

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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July/August 2017



Inside This Issue ...

- | | |
|-------------------------------------|--------|
| Tour and Tasting at Knightor Winery | Page 4 |
| Christmas Dates for Your Diary | Page 4 |
| A Beeswax Workshop | Page 6 |
| Christmas Six-Corner Days | Page 7 |

theWI
INSPIRING WOMEN





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THANKS TO TREVISCOE & TRETOSA WI FOR PACKING JULY/AUGUST COUNTY NEWS

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A Message from Your Chairman

I'm so sorry to have to begin my column with sad news. I expect most of you have heard that dear Nan Collier passed away on the 25th April. Nan was a wonderful Chairman of the Federation and a WI Adviser and, despite being diagnosed with the dreaded "C", carried out her duties with absolute dedication whilst she was able. She was my mentor on the Membership Sub-Committee when I moved to Cornwall and she was extremely

kind to me and always had time to chat. Such a smart lady too; truly an extraordinary woman. Although we had not seen much of her of late due to her advancing illness, I know she will be missed by the members who knew her so well. God Bless you Nan, may you Rest in Peace.

On a happier note, I (and Geoff) had the great privilege to witness a wedding recently! We were approached by a lady (Sandra and her partner John) who lives in Norwich, enquiring if we could do this for them. Of course, being me, I volunteered. On a very sunny Cornish Wednesday morning



we met up at the Registrar's Office in St John's Hall, Penzance (now looking very smart since being re-vamped), and did the deed. Sandra and John are a lovely couple. They have been together for 12 years and decided it was time to get married, but did not want to involve their extended family. We felt as if we had known them for years! After the ceremony, we took them over to Penlee House Gardens for some celebratory refreshments and of course photographs. They were staying here in Cornwall on holiday and so were off to the beach for the afternoon – couldn't blame them, it was a gorgeous day.

I get some strange requests and do all sorts for the WI, but this one was very memorable and great fun.

By the time you read this, we will have been to the Royal Cornwall Show and I would just like to say a big thank you to the members who helped during the three days. We couldn't do it without you. I hope you liked the change of layout in the marquee and appreciated all the hard work and time given voluntarily by the Board of Trustees and Sub-Committees. Special thanks are extended to Floral Art & Gardening for their organisation of the competitions

and demonstrators, along with Home Economics & Craft and, of course, we must not forget the fantastic Exhibitions Sub-Committee who were in attendance throughout the whole week of the Show. THANK YOU ALL.

We all need a break now to recover and re-charge ready to start again in September.

HAVE A GREAT SUMMER.

Barbara

Chairman Barbara

Cover Photo



Mermaids Mylor & Flushing WI members Denise Carty, Maxine Crump and Pam Seabridge enjoy a CFWI visit to Tregullas Farm on a beautifully sunny day in May.

Diary Updates

JULY AND AUGUST DIARY DATES

- 6th July - Climate Change: Reducing our Carbon Emissions
- 8th July - Photography Workshop: Sunset at Holywell Bay
- 13th July - Drama Workshop
- 18th August - Visit to RHS Garden Rosemoor Flower Show

JULY AND AUGUST CLOSING DATES

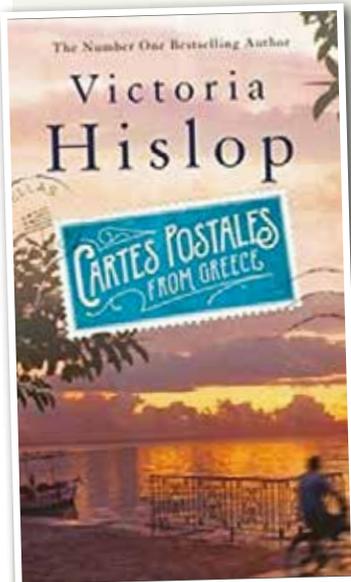
- 6th July - Visit to RHS Garden Rosemoor Flower Show
- 31st July - Press Competition deadline
- 31st July - Knightor Winery Visit
- 2nd August - Poldark Day
- 3rd August - Forde Abbey Visit
- 10th August - Lawn Green Bowls
- 12th August - Beeswax Workshop
- 21st August - Spa Day at Bedruthan Steps Hotel
- 21st August - Bag-Making Workshop
- 25th August - Harvest Buffet Lunch
- 31st August - Social Media Competition deadline

