular after it was mentioned in the Wallace and Gromit film, 'A Grand Day Out'. After this, all were free to sample several different cheeses, browse the visitor centre and shop, do more cheese sampling or wander into Hawes.

The visitors at their September meeting were members of Southport Hookers, a crochet group who decorate local post boxes very colourfully. Many of the boxes have a theme, e.g., Remembrance Day, Christmas, Easter and also charity themes such as Breast Cancer Awareness and Dementia Care. They also make larger installations and anyone who went to the Southport Flower Show in 2024 and 2025 would have been amazed by their displays, especially in the bandstand. They also do a magnificent Remembrance display on Lord Street, a cascade of about 10,000 poppies. A giant Father Christmas sat in Churchtown for two weeks last December and will hopefully appear again this year.



At **BARTON WI's** August meeting, President Fay Percival presented Pat Hesketh with her 60 years certificate. Pat has been a very active member of Barton and also served on LFWI for some years. Members were then given a fascinating talk and slide show on Sweet Peas for Everyone by Sarah Haisley. The summer months are particularly busy for

Sarah, but she had managed to squeeze the WI in before Southport Flower Show. She



initially took on a part time job at the nursery but soon became captivated by all the varieties of sweet peas, which have been grown as garden flowers for over 300 years. Although many are perennials, the most common varieties are the large, frilly, Spencer type which are annuals, sown each year. One of the attractions of sweet peas is their beautiful fragrance and also the range of colours. Sarah travels to many flower shows throughout the country and also to some agricultural shows such as Garstang. Her displays have had to change slightly, as the use of oasis is no longer allowed to support the blooms, so Sarah now uses glass vases or goblets, which produce a more natural arrangement.

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Megan Harper a member of **BILLINGTON, LANGHO AND DISTRICT WI**, has had the honour of meeting the King. Following King Charles' visit to Lancaster on 9th June, for the Ceremony of the Keys at the Castle, he moved on to open 'The Whitewell Coronation Woodland Garden'. This garden has been created to benefit the local community for leisure and organised events. The project was supported by the Parish Council and The Duchy of Lancaster and was designed and project managed by gardener Teresa Potter using his Majesty's favourite plant specimens. Megan, with members of the local community, helped to plant up the garden and with the other volunteers will continue to maintain the garden. During the visit, the King met everyone involved in creating the garden - a wonderful experience for Megan. All members of Billington, Langho and District WI are so proud of her achievement.

In addition to seeing Megan meeting the King, members of **BILLINGTON, LANGHO AND DISTRICT WI** have had a busy few months. Their summer outing was in June; blessed with wonderful weather, the ladies enjoyed a tour round Harewood House and its beautiful gardens. Then on to Harrogate to the Old Swan Hotel for a delicious afternoon tea, highly recommended. July was hosted by the committee with an



'evening of cheese', consisting of a quiz and blind tasting of local cheeses. Wine was available but optional - it was great fun trying to identify

the characteristics of each cheese and testing everyone's knowledge of the product. In August they welcomed Peter Frankish who gave an inspirational talk on recycling old picture and photo frames into some wonderful works of art. This began when he started volunteering for St Catherine's Hospice, Preston, and saw just how many unwanted frames were donated. He contacted local artists and the network of artists who donate their work for framing just grew. All proceeds go to St Catherine's and are on display at the rear of the Mill Café in the hospice grounds in Bamber Bridge. A speaker well worth booking.

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CHIPPING WI's

Mystery Trip in July turned out to be a grand day out. First stop, Salmesbury Hall, for coffee and a round of crazy golf. The caffeine helped, but not enough to improve anyone's putting skill. There was lots of laughter, a few wild shots



and some 'questionable' tactics along the way! Then on to Astley Hall where members had a very interesting guided tour. The house was impressive, but the real star was the glorious weather. It could not have been better. Blue skies all day - just perfect for a wander through the garden (or a sit down after the exertion of crazy golf!). It was an easy, happy day out - good company, a bit of fun, great weather and educational.



