

Red Rose News

The Lancashire Federation of Women's Institutes



Issue 3 • 2026

WELCOME TO THE THIRD EDITION OF 2026.

Welcome to the late Spring edition of Red Rose News. It's good to have the lighter evenings and brighter weather so that we can get out and about more.

Once again, you have done us proud with all of your submissions. It's great to be able to highlight excellent speaker suggestions and ideas for new activities. Particularly heart-warming are your stories of the wealth of community and charity support across the Federation's WIs too. Please do keep them coming, following the editorial tips on page 12.

The deadline for submissions for the next issue is Thursday 9 July.

The Editorial Team:

Emma Gillinder - Tarleton WI

Pam Aspden - Croston WI

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A Message From Our Chairman

It has been a busy year so far and I have thoroughly enjoyed meeting many of you up and down the county, at various events. Thank you for your very positive comments about the Annual meeting in Lytham – we were so pleased you enjoyed the afternoon's proceedings and have been asked by Andy, from Three Men Walking to thank you for your very generous contributions to the POPYRUS



charity. We presented him with one of our new mugs and he sent a photo from his garden the following day, with his message. You also enjoyed all our other speakers. If you have an inspiring 'Tale to Tell' do let us know - we are planning next year's meeting already. The Annual meeting will be on 10th April 2027, at the Lowther Pavilion in Lytham.

Don't forget the Betty Sanderson Trophy challenge this year - a picture in any medium ready to hang - all the details are with your secretary and will be on the LFWI website. My Chairman's challenge this year is to work with your Local Community on any project that involves the values of the WI. Have fun as you do things. Send your reports to RRN to let us know about what you are doing throughout the year.

Thank you to all the WIs who have sent their fees in on time and to all members for their cooperation in getting the forms signed and fees into their WIs.

NFWI's Annual meeting on 4th June will be reported back to WIs by your link Delegate and a big Thank You to those who offered to do this task. I hope you enjoyed the experience. The result of the Resolutions vote will be communicated by the link delegate. We can then start looking at campaigning locally.

Enjoy your numerous activities and those available from LFWI. I am doing something new when I attend the Goldwork course this month – a challenge I hope to enjoy.

Heather Williams

CHAIR



Around the WIs

MEETINGS, BIRTHDAYS & PARTIES...



Easter weekend in Northumbria. What could be nicer than meeting up with a lovely group of ladies at dinner on the first evening at the White Swan in Alnwick and finding that four of them were not only fans of the author LJ Ross but also Lancashire WI members?! Pat

(**LEYLAND/HUTTON & HOWICK**), Lynda (**WITHNELL FOLD**), Christine (**BILLINGTON, LANGHO & DISTRICT**), Dorothy (**FENCE & DISTRICT**) and a couple of friends, spent a very sociable weekend, swapping details of everything they'd done during the day and taking part in a fun quiz. The weather was a bit wild and windy at times but it didn't dampen their spirits, as they trod in the footsteps of DCI Max Ryan. It would be nice to think they may bump into each other again - the WI is a small world!



This year, to celebrate Easter, **AINSDALE NATTERJACKS WI** asked members to donate an Easter egg which would be passed on to two community groups -



Woodvale Community Centre and Compassionate Acts. Members donated over 100 eggs which were very well received.

March saw a craft afternoon with three taster crafts on offer: decoupage shells, trinket boxes and origami tulips. The members leading the crafts, Alison, Liz and Fee, were kept busy all afternoon and the participants were delighted with their makes.

Two fabulous walks were held in March and April, both led by Elaine and Gill. The first one took the walkers from Crossens to the Botanical Gardens in Churchtown. The second walk was on the Wirral, up to Bidston Hill and down to Birkenhead Park. It was a day of many seasons, but the walkers had a

very good day out.

The speaker in April was Jackie Mafi who reminded members of their childhood sweets. Unfortunately, there were no samples, but it was a very entertaining talk. April also saw some 40 members enjoy an afternoon at the Bijou cinema to watch 'The Calendar Girls'. A very fun entertaining film which was enjoyed by all.



