

# OXFORDSHIRE WI

*Stay Home Stay Safe*



# CHAIRMAN'S LETTER

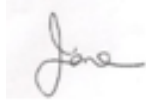
## Hello members



I very much hope that you, your family and friends are managing to stay well and if you are struggling with with illness, isolation or the challenges of everyday life my thoughts are with you. One thing for sure - we are most definitely all in this together to help keep each other safe and keep the pressure off our amazing front line workers. Have you been joining in the Thursday evening show of appreciation? Perhaps you are a front line worker and I hope you feel hugely appreciated by us all for your hard work and risks you take to support the rest of us.

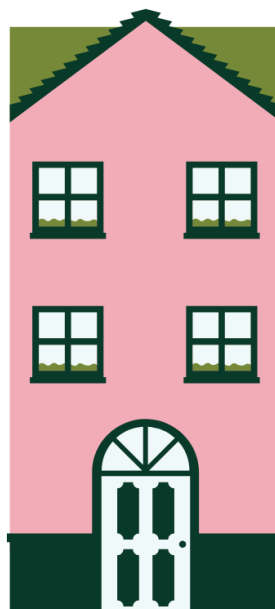
What are you doing to keep in touch, keep busy, solve the challenges? I've been enjoying the sunshine to tidy the garden, while my digital know-how has been enriched by new skills with Zoom to keep in touch with my friends and fellow trustees. I've also managed some piano lessons by Skype which work amazingly well. Here in Oxfordshire WI we are still working on our longer term plans and are looking toward the go ahead to reschedule events as soon as the restrictions are lifted. We will keep you updated.

Best wishes to you all



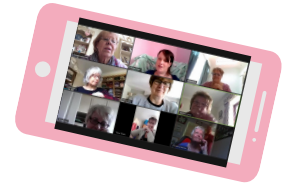
Without the rain,  
there would be no  
rainbow.

Gilbert K. Chesterton



Stay Home  
Stay Safe

# WORKING FROM A DISTANCE



The world has changed and for the Board of Trustees and the office ways of working have had to be very flexible. Meetings are happening using Zoom, Skype and Microsoft Teams and the Board of Trustees has a Whatsapp group. One of the strategic aims we were working on was to empower women using IT. We are certainly feeling empowered and proud of what we have achieved thus far.



A Board of Trustees Meeting on Zoom

Join our mailing list by visiting  
[www.oxfordshirewi.co.uk](http://www.oxfordshirewi.co.uk)

If you have received this via the mailing list why not tell all your fellow Oxfordshire WI members

## Useful Contacts

Childline: 0800 1111

Samaritans: 116 123

Domestic Violence Hotline: 0808 2000 247

Mind: 0300 123 3393

Age UK: 0800 169 6565

Parentline Scotland - 08000 28 22 33

La Leche League: 0345 1202918

Oxfordshire County Council 01865 897 820

Oxford City Council 01865 249811

<https://news.oxfordshire.gov.uk/coronavirus-information-from-the-government/>

## Keeping connected

Do keep in touch with us during this tricky time, we love hearing from you. The following Trustees are currently carrying out the following roles:



**Catherine Blaxhall (Vice Chairman)**  
Blog and Facebook  
[catherine.blaxhall@oxfordshirewi.co.uk](mailto:catherine.blaxhall@oxfordshirewi.co.uk)



**Graeme Gettings (Trustee)**  
Press Officer  
[press@oxfordshirewi.co.uk](mailto:press@oxfordshirewi.co.uk)



**Rebekah Pugh (Trustee)**  
Website and Digital Newsletter  
[rebekah.pugh@oxfordshirewi.co.uk](mailto:rebekah.pugh@oxfordshirewi.co.uk)

# SPREADING KINDNESS

## WE WANT TO SAY THANKS

Here at Oxfordshire WI we recognise the commitment from Frontline workers. We are looking to make a short video of thanks from our members to these workers and would love you to record a short video of thanks. You can email them to [media@oxfordshirewi.co.uk](mailto:media@oxfordshirewi.co.uk) or text / Whatsapp 07841431219. You can also send them via Facebook. We look forward to receiving your videos.



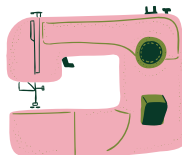
### #clapforourcarers



EVERY THURSDAY at 8PM

'There are many ways to show your appreciation for our amazing, brave key workers. Every Thursday evening at 8pm we'll be standing up and applauding all those who care for us and are ensuring our world can keep on turning. We hope you will join with your family and neighbours in showing thanks to those whose work outside, means so many of us can be inside at home or can be looked after and supported with selfless dedication'.