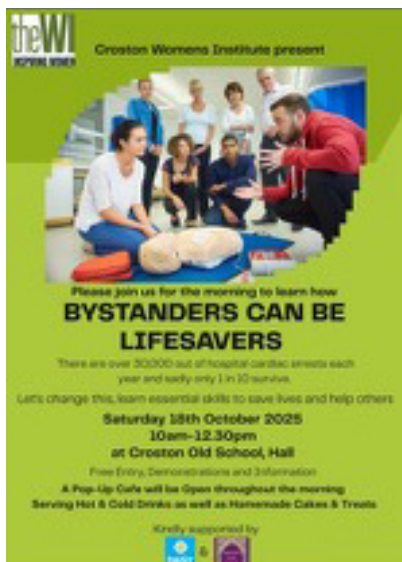


COPPULL WI have had a very interesting half year, from learning glass painting, to hearing Sir Lindsay Hoyle speaking about his role as Speaker of the House of Commons, to improving their photography skills. An Easter craft evening was great fun and everyone learnt how to grow sweet peas for a beautiful display. A

visit from a local bakery company was crowned with excellent samples to enjoy. In June, at Coppull Picnic in The Park, they held an excellent awareness event, with lots of prospective new members contacted, as well as selling out of home-made cakes! They had a fun, summer outing on the Leeds Liverpool Canal. They also celebrated the first year of Coppull WI in July at the AGM, where members learned to make displays from the garden in a jam-jar before enjoying a slice of a delicious birthday cake made by Jane Dickinson.



CROSTON WI are supporting the 2025 WI Resolution - Bystanders can be Lifesavers. The British Heart Foundation are holding 'Save a Life Day' on 16 October and Croston WI is inviting the local community to an event the following Saturday (18 October) from 10 am to 12 noon in Croston Old School, Church Street, Croston. There will be first aid and CPR demonstrations to raise awareness and build confidence amongst the village and wider community. All are welcome - entry is free and a pop up café will be serving refreshments.



Mervyn Saunders joined **ECCLESTON WI** at their VE Day party and gave a fascinating talk about the history of Rock'n'Roll. Members were soon reminiscing about famous names, doing the hand jive and singing along with favourite songs. The Memorial Trophy for Craft was won by Helen Mason for a delicate, knitted stole. President Hilary presented the trophy - a carriage clock, which Helen will keep for a year.



They have also had talks by Julie Waddington from Lancashire Trading Standards and Rhona Whiteford, who writes educational resources and children's fiction. Julie described her work with weights and measures. She stressed the importance of just saying "No" to cold callers and warned against giving out personal or banking information on the telephone. A useful "Book of Scams" was distributed. After beginning by writing educational resources for primary teachers, children and parents, Rhona moved on to fiction for gifted and talented pupils. She asked them what they wanted to read about, which was adventure and a quest, a resolution and a nice conclusion.



FRECKLETON WI's charity this year is 'Bring Danny Home'. A young local boy suffered a brain tumour over two years ago and he's been in Manchester Hospital ever since because his home in Freckleton was unable to accommodate

his wheelchair etc. His family were raising money to adapt their home to allow him to come home and his dad Nigel came along to the WI meeting to accept a cheque, the proceeds of a quiz night. Then, along came DIY SOS and after five days' refurbishment (with the help of local tradesmen) the bungalow is now ready for him to stay. The WI went along with cakes to fortify all the tradespeople and it was lovely to meet the DIY SOS celebrities.



...AROUND THE WIs

In July, **GRINDLETON WI** recieved lots of good information from Andrea and Sue from the North West Stroke Association, who shared personal experiences and explained about the risk factors associated with strokes and how to reduce them. They explained how to help if someone shows signs of having a stroke using the FAST test: Face - droops, unable to smile; Arms - can't stay raised; Speech - is slurred; Time - to call 999.



In August, members visited local Browsholme Hall and gardens and enjoyed an interesting and entertaining guided tour, followed by an extremely delicious

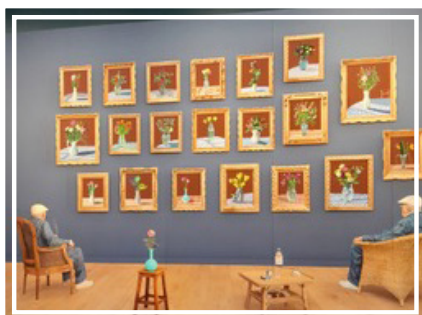
'Late Afternoon Tea' at the hall.

Members are now looking forward to their September evening of armchair yoga and hearing about everyone's favourite relaxation tip.

