



Norfolk Federation Newsletter

Hello from the Home Office!

I hope you're all still safe, well and smiling

It's incredible that it was 6 weeks ago the lockdown was put in place and since then I'm struggling to remember what day of the week it is, never mind the date! So I was quite surprised to see that the time had come round to send out a second Newsletter and mailing.

I thought you might like to see the new Federation Office – otherwise known as our dining room.



As you can see, I am lucky to have a Personal Assistant, Monty, who at 9 months old is very keen to help; unfortunately, his keyboard skills need some work...

As I mentioned last month, we are working very hard to try and keep everyone connected, so a **very big thank you** to all the Secretaries and Presidents who are getting the information I send out to members.



**Strong women
don't have
attitudes**

**We have
standards**

anon

I do appreciate that for members without access to the internet this is challenging. With luck we may be in the Office in a few weeks, so if you would like us to send copies of this newsletter (and the in-house magazine) to those members, so they can see what's been going on, email Helen at admin@norfolkwi.org.uk and she can organise this once she is un-furloughed (if that's a word...)

There is quite a lot of information in this newsletter! I am also including a number of attachments with other information, which I hope are useful (particularly around cyber security) – as well as any Federation news.

The newsletter and the accompanying mailing will be available on our website in due course, so check out <https://norfolk.thewi.org.uk/downloads>

Until next time, take care.

Federation Annual Meeting

In my email of 15th March I said that it we were looking to reschedule FAM in the autumn, however, after much careful deliberation the Trustees have decided that this will not be possible. Regrettably, therefore, FAM 2020 is cancelled.

There are various reasons for the decision: At present, the question of lifting lockdown, self-isolation and social distancing is very uncertain, which causes a problem with timing. The application time for FAM is longer than for other events, to give members plenty of time to apply; we would therefore have to advertise the event in July and, realistically, it is unlikely that WIs will be meeting fully for some time, probably not until August at the earliest. Some members may also be reluctant to attend a large, close gathering, even later in the year, if they are able. Coupled with these considerations, there is also the Theatre Royal's programme; we know that they are desperately trying to re-scheduled cancelled shows for later this year and are probably unable to even propose potential dates at the moment, which then cuts down the time we have for applications, let alone re-booking the speakers and outside organisations we have invited to have a stand.

Bursaries – a decision on these will be taken when we are all back, but in the meantime do continue to keep sending in your applications!

For all those WIs and members who were due to receive awards this year, we will be presenting them to you in 2021, so do make sure you have a representative ready for next year! Presidents of WIs who celebrated their Centenary this year will also be invited, so as soon as we have a date, save it!

I know this is disappointing news. BUT! Next year, we'll all make it a humdinger – and something to look forward to!

Events

Sadly, too, the decision has been taken to CANCEL the following events due to take place in June and July:

- Get Comfortable Online – 18th June
- Doughty's Roadshow – 8th July

- Officers' Workshops – it's hoped to reschedule some of these for later this year (if it's safe to do so, of course), but they will definitely be organised for 2021.

There were also other events which we had yet to advertise, which have been postponed. The proposal is that if possible we reschedule postponed and some of the cancelled events for about the same time next year. As I said last time – just think how much there'll be to look forward to!

We will obviously let groups who regularly meet in Evelyn Suffield House (such as the bridge and mah jong clubs, Shakespeare Group, the Knitting Group, and Norwich All Saints WI) know when the House is fully re-opened and they can meet again.

In the meantime, the proposal is that the House *will not be closed* in August, although members may need to make an appointment to visit. We'll give you more information on all of this in due course.

Anniversary WIs

Spare a thought to those WIs who are celebrating Anniversaries this year. They will have been planning festivities for some time. Some of them have had to postpone their celebratory events, whilst others are no doubt hoping that they can go ahead.

These are the WIs to whom we should sing "Happy Birthday" (whilst washing our hands...)