NOTES FROM THE OFFICE

200+ CLUB

May winner of £47 – Sue Hollingsworth, Trevone WI

AN AUDIENCE WITH VICTORIA HISLOP



As you now know, our guest speaker at this year's Autumn Council Meeting will be acclaimed author Victoria Hislop. When she takes the stage at the Hall for Cornwall at our meeting, Victoria would like to entertain questions from the audience. If you have a question you'd like to ask her, please submit it in writing to the CFWI office by the end of September. You can send your questions either by post or by email to cfwi@btconnet.com. What a great opportunity this will be!

If your WI has a book group, why not read one of her books in advance of the meeting? Her most recent novel is *Cartes Postales from Greece*, published in 2016. The back cover of the book says, "Week after week, the postcards arrive, addressed to a name Ellie does not know, with no return address, each signed with an initial: A. With their bright skies, blue seas and alluring images of Greece, these cartes postales brighten her life. After six months, to her disappointment, they stop coming. But the montage

she has created on the wall of her flat has cast a spell. She must see this country for herself. On the morning Ellie leaves for Athens, a notebook arrives. Its pages tell the story of a man's odyssey through Greece. Moving, surprising and sometimes dark, A's tale unfolds with the discovery not only of a culture, but also of a desire to live life to the full once more."

The Autumn Council Meeting will be held at the Hall for Cornwall in Truro on Tuesday 10th October.

APPLICATIONS FOR CFWI EVENTS

CFWI events, organised by both the Board of Trustees and the sub-committees, are advertised in County News with application forms sent to all WI Secretaries.

As not all WIs receive their copies of County News at the same time, tickets for events are not allocated on a first-come-first-served basis. Each application slip has a closing date shown on it, and when applications are received they are kept until that closing date.

Once the closing date is reached, and provided there are sufficient applications to make the event viable, tickets are sent out. Should the event be over-subscribed, a ballot is held. WIs whose applications are not successful are placed on the disappointed list, and their cheques are returned.

If you miss the closing date for an event, it is always worth contacting the office to enquire if there are any spare places.

The Board of Trustees frequently review the ticket application process, and the ways in which costs can be kept to a minimum, whilst still ensuring that all members receive details of all events.



BARKING MAD ABOUT HOLIDAYS FOR DOGS?

We are hearing a lot about the problems in our society of loneliness and the need for us all to keep fit – so when Mandy Turton of Barking Mad came to talk to us, a new idea arose about how to help with both issues.

We all know that a dog is a wonderful pal, keeps you active and wins you lots of friends (even if they do all know your dog's name but not yours!).

Barking Mad offers holidays for dogs, so that while you're on your holiday your dog gets to go on one of its own, staying with a host family rather than going into a kennel. Home from home. The idea came about in 2002 when Barking Mad's founder needed a kind and friendly place for her dog to stay when she went away. Now that's an interesting idea for doggy lovers!

There's more to it – you can become part of the Barking Mad family and be a host for a doggy visitor on its holiday. You just need to love dogs, be fit enough to look after one, have a secure garden and plenty of time to spend with your visitor.

If you would like to find out more, visit www.barkingmad.uk.com or contact Mandy on 01209

240501 or by email at mandy.turton@barkingmad.uk.com.

NEW ENTRIES IN OUR SPEAKERS' DIRECTORY

Please note these additions to our CFWI Speakers' Directory, following our most recent Speakers' Auditions Day. A full copy of the Directory, with contact details and fee information, can be found on our website at www.cornwallwi.org.uk.

- Geoff Davis – A retired vicar who provides all-round lively entertainment, sings, tells funny stories and jokes and recites poetry. Subjects include Kent and places he has travelled including the Holy Land and Bangladesh.
- Cornwall Blood Bikes – A representative will speak about the operation's organisation and volunteers, and will probably also bring along one of their impressive bikes!
- Fisherman's Mission – A talk about the history of the Mission, its aims and objectives and how it delivers those practical aims today around the 49 ports and coves of Cornwall.
- Surfers against Sewage – An introduction to the work of the charity and its current campaigns.

