



Norfolk Federation Newsletter

Hello from the Office!

We're coming in like lions, but hopefully not going out like lambs...

Life in the Office starts to go up another notch from now on, as more events are planned once spring arrives. So, we are busy helping the Federation Sub-Committees plan and run events. You'll see that there are more advertised this month – including, I am delighted to finally say, FAM! We are very excited that Esme Young, one of the judges on “The Great British Sewing Bee” is to be our guest speaker! Details for tickets are in this month's mailing.

Car Park News: you may have seen on social media that scaffolders working on the neighbouring property quite significantly damaged our (and their) car park wall; there's a photo showing some of the damage in this month's magazine. For safety reasons, we've had to cordon off part of the car park and will mean that the number of available spaces will be restricted until it is repaired. This won't affect anyone coming to the House for an event or meeting, but if you wish to park during the day for leisure purposes, you *must* telephone the office first to check availability (and the website diary also lists dates when it won't be available).

Until next time, take care

Celebrate the
Ides of March
with a donut.
In fact . . .

Eat two, Bruté.

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For Secretaries/WI Committees:
Stationery Order Form

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Taylors Bulbs Catalogue and Order Forms

This month's Norfolk WI News

The link to the latest edition is below, if you would like to read it online:

<https://www.flipsnack.com/5b7d5f6bdc9/norfolk-wi-news-march-23/full-view.html>

Welcome to New Trustee, Sarah Scott!

The Board of Trustees are delighted to welcome Sarah to the Board! Sarah was co-opted at the February meeting of the Board of Trustees. Sarah is the Treasurer for her WI, Cantley, and is known to a number of Treasurers as an IFE. *An apology to Gill Banks:* I utterly incorrectly said in last month's newsletter that Gill was a member of Thurton & District, when it should have been Tharston & District. You can read about both new Trustees in this month's Norfolk WI News.

Osteoporosis Assessment – 20th March, Dersingham

Spaces are still available. If you haven't booked yet and are still thinking about it, get in touch with Helen (01603 624580 or email her at admin@norfolkwi.org.uk), as we would hate to have to cancel this because we have not reached the minimum numbers required by the Assessors.

Federation Bulb Scheme

Many of you will remember that we used to participate in a bulb scheme, whereby members could order bulbs (at excellent prices); the scheme helped to raise funds for the Federation. We were approached by Taylors Bulbs, in Lincolnshire, to see if we would like to join their WI scheme again and the decision has been taken that we will. Catalogues, forms and details about how it works are enclosed with the mailing. We hope you enjoy browsing and choosing the gorgeous bulbs on offer (having seen a preview catalogue, I am already plotting my purchases!).

Allergen & Dietary Requirements

Unlike a restaurant or café we don't have stocks of different foods, as we specifically cater for the numbers attending an event which includes food. So please don't forget to let us know any allergen or dietary requirements when applying for those events!

There is space on the back of the flyers to include the information and whilst there isn't much space on the magazine application form (always on page 20), just include a note on a separate bit of paper.

National Annual Meeting

I am still struggling to find suitable venues! Thank you for all the suggestions; unfortunately for us the halls are booked. As soon as I have venues, I will let you know, so that you can plan your attendance.

Things to do & Other Useful Information

- **The Last Voyage of the Gloucester, Norfolk's Royal Shipwreck 1682; 25th February-10th September:** a major exhibition at Norwich Castle Museum, including fascinating objects recovered from the wreck. www.museums.norfolk.gov.uk has more information on this exhibition and other interesting things to do in Norfolk's museums
- **Call Blockers:** as partners of Norfolk Against Scams Partnership (NASP), the Federation can apply on behalf of members for a telephone call blocker, which helps protect adults susceptible to scam and nuisance calls. If you are interested, please give me a ring to discuss it. All applications are assessed and if successful, NASP will arrange with the individual for the unit to be fitted by an appropriate volunteer
- **Scam Alert – Text messages about your accounts or payments:** NASP have emailed to say: *We frequently receive reports about text messages claiming to be from various companies and organisations stating there are issues with accounts or payments. These messages are spammed out randomly to huge numbers of mobile numbers hoping to trick people into clicking on a link which will take them to bogus versions of the organisation's genuine website. If you receive such a message – don't respond at all – just delete it*

Finally...



Be Safe, Be Well,
Be Kind, Keep Warm