BANKS WI's March speaker was Fiona Smithson, who brought along some of her collection of Victorian underwear. Boys and girls wore the same clothes until they started

school, when boys went into breeches. Young children were lucky if they wore knickers. Nearly all underwear was white, so the hems soon got dirty. The wealthier girls wore stays pulled very tight, to get 18 inch waists, up to six petticoats and either a bustle or crinoline underneath their top garments. Until the mid-19th century, all garments were hand sewn and only the wealthier could afford the new sewing machines.

In April, their speaker was Roger Nicholson, who talked about the Beatles' visits to Southport in the early 1960s, playing in several venues between 1961 and 1963, including the Odeon cinema (now Sainsbury's) when Helen Shapiro was top of the bill.



BARTON WI recently had a talk from Chorley Hedgehog Rescue Centre. Across the rural and urban landscape there has been a 70% drop in numbers since 1950. Hedgerows have disappeared and their only predator, the badger, has been allowed to multiply, since the ban on culling. In the urban areas, new housing has enclosed gardens, which prevent hedgehogs from roaming. They have a lifespan of about six years and are nocturnal, solitary creatures. Their eye sight is poor, but their sense of smell makes up for it. On average they roam between 2-4 km each night searching for food, mainly beetles, caterpillars and worms; as these are not available during winter, they hibernate.



They re-emerge in March (sometimes earlier) looking for food and a mate. A month later, they might have 4-6 little hoglets which after six weeks are left to fend for themselves. We can help their survival by not using slug pellets and providing small holes in our garden fences to allow hedgehogs to pass through.

They later had an interesting talk about the history of Lancashire Life Magazine. Launched in 1947, just after World War II, it was originally a quarterly, black and white publication focusing on lifestyle, property, food, and culture in Lancashire. It provided an insight into local art, countryside scenes, farming, and village life with a strong emphasis on tradition and local, rural life.



In March, **BILLINGTON, LANGHO & DISTRICT WI** enjoyed an evening with members from Langho in Bloom

– a group of volunteers set up ten years ago to improve public spaces in the village. It is a delight to go through the village and see the plants and colour they bring to often forgotten spaces. They gave advice on what to plant for spring to give lasting colour to gardens. In April, members welcomed Sally Maxwell, who led them in an evening of circle dancing. For each of the dances, Sally explained what each dance celebrated and its country of origin. It was a most enjoyable evening; all had great fun and were told there are no mistakes, just personal adjustments. Sally is an inspiration to all at nearly 90 years old. She put many members to shame with her energy and enthusiasm. So - if you want to up your step count, have a go.



BUCKSHAW VILLAGE WI had a glorious day for the unveiling of their Information Board honouring and remembering the 'Canary

Girls'. These unsung heroines of the World Wars were conscripted to work in munitions factories

and were nicknamed 'Canary Girls' because the dangerous chemicals they worked with stained their skin yellow. Buckshaw Village is built on the site of Royal Ordnance Factory Chorley – the biggest ammunition filling factory in the UK in World War II and the WI is determined to raise awareness of the contribution made to the war effort by these women.

At the unveiling, guests received a yellow poppy brooch and were invited to view display boards and items relating to the 'Canary Girls' over tea and cake. Buckshaw Village is a modestly sized WI (about 40 members) and it was lovely that so many members contributed to the event – making poppies, helping with display material, making cakes and volunteering to host guests and serve refreshments. Members were delighted that LFWI trustees and many representatives from their WI cluster group attended, along with representatives from the National Canary Girls and Women Munition Workers Associations and a Deputy Lieutenant of Lancashire – they were even featured on the local news! Further awareness raising activities are planned, to coincide with Remembrance Day in November when they lay wreaths of yellow poppies. These women worked in munition factories all over the North West – if there was a site near your WI, why not consider laying a wreath of yellow poppies too?



At **ECCLESTON WI**, Ruth Gibbons spoke about the ACWW's work campaigning for rural women's rights, bringing women together and supporting them in building stronger communities. Pam Coates also provided a challenging quiz, instigating lots of discussions. At an open meeting for Eccleston residents, Ian Grace gave a fascinating talk about the Thirlmere Way and aqueduct. He walked 135 miles following the route of Manchester's water supply, which is contained in a two-metre-wide underground aqueduct. This long, gravity-fed aqueduct has no pumps along its route and is a marvel of Victorian engineering. Pipes are only visible above ground when they cross rivers and valleys. The level of the aqueduct drops by 20" per mile. Inspection hatches along the route are used to vent air so that the syphoning effect can continue when a rare incline is encountered. The water flows at a speed of 4 mph and takes 36 hours to reach the city.