25 th	Norwich Hobart
50 th	Drayton Evening
50 th	Saham
75 th	Leziate, Ashwicken & Bawsey
75 th	Pentney, Narborough & District
90 th	Loddon & District Evening
90 th	Fransham
100 th	Elsing & District
100 th	Poringland
100 th	Thurlton & District
100 th	Colby & Banningham
100 th	Alburgh
100 th	Denton

Royal Norfolk Show 2021

We know many of you had been beavering away with your entries for this year's Show before it was cancelled. The RNS Committee have confirmed that the competitions will roll-over to next year. So keep going with your entries – and if you didn't enter this year, you can next year! (A reminder that the theme was traditional nursery rhymes and the competitions "A Nursery Rhyme Character" and "Nursery Rhyme in a Box".)

The Committee have also asked me to pass on their thanks to everyone who volunteered to help with the catering and hope you'll be able to be there next year!

2020 Resolutions

A number of you have been asking what is happening with this year's Resolutions. National have issued the following statement on the website and Facebook:

As the Annual Meeting at the Royal Albert Hall on 4 June has been cancelled, a decision is being made on how to proceed with the 19/20 resolutions and will be announced following a meeting of the Board in May.

As soon as we have any information, we'll let you know.

Get Virtually Comfortable with the Digital Sub-Committee!

It seems everyone is Zooming, Skyping and WhatsApping now! It's a wonderful way of keeping in touch and whilst we know a number of WIs are having Zoom Coffee Mornings, committee meetings and even a full blown monthly meeting, some WIs and members might be feeling a little apprehensive about using these miraculous tools.

If so, the Digi Team are offering to help you out! They don't claim to know all there is to know about video conference, but like all of us are getting more experienced! So if you would like some help or a bit more information, do let me know and I will pass on your request.

ACWW & Women Walk the World

The date for Women Walk the World was 29th

April. I know that a number of members did the walk anyway, mostly around their gardens – so thank you! ACWW have advised that they hope the rescheduled date will be 1st October (appropriately, the International Day of Rural Women). More information will follow when we have it, but don't let that stop you walking your gardens!

ACWW are urging people to take part in their Covid-19 Impact Survey, who will be used to inform their advocacy work at the UN and with other international bodies. It's a quick and easy survey, so do take part – just click on the link for information and to take part: https://www.research.net/r/acww_covid_1

2021 Federation Writing Competition

The theme is *It's a rule, so it's right... right?* A flyer is enclosed with the mailing giving full details, but lockdown and self-isolation is the perfect excuse to sit down and compose something!

2022 Calendar!

Believe it or not, the Sales & Marketing Sub-Committee, who organise the Federation calendar, have to think 2 years ahead when it comes to picking the theme!

The theme for the *2022 Calendar* is "*Norfolk Garden/Field Gates and Beyond*".

There will be a flyer coming out with details, but in the meantime when you go out for your daily exercise, don't forget your camera or mobile to snap a gate with the view beyond!

Public Affairs

The NFWI Public Affairs Team produce a Digest. The latest one is enclosed, giving up-to-date information on current campaigns.

Amy Johnson

Penelope Dent, of Old Catton Evening WI is encouraging us to raise a glass to Amy Johnson who, 90 years ago, set off alone on 5th May, in a single engine aeroplane to Australia; she arrived on 24th May. She died delivering a plane, as a member of the Air Transport Auxiliary, on 6th January 1941. A brave woman indeed.

Cyber Security – A Warning!

If you receive an email supposedly from me (or anyone you know in the WI) with the word "Onedrive" or "A file has been shared to you via Onedrive" and gives a link in the body of the email - *for heaven's sake don't open it!* It's a phishing email and could compromise your system. One Drive is the cloud system for Microsoft and is always written as two words. If I send anything out it's always as an attachment and not a link to a document.

