

April / May 2025

Volume 15 issue 13

News from Federation House
Beth Morgan 01639 881588

Glamorgan

Glamorgan Federation of Women's Institutes
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Charity registration number 1206209
Office Hours— 9am-2.00pm Monday, Wednesday and Friday



Please Save the Date—Your Federation Needs You!

Glamorgan Federation of Women's Institutes

Annual Council Meeting 2025

Wednesday 1st October.

10 - 4pm.

Barry Memorial Hall

(more details coming soon)

News from Membership

Pam Dinham Tel: [REDACTED]
Email pamela790@btinternet.com

Please remember you **MUST** send your subscription forms into the office when paying by cheque or BACs.

Please send your subscriptions in for April as soon as possible.

The Second Sweep subscription form is in this issue.

(for members who have joined after April 30th)

For all the WI's who bank with Lloyds.

Good news...Gorseinon WI

Lloyds have refunded the charges on their account and have cancelled the charges for this month and returned their account from a business account back to a treasurer's account.

If any of you WI's are having problems with charges just go into your branch and explain that you are under the umbrella of the NFWI and that Lloyds have agreed with the WI that all the accounts can remain as Treasurers accounts with no charges and if there have been charges they should refund you.

If you haven't already sent your WI name, sort code and account number to Beth please do so as soon as possible.

Good luck

Myra Thomas

Federation Treasurer

Please remember when calling the office and leaving a message to state the following:

- Full Name
- WI
- Telephone number
- Reason why you are calling.



News from Home Economics & Craft

Alexis James Tel: [REDACTED]
Email: alexisjames3@hotmail.com

Many thanks to Lisa Howells who was our tutor for the Staging and Interpretation Day. Members from thirteen WIs attended, some of whom brought along components to set up a co-operative display. The day was extremely well organised with the right mix of information, questions and answers and hands on sessions. Whether members had entered co-operative competitions previously or are complete newbies, there was something new to take on board. We are hoping the day has given those new to it the confidence to have a go. We look forward to seeing your entries in future competitions.

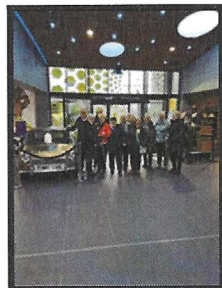
The preliminary round of the Rosebowl and Brecon Cup will be held at the Grove Golf Club Porthcawl on the morning of Tuesday 20th May. The results will be announced in the afternoon followed by our speaker, Mavis Tierney and afternoon tea.

Look out for the flyer for the Malvern Show in the next newsletter, which is on Sunday September 28th.

A Christmas workshop is yet to be finalised.

Alexis James

Penclawdd WI



On 19th Feb 2025, 12 members of Penclawdd WI visited The Royal Mint, Llantrisant. We had a great welcome and went on a very informative tour where we were taken through the many stages involved in the production of our currency and that of many countries around the world. We also found out that medals commemorating a wide range of Service achievements and for the Olympics were made there. We enjoyed a very flavoursome and substantial lunch in the cafe before returning to explore the Museum at our leisure. It was here that we found out that one of our members owns her own personalised medal that was made at The Royal Mint and presented to her for the outstanding work she did when she was working in London. A real superstar! A great day out enjoyed by all.

News from PR Social Media & Website

Message from Belinda Hansford,
Federation Media/PR/Web
(bh.consult@btinternet.com)



FEDERATION SAFEGUARDING OFFICER (FSO)

Belinda Hansford has recently completed NFWI's safeguarding training and is available to receive your Safeguarding concerns using the forms mentioned below and to provide advice and information.

If you're wondering why a charitable organisation like the WI needs to have a Safeguarding structure, it is partly due to legislative requirements, but in the wider context it is about protecting everyone's right to respect and dignity, living in safety free from the risk of harm caused by abuse and neglect.

Whilst instances of concern within WI activities are unlikely, any that do arise now have a mechanism to be reported. Additionally, members may in the past have had Safeguarding concerns about another member's life outside of WI and not known what to do about it – within this new structure there is now an avenue to report these.

There is a helpful Safeguarding Leaflet, NFWI Safeguarding Policy and which can be found on the Glamorgan Federation Website under the Safeguarding Tab on the Federation Information page. If you have any questions or concerns, please do not hesitate to contact Belinda via the email at bh.consult@btinternet.com making the Subject: CONFIDENTIAL SAFEGUARDING.

SPEAKERS CORNER.. Just a few more ideas for your next programme..

Let us have your recommendations for good speakers or trips..

- ◆ **First Name:** Graham Watkins
Email : graham@garnlwyd.co.uk **Telephone number:** 07980 606843 A published author, gives different talks including the following; A talk exploring local Welsh legends and myth from across Wales. See <https://www.grahamwatkins.info/welsh-legends-and-myths> and A talk about Welsh Follies and their secrets, stories and scandals. See <https://www.grahamwatkins.info/the-welsh-folly-book> Both talks are light hearted.

Enclosures this month

- 2nd Sweep Subscription form.
- Table Top Games and Afternoon Tea flyer.
- Wine and Words flyer.