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HUTTON & HOWICK WI

learnt a few extra tips on table manners from Walter Reid, in his role as butler at various National Trust properties. Walter has



done a lot of research on the aristocracy and was happy to pass on his knowledge – who knew that a bread roll on a side plate should be broken, not cut, and a scone should be split with a fork before spreading with jam and cream? He also put their Origami skills to the test when folding paper napkins. The Walking Group enjoyed a favourite walk around Croston, before enjoying lunch at a local hostelry and in August, members visited Salts Mill at Saltaire, a UNESCO World Heritage Site near Bradford. Highlights of the day included the 1853 Gallery, which houses the world's largest permanent collection of work by local artist David Hockney, a vast book and poster store, a gallery devoted to the history of the Mill, a fascinating antiques shop, a beautiful park, a short trip on the canal – so much to see and do and recommended for all WIs.



In July, the **LYTHAM BELLES** had a Tiller Girl as a guest. As we all know, the Tiller Girls were a dance troupe launched in the late 18th century. At the

core it was all about synchronisation! Initially, the girls were selected based on weight and height to increase the quality of harmonisation. Members had the opportunity to learn steps and perform, showing their newly learnt skills. It was an educational meeting, emphasising how women were measured and weighed in order to be able to perform as part of the troupe. Now it is more about entertainment and skill. It was a fun and enjoyable evening with a celebration of summer with scones, strawberries and cream!

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MANCHESTER WI 'got a buzz' out of a visit to Heaton Park. The weather was good and the group learned about the fascinating world of beekeeping at Dower House, a historic building within the park. Although its name suggests it was used by the estate's widow (a dowager), it was never actually a dower house. In 2004, the building became Manchester and District Beekeepers' Association (MDBKA) headquarters.

Members had a detailed look into the work of beekeepers. There is a collection of beehives in its garden with around 30 colonies, which can contain over 1 million bees in the summer. The group was able to see an observation hive, which allowed for a safe, close-up view of the bees in action. After the tour, members couldn't resist buying some of the delicious, locally produced honey to take home. They heard that the flavour can even vary depending on the time of year, as it's a single-source honey made from the flowers in the park.

To top off the day, members had a relaxing picnic in the sunshine, sharing sandwiches, cake, and plenty of laughs. It was a wonderful day of friendship and learning, and a reminder of just how much we get out of our WI outings.





OVERTON AND DISTRICT WI'S AGM marked their tenth anniversary, and they celebrated in style – with cake and drumming! President Adele baked a delicious chocolate cake for all to enjoy. During the meeting, members honoured Christine Mashiter, their former President, Treasurer, and long-standing member, who received this year's Standfast

Trophy. The evening's highlight was a lively drumming class led by Jen Donald of Djembe Drums. Each member had a drum and, in no time, members were confidently playing five different rhythms, blending them into a fantastic tune. With drums held between their knees and played by hand, the sound filled the room and, with the doors open on a warm evening, echoed through the village. A few curious neighbours probably wondered what was going on! It was a joyful, energetic way to mark a milestone – full of rhythm, laughter and community spirit.



RIBBY WITH WREA WI's July speaker was Mahmood Ahmed, who spoke about his career as a police officer with Lancashire Constabulary. He was born in a remote village in Pakistan, where there were no official records of births. When he applied for a passport to come to the UK, he was asked for his date of birth, which no one in the family knew! They guessed at 1969, and randomly chose November 11th as the day.

A shy child, Mahmood really struggled at school. He later attended night school while working in other jobs in the UK, and started his Police officer training in 1989. He worked mainly in Preston as a Community Beat Officer, where he was able to build good relationships of mutual respect and trust with the residents, and was known as 'PC Mebs'. He was later appointed Community Ethnic Liaison Officer and won local and national awards for his outstanding contribution to public services within the Lancashire Constabulary.

In August, the WI had their summer outing to Jacqueline Iddon's beautiful garden in Bretherton, which is set over one and a half acres, with several different areas of mixed borders, ponds and water features, woodland, alpine house and sculpture gallery. A delicious afternoon tea was included, along with a flower arranging demonstration. It was a very enjoyable afternoon.