<https://clapforourcarers.co.uk/>



## LAUNDRY BAGS FOR FRONTLINE WORKERS

Oxfordshire WI has been contacted by UK CRAFTERS OXON with the following amazing pledge of help. We know many of our members are already making and donating bags to send to UK CRAFTERS OXON for distribution to help our wonderful frontline keyworkers.

*If you are a frontline worker and work with a team (hospital, surgery, community support, social care, police, fire, teachers, vets, food production/supermarkets) and you would like to ask for bags to put your clothes in to transport soiled clothes or clean clothes back to work (think PE bag), please email UK Crafters Oxon [ukcraftersoxon@gmail.com](mailto:ukcraftersoxon@gmail.com)*

*We are blown away by the generosity of this group and just want to share the crafting love and gratitude for the tasks you are doing xxxx*

*Please see the below Public Affairs Committee page for further information on making bags to donate.*



Thank you  
**NHS**

From all at  
Oxfordshire WI



OXFORDSHIRE



# #INSPIRINGWOMEN

Chairman - Catherine Blaxhall  
01367 241500  
07736698738  
catherine.blaxhall@oxfordshirewi.co.uk



Dear Member

It is lovely to be in touch through this new online version of 'News & Views' during these unprecedented times. The WI has always proved itself to be resourceful and resilient and we are hearing about lots of exciting initiatives and ideas you have for keeping in touch with each other using various online platforms. One of the strategic objectives for Oxfordshire last year was to empower more members to feel confident using online technology and I think I can safely say we are rapidly achieving that!

**Annual Meetings:** We have received the following update from NFWI this week so if you have not already held your annual meeting it is fine to defer it until we emerge from the other side of this pandemic:

*4.8 If an AGM cannot be held, and you would usually deal with the election at the AGM, we would recommend that trustees remain in office until the next AGM can be held.*

If however, you would like to hold your annual meeting online that's absolutely fine and your WI Adviser will be able to advise how you can do that so do please contact her. You can also just send your financial statements and annual returns in the usual way.

Please do check out My WI for more information, support and advice about how you can continue to deliver 'the WI' to your members in the coming weeks. There is a lot of help about how to use apps such as 'Zoom' and 'Skype' to hold online meetings as well as ideas for craft projects, cookery and so much more. You can find this excellent member only website either by going to our own website [www.oxfordshirewi.co.uk](http://www.oxfordshirewi.co.uk) and clicking the link at the top of the page or by visiting it direct [www.mywi.thewi.org.uk](http://www.mywi.thewi.org.uk).

Please keep in touch. Stay safe and stay well and let's make sure that the WI emerges from this stronger than ever. *Catherine*

## Directory Updates

A note from your Oxfordshire WI Secretary Linda Mustill

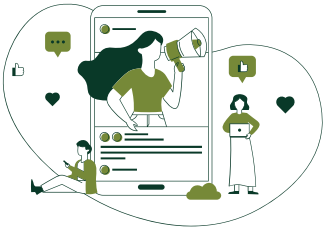
The production of the Oxfordshire WI Directory has been pushed back due to current circumstances. If you did manage to change Presidents, other officers and committee members, please email [fedsec@oxfordshirewi.co.uk](mailto:fedsec@oxfordshirewi.co.uk). I will update your MCS if needed and publish the updates for everyone here:

Page 31 Chalgrove WI. President is now Marian Kuyper	01865 236186
Page 46 Peppard WI. President is now Sandra Rhodes	0118 9724228
Secretary is now Valerie Broadhurst	01491 628056