...AROUND THE WIs

FRECKLETON WI had an interesting talk by dedicated animal lover, Wendy - founder of animal charity, 'Homeward Bound'. Covering Blackpool and the Fylde, it all started for her twelve years ago when a dog went missing in St Annes. Wendy joined the search and, fortunately, the dog turned up safely on his own doorstep after a week. The experience generated a lifelong interest in animal psychology. She gained a Masters' in Animal Welfare and founded Homeward Bound, not realising how the charity would take over her life! Wendy is assisted by many volunteers. One of their services is tracking lost pets. She says you must try to think like a dog - not easy, but their main needs are food, water and shelter. When the animal is found, the charity pays for any veterinary treatment needed and sometimes re-homing. If the outcome is not good, at least the owner has closure. Their work is never ending but has great rewards. It is costly and they rely on donations from animal lovers. A heart-warming story which was enjoyed by everyone.



Freckleton WI also celebrated their 104th birthday in April with a cheese and wine party. **WARTON, TREALES & ST ANNES WIs** sent members to join the celebrations and there was lots of chatter and laughter. After games, the evening ended with President Kathy Gemmell cutting the birthday cake. Everyone took a piece home, finishing off a fun event.

In March, **GRINDLETON WI** enjoyed hearing from very entertaining speaker Caroline James. Her teacher discouraged her from becoming a writer so she joined the hospitality industry. Later, promotional media work alongside professional chefs led her back to her initial interest in writing. Now a best-selling author, she includes many of her own varied experiences in her amusing books. The WI also held a litter pick around the village and, despite the area looking clean and tidy at the start, still managed to fill six refuse bags of discarded rubbish!

In April, members heard from Julie Whitworth, who helps run Advanced Driving Courses. Her talk was an eye opener, and some members expressed interest in completing a course to improve their driving.



This photo is of a statue of Edith Rigby, recently unveiled at the Harris Museum, Preston. Edith was the Secretary of the first WI in Lancashire and the statue appears to show Edith on her way to a **HUTTON & HOWICK WI** meeting. There are only two women in the WI who have

statues - Queen Elizabeth II and Edith Rigby. Edith will be remembered for the many actions she took to promote the rights of women. Even now, Edith continues to help those in need through her visits to many WIs. In the past year, Edith and Cornelia Connelly have raised £1,500, which has been distributed to St Catherine's Hospice, Derian House Hospice and two local food banks. Many thanks to those WIs who have booked 'An afternoon or Evening with Edith Rigby' or 'Cornelia Connelly'.



On a Saturday in April, the Happiness Hall lived up to its name as **KNOTTY ASH WI** enjoyed a joyful Mamma Mia themed paint party. The Jam Butty Ladies swapped their usual baking aprons for paint splattered ones and, under Avril's guidance, created Mediterranean coastal scenes.

A particularly moving moment came from WI member Maria, who has extremely limited vision due to advanced glaucoma. With gentle support from her friend Janice, whose whispered descriptions guided each brushstroke, Maria painted with confidence and joy. Their partnership captured the true spirit of WI sisterhood.

The hall buzzed with music, laughter, and a Greek inspired feast was prepared by Linda and Paula. By the end of the night, Maria had created more than a painting. She created a moment that reflected the heart of Knotty Ash WI and the power of women lifting one another up.

2025/26 has been a good year for **LEYLAND WI**, with a varied programme from exploring the secrets of Victorian Ladies' underwear, Chair Aerobics, congratulating themselves on 'Leyland in Bloom' to making Easter bonnets from marzipan and fondant icing - all well attended and enjoyed by members.



...AROUND THE WIs

Their most rewarding activity, 'Christmas in Music and Verse', is fast becoming an annual MUST, with the Broughton Handbell Ringers and members giving performances to raise funds for St Catherine's Hospice and Rosemere Cancer Centre. The audience has grown to include many other WIs, their friends, family and members of Midge Hall Methodist Church, whose Worship area is used for the concert. This has resulted in a few more ladies joining the WI.

