



NEWSLETTER FEBRUARY 2025

MESSAGE FROM THE FEDERATION CHAIRMAN

Geraldine Russell-Jones.

February - one more step closer to warmer, brighter weather!

I hope that those who attended the Officers' Workshop last month gleaned knowledge and confidence in their new (or maybe not-so-new) role. As last year, please let us know if you are interested in learning more about other WI jobs/skills.

I'm looking forward to our 'Health and Wellbeing Day' on 15th of this month – a chance to shake off that winter torpor and maybe learn something new. Also looking forward to our regular February event – the Jigsaw Race, in Dolfor this year.

I know it is a little late in the year for New Year Resolutions, but it would be nice to see some new faces on our sub-committees and Board of Trustees (although the 'old' faces are valued and loved of course!) Think about it.

Best wishes/Cofion gorau, Geraldine

Christmas themed Scarecrows CONGRATULATIONS to the winners :-



1st Tregynon



2nd Aberhafesp



3rd Sarn



Highly Commended

Llwydiarth

NEW for 2025

PMFWI VIRTUAL WI 'Severn Sisters' Next Meeting on WED 26th FEB at 7pm

What it's all about? Join from the comfort of your home or wherever you are, tell your friends / any ex-WI members moved out of the area. Maybe you can't get out and about like you used to or want more than once a month from WI, Whatever the reason

Join us for more fun and friendship.

Two months' free - try before you buy, existing members will only pay WI share of fees.

to request log in details
e.mail info@pmfwi.org.uk



JIGSAW RACE

Tues 18th Feb

6.30pm for 7pm start

Dolfor Community Hall

SY16 4BN £4 per person

inc. light refreshments

Please contact the Office

for late availability

FEDERATION TREASURER: Lisa Hamer.

Please submit renewal fees as and when received, ensuring the MCS is updated.

Quarter 4 Pro Rata for New Members joining 1st Jan –31st March is £12.00.

Breakdown WIs retain £5.90 NFWI £ 3.27, PMFWI £2.83.

2025/2026 Membership Fee from April 2025 £51.00. Breakdown:- WIs retain £25.10 , NFWI £13.85, PMFWI £12.05. WIs will again, be able to offer members flexibility on the WI share of membership, provided the WI finances allow. If you wish to join more than one WI pay full fee to primary WI and only the WI share to each additional WI.

100 CLUB for 2025: Membership £5 per share, please support our Federation and give yourself the chance of winning in one of the six draws throughout the year:- 1st £40, 2nd £20 and 3rd £10. On sale to members, friends & family over 18 years. **N.B.** WIs are not allowed to purchase a share, due to the charitable status. First draw Spring Show in May. Form enc.

WIs BANKING WITH LLOYDS BANK may have received a letter, advising their accounts will be moving from a charity account to a community account from Jan. 2025, unless they are able to provide a charity number. NFWI confirm that the bank has now agreed that all WIs with Treasurer accounts will be permitted to stay with this account and not be moved to the Community account as previously advised. The NFWI has agreed to provide Lloyds bank with a list of WIs who currently bank with Lloyds, asking the Federations to collate this information. **Please contact with the Federation Office with your Account name and number asap.**

MEMBERSHIP COMMITTEE. Chair Janet Hughes.

OFFICERS WORKSHOPS Thanks to everyone who attended the workshops on 25th Jan. It was good to meet you, and I hope you found the workshops useful. Remember that if you have any questions about any aspect of running your WI you can always get in touch with WI Office.

We Need Your Help! NFWI-Wales wants to hear from your friends, family, colleagues, neighbours— anyone who isn't yet a member of the WI. We're eager to learn what they want and need from the WI and how we can inspire them to join and enjoy the benefits of this fantastic organisation. Please share the below survey link with any **non-members** —via email, text, or WhatsApp. We're especially keen to hear from 50-60-year-olds, if you know someone in that age group, please share it with them!

<https://7py8sd9yda3.typeform.com/to/TWw7Pv2w>

The survey is completely **confidential** and is offered in English and Welsh. It's only open until **Tuesday 18th Feb**, so please share the link as soon as you can. The survey has a different focus from the one sent in late 2022, so feel free to share it with those who participated back then as well.

If you have any questions, please contact Hannah at h.battrick@nfwl.org.uk

COMMUNITIES & CAMPAIGNS COMMITTEE: Common Ground Campaign: Members met our MS, Russell George, and MP, Steve Witherden. We discussed WI Resolutions on Rivers and Plastics, Windfarms/Pylons and the Climate Bills coming up in the Senedd and Westminster. Reports on these meetings are available for members from the Office.

Show The Love for the planet in February. Support the WRAP campaign against food waste and unnecessary plastic packaging. Ask in shops for more fruit and vegetables to be sold loosely. Wrapped produce can make us buy more than we need, and it's expensive. Both our MP and MS offered to support this campaign behind the scenes.