REMINDER

A reminder to all that the CFWI office at Chy Noweth is closed on Fridays and the car park gates are locked.

CORRECTIONS

The WI member featured on the cover of the May issue of County News is Vicki Knights of Launceston WI. Mevagissey WI celebrated their 86th birthday, not their 68th as reported in the May issue. Some 86-year-old ladies might not be offended by being called 68, but Mevagissey WI is 86 and proud!



OBITUARY – NAN

COLLIER As some of you will have already heard, Nan Collier sadly died on Tuesday 25th April. Nan was a member of the CFWI Board, serving as Vice-Chairman and then Federation Chairman from 2005 to 2008. She was also a WI Adviser from 2009 to 2015 when her health forced her to resign, and she served on the NFWI Training committee for three years. Nan was an active member of Truro WI where she served as Secretary. Nan put up a hard fight against her cancer. I know there are many members who, like me, will have been proud to have known Nan as both a friend and fellow WI member. The WI was well-represented at her funeral.

- Liz Anderson

**A VISIT TO KNIGHTOR WINERY, ST AUSTELL
Monday 4th September
11.45am for 12.00pm**

Come along for a guided tour through the display vines. The winemaker will discuss the varieties grown in this country as well as other regional varieties around the world, including tips on how to grow your own. This will be followed by a look into the winery for a brief introduction into how wine is made and finally a tasting of three or four wines. A ploughman's lunch will be served using local cheeses and meats.

Cost: £16 (to include tour, tasting and lunch)
Closing Date: Monday 31st July
Contact: CFWI 01872 272843
Email: cfwi@btconnect.com



**HARVEST BUFFET LUNCH
Friday 6th October
CHY NOWETH AN
CONTETH**



12:00pm for 12.30 pm

You are invited to a Harvest Buffet Lunch at Chy Noweth! There will be a main course of cold meats, cheeses, jacket potatoes and assorted salads followed by traditional autumn desserts. Everyone is invited to bring along an item for the harvest auction.

Cost: £12.00
Closing Date: Friday 25th August
Contact: Jane Mills

FORDE ABBEY VISIT

Sunday 17th September
Join us for a visit to Toby Buckland's Garden Festival at beautiful Forde Abbey in Somerset.



We'll be celebrating the fruits of the season with plants, crafts and gifts to buy, as well as demonstrations in the Kitchen Garden and talks by Toby Buckland and Christine Walkden. You can also enjoy family entertainment and West Country food to taste and buy.

Cost: £28 (£29 for non-WI members)
Closing Date: Thursday 3rd August
Contact: CFWI 01872 272843
Email: cfwi@btconnect.com

**SPA DAY AT BEDRUTHAN STEPS HOTEL
Wednesday 4th and
Thursday 5th October**

Escape and take some time for yourself with an indulgent spa day! There will be two sessions on offer to members over two days as follows:

- Morning Session 10:00am-2:00pm
 - Afternoon Session 2:00pm-6:00pm
- Each session will include full use of the spa, a 30-minute treatment and a delicious tapas lunch. The morning session will finish with the lunch, and the afternoon session will begin with the lunch. You'll be free to use the swimming pool, cedar sauna, eucalyptus steam room, lavender caldarium and sea view hydrapool.



Cost: £55.00
Closing date: Monday 21st August
Contact: CFWI 01872 272843
Email: cfwi@btconnect.com

SOCIAL MEDIA COMPETITION

We'd like to announce a new social media competition this year. Tell us your stories about how your WI has used technology to boost membership, to inform members, to increase publicity for an event or simply to raise the profile of your WI. To enter the competition, please email the office with a link to your website, Facebook page, Twitter account – or whichever platform you've used to help your WI – along with a description of how using technology has helped you.