They have a good mix of members - some experienced WI-ers (a few 90+ years!), some very new and much younger - the latter being especially welcomed. Although sadly losing some members over the last two years, they have welcomed several new full and multi members, so must be doing something right! All members are made welcome, new members being seated with seasoned WI members who are happy to have a good natter and explain the meetings. Members' ideas are welcomed - they'll give anything a go at - this year, a new outing is planned to the Crazy Golf at Barton Grange. Feedback is important, so members are encouraged to criticise or congratulate, as the case may be. Members and visitors say there is a lovely, friendly atmosphere.

LITTLE THORNTON WI spent a very enjoyable afternoon with speaker Greg Anderton from Leafy Lytham Garden Hub. Greg owns the Lytham Hall garden centre and has won many awards for his displays at Flower Festivals and shows - recently winning a Gold medal at the Harrogate Flower Show. A talented and knowledgeable young man, he spoke about how he became a gardener, demonstrated how to plant a Spring container and provided lots of information on plants. He also told members about his favourite gardens to visit - and which served the best cakes (always good to know for WI members!). Greg brought a selection of plants to buy and many members went home with beautiful plants for their gardens. A very entertaining meeting, and Greg is definitely recommended as a speaker.

In April, **MILNROW & DISTRICT** (MaD WI) had a very interesting talk about Manchester theatres, the people who performed in them and who later became famous. Members followed this up with a behind the scenes look at the Bridgewater Hall. From the very top of the building, the acoustics were explained, and in the basement, members

saw the springs the building sits on to absorb the movement when the traffic goes past. As members left, they all touched the pebble which sits in the courtyard, to bring them luck. They then retired to a local venue for much needed refreshments. Members also got crafty with a new craft - balloon modelling. Much laughter was had by all whilst they tried to shape the balloons into flowers, swords and dogs. Only a few popped and all enjoyed the results.

NORDEN WI had an informative meeting in March when Jeanette Sharp, the LFWI Resolutions Officer, came to talk about how the resolutions are decided on and the process involved in getting a proposed resolution to the NFWI AGM. She also spoke about some of the more memorable resolutions from previous years.

April was a 'funny' month. The title of the evening's presentation was 'Laughter Yoga' and members spent an enjoyable evening learning how laughter can help mental health. Members went away saying they felt much better! The outings group spent a pleasant day in Hebden Bridge. Just a short train ride from Rochdale, it is always a popular destination with its quaint shops, antique centres and, of course, the ducks on the river that flows through the centre of town.

In March, **RIBBY WITH WREA WI** hosted speaker Barry Marsh, who spoke about Medical Detection Dogs (MDD). This charity trains dogs, who have a very powerful sense of smell, to be Bio Detection Dogs or Medical Alert Assistance Dogs. A dog costs about £29,000 to train and they live with volunteer socialisers during their training. Bio Detection Dogs are trained to detect compounds that can indicate disease before symptoms arise, e.g. cancers, infections, neurological or endocrine disorders. Research is ongoing and evidence based, collaborating with NHS Trusts and Universities. The dogs are trained to alert an individual to a medical episode, so that they can take medication, make themselves safe etc., leading to greater freedom and independence. The talk was accompanied by videos of clients explaining how their lives had been changed by having an MDD dog.

Their April meeting was organised by the members, rather than the committee, and Tom and Ed from Fylde Ranger Service came to talk about their role. They are area conservation rangers managing woodland, parks, dunes and nature reserves. They organise wildlife surveys,



...AROUND THE WIs

recording insects, butterflies, birds, lizards etc. and are currently trying to support the Brimstone butterfly by planting the Buckthorn bushes eaten by the caterpillars. To round off the evening, Ed explained and demonstrated different sea shanties, accompanying his singing with a Bodhran, a traditional Irish frame drum.



SLYNE WITH HEST WI has certainly embraced the 'Feel the Love' theme this spring. It began at their February meeting, where members made green hearts to raise the profile of caring for the environment throughout

their community. Members then went on to have a brilliant morning with children from the local primary school to make beautiful, green hearts and chat about all the different ways that we can show we care for our environment. The hearts were taken to the centre of the village and hung in the trees above the beautiful, spring daffodils for all to see. Young and old came together to share their creations! As a relatively new WI, this is Slyne with Hest's fourth year, and they are especially keen to be seen as part of their community. Over fifty hearts in the centre of the village have created a buzz and have definitely raised awareness of everyone's need to come together and feel the love and appreciation for the natural world.