ROE GREEN WI recently celebrated their first birthday with pasties, prosecco, cake and a drone photo. Members thanked the

committee (outgoing and incoming) and all those who contributed to help make it a memorable night. They have had a wonderful first year taking up new challenges and making lasting friendships. Here are some examples of how Roe Green WI have supported the WI objectives during their first year:

Educate Women: Access to the Learning Hub; talks on: Family Court, Medical Detection Dogs, Customs Officer, Sewing Bee, Uniquely You, Community Gardening; trips to Stargazers, Wine Tasting, Theatre, Literary events: classes/clubs for footstools, lampshade, Crochet, Knitting, Embroidery, Wicker Weaving.

Sustain: Paperless – use of digital forms of Communication; Visit to the Renew Hub.

Advance Public Health: Women's/Pelvic Health; Feldenkrais Method; Wild Swimming, Padel, Social Walking; Skin Care; Promoted NFWI campaigns – Dental Health matters, River action, Resolutions 2025/26 etc.

Community: Established Roe Green WI for the benefit of local women; Supported several local charities.



In July, a group of **ST ANNES ON SEA WI** ladies visited the Little Kyoto Japanese garden in Treales. They had tea and cake after the tour as well – the garden is well worth a visit. What a lovely, interesting afternoon. Members also later had a talk about Preston Guide Dogs Susan, who does amazing work for the charity (she is not blind) brought her own dog, Kimber and – oh goodness, was he amazing! He had failed as a guide dog and so she took him back and now he works as a support dog. He did all his tricks 100% correctly. It is very costly to train a guide dog, and the charity needs every penny they receive. A lovely afternoon and they will be having Kimber back again in the future.



...AROUND THE WIs



Another group of members entered the St Annes Carnival with a member's little car. The weather was amazing although a little hot. They won Highly

Commended, which will now go into their archive box with previous wins.

TATHAM FELS WI members had a delightful afternoon at Leighton Hall in July. They were welcomed into the hall, the oldest part of the building, earliest recorded in 1246 as a Fortified Manor, and heard about the history of the Hall which was bought by the famous Gillow Furniture family in the eighteenth century; they rebuilt and restored it in 1870 and are still in residence. Members sat on antique chairs around a magnificent Gillow dining table and were able to walk round the rooms without restrictions. Climbing the flying staircase, some were tempted to slide down the banister, before admiring the four-poster bed where one of the Gillow ladies had given birth to 13 children. A row of about 20 bells in the servants' quarters had different rings for each room; servants were hired from afar, as it was thought that local ones would gossip about the family in the village. Following a delicious afternoon tea and walk round the garden, which had a long, narrow lawn for archery practice, everyone took their places to watch a Bird of Prey demonstration.

On 3rd September **WHALLEY WITH MITTON WI** celebrated their centenary dinner at Clitheroe Golf Club.

Honoured guests included LFWI Chairman, Heather Williams, and invited members from local WIs. The evening was celebrated with a meal, delicious cake, dancing and kind words from President Deborah Northin. The WI is thriving, having been formed in December 1925 by Lady Audrey Worsley Taylor, longstanding president and later LFWI treasurer. Archives show the club has met at a variety of venues in Whalley and in September 2008 merged with Mitton WI. To this day, meetings are still held on the first Wednesday of the month in the Old Grammar School. Records show that, during the



war years, the ladies were very busy running the County Library, knitting vests for refugees, and making garments for our troops. Today they remain proud to come together to learn, share skills and work together in their local community and beyond.



WHITE COPPICE

WI were thrilled to receive a Gold Award - for the second year running - for their community garden at Chorley Flower Show in July. Packed full of

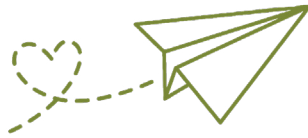
variety and colour, the garden highlighted the WI's 'Show the Love' initiative which encourages us to value all things affected by climate change - from gardens to woodlands and wildlife. The plot demonstrated how gardeners can recycle and upcycle to reduce waste and preserve resources. It also provided a platform to showcase members' practical skills through the many knitted/sewn items, homemade props and talented artwork on display. Once again, Gertie the WI Gardener took pride of place helping to highlight the benefits of WI membership. The award was presented by BBC Radio Lancashire's Sharon Hartley and Greg Anderton of the Garden Hub, Lytham Hall. Visitors included Chorley MP Sir Lindsay Hoyle, Mayor Alistair Morwood and Mayoress Jane Morwood.