The WI deemed to have made the most effective, creative and innovative use of social media or technology will be announced at our Autumn Council Meeting in October.
Closing Date: Thursday 31st August
Contact: Helen Kestle

CHRISTMAS DATES FOR YOUR DIARY

We know it's still the middle of summer but, in true WI fashion, we're already making plans for some exciting Christmas events. Make sure you jot these dates down in your diary.

On Wednesday 6th December, we'll be holding a fabulous Christmas Concert at Eden. The concert will be held in the Mediterranean Biome at 7pm, and will be a ticketed event.

We have two lovely Christmas County Lunches planned this year – on Monday 4th December at Hotel Bristol in Newquay, and on Friday 8th December at Whitsand Bay Hotel in Torpoint.

More details about these Christmas events will follow in upcoming issues of County News.



Welcome to

SAFFRON BUNS WI

The newest members of the
Cornwall WI family

Wishing you all the best in the future!

From
Chairman Barbara Corbett and
the Board of Trustees

MEMBERSHIP MATTERS

MEMBERSHIP RECRUITMENT TIP

We know that nearly all WIs will struggle with keeping their membership up at some point. Here's an easy tip for you to use to help recruit new members. Keep old copies of WI Life and put a label or sticker

on them with the name of your WI, where and when you meet and some contact details. Then take the copies to leave at your local surgery, dentist's office or hairdresser. You never know who might pick up one of your magazines to read while they're waiting!



ACTIVITY AND LEISURE



ACTIVITY AND LEISURE

BARN DANCE

Saturday 21st October
LADOCK VILLAGE HALL
6:30pm for 7pm

Cataclews, a four-piece ceilidh band, will play traditional folk music at our Barn Dance and do the calling for us, as well as teaching us the steps. Bring your dancing shoes and dance to your heart's content, with supper included in the price. Friends and family are very welcome.

Cost: £23.00

Closing Date:

Thursday 7th September

Contact: Sandra Buck

ACTIVITY AND LEISURE

LAWN GREEN BOWLS
Thursday 21st September
TRURO CITY BOWLS CLUB
2:00pm

Have you ever wanted to try lawn bowls? If so, come along to our taster day at Truro City Bowls Club on Kenwyn Road. If you've always wanted to have a go, now is your opportunity to enjoy an informal afternoon on the green.

Tea and biscuits will be available. If the weather is wet, the event will take place on the following day, same time, same place.



Cost: £6.00

Closing date:

Thursday 10th August

Contact: Jane Dover

COMBINED ARMS

CFWI CALENDAR

Thank you to everyone who submitted photographs for the 2018 calendar, and congratulations to all the members who have had theirs printed in the calendar. When taking photos for your entry, it is important to use the highest setting on your camera; and when submitting them, the highest setting on your computer. Some lovely photos didn't come out well when brought up on the screen for the printer to consider them for printing.

The subject for the 2019 (yes it really will be 2019!) calendar is "Cornwall Celebrates", so hopefully you will already have some stunning images of events such as Flora Day, Padstow Obby Oss or Trevithick Day and will be poised ready, camera in hand, at all the happenings around our county before the closing date of 31st October.

For further information contact Val Strout

ENVIRONMENT AND PUBLIC AFFAIRS

POLDARK DAY

Thursday 14th September
10:30am

Join us for a day immersed in all things Poldark. You'll go on a guided walk to Ross Poldark's Wheal Leisure mine at Botallack Crowns Section (which doubles as Grambler Tin Mine). Mine workers will tell you what it was like for the Poldark miners and you can even try your hand at the bal maidens' job and hear how they were some of the first financially independent women in Cornwall.

You'll then explore Geevor Tin Mine, the largest preserved mining site in the UK. You'll visit its interactive museum and see the cogs, wheels, winders and original shafts in some of the many buildings on-site. You'll be able to have



a go at mineral panning, see a film showing the history of tin mining in the area and see the Holman collection of artefacts from a bygone age.

A light lunch will be available in the Geevor café with spectacular views over the coast.

Cost: £10.00

Closing date:

Wednesday 2nd August

Contact: Helen Mills Jenkins

WESTERN MORNING NEWS ROSEBOWL TROPHY QUIZ

Quiz organiser Margaret Johnson reports that this was another successful afternoon and that there was a happy buzz throughout the hall. There wasn't very much between the teams when the scores were announced, but Launceston #1 team emerged the triumphant winners! It was great to see a lot of teams there for their first time.