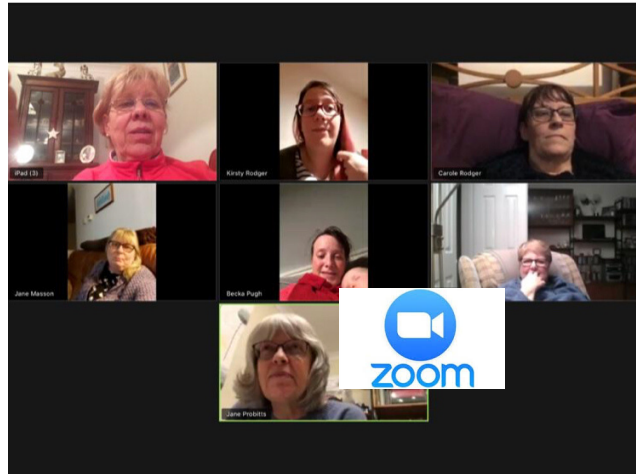
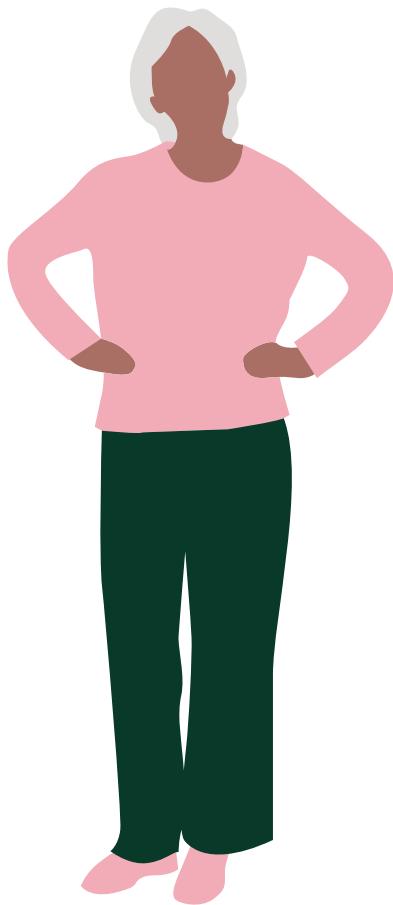




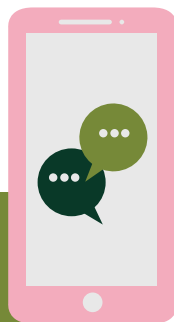
# #MYVIRTUALWI



**Stay in touch from the safety of your own home.....**



The WI has always thrived through difficult times and for over 100 years it's remained at the heart of its communities, supporting those in need. Over the last few weeks, WI members have been showing their resilience and collective strength in many ways, and we have seen examples of this community support being stronger than ever. In these circumstances, the most important thing WI members can do is prioritise social interactions, in order to help combat loneliness and improve mental health.



**TO FIND  
OUT MORE  
VISIT:**

[www.thewi.org.uk/home/coronavirus/my-virtual-wi](http://www.thewi.org.uk/home/coronavirus/my-virtual-wi)

While many members are fully embracing the possibilities of using social media and the internet to connect with their WI, it is important to remember there are many WI members who don't use the internet and don't have the same access to technology as others. It is wonderful to see WIs setting up buddy systems and telephone trees to ensure all their members are kept in touch. Alongside this, WIs are joining local community efforts to help vulnerable people get shopping and medical supplies. If you are looking to support a local initiative, you can sign up to the NHS Volunteer Responder Scheme, contact your local Age UK or simply reach out to vulnerable members of your WI or community to see if they need help with anything.



# A WAY TO HELP



Chairman Veronica Wilson  
07855 414045  
veronica.wilson@oxfordshirewi.co.uk

Our target to make is:

**350**

These bags are required to supply to NHS staff who are charged with the responsibility of washing their own uniforms (excluding highly sterile scrubs etc). The idea being members of staff can change into home clothes and put used work uniforms into this laundry bag. Hopefully this will prevent further spreading of the virus. The laundry bags will be supplied to staff in packs of 2.

**Specification** - For safeguarding reasons the following procedure should be followed in making the laundry bags.

Bags to be made from sheets, sheeting or existing pillowcases

- Draw string bag - styled like school shoe bags.
- Size - standard pillowcase i.e. 50cm x 75cm
- Opening at top of narrow side
- Draw string slot and chord at top
- Fabric suitable for 60 degree plus washing temperature
- After sewing completed and chord inserted they must be washed in a washing machine on at least 60 degrees temperature.
- Then the bag should be ironed using steam on high
- Pack two laundry bags together in each package
- Packed into zip closing topped food type polythene bags
- Insert into each bag - clearly written on a piece of card the date on which it was packed.