ACCRINGTON & DISTRICT WI

spent an evening at The Grange Bowling club, Clayton le Moors, Accrington, learning how to play crown green bowling. Everyone thoroughly enjoyed it and said they would definitely be going again. Refreshments were provided and the club very kindly gave the money raised to Accrington's chosen charity, which is Milly's Smiles, a local charity providing Milly bags to all families whose child has been diagnosed with cancer-related illness and admitted into hospital. The bag contains lots of essential and luxury items that will help them through the first weeks of their journey.



Flying Visits...



ARKHOLME & DISTRICT WI had their summer outing in August. They went to Barton Grange Entertainment Centre, where they

split into two groups and played Tenpin Bowling and Crazy Golf. This was followed by fish & chips in the restaurant. Fun and laughter was had by all, with requests to go again.

BLACKPOOL WI

collected food and toiletries to donate to Streetlife, a local charity who help homeless or disadvantaged young people aged 16-25. Streetlife run a day centre providing hot meals and laundry and shower facilities, and also a night shelter. Food parcels are also provided.



Members of **BUCKSHAW VILLAGE WI** took part in the 'Most Wuthering Heights Day Ever' on Miller Park in Preston in July. The annual event raises funds for

Lancashire Mind and Preston Domestic Violence Services. All had great fun channelling their inner Kate Bush amongst hundreds clad in red dresses, dancing to "Wuthering Heights" and pretending to be Kathy !

FAILSWORTH AND

BEYOND (FaB) WI have been making and filling toiletry bags for their charity appeal. President Jean Gilbert will be dropping them off at a local women's refuge.



LONGTON WI

members enjoyed a summer trip to Holker Hall in Cark, Cumbria, home of the Cavendish family. The outing began with a light lunch in the Hall's beautiful Summer Restaurant, followed by free time to enjoy the outstanding grounds and gardens and to visit the Hall itself. The house is spotless and a hearty round of applause was given to the lady who cares for the public rooms all on her own! A stop at Betham Garden Centre on the homeward journey completed an interesting and happy occasion with fellow WI friends.



Having won a £200 bursary at the Annual Meeting earlier this year, members of **LOWTON WI** had a very interesting and enjoyable educational visit to the World of

Wedgwood followed by a lovely lunch in the on-site restaurant. The photo is of a dragon made completely of Wedgwood porcelain with forks for claws. So intriguing. The WI thanks the Federation for making the bursaries available. In September, they will be going on a visit to the Shakespeare North Theatre in Prescot for a backstage tour and, once again, lunch. Who doesn't enjoy lunch out?!

LUMB IN ROSSENDALE WI

members recently enjoyed and were very impressed with President Olive's great skill and expertise in flower arranging. She arranged four floral displays with the theme of the four seasons - Spring, Summer, Autumn and Winter. She shared her knowledge and handy tips in the art of flower arranging.



Flying Visits...



In July, six members of **SIMONSTONE WITH READ WI**'s walking group (and one dog) enjoyed a delightful walk across fields and down tracks from Simonstone to Sabden.

The weather could have been brighter, but all the walkers enjoyed a delicious lunch at the White Hart in Sabden, even meeting a friendly goat en route! The Institute has a number of crafty groups (beading, knitting etc.) and the walking group is a popular addition to their activities. Next, they're planning a walk in the Yorkshire Dales...

STAINING WI

have joined in with Staining in Bloom to make the village an attractive place to live in and visit. The flower bed has been developed by several WI members along with the village team. The craft club got together to decorate the stones to add a little extra touch. Unfortunately, the two ladies were not a permanent feature and were not in place for the judging!



At **WARTON CRAG WI**'s June meeting a lovely lady, Valerie Welti, gave a very interesting and informative talk on "The Canary Girls". These were women who worked in the ammunition factories during the war. They were called canary girls because their skin

turned yellow from the ingredients of the bombs. Members also had a very enjoyable summer trip to Liverpool. After successful fundraising, the WI has also been able to provide three Bleed Control Kits for local use alongside the Defibrillators they have already provided.

PUBLIC AFFAIRS TEAM

You may remember the Resolution for 2023 was "Clean Rivers for People and Wildlife".

Since then, the Ribble Rivers Trust has done a lot of work to improve the health of our local rivers and their CEO is coming to Croston House on 24th October to give us an update and share his experiences in the quest to improve the water quality in our rivers. This is a Friendly Friday event, no charge, so hopefully many of you will have already signed up for this on the LFWI website.

