



May 2025

# Norfolk Federation Newsletter

### Hello from the Office!

We're recuperating from a surfeit of Easter eggs ...

We hope you enjoyed Easter (and the eggs) and the welcome sunny days ahead!

March and April were particularly busy months, and May promises to be equally busy.

We are back to a "normal" mailing this month, with both the mailing and magazines going out at the same time. As you'll see from the mailing, there are yet more interesting events on offer in the coming months. As I've mentioned before, don't delay in getting your applications in; we hate having to cancel events if we haven't received enough applications by the ticket issue date to make it viable.

We hope you enjoy the two May Bank Holidays – and here's hoping for more sun.

Until next time, take care





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Events Update
Western Area Giggly Pigs Talk & Cream Tea
Adventure Weekend
Decorate an Apron Competition
Design a Christmas Card Competition
Craft Day
Insurance Certificate (email only)

*Hard copy only:* Amendments to the 2025 Yearbook

Outside Mailing (email only): Volunteer at Wolterton Park Wensum Lodge Exhibition



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#### This month's Norfolk WI News

The link to the online edition of this month's magazine is:

https://www.flipsnack.com/5b7d5f6bdc9/norfolk -wi-news-may-2025/full-view.html

# National Annual Meeting Live-Stream Event Cancellation

All three Federations are very sorry that we had to cancel the planned event at the Theatre Royal in Norwich. As mentioned in my email to WIs, a combination of the timings released by National and low applications meant that we couldn't provide the event we had planned; nor would it have been financially viable. We are all hopeful that next year the timings will be revised and we can hold what we had hoped to this year. If you held a "watch party", do let us know – send in pictures and a report to the magazine: magazine@norfolkwi.org.uk

#### **Revised Office Hours**

Just a reminder, following Heather's email to WIs, of our revised working hours:

Louise Monday-Thursday Vanessa Monday and Tuesday Helen Monday-Wednesday

The House and telephones will be open Tuesday to Thursday, from 10.30am until 3.30pm. You can use the car park on a Monday, but you'll need to ring us by Thursday the week before to check if there's space — or look at the online diary on the Website and Facebook page.

This will affect the speed of our responses to your emails, so in advance, we thank you for your patience and understanding.

## Federation Bulb Scheme

Don't forget to return your orders for these exceptional quality bulbs to Helen by 30<sup>th</sup> May!

### WI Insurance

The insurance certificate for the year was emailed last month and a hard copy is enclosed with this month's mailing. The insurance is there if something goes wrong as a result of actions by the WI. The policy covers WI members and visitors at any event run by the WI, whether in your usual venue, a members' garden, walks or outings, or if you're running a stall at a community event.

# Improving the "Find a WI" on the Website

Almost daily we get a request via the "Find a WI" button on the website from a potential new member looking for a WI. Because Norfolk has a large number of active Web Editors, National's Digital Services have approached us to ask if Norfolk WIs would be willing to help them run a trial giving information on a WI's interested – be it campaigns, crafts, cookery, whether you have a book club, walking group, lunch group, craft group, the list is endless!

If you are interested in taking part, all you have to do is send us a list of your WI's interests – it's that easy! We then pass this on to Digital Services and they will do the rest. It would be a great way to promote your WI and attract new members! Do please consider participating but if you have any questions, do get in touch with me.

# Things to do & Other Useful Information

• Menopause and Physical Activity Survey: We have been contacted by Ana Saramiento who says: I am a PhD student from the University of Essex researching behaviour change to engage more menopausal women in team sports and physical activity closing the gender gap through an intervention. I am currently running a survey online and would love to reach out to your members to see if anyone would be interested in taking part and voicing their opinions.

The survey can be found at <a href="https://tinyurl.com/wfmenosurvey">https://tinyurl.com/wfmenosurvey</a>. If you have any questions please email Ana at <a href="ass22034@essex.ac.uk">ass22034@essex.ac.uk</a> — and do pass this on to any friends, daughters, nieces, colleagues who you think might be interested.

# Finally...

Be Safe, Be Well, Be Kind.