CUTTINGS FROM FLORAL ART AND GARDENING



BEESWAX WORKSHOP
Saturday 23rd September
THE HOLLIES, ST
COLUMB MAJOR
10:30am – 3:30pm

Come and spend a day with Lynda Evans, our favourite beekeeper, at her workshop in the heart of St Columb Major and learn how to work with beeswax – and take home a candle to prove it!

Lynda also makes lotions and polishes using the wax and honey produced by her bees – everything smells lovely. Come for coffee at 10:30am and spend the day learning the various techniques and go home with at least some candles!

Bring a packed lunch or pop out at lunchtime to the excellent local butcher for one of his famous pasties. It is always worth ringing the office to see if there is still space, even after the closing date.

Cost: £18
Closing Date:
Saturday 12th August
Contact: Felicity Penneyard

AUTUMN HANGING BASKETS
Friday 13th October
BODMIN NURSERY

We're back at our favourite nursery for a workshop to make up a hanging basket which will last you right through the autumn and winter months. You'll use the plants of your choice from Bodmin Nursery's extensive range of inhouse produced plants, and all materials will be provided. Included is a welcome coffee; a lunch of homemade soup, roll and a piece of cake; and the exclusive use of the new Garden Room where we will be based. You will also receive a 10% discount on all shopping for the day, so indulge in a bit of retail therapy as well!

Cost: £38
Closing Date:
Friday 1st September
Contact: Abigail Kirby Harris

FLOWER ARRANGING ON A SHOESTRING
Thursday 19th October
CHY NOWETH AN
CONTETH
10:00am for 10:30am

We are continuing our campaign to prove that producing beautiful flower arrangements needn't cost a fortune! Rose Joynes and Ruby Trethewey will show you how at this upcoming workshop which will be suitable for everyone who has attended

our Beginners' Classes as well as for those who need a bit of a boost to their confidence. You will go home with something to be proud of that didn't cost a fortune! Please bring a packed lunch.

Cost: £15.00
Closing Date:
Friday 1st September
Contact: Avril Woolcock



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CHRISTMAS CRAFTS 6 CORNER WORKSHOPS

**Thursday 16th November
Marazion Community Centre**

**Tuesday 21st November
Marshgate Village Hall**

**Friday 29th November
Lanreath Village Hall
10:00am – 4:00pm**

Once again, the Home Economics & Crafts sub-committee have chosen some new ideas for these ever-popular Christmas craft days. On offer this year are:

- Christmas decorations using fabric Decopatch
- Small hanging felt Christmas puddings
- Knitted ribbon Christmas trees
- Small hanging Christmas elves
- Small ribbon wreaths (not available in Marazion)

- Fabric Christmas tree hangings (not available in Marshgate)
- Mini Christmas cakes (sugar craft garland, hellebores and foliage)

All materials (including the mini Christmas cakes) will be provided by the tutors. Please choose two crafts plus a reserve in case some are oversubscribed.

Tea, coffee and biscuits will be served on arrival. A lunch of homemade soup and a roll, plus cake and drink will be available at a cost of £5. There is no need to book this in advance.

Cost: £15
Closing Date:
Saturday 30th September
Contact: Dot Rogers



**BAG-MAKING WORKSHOP
Wednesday 4th October
CHY NOWETH AN
CONTETH**

10:00am – 3:30pm
Spend a day making a pretty fabric bag using foils, beads and a bit of glitz. You will have the option of making the handles from twisted cords or fabric. The bag is suitable for an evening bag or would make a lovely gift bag in which to put a present for a special friend – if you can bear to give it away!

We are planning to put on an additional date if this event is oversubscribed.



Cost: £15.00
Closing Date:
Monday 21st August
Contact: Pat Mallett



TRADITIONAL EMBROIDERY WORKSHOP

Jean Hoare of Pensilva WI writes to say how much she and her fellow WI members

enjoyed the traditional embroidery workshop at Taphouse. They send a big thank you to the ladies who gave up their time to put on the workshop.