The Team is now working on events for next year, including Afternoon Tea and Fashion Show at the Midland Hotel in Morecambe on 14th May and a celebration of International Day early in July, with the focus on Denmark. The Resolutions Officer is also looking to hold an information sharing session once the 2026 Resolution is announced, to help WIs decide on their vote.

So look out for the flyers and further information early in 2026.

Pat Forder

CHAIR

NOTES FROM THE EDITORS

EDITORIAL TEAM

Pam Aspden - Bretherton & Croston WIs
Emma Gillinder - Tarleton WI

DEADLINE FOR SUBMISSIONS FOR ISSUE 6

Thursday 30 October

Email: editorial@lfw.org.uk



MAKE & CREATE

BRAMBLE BEAR WORKSHOP

Meet Archibald, Barnaby and friends – all Bramble Bear makes from the latest Make & Create Workshop held at Croston House. Bramble Bear is cousin to Luna Lapin, both adorable creations from Cool Crafting, now based in Kendal. The workshop was led by Sarah and Sue whose lovely, friendly advice and support resulted in a very enjoyable, creative day. The bears are sewn using bouclé fabric, which tends to be slippery and is not the easiest to handle, so there were plenty of tips and demonstrations to help. Sewing machines always seem to have a sixth sense when taken out for the day, but peer support was invaluable and all the little glitches were quickly resolved.

Sewing and doing a new craft has been proven to be good for the brain and dexterity – lots of fiddly bits and very long needles all mastered with a smile. Everyone had a great sense of achievement and a gorgeous new keepsake. There was a display of some of the clothes you can make for your Bramble Bear – the duffle coat is a must so it looks like a trip to Kendal is imminent.

Just to add – we are still looking for venues and ideas for the Make & Create group so we can book sessions in your cluster area.

Make & Create Team



LIFESTYLE TEAM



The planned trip to Stonyhurst College was very popular when first announced and didn't disappoint the forty ladies who managed to book for this trip.

Tea, coffee and biscuits on arrival allowed time for the curator of the museum to give us a brief history of the house from being a family home to becoming a school.

Dividing us into two groups, our expert guides Julie and Tim then took their respective groups around this fascinating building. From its original Tudor section to later Victorian additions, the Grade I listed building is steeped in history and splendour.

Our guides explained some of the traditions of the school and how it has changed and adapted for

modern times, but still keeping to the same values and ethos on which it was founded.

Originally a school for boys only, it is now co-educational with the split about 50:50. From magnificent stained glass windows to the ultra-modern library it was clear to see that this place is a wonderful establishment of learning for the pupils who attend from 34 nations around the world.

The ladies booked on the second tour in October will not, I am sure, be disappointed.

Jane Jackson

LIFESTYLE TEAM SUB-COMMITTEE





We're always looking for news and events which will be of interest to our readers. To give your submission the best chance of being published, please take a look through our editorial guidelines:

- Take note of the submission deadline - items for the next newsletter must reach us by **Thurs 30 Oct**
- Email to **editorial@lfw.org.uk**
- Send items as a Microsoft Word document. Please note that PDFs are not suitable for inclusion.
- Include 'Item for Newsletter' as your email subject heading and be sure to include the name of your WI.
- Photos must be sent as a separate attachment.
- Please be aware that items might have to be edited.
- We cannot guarantee to publish every submission and the final decision lies with the Board of Trustees.

FLYING VISITS:

- Short snippets of news.
- Maximum 50 words.
- Photos are optional.

TRIBUTES:

- Maximum 50 words.
- No photos please.

NEXT ISSUE:

The next issue is due for publication in week commencing **Mon 8 Dec**. As well as your WI news, we would particularly welcome the following items:

- Photos about the Chairman's Challenge on recruiting new members during our 105th birthday year.
- Charity make photos and reports.
- Recipes.
- A quiz for readers to complete (please provide the answers).
- Articles on your forthcoming activities/plans.
- Review of a book or film that you have recently enjoyed.
- Anything topical that you think other WI members might enjoy reading about.

NEWS FROM THE WIs & ORIGINAL ARTICLES:

- Please only submit **one** article per issue.
- If sending information on more than one activity or meeting, please include **all** of the information in a single email attachment.
- Indicative word limit per article - 150 words.
- Photo optional - if submitting a photo, please send **one** clear, relevant image as a separate attachment (please don't embed your photo in your word attachment).
- Please don't send photo collages as we cannot use these.