To raise awareness of the 2025 WI resolution, 'Bystanders can be life-savers', **SOUTHPORT SCARLETS WI** invited Southport Saviours to give a talk on CPR and the use of defibrillators.

Richard Moore, who had himself had his life saved by a bystander whilst running the Blackpool Marathon, gave an informative, interesting talk with plenty of anecdotes and memory-jolting techniques to prompt confidence if faced with a casualty. His organisation raises funds for defibrillators and their upkeep in the Southport area. Members followed his talk with Bingo and a Grand National Sweepstake, plus jam sales, and raised the cost of replacing the battery pack in a defibrillator.



ST ANNES ON SEA'S February meeting guest was Greg Anderton, Managing Director of the thriving garden centre and design company which operates the Leafy Lytham Garden

Hub at Lytham Hall. Greg was truly inspirational and demonstrated how to pot and maintain spring plants. He also brought along a variety of shrubs and spring bulbs and plants suitable for a garden or a window box.

In 2025, Greg won a gold medal at RHS at Hampton Court, which is amazing but not in the least bit surprising. Greg proved to be a relaxed and amiable speaker, who kept members entertained with some funny stories regarding his trips to the RHS shows and other talks he gives, plus the cakes and sandwiches he samples whilst there! Overall, a lovely afternoon, and Greg sold nearly everything he brought with him.

Their Easter meeting was a fabulous morning when members made beautiful Easter trees and Easter gifts. Obviously, coffee, cake and Easter biscuits helped them along their way! They also have a thriving craft group.



VIADUCT VIOLETS' Craft Group for Wellbeing, which started over three years ago, is still going strong, aiming to enhance wellbeing through craft and socialising as well as improve the community by making artwork for all to enjoy. Most recently, their Easter post box

topper on the High Street was enjoyed by many children. This followed their Christmas topper and their annual poppy topper for Remembrance Day. For the Green Hearts campaign, they displayed over 50 hand crafted hearts at the local community centre.

It is a known fact that arts and crafts have a positive impact on mental health and can alleviate loneliness and isolation, offset depression and anxiety and provide a temporary escape from everyday pressures. The repetitive activity of knitting, stitching and crochet can calm the mind whilst completing a project can boost self-esteem and provide a sense of purpose and fulfilment.

The group's many crafts include paint by numbers, knitting, crochet, hand sewing, découpage, quilt making,



needle felting, paint and sip events, pottery and colouring in. They don't aim for perfection; just to enjoy the challenge of a new craft, share skills, contribute to the wider community, and in turn promote the WI. They have made toothbrush bags for children for the Dental Campaign, grab bags for the Women's refuge, syringe driver bags for their local hospice, hats and scarves for the homeless and quilts for Project Linus UK, Padgate Warrington. If your WI has a craft group, why not give it a go; equally, if your WI does not have a craft group why not start one?



Flying Visits...



BARE & DISTRICT'S April meeting included a fitness class. ChiChi Fit introduced

members to chair based exercise, suitable for all and set to music from the musicals. The competition was 'a poem about keeping fit'. Amusingly, the winner contained a lot of references to tea, cake and sitting down!



FAILSWORTH & BEYOND (FaB) wanted to celebrate St George's Day a little differently this year, so they planned a Lancashire Evening.

Family and friends were invited and a pie supper ordered. Saddleworth Women's Morris and Clog Dancers joined them, much to the audience's delight. They were FaBulous and much fun was had throughout the evening, with a raffle and stand up bingo. Can members better it next year?



INGOL WI's first outing of the year was to Brighter Blooms Nursery in Preston. Members spent a lovely couple of hours in the sunshine, chatting, listening to the Preston People's Choir and wandering through

the colourful tulip displays (of course, there was also cake involved!). Hopefully the nursery and fabulous volunteers for Rosemere Cancer Centre will have received lots of donations.



LADYBRIDGE WI had a talk by Caroline James who spoke about her full and eventful life as an author and formerly as an agent for famous chefs. The talk was entitled 'A Glimpse Under The Celebrity Apron' and the members'

competition of 'An Apron' was won by Barbara in an apron she had made from a pair of her husband's old jeans. A worthy winner and a very interesting evening.



