



# Norfolk Federation Newsletter

## Hello from the Federation Office!

### What a difference a year makes...

In my Secretary's Letter this time last year I mentioned the invitation to the final event of our Centenary year at King's Lynn, the Spoon Garden and a Save the Date for FAM 2020 – what a difference 12 months makes!

Vanessa, Helen and I have been back together for a month and it's been very busy. It almost feels as if we've never been away and the Covid secure measures are now just part of our normal routine.

I hope that everyone has now received their refunds for postponed events. I will be writing shortly to WIs regarding the National Annual Meeting delegate's fees and the plan for next year. We will also be contacting Observers to discuss their options, but please bear with us as there is still much to sort out generally, let alone the Annual Meeting.

Numerous WIs have been meeting in gardens, parks and playing fields, and we hope you enjoyed getting back together again. There is nothing like seeing each other "in the flesh"!

To paraphrase, the Federation never sleeps and we are starting to organise some events – read on for more information...

Until next time, take care.



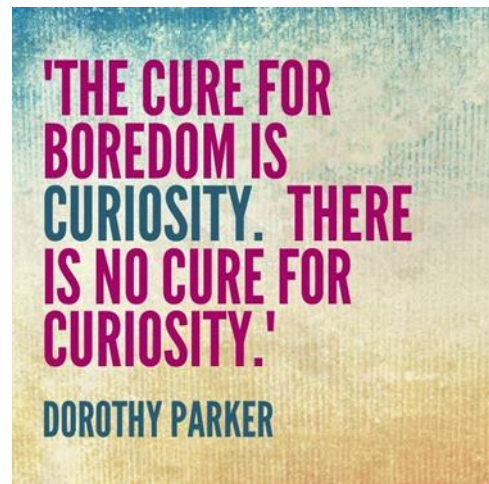
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## Exciting News! The Federation has organised some socially distanced events!

We have been thinking hard for some time about what we could arrange for members over the next few months that's safe, socially distanced and fun (whilst learning something at the same time, of course).

So be bored no longer! Be curious – and read on for information on a series of **Zoom Talks** and a **Walking Treasure Hunt** in Norwich!

There may yet be more safe events in the coming months, so watch this space!

## Events – the small print

For the time being we will run events on a “first come, first served” basis. As you know, this is not the way the Federation wishes to operate and the decision has not been taken lightly (and rest assured that as soon as things return to “normal” we will revert to our usual practice).

Normally there is a 9-week allocation period; as WIs meet throughout the month, this allows time for everyone to hear about an event and then apply. However, in the current somewhat fluid climate, it may be necessary to cancel events at short notice and because many WIs are not currently meeting, *we strongly encourage members to apply individually*. You don’t need the form – an email, letter or phone call is fine!

As soon as we receive your payment your place will be guaranteed BUT... in case we do have to cancel, to avoid unnecessary admin we will not bank cheques until after the event has taken place. Obviously, if you pay cash or by BACS, you will be refunded.

## Zoom Talks

### Let’s Zoom Together!

We know that members are missing their meetings and hearing speakers – so we’ve organised a whole series of Zoom talks throughout October, November and December, at different times, on various days. There’s a whole host of subjects, everything from gardening, history, health, world travel, hobbies, real life – it’s all in there! And the cost? Just **£3.00** for most of them!

This is new territory for us all. Each talk will be hosted by Trustees, who have been honing their technical skills to hopefully ensure there are no gremlins. If you would like some help and advice in order to join in, let Helen or Vanessa know and they will arrange for a member of the Digital Team to get in touch.

See the attached flyer for the full list of talks and sign up. Get your coffee (or even a glass of something for the evening talks), sit back, relax and zoom in!

## Norwich Walking Treasure Hunt

Fancy discovering something new about

Norwich? On Sunday, 11<sup>th</sup> October you can! The start point is Evelyn Suffield House and the hunt should take you about an hour. Bring a picnic to enjoy in the garden (or even Chapelfield Gardens). There are only 30 places for teams of 2 available, so apply quickly. We think this will prove popular, in which case a second date will be arranged. And the prize? That would be telling...

## This month’s Magazine

Here is the link to view the latest edition <https://www.flipsnack.com/5B7D5F6BDC9/norfolk-wi-news-sept-20/full-view.html> The link has also been sent to WI Secretaries and will also be on the News page of our Website.