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BUDE WI AT ALEXANDRA PALACE



Earlier this year, six members of Bude WI took the opportunity to travel to London to visit the WI Fair at Alexandra Palace. What a successful outing they had! On their first evening, they went to see the musical 'Girls'. It was with much surprise and great delight that, at the end of the performance, they were able to meet several members of the cast, and were delighted to discover that actress Michelle Doltrice lives in North Cornwall! The next day they were up with the larks to travel to Alexandra Palace. They arrived before the doors opened and didn't leave until closing time, and went home piled high with purchases! It was a very special excursion indeed!

AN HONOUR FOR MADRON WI MEMBER



Wendy Gauntlett of Madron WI was awarded the British Empire Medal after being nominated in the New Year Honours List this year. In April, Wendy was presented her medal by the Lord-Lieutenant of Cornwall Colonel Edward Bolitho OBE at a ceremony held at St John's Hall in Penzance. Wendy has been honoured for her work dedicated to helping others, in particular

the elderly, carers and those suffering from Parkinson's disease.

COME ALONG TO ST BURYAN PRESERVATION RALLY



Every year St Buryan WI provides homemade refreshments and cream teas in the WI marquee at the St Buryan Preservation Rally which this year is on Saturday and Sunday 29th and 30th July in the village. The ladies are on duty from 9:30am to 4:30pm each day, resplendent in their "Buryan Blue" aprons with the WI name embroidered in white. There is much to see at the Rally including vintage farm machinery, horse-drawn carriages, Shire horses, vintage and classic cars and motor bikes, trade stands and much more. The Rally is a great outing for all the family and so popular that it was recently extended from one day to two. There will be a warm welcome to all comers, especially in the WI marquee!

A FLOWERY SUMMER IN ST NEOT

Why not enter St Neot Flower Show? Or pop in to see the displays? There are classes for flowers, fruit and vegetables, as well as floral art, cookery, crafts, photography and children's art and crafts. There is no charge to enter. An entry form is available on the St Neot Village website (www.stneot.org.uk).

This year's show will be held on Saturday 12th August with doors opening to the public from 2pm. Teas and a raffle will be available.

Later in the month, St Neot and District WI members will be taking part in the Village Flower and Art Festival from the 25th to 28th August. Over 20 large flower arrangements

depicting "Musical Memories" will be on display in the church, including a floral carpet entitled "The Circle of Life" designed by a WI member. The Land Art Trail around the village will feature displays in a variety of media – floral, textiles, natural material, yarn bombing and recycled items used in creative ways. Refreshments will be available all day in the Village Hall, and there will be stalls and music each day of the Festival.

EVERY PENNY COUNTS



Carbis Bay WI has a 'Denman Appeal' teapot which appears at every meeting. Members generously donate any small change they have. There are also plans to start a new fundraiser 'boost' for the teapot with a monthly book and magazine sale. The teapot jacket was made by Carbis Bay WI member Wendy Grove.

LONELY BOUQUETS



Members at Hayle and St Keverne WIs were inspired by WI Life to make Lonely Bouquets in support of the 'Alleviating Loneliness' resolution. Hayle's bouquets were distributed to neighbours



and other women in the community living alone, recovering from illness or recently bereaved. Jackie Allen of St Keverne WI made bouquets and left them around the village for anyone to take.

SUPPORT FOR ROYAL CORNWALL HOSPITAL PATIENTS



Mevagissey WI are working on raising awareness for the needs of dementia patients in hospital. Some of the members met the Admiral Nurse at Royal Cornwall Hospital who suggested they make twiddle muffs and twiddle aprons. Any patient who benefits from "twiddling time" takes his or her apron/muff home, otherwise, for reasons of hygiene, the aprons and muffs are destroyed.