LEYLAND WI realised that they have a bevy of beautiful nonagenarians amongst their members, and decided to have an afternoon tea to celebrate. Some interesting and fun facts relating to 1936 were read out to the members and each of the nonagenarians was presented with a lovely red rose.



Under the tutelage of lovely and talented committee member Ann, **LUMB-IN-ROSSENDALE WI** craft club (and Mishka the chihuahua!) enjoyed a creative afternoon of flower arranging.



Flying Visits...



In April, **LYTHAM BELLES** took an active approach to their meeting – fitsteps! Combining dance and exercise, members were able to actively

lose some calories (probably from all the cake eaten during their afternoon tea). The instructor advised members with different levels of ability according to individual strengths and any existing injuries. The words of the day were 'super fun'. Members laughed, danced and exercised without realising they were working out! What a fabulous evening and fun way to exercise.



NEWBURGH WI saw 'The Constant Wife' by Somerset Maugham at Liverpool Playhouse last month and are looking forward to seeing 'Calendar Girls'

the musical at the Civic Hall, Ormskirk. Their recent speaker was Jane Weller - Chair Yoga - which had all members stretching and smiling at the same time, and needing a well-earned tea and home-made cake afterwards. Their President thanked everyone for donating various items to send to Ukraine. The Craft Group made an Easter Cross to be displayed in the village. Many hours were spent creating flowers from petals bought in local charity shops.



A group of ladies from **QUERNMORE WI** travelled to Murrayfield Stadium in Edinburgh to watch the Six Nations Women's Rugby match where the English Red Roses

played against Scotland. Members were in awe of the sheer strength and determination of all the women on the pitch. It was a very exciting game and the overall experience was amazing.



SOUTHPORT SCARLETS WI, supported by Green Sefton, planted a tulip tree in Hesketh Park, Southport in recognition of the 110th anniversary of the WI in 2025. A

representative of the Hesketh Park Heritage Group and WI members attended the plaque unveiling and hope the tree will be included in the park heritage trail. Hesketh Park in Southport is one of the nation's earliest municipal parks. Opened in 1868, it was designed by Edward Kemp on land donated by the Rev. Charles Hesketh of Meols Hall. The tulip tree has been placed in a prominent position by the children's playground and the cafe.



TARLETON WI visited Derian House children's hospice with a donation of Easter eggs for the patients and their siblings. They were thrilled to take delivery in time for Easter. President Ann and Gill literally went through rain, hail and snow to deliver. Hopefully the gifts brought a

little spark of enjoyment to an otherwise stressful time for some of the families.

TRIBUTES



BANKS WI are sad to report the death of Barbara Webster at the age of 95 and also the death of Joan Cook. Joan had only been a member of BANKS WI for a short while, but had been a long-standing member at her previous WI before she moved to Southport.



Do you have a story to share? See page 12 for important information about submitting editorial...



MAKE & CREATE TEAM

In these photos, ladies from different branches and our Chair, Heather, are fully immersed in the creative world of slow stitching. Each person started putting together their own unique decorative work using hand stitching and a variety of threads and scraps of fabric. The course was led by Linda Colclough, who showed her own samples for inspiration. The beauty of slow stitching is its individuality and its infinite possibilities. Happy stitching ladies!

A group of ladies also enjoyed a lovely day at Avant Garden, a Garden Centre in Leyland. We were warmly welcomed with tea, coffee and biscuits before the morning session with Diane Harris, when she gave a most informative demonstration on growing plants in pots to eat. After a light lunch in pleasant surroundings, the ladies then planted up pots of their own choice, with Diane's guidance, to take home and enjoy. There was also time for retail therapy and refreshments if wanted. Everyone enjoyed the day and we are planning to have similar event in the future.

Nicky Robertson

MAKE & CREATE TEAM



LIFESTYLE & LEISURE

HAVE A GO AT ARCHERY

On a dry but very windy April morning, a group of WI members arrived at the home of the Blackpool Bowmen to 'Have a Go at Archery.' We were relieved to find that the session was being held indoors as we had visions of arrows being blown everywhere in the wind!