EXPERIENCE WONDERFUL LIVE CLASSICAL MUSIC IN GOOD COMPANY

Two years ago, Mawdesley WI invited a local Music Society to give a presentation. I was surprised to learn that, nearby, in the village of Parbold, there was an annual season of ten concerts performed by world renowned classical music artists including: Sir Stephen Hough, The Brodsky Quartet and Benjamin Grosvenor, who appeared at this year's BBC Proms.

I purchased a ticket for a concert and what a wonderful experience it was. The concert, a piano recital, was so captivating that I was easily persuaded to become a volunteer and am now Treasurer and manage ticket sales. We even got a mention when Parbold was named by the Sunday Times as one of the best places to live in the North West. Concerts attract a wide audience, as the venue is so accessible and tickets are reasonably priced.

I shared my experience with Ruth Grimley, LFWI Trustee, who came along to a concert. She now has a season ticket. Our thoughts turned to WI members and whether any would like to give it a try but may not have a partner or friend who shares their interest or curiosity. Our plan is to arrange a 'meet and greet' for like-minded individuals, ensuring that everyone sits with a companion, and with the group meeting at the interval for refreshments.

For information about the current season view parboldmusic.org. If you are interested in joining our group to experience a concert, contact me: **tickets@parboldmusic.org** or call our box office **07768799821**.

Jane Jackson - LIFESTYLE TEAM



BLACKBERRY & APPLE CAKE

Serves 8 to 10

INGREDIENTS

- 250g Self Raising flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 85g butter, melted
- 100g light muscovado sugar
- 150ml milk
- 2 large eggs
- 100g blackberries
- 4 eating apples



For the topping:

- 50g butter
- 2 tablespoons light muscovado sugar
- Icing sugar to dust

22cm springform cake tin, buttered & dusted with icing sugar

METHOD

1. Sift the flour, baking powder and cinnamon into a large bowl. Add the melted butter, sugar, milk and eggs and slowly whisk with an electric mixer until well combined.
2. Heat the oven to 190C/gas 5.
3. Peel and core the apples and cut 2 apples into 8 wedges. Chop 2 apples into small chunks and add to the sponge mixture. Place sponge mixture into prepared tin and spread evenly. Arrange the wedges on top of the cake and then sprinkle on the blackberries, pushing them into the batter a little.
4. Dot over the butter and sprinkle over the sugar.
5. Bake for 45-55 minutes or until a skewer comes out clean. Allow to cool in the tin, before dusting with icing sugar and serving with clotted or whipped cream.

This cake is like a traditional Dorset apple cake. It can be made with blueberries or raspberries as an alternative.

Scarlet Corner

I was playing a game on my phone, the sort that has different kinds of levels and I had been stuck on a really hard one for about a week. This particular day I was tired, playing yet another game, and it came to the last move and I was nowhere near completing, so I made a half-hearted move to get it over with. And a miracle happened. The move led to a totally unpredictable chain reaction of other moves, stars flying everywhere, cheery music and before I knew it the game was completed and I was on the next level. Thank goodness. I mentioned this to someone who is not quite as positive as I am and their reaction was, I would never spend that long on something, I would have deleted the game by now. I have always considered myself to be a determined person, and yes, I was lucky but what this incident taught me is not to give in, to try my best up to the very last moment even when the temptation is to call it a day. If there is even a one percent chance that you will succeed you have to try.

Emma Gillinder - **TARLETON WI**

TRIBUTES

BARTON WI members were sad to hear that Alice Hargreaves had died at the ripe old age of 108. Alice had been a member since she was 14, attending with her mother. She was an enthusiastic member who was always involved with any craft or flower shows. She attended regularly until she turned 100 but was always eager to hear news of members and events. She will be much missed.

HALEWOOD WI is sad to announce the passing of Sylvia Pettit - a member for over 49 years. Sylvia had served on the committee for many years and was also a lively member of the local drama group, the knit and natter group and a regular church goer. She will be greatly missed by all.

It is with great sadness that **STAINING WI** members learnt of the passing of past member Mavis Ashworth on Thursday 24th July. Mavis was a much respected and loved member of the WI and was a true ambassador for the WI.