Obviously, this means a great many are required and, although the Mevagissey ladies have received wool as well as old and new fabric, they could use more. They would also appreciate the donation of any unwanted waist aprons. Members would be willing to collect any donations. If you have anything to offer, please contact Mevagissey WI



Members of Cury WI have also been busy at work for Royal Cornwall Hospital's Neonatal Unit, and have been crocheting octopi to help premature babies. The logic behind it is that the tentacles remind the babies of the umbilical cord and therefore make them feel safe in the incubator, as though they are in their mother's womb.



WILCOVE WI ARE A 'SEWCIBLE GROUP

Earlier in the year the ladies of Wilcove WI hosted a spring craft social ("sewcial") to which they invited members from nearby WIs.

During the afternoon, the ladies enjoyed home-made Easter "makes, bakes and cakes" and were given the opportunity to take part in some of the craft activities on offer: needle felted bee brooches, handmade paper concertina books, a pieced/sewn fabric container and knitted decorative hearts.

Thanks are offered to the craft tutors: Lorraine England, Wendy Fiander, Celia Lister and the members of Wilcove WI who kindly

hosted the event: Su Hillman, Dot Hill, Eileen Buckner and Fiona Riggall.

A BIRTHDAY TEA FOR CARBIS BAY WI



Carbis Bay WI recently celebrated their 10th birthday with afternoon tea at The Garrack in St Ives.

WI MEMBERS RAISE FUNDS FOR CORNWALL HOSPICE

Marhamchurch WI hosted an afternoon tea in aid of Cornwall Hospice. The well-attended event was enjoyed by all and the many calories demolished helped to raise £368. Thanks to the local WIs who supported the afternoon, to local representatives of



the hospice movement and to everyone who braved the rain to come along for such a good cause.

St Pinnock & District WI also held a very successful coffee and cake afternoon in May, raising £380 for Cornwall Hospice.

MAWNAN WI DOINGS

There may have been twitching of net curtains and the raising of eyebrows when members of Mawnan WI arrived for their monthly meeting wearing an assortment of hats. This was all in aid of raising money for Brain Tumour Research's 'Wear a Hat Day'! There were wedding hats, Easter

bonnets, a shower cap and even a fez! In total, donations raised over £120.

Mawnan WI has also started an Art Appreciation Group, meeting at Falmouth Art Gallery where Curator Henrietta Boex will walk and talk members through the current exhibition. At the time of the first visit, works by Charles Napier Hemy and Henry Scott Tuke were on display. Members learned about the community of artists, their interests, how they spent their summers in Falmouth and also about their floating studios, models and techniques.




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Merlin MS Centre, Bradbury House, Hewas Water, Cornwall, PL26 7JF

Miles of smiles for walker Simone



When she's not busy baking cakes Simone Ellis loves nothing more than taking long walks near her home.

Simone walks between five and ten miles a day, every day of the week - but just a few weeks ago she could hardly walk any distance without suffering severe pain.

"I had suffered some pain in my back, knees and feet for 20 years or more, but over time it had just got worse and worse," said Simone. "I couldn't put my toes to the ground, which affected my balance, causing me to stoop. This in turn led to pain in my lower back as well as my hips, knees, shins and feet.

"It got to the point earlier this year that if I went for a walk I would end up in agony and would have to

take painkillers to cope."

Simone had put her pain down to arthritis - which runs in her family - but her husband Mark was convinced that Foot Solutions would be able to help her.

"Mark served in the military and a lot of his former colleagues had been helped by Foot Solutions and he kept nagging me to visit them," she added.

Simone eventually took Mark's advice and visited the store in Royal Parade in February.

"The member of staff who served me was absolutely brilliant," said Simone. "She carried out all sorts of tests and recommended custom-made insoles."

The specially made insoles arrived a couple of weeks later - and the results

have been dramatic.

"The insoles took a little while to get used to, but now I don't have any pain at all," said Simone, who runs a cake making business called Kitty Cakes from her home.

"I am now back to walking every day and couldn't be happier - thanks to Foot Solutions," she added.

For an appointment call Foot Solutions Plymouth or visit their store on Royal Parade in the City Centre.

FOOT SOLUTIONS
 34 Royal Parade,
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www.footsolutions.co.uk/plymouth



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Dementia and mental health conditions

*This covers disabled children over the age of 14 and parents with disabilities themselves.



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