



Norfolk Federation of WIs  
Charity Number: 227411

# Let's Zoom Together!

## November Federation Zoom talks



*You can apply for as many talks as you like and can apply anytime*

*Email Helen in the first instance at [admin@norfolkwi.org.uk](mailto:admin@norfolkwi.org.uk) to book your talks  
She will confirm your booking by email*

*Once you receive the confirmation, please send your payment (details below)*

Applications will be allocated on a first come first served basis

Date	Time	Topic	Subject	Cost	Tick Box
Tues 10 <sup>th</sup>	2.30pm	Health 	Penny Simmonds - Introduction to Reflexology <b>Hand reflexology.</b> Find out about the origins of reflexology and learn how the different parts of the body are reflected in your hands. Penny will help you to explore your hands and there will be an opportunity for you to learn some basic 'self-help' techniques during the session	£3	
Thurs 12 <sup>th</sup>	10am	Norfolk Gardening 	Simon White Who dares Prune  When do you prune? How do you prune? All your questions answered!	£3	
Tues 17 <sup>th</sup>	10.30am	Craft 	Margaret Collingwood Tea-bag Folding Christmas Cards  A step-by-step demonstration on how to make 2 beautiful Christmas Cards	Free	
Thurs 19 <sup>th</sup>	2pm	Local History 	Georgette Vale Ethel Gooch Live History  Wymondham's First Lady – Mrs Gooch will take you around the town in 1952 and tell you about her life as a Councillor and wife of Edwin Gooch MP	£3	

Tues 24 <sup>th</sup>	2pm	Local History 	Juyna Lewis Norfolk Indian Princess British born, Sophia Duleep Singh, was the daughter of a deposed Maharajah and Queen Victoria's god-daughter. She fought for women's right to vote, was a volunteer nurse during WW1 and a champion dog breeder	£3	
Wed 25 <sup>th</sup>	7.30pm	History 	Sarah Slater Working with the Ghosts of Hampton Court Palace', I talk about my experiences working with the ghosts at Hampton Court Palace, what it is like to wander the galleries late at night on my own in the dark, the history, stories and sightings of ghosts over the years	£3	

Let's Zoom Together November

..... WI  
Name: ..... Tel No.....  
Address .....

..... Postcode.....  
e-mail .....

**Please use tick box on form to indicate which talks you are applying for**

I enclose £ .....for ..... place @ ..... Please make cheque payable to NFWI

Payment:

By Cheque payable to NFWI (please write "Zoom" on the reverse) and return to:

Evelyn Suffield House, 45 All Saints Green, Norwich, NR1 3LY

By BACS: Sort Code 08-92-99 Account No. 65431449

Payments should be referenced with your Surname and "Z"

**FOR OFFICE USE ONLY      Please do not staple cheques to this form**

Date received.....Amount.....P       I       Cash

Date sent .....Post       Email