After a very warm welcome, we were given a briefing on the bows and arrows we would be using, with emphasis on safety at all times. In groups of four we took our positions facing the targets, which seemed a long way away. We each had individual tuition and support from an experienced Bowman, who advised on holding the bow and arrow correctly before aiming for the target. Only when everyone had shot their arrows were we allowed to see where the arrows had landed, which was not always on the target. By the end of the hour and a half, we had all improved and enjoyed the experience.

Thanks must go to the volunteers from the Blackpool Bowmen for their encouragement and support for the two groups of WI members who attended these 'Have Go at Archery' sessions..

Caroline Wordsworth

LIFESTYLE TEAM



I was looking through all the past resolutions the other day and thinking to myself how we don't seem to be getting anywhere and the same issues are raising their head time and again. The provision of adequate housing, equal pay, the production of good quality, healthy and affordable food are all raised numerous times in resolutions. There are also many resolutions pertaining to the environment, with Keep Britain Tidy and Save the Honey Bee being the easier to remember.

Then I read the winning entry of the LFWI writing completion. It's very good - all the entries were. If you didn't get to hear it at the AGM it's printed below and I realised we have come so far in 110 years. Women have the vote now. They can open a bank account and have a mortgage in their own name, they can carry on working after they have married, they can practise sports.

They no longer have to be financially tied to men and that gives them more freedom than they have ever had and makes them a real force to be reckoned with.

Is the struggle over? Not by a long way, but we are getting there.

Emma Gillinder - TARLETON WI

My dear Gladys,

I hope this letter finds you well in these trying times. Each day comes with fresh news from the continent, the most recent being the heartbreaking sinking of the HMHS Anglia off the port of Dover, all those brave wounded soldiers losing their lives so close to home. How I grieve for them. One feels so useless during these dark days which is why I am writing, as I myself have embarked on a new venture, having been to my first meeting of the Women's Institute. Have you heard of them? There are many such groups around the country, started by formidable women, and gaining quite a reputation for providing practical solutions and ideas to the everyday problems our communities face.

I feel the WI has brought us women together as a tour de force, able to make a difference in helping the country stay strong to fight the enemy by helping to provide nourishing food, sustaining the nation at this crucial time. As you know from your work with the Land Army, we are endeavouring to assist our communities make the most of what we have, trying to increase crop production along with improved animal husbandry. We teach each other new skills to utilise the materials we have, helping to feed and clothe our families, which is no mean feat with the food shortages and rationing that I am sure you are all too aware of in your part of the country. Many of us women are now in paid employment for the first time, working in munitions or healthcare.

At our meetings I have met several nurses and even a doctor who attend when they are able, along with some of the village girls who work in a nearby munitions factory, all doing our bit where we can. We often work alongside the men but, of course, on a fraction of their wage, something we quietly but determinedly are working towards improving. But my dear it does not end there. I have been taught such a lot from this wonderful fellowship I find myself belonging too. We listen to informed speakers and converse together, all of us, from many walks of life. We share our opinion and feel heard away from the stifling patriarchy that has served us up to now.

Several of our members have been involved in the suffrage, taking on the task of persuading the authorities to consider us as equals who have valid opinions on the way our country should be run, advocating voting rights for all women. I expect you have seen in the national press the lengths that some of these ladies take to highlight the plight and frustration of women in this country.

I have also been made aware of a women's football team not too far from here that is gaining in popularity. This is being encouraged by many men as well as women because there is scant enjoyment for us in these grey times. How the times are changing. I feel empowered to make decisions on my future and how I would like to help our wonderful country. I know dear Gladys that I sound overwhelmed and full of fervour but we are moving into a different era where women of this country will be listened to and I so want you to be part of it also. I appreciate that your time is already spent in a practical way, working the land along with your female compatriots, so you must also be feeling new freedoms and want to move forward with this. We know how much we have to offer this country beyond needlepoint and bridge. I implore you Gladys to also get involved in your local Women's Institute, I believe there is one very close to yourself, I can guarantee your heart will be fuller on the strength of it.

Your Dearest Friend

Louise, Michelle Kurton

Gregson Lane



EAST LANCS & RIBBLE VALLEY WI SHOW

(formerly Clitheroe Area WI Show Est. 1968)

This year's Handicraft & Produce Show will be held on Saturday 4th July at The Brave Church, Watson Street, Oswaldtwistle BB5 3HH 10am – 4pm.

