



Norfolk Federation Newsletter

Hello from the Home Office!

We're still here...

The House may be closed, but the Office is still open for business. Let's hope that it isn't too long before we're able to return to our usual habitat! In the meantime, do continue to send post in and leave messages, although bear in mind we only pop in once a week, so there may be a delay in getting back to you.

I hope you are all keeping safe and well, and no doubt many of you will have had your first jab!

This month you'll see that there are quite a number of flyers with things to do – including a homegrown panto on Zoom! – and lots of information to tell you about. So...

Until next time, take care.

This month's Magazine

Unfortunately, I can't include the link to the magazine in this newsletter. The publishers are experiencing some issues, so rather than delay the mailing, the link will only be provided in my usual separate email this month.

As we have explained, until the magazine is printed by the publishers again in April, unless we have been asked for a hard copy, (at a cost of 75p + postage), February and March editions will only be available online.



Keep your Heels, Head & Standards High
Coco Chanel

Contents List

Federation Zoom Talks for February
Panto Zoom
Lockdown Baking for February
Betty's Little Needle case
Crafty Ideas for February
Show The Love 2021 (Green Hearts)
MAC 2020 Quiz Answers

Outside Mailing

Covid-19 Vaccine Fraud Poster
Norfolk & Waveney NHS Vaccine Myth Buster
Vaccination Guide for Older Adults
Scams & Cyber Resource List

For Secretaries

Norfolk WI News Order Form 2021
Speakers Offering Zoom Talks v2
Newsletter Help Sheet

2021 Calendars – Special Offer!

There are still some left, **now only £3.50**
And... Gift Service Provided! We can send a calendar direct to family and friends, with a message from you inside! Email Vanessa at finance@norfolkwi.org.uk or leave a message on the answerphone.

Federation Zoom Talks

As with all Federation events, we have to set the minimum numbers required for an event to go ahead, in order to cover costs. We have to give speakers at least a week's notice as to whether their talk will go ahead or not. Recently we've had to cancel some talks, only to then receive a flurry of applications, when the talk could have gone ahead! *Please* do apply as soon as you have the flyer, to avoid disappointment!

There are still some places available on the some of the later February talks if you'd like to apply - and look out for the March flyer, coming soon! Email Helen at admin@norfolkwi.org.uk to book your place.

National Annual Meeting – Change of Date

We have been advised that the meeting will not take place in April. The new date is Tuesday, 8th June. We have a limited number of delegate and observer tickets allocated and I will be writing to WIs shortly with more details, particularly around the rearranged Linking List. We appreciate that you may feel it inappropriate to be considering attendance at this time, but we do have a duty to pass the information on. (If you do feel that you would like to attend as an Observer, please send me an "expression of interest".)

Resolutions 2021

Thank you to everyone who voted. We will let you know the outcome of Norfolk's votes in the Norfolk WI News.

National have decided that the voting procedure recently advised will remain: there will no voting at the meeting, but it will be done online or via your WI afterwards, probably in June/July. National will advise all WIs in due course with full details but we wanted to give you this advance notice. If you

are able to meet in the summer, you may need to think about allowing time in June rather than May, to discuss the resolutions, when you will have heard back from your delegate.

Oops! The VERY Cheesy Cheese & Vegetable Muffins

In last month's Lockdown baking you might have been surprised that the recipe needed 1255g of cheese! It obviously should have been 125g.

Rosebowl Competition 2021

The Membership Advisory Committee's competition is for a newsletter and it would seem that WIs are being overtly modest! The deadline date has been extended - so don't forget to send yours in!

The Digital Team – happy to help!

Talking of Newsletters... they have produced a very useful guide for producing one, included with this mailing.

If you need any help with a newsletter, or indeed **anything digital – nothing is too simple!** Get in touch with them at winorfolkdigitalhelp@gmail.com or leave a message on the answerphone if you need help to get going with emails. They offer one-to-one telephone help, too, so don't forget your telephone number either in your email or message.

norfolk.thewi.org.uk – our Website

We appreciate that not everyone uses social media, but *everything* we send out is uploaded onto the Federation's website. A lot of work has gone into updating it, so do check out what's on offer. There is a whole page dedicated to Baking & Sharing and look out for lots of craft ideas on the Creative Activities on the "Activities & Committees" page – with more to follow.

Things to do & Other Useful Information

There is quite a lot of information to pass on this month, which I hope you will find useful. Much of it is around the vaccination programme, which may be old news to

members who have already had theirs, but for those of us still waiting... As usual, please feel free to share the following with family and friends.

- **12th annual Bishop's Stortford College Festival of Literature, 2nd-12th February:** the festival will be online, with talks from a wide range of critically acclaimed authors, poets and wordsmiths, including Lemm Sissay, Claire Fuller, Chris Whitaker and many more. There are daytime events for 4-18 year olds, as well as an evening programme for young people and adults. Email Eve Fuller at the College for more information - eve.fuller@bishopsstortfordcollege.org
- **Were you a Wren?** I have been contacted by two former Wrens, Mandy Whitham and Janette Crisp, who are building an archive of photos and memories online, as well as a friendship group, putting former Wrens in touch with each other. If you were a Dauntless Wren (or know someone who was) and would like more information about their project – or, indeed, have any photos – please contact them at ddpwrens@gmail.com or telephone 07765 435295
- **About to have your Vaccination?** A member has emailed with a message from a medical friend, which they have asked to be passed on: *“A plea from NHS staff. Please please please make sure you and your family all dig out your NHS number and have a copy of it immediately to hand for when you or they are called for the COVID job. From my colleagues on the front line this is far and away the biggest bottle neck when it comes to administering the vaccine to as many people as quickly as possible. You can find your NHS number on any NHS correspondence or through the app.”*
- **Norfolk & Waveney CCG NHS – Vaccine Myth Buster:** included with this mailing is a flyer with myth busting information. They’ve updated it once already since they sent me the first one! They may well have a third version, so to keep fully up-to-date with that and the whole programme and full vaccine information for Norfolk, check out this link: <https://www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme>

- **Mental Health Support:** Much is being talked about the importance of looking after our mental wellbeing during this time – for tips and advice visit www.everymindmatters.co.uk. If you are worried about your own mental health and wellbeing call First Response, a free 24/7 helpline offering immediate support, on 0808 196 3494. 11 to 25 year olds in Norfolk and Waveney can get support and online counselling via www.Kooth.com. The service provides support or advice on any topic. Just One Norfolk has a wealth of information and links to support the health and wellbeing of your family: www.justonenorfolk.nhs.uk
- **NASP Vaccine Scams Campaign:** sadly, there seem to many of these around. Norfolk Against Scams Partnership have emailed to say: *“Once again we are receiving details of Coronavirus (COVID19) related community scams. Therefore, the NASP have put together a campaign raising awareness of the latest COVID-19 scams including vaccine scams. The information will be shared on Twitter, Facebook and the weekly Trading Standards alerts”* www.norfolk.gov.uk/scams. A copy of their poster is included in this mailing.
- **Scams & Cyber Resource List:** a member of NASP has put together an extremely helpful list of all the places you can get help and information, included with this mailing
- **Public Health England Guide to Vaccination for Older Adults:** this useful, national, document is included in this month’s mailing
- **Principle Trial:** This is a major national Covid-19 research study from the University of Oxford. They are seeking volunteers to take part to help develop medicines to take at home for those who have had Covid. For more information go to <https://www.principletrial.org>

Finally...

Be Safe, Be Well, Be Kind 😊