If you'd like to know more about this Committee, contact Jane in the Office. We'd be happy to visit WI's to answer their questions.

YOUR HEALTH IN YOUR HANDS DAY Sat 15th Feb Abermule Community

Centre £10 per person to include coffee, light lunch & cup of tea to finish.

- 9:30 am Coffee and biscuits.
- 10:00am Talk about female medical matters from Dr. Emma Fisher, followed by
- 11.30am Cookery demonstration of 'Gut-healthy' food.
- 1pm Lunch
- 2pm 'Tomboogie' to music from the musicals led by Nicky Martin
- 3pm Relaxation session run by hypnotherapist John-Paul Higginson

We aim to be well-nourished, fit and wonderfully relaxed. A perfect day!

Contact the Office for late availability.



WI FASHION SHOW

at the Edinburgh Woollen Mill, Welshpool

Thurs 24th April Doors open 6.30pm for 7pm.

Tickets £12 include cake & tea/coffee.

20% discount on the night.

Fancy strutting your stuff? Models required 5 female sizes 10 – 22 and 2 males.
Willing models please contact the office asap.

NFWI ANNUAL MEETING Wed 4th June, 2025 10am Virtual Meeting **ONLY.**

PMFWI will hold viewing and online access for delegates & Observers in Abermule, more details to follow. (Help available for those unfamiliar with online meetings.)

NFWI-Wales 100th CONFERENCE Wed 16th April 2025

at Selwyn Samuel Centre, Llanelli.

One speaker confirmed Mari Thomas, Llandeilo makes her own jewelry.

Stalls and Free gift for attendees.

Refreshments available to purchase.

Admission by agenda £15

Cost of coach will be £25 each,

Booking on enclosed form asap.

LIFESTYLE COMMITTEE – Chair Margaret Jones.

SPRING SHOW: Sat 10th May at Castle Caereinion Community Centre. Schedule, Rules, and Recipe were enclosed in the November mailing. If you have not seen a copy of the schedule, please ask your secretary or contact either myself or the office. Entries into the office by 28th March. If you are entering items, please check the schedule carefully as any items that are not to schedule on the day will be disqualified. "On With The Show" available on MyWI is also a useful source of information.

ARTS & ENTERTAINMENT - Chair Ruth Hesketh.

BINGO at The Monty Club, I hope you all enjoyed the somewhat delayed event!

LITERARY EISTEDDFOD: Please ensure your entries reach the office by **28th Feb.**

Date for your Diary -Thurs 19th June Trip to Royal Mint and Hensol Castle Distillery, more details next month.

SPORTS AND LEISURE Chair Pam Adcock.



DOMINOES competition is coming to an end, the weather has delayed a few final matches, Cathie will be in touch with the successful teams to arrange the final.



SHORT TENNIS Sat 8th Feb, at Llanfair Leisure Centre, 10.00 am prompt start. Please bring your own refreshments.



DARTS matches are getting under way, good luck and enjoy yourselves.

Are there any taster days you would like us to arrange, and would you be interested in helping to plan these events – do get in touch and join our friendly team who meet 3 or 4 times a year. **Don't miss out enjoy all WI has to offer.**

BRITISH HEART FOUNDATION: Heart Month February, urging the nation to unite behind our mission to help save and improve lives by going red to raise money for lifesaving research. Every three minutes in the UK, somebody's loved one dies of a heart or circulatory disease, often without warning. Conditions are indiscriminate – affecting the young, the old, the fit, and the seemingly healthy. 340,000 people in Wales (over 10% of the country's population) are suffering with cardiovascular disease, with 42,000 of them being diagnosed with heart failure. We want a future where this cruel disease can be cured, so we can keep families together for longer. Asking people to organise events, walks or coffee mornings to bring people together. To register, click on the link:

<https://www.bhf.org.uk/how-you-can-help/fundraise/do-your-own-thing/go-red>

Jayne Lewis lewisja@bhf.org.uk Tel. 07957168602.

PMFWI will be collecting donation at Feb events.

March Newsletter Printing / Mailing / Ready for collection Date: 21st Feb.

DATES FOR YOUR DIARY:

14th Feb Green Hearts Day.

18th Feb Jigsaw Race, Dolfor.

16th April NFWI Wales Conference.

10th May Spring Show.

8th Feb Short Tennis Competition.

15th Feb Your Health in Your Hands Day.

8th March International Women's Day.

24th April EWM Fashion Show.

22nd May Annual Council Meeting, Meifod.

Attachments / Enclosures :- Combined Booking Form. 100 Club Form.

POWYS MONTGOMERYSHIRE FEDERATION OF WIs CIO Reg. Charity 1198900

Fed. Secretary Jane Rees

Office Tues and Fri 11am – 2pm

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