To help you navigate the magazine, the publishers have put together a user guide for the online version:

<https://www.flipsnack.com/5B7D5F6BDC9/wi-news-online-magazine-user-guide/full-view.html>

Do please keep sending in what you’ve been up to. [magazine@norfolkwi.org.uk](mailto:magazine@norfolkwi.org.uk)

## 500 Club

Don’t forget to apply for your shares!

## Member’s Survey

The survey is now closed but thank you very much to all the members who responded. There is a lot to analyse, but it has certainly helped us plan for the immediate and near future, and we will be taking on board your preferences for topics (as you’ll see from the Zoom Talks). We will be publishing the results in a future edition of the Magazine and answering some of the points members have raised.

## Thinking of Giving Members a Gift?

A number of WIs are giving their members a little gift to make up for not being able to meet, or just to celebrate being in the WI! Have you thought about some of the items produced to celebrate our Centenary? And we have a sale on! See the attached “Sale of the Century” flyer. Or give a gift of a Zoom Talk. One WI is also giving their members the gift of one of our Zoom talks. Speak to Helen to find out more! These would also be great gifts for friends!

## Life in Lockdown: Our Members' History Project

A flyer is enclosed explaining this Federation history project initiative. In these unprecedented times we are very keen to have a record for future generations to see what members experienced, so do please take the time to answer the 6 simple questions and return it to us by email or post. It would be fantastic to get 4,479 replies (the total membership for Norfolk)!

## Changing Meeting Times, Days and Venues

In order to hold their meetings some WIs have moved to a new location. If you have temporarily changed when and where you meet, please let the Office know. You can find out about the latest advice to Village Halls here: <http://www.communityactionnorfolk.org.uk/sites/content/up-dated-guidance-re-opening-village-halls-and-community-buildings>

## Things to do & Other Useful Information

As we are getting out and about more, there seem to be fewer of these to pass on, but the following might be useful:

- **Friends Against Scams, Live online sessions:** Norfolk Trading Standards have sent the following email: with Scams remaining an ever-present issue and recently the rise in COVID-19 related scams have made it as important as ever to ensure as many people as possible are Scam Aware. Friends Against Scams is a National Trading Standards Scams Team initiative which aims to protect and prevent people from becoming victims of scams by empowering everyone to take a stand against scams. Currently face to face Friends Against Scams training sessions are on hold due to COVID-19 but our colleagues at NatWest who are part of Friends Against Scams are now able to offer virtual training sessions to groups via Zoom. If you are part of a community group in Norfolk who are meeting up virtually and would be interesting in receiving a Friends Against Scams training session, please contact any of the NatWest Norfolk Community Bankers, their contact details are:

[Lucy.Croft@natwest.com](mailto:Lucy.Croft@natwest.com) – 07711 763317  
[Lisa.Auker@natwest.com](mailto:Lisa.Auker@natwest.com) – 07590 803131  
[Amber.Osborn@natwest.com](mailto:Amber.Osborn@natwest.com) – 07866 892371

- **Exemption from Wearing Face Coverings:** some people are exempt from wearing face coverings and there have been reports recently of abuse as a result, because others aren't aware of such exemptions. I have been sent some "I am Exempt..." pdf templates for wallet cards, badges and mobile phones, so if you, or someone you know, is exempt and would like these to print out, just let the Office know and we will email them to you
- **Free Creative Wellbeing Packs** are available for those over 18 who are experiencing isolation and loneliness, as part of the loneliness reduction project, Operation No Cold Shoulder. Creative Arts East have developed the packs which include written directions for how to take part in a range of engaging arts activities that focus on music, movement, crafts and more, with no prior experience or skills necessary. The Packs can be posted free-of-charge to people in the following areas:
  - North King's Lynn – PE30.
  - Dersingham – PE31 6, PE31 7 & PE35.
  - Fakenham & Villages – NR21 & NR22.
  - Thetford – IP24 & IP27.
  - Swaffham & Litcham – PE37, PE32 1 & PE32 2.
  - Norwich Mile cross – NR3 & NR6.
  - Norwich Thorpe Hamlet – NR1 & NR7.If you would like to refer someone to receive a free Pack, please call 01953 713390 or email [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)

Finally...

Keep Safe

Keep Well

Keep Kind

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