The National Cyber Security Centre has launched some really useful information on how to stay safe in the current climate, including information on how to report phishing emails. The *Suspicious Email Reporting Service* has been launched. Forward any dubious emails – including those claiming to offer support related to COVID-19 – to report@phishing.gov.uk. Any sites found to be phishing scams will be removed immediately. As well as taking down malicious sites it will support the police by providing live time analysis of reports and identifying new patterns in online offending

Go to www.ncsc.gov.uk/news/public-urged-to-flag-covid-19-threats-new-campaign for more information. I am also attaching some useful guides I have been sent by the Cyber, Intelligence & Serious Crime Directorate of the Norfolk Constabulary – feel free to share these with anyone and everyone.

Scrubs Sowing

I've had a number of enquiries from members asking if the Federation is organising sewing scrubs. Having looked into it, logistically it just isn't possible and in any event there is already an incredible group, the Norfolk Scrubs Volunteers, who are extremely well organised and co-ordinating materials and sewers, so it would be a duplication of effort and possibly take away from what they are doing. If you would like to get involved, go to their website; it has lots of information, including how to register as a volunteer. www.norfolkmakers.wixsite.com/norfolkscrubs

Things to do in Lockdown & Other Useful Information

I've been sent quite a bit of information on things to do and help available, so thank you

to Debbie Bradley, Jay Page and Jane France for some of the following:

- **The Family History Federation Charity** – have produced FREE Family History Booklets for children and grandparents to do together. It may be something that might be useful for members when talking to grandchildren over Facetime, Zoom or Skype. They can be downloaded from their website: https://www.familyhistoryfederation.com/_resources/wiki/my-family-tree-booklet-v2.pdf
- **Norfolk & Waveney Carers Voice** – have produced a really useful newsletter with all sorts of information, including virtual exercise classes! This is enclosed.
- **Sunflower Campaign** – to compliment the NHS Rainbow campaign, people are being encouraged to display sunflowers in their windows to show support for the other blue light services. The idea of the Sunflower campaign is to spread some positivity in difficult days, while encouraging communities to show solidarity for the stay at home message and sow the seeds for a brighter future. More information, patterns and templates can be found at: <https://www.norfolk.police.uk/news/latest-news/20-04-2020/sunflower-campaign-supports-frontline-services>
- **Active Norfolk** – have a whole host of useful tips and exercises for keeping active. Information is enclosed, check out their website: <https://www.activenorfolk.org> or ring them on 0344 800 8020
- **BBC Radio Norfolk** – will be broadcasting an on-air exercise session every day in the Breakfast Show during the week of 11th May. They will be gentle guided exercises that people can do in their home without any equipment. <https://www.activenorfolk.org/active-at-home>
- **Norfolk Resilience Forum** – you'll recall that Simon Faraday-Drake from the Forum came to talk to us at last year's Autumn Meetings. He's been in touch to say: "The main hub for local info is Norfolk County Council which is working with all the districts to support people. Here's a link in case it's useful." <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus/community-support-for-people-at-home>

- **Victim Support** – have opened a live chat service for anyone affected by crime, including domestic abuse. <https://www.victimsupport.org.uk> They also have a free telephone number 08 08 1689 111. The **Pandora Project** working across West and North Norfolk offers advice, support and information to adults and children affected by domestic abuse, working across West and North Norfolk, have launched a new on line live chat service to support victims of domestic abuse. <https://www.pandoraproject.org.uk> Telephone 07856 812610

2021 Diary & Calendar Orders

The flyer for orders normally comes out this month, but in this, the “new normal”, it has been delayed and will be out next month. You’ll need them next year, as there will be a lot to catch up on! Calendars will be £4.50 and diaries £5.10. We’ve been sent a rather poor photo of the diary, which is a rather striking blue.



Finally...

Once a week the EDP have been printing “dad jokes”, which you may have seen. So far my favourite has been:

More lockdown day 17 news. The cat has just asked me if I wanted the radio left on while he went out.

For those of us with pets this certainly rings a bell! We’re training Monty to like Classic FM, so that when the time comes and *we* can out...

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Keep Safe

Keep well

Keep 😊