INGREDIENTS:

225ml whole milk
 30g flour
 30ml water
 1 tbsp apricot jam
 500g strong white bread flour
 65g caster sugar
 8g dried active yeast/fast action yeast
 ½ tsp salt
 1 tsp ground cinnamon
 ½ tsp ginger
 ½ tsp nutmeg
 Zest of 1 orange
 50g unsalted butter (cold)
 200g sultanas or raisins
 2 medium eggs.

METHOD:

1. Warm your milk in a pan until it's steaming. (tepid)
2. In a bowl, add your flour, salt, cinnamon, ginger, nutmeg, sugar, yeast and orange zest – add in your butter and rub between your fingers so the mixture resembles breadcrumbs.
3. To the bowl, add your warmed milk, and the eggs and sultanas or raisins and mix it all together.
4. Knead for 5-10 minutes until the mixture is smooth, elastic and springy to touch. I use my Kitchenaid with the dough hook.
5. Transfer to a clean but lightly oiled bowl, and cover the bowl with cling film. Leave to rise until doubled in size – usually takes 1-2 hours.
6. Once risen, removed from the bowl and knead lightly on a floured surface to “knock it back”.
7. Split evenly into 12 balls (Mine weighed 98g each) and add on to a lines tray with about a centimetre gap between the balls.
8. Cover with lightly oiled cling film, and leave to rise whilst your oven preheats to 200C/180C fan. I usually leave them 45-60 minutes.
9. Once at the temperature – whisk together the flour and water, and carefully pipe on to form the crosses.
10. Bake in the oven for 20 minutes at 200C/180C fan!
11. Once baked – brush lightly with apricot jam if you like them sticky and shiny and then leave to cool fully.

Kath Mephram

Hot Cross Buns**TOPPING:**

30g flour
 30ml water
 1 tbsp apricot jam

<u>Dates for your Diary</u>

Upcoming Events	Venue	<u>Date</u>	<u>Closing date</u>
Chepstow Races	Chepstow Race Course	Monday 16th June 2025	2nd May 2025
Darts	Pencoed Social Club	Saturday 28th June 2025	13th June 2025
Afternoon Tea & Board Games	Vivian Hall, Blackpill	Saturday 20th September 2025	Friday 25th July
Garden Party	Margam Orangery	Wednesday 16th July 2025	Information to follow
Wine and Words	The Hi-Tide Inn, Porthcawl	Wednesday 10th September	July 25th 2025
Malvern Show	Malvern	Sunday 28th September 2025	Information to follow
Let's Celebrate Christmas	Aberavon Hotel, Aberavon	Monday 1st December 2025	30th June 2025

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Rhoose WI



Rhoose WI welcomed the *Array Production of Calendar Girls* to Rhoose Community Centre.

Ladies of the WI, Wendy, Joy, Carol and Cath on the set.

The cast of great voice and professional performance were supported with tea and of course cake, by Rhoose WI at the sellout performances from the 10th to 12th of April.

Treorchy WI

Treorchy WI had an enjoyable St David's Day Supper with excellent entertainment from *More Than A Song Choir*, we thoroughly enjoyed their rendition of Welsh hymns and songs from around the world.

Our craft class contributed by making Welsh themed cushions. Enid Thomas provided three cushions with a Welsh theme for raffle prizes.



Everyone had a lovely evening.

Carnegie Girls WI

WI Pen Pals Scheme

Seven years ago Valerie Hughes a WI member from Norfolk was looking at ways she could help the two resolutions of *Mental Health & Alleviating Loneliness*. Both things she has suffered with. The worst when she was 19 and left home to work as a house matron in a girls' boarding school. This was before the internet and mobile phones. What kept her going was letters from her mother, some of which still exist.

She realised there are still a good amount of people who aren't comfortable with technology, can't afford or trust it. There are also people who love writing and receiving hand-written letters. She is also keen on keeping the postal service as the only people some people see is the postie.

She therefore came up with the idea of a WI pen pal scheme. The UWI supported her idea and helped her set up a Facebook page, NFWI also mention it on MY WI- (look under Valerie Hughes).

It is a FREE scheme and if it doesn't work out repeat applications are fine, you can also have as many pen pals as you want.

People can either email her, (or ask a friend if they can't do so) with the following details- Name, Postal Address, Age, Likes/Interests. A bit about their job(current or past) family. Marital status- only so she doesn't match a recent widow/divorcee with someone happily married.

The service complies with GDPR. The only person who will see your address is Valerie and the pen pal match. Once suitable matches have been made she will contact each of them. It's then up to them to write introductory letters and then follow up with chatty letters.

Her email address is valerie.hughes08@gmail.com

Both I and other Glam Fed friends have some wonderful, kind, interesting new friends in our lives because of Valerie. I thoroughly recommend giving it a go. You have nothing to lose but everything to gain.

Liz Daley

Crynant & District WI



Members of Crynant & District WI became litter pickers on March 21st for Clean Cymru. The event was from March 21st to April 6th. Bags and grabbers were collected from a central hub and the full bags were left for collection by the local council.

They went to Crymlyn Burrows beach and collected 11 bags of a variety of rubbish. It was a productive and enjoyable morning on the sunny and windy beach followed by a well deserved lunch at Cafe Darcy.

Please send all articles/contributions for

THE BACK PAGE to Beth Morgan ,

13 Courtland Place, Port Talbot SA13 1JJ or

Email: glamorgan@btconnect.com