Institutes Taking Part:

- Accrington
- Balderstone
- Billington With Langho
- Fence
- Great Harwood
- Grindleton
- Hurst Green
- Oswaldtwistle
- Simonstone & Read
- Slaidburn
- Whalley With Mitton

There are 36 sections, including a Children's and Men's Section.

The schedule includes Produce & Preserves, Horticulture, Floral Art, Decorative Craft, Confectionery, Needle & General Craft, Art & Photography and Papercraft.

Everyone is welcome and the organisers hope you will come along to enjoy this popular event, and see all the inspiring entries showcasing WI members' talents.

Presentation of Trophies will be at 3.30pm.

Refreshments will be available in the Brave Church Café along with Raffle & Tombola.

Admission £2.50.



QUIZ (answers on p12)

1. Which stretch of water separates England from France at its narrowest point?
2. Which Lancashire town was the birthplace of comedian Eric Morecambe?
3. Which Scottish city is hosting the 2026 Commonwealth Games?
4. How many countries make up the UK?
5. Which artist painted The Fighting Temeraire, now in the National Gallery?
6. The town of Dull in Scotland is twinned with a town in the US called what?
7. Which county is known as the 'Garden of England'?
8. Who wrote the novel Pride and Prejudice?
9. What flower is the national emblem of Scotland?
10. Which search engine shut down after 30 years in early 2026?
11. What is the longest river in the UK?
12. How many steps are there in John Buchan's novel The Thirty-Nine Steps?
13. Which English city is known as the 'Steel City'?
14. A group of flamingos is called a 'flamboyance' — but what is the collective noun for a group of owls?
15. The 154th Open Championship returns to which Lancashire golf course in 2026?
16. Which British monarch appeared on the first ever adhesive postage stamp?
17. What is the name of the fictional detective created by Arthur Conan Doyle?
18. What is 15% of 200?
19. What does 'www' stand for in a website address?
20. In which English county is the Bulmers cider company based?



WE'D LOVE TO HEAR YOUR NEWS!



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 9th July**.
- 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.

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.



NEXT ISSUE:

The next issue is due for publication in week commencing **10th Aug**. As well as your WI news, we would particularly welcome the following items:

- 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 other members might enjoy.

NOTES FROM THE EDITORS

EDITORIAL TEAM

Pam Aspden - Croston WI
Emma Gillinder - Tarleton WI

DEADLINE FOR SUBMISSIONS FOR ISSUE 4

Thurs 9th July

Email: editorial@lfw.org.uk

RECIPE: WHOLEFOOD CRUNCHIES

INGREDIENTS

Filling

- 4 oz dried figs
- 1 tsp bicarb
- 4 oz dried apricots
- 3 oz wholemeal & 2 oz plain flour
- 1 tsp lemon juice
- 4 ½ oz rolled oats
- 7 fl ozs water
- 9 oz light soft brown sugar

Topping

- 1 tbsp rolled oats
- 1 tsp lemon juice
- 2 tbsps demerara sugar
- 6 oz butter

METHOD

1. Grease a shallow 11 x 7 tin and line with baking parchment. Oven temperature: 170C/ gas 4.
2. For the filling put the figs and apricots into a pan with the water and lemon juice. Simmer for 15 minutes. Remove the lid and continue cooking until thick but not dry. Cool.
3. Melt the butter and mix into the other ingredients. Press half the mixture into the tin and spread the fruit mixture on the top. Top with the remaining oatly mixture. Press down and then sprinkle with the oat and sugar mixture.
4. Bake for 30- 40 minutes or until lightly browned. Cool in the tin and cut into squares.



Quiz Answers

1: The Strait of Dover. 2: Morecambe. 3: Glasgow. 4: Four. 5: J.M.W. Turner. 6: Boring, Oregon. 7: Kent. 8: Jane Austen. 9: Thistle. 10: Ask Jeeves. 11: The River Severn. 12: Thirty Nine. 13: Sheffield. 14: A Parliament. 15: Royal Birkdale, Southport. 16: Queen Victoria (the Penny Black, 1840). 17: Sherlock Holmes. 18: Thirty. 19: World Wide Web. 20: Herefordshire.



Do you have a story to share? See above for important information about submitting editorial...