You can view other information from NFWI on My WI front page under the heading FAQs Covid-19

[www.oxfordshirewi.co.uk](http://www.oxfordshirewi.co.uk)  
@oxfordshirewi on Facebook

## UK Crafters Oxon

This is an existing Facebook group originally formed in January to provide items for the Australian Bush Fire crisis. Now due to its success it has been contacted by various NHS facilities including hospitals, GP practices, Nursing Homes, Carers etc who have requested Laundry Bags. As a number of our Oxfordshire WIs are already busily making these laundry bags, (including my own WI) I thought perhaps each Oxfordshire WI may like to consider helping the NHS in this way. Perhaps Presidents or Secretaries could contact members with a view to the sewing/crafting members supplying these laundry bags. As many as you can produce are required. So if you decide to organise this within your WI could you please let me know and also contact the three ladies organising the logistics within UK Crafters i.e. Helen, Claire or Mel on their email - [ukcraftersoxon@gmail.com](mailto:ukcraftersoxon@gmail.com) - let them know how many you think you can produce and collection/delivering logistics.



# STAYING WELL



**MAKE TIME**  
for Mental Health

These are difficult times and looking after yourself is very important. Here we share a few top tips:



- Try to set up a daily routine



- Create a list of things you could achieve - perhaps finishing some of the craft projects you have started but not finished



- Stay connected - message or call friends and family. Technology such as FaceTime, Whatsapp, Skype and Zoom (to name a few) are great for connecting whilst staying safe at home



- Practice a spot of self care - look after yourself, take a bath, do some mindfulness, do something you enjoy like craft, writing, cooking



- Whilst connecting digitally it is very important to choose your media and news sources with care. Some information sources may leave you feeling more stressed or overwhelmed. Sources like <https://www.gov.uk/government/organisations/public-health-england> and <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/> are very useful.



- Consider limiting yourself to news checking to just a few times a day



- Try to exercise - set a challenge like doing a yoga session, running a distance from the confines of your garden or doing some simple arm chair exercises



- Stay hydrated



- Try to keep in a good sleep routine - sleep is vital to staying well



- Remember this will pass





# A SPOT OF CULTURE FROM YOUR SOFA



Chairman - Pauline Goddard  
01869 240663  
pbgwendlebury@gmail.com

The current situation is bringing about some amazing cultural opportunities that are free from the comfort of your own home. Here we present just a few of these wonderful ideas.

## Thursday night is Theatre Night

The National Theatre is going over to its YouTube channel under the banner of National Theatre at Home.

Every Thursday 7pm a new play will be streamed and free to watch for one week. There will also be some cast and creatives and Q&A sessions. So..... get your ice cream ready for half time.

[youtube.com/ntdiscovertheatre](https://www.youtube.com/ntdiscovertheatre)



## Friday night is Musical Night

Lord Andrew Lloyd Webber and Universal have decided that 'The Shows Must Go On', by launching a new YouTube Channel by the same name.

It will be streaming a full-length musical every Friday at 7pm for free, available for 48 hours.

#TheShowsMustGoOn  
[youtube.com/theshowsmustgoon](https://www.youtube.com/theshowsmustgoon)

TO FIND  
OUT MORE  
VISIT OUR  
FACEBOOK PAGE:

<https://www.facebook.com/oxfordshirefedwi/>



# GETTING CRAFTY



Chairman - Tracy Strain  
01235 765285.  
tracy.strain@oxfordshirewi.co.uk



## Post a little happiness

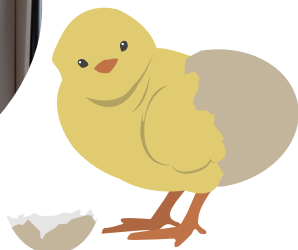
A Shelswell WI member has taken the opportunity to dust off her crafting supplies and decided to make Easter cards for her close family who are scattered across the country. The technique was "Iris Folding" a paper craft technique that involves folding strips of coloured paper in such a way to form a design. The centre of the design forms an iris—a shape reminiscent of the iris diaphragm of a camera lens.

It's a great project for using up odd bits of paper and doesn't need much special equipment. Lots of tips and templates are available on line. And for other card making ideas go to My WI and check out the craft pages.

<https://mywi.thewi.org.uk/interests/craft>

## Happy Easter

A member of the Home & Garden committee, Lyn Humberstone supplied this amazing contorted branch to trustee Trine Lucy who created this beautiful Easter decoration for her hallway.



Stay home and Stay Safe  
this Easter



WISHH Committee (World in Science, Heritage and History)

# HISTORIC KNITTERS



Chairman - Trine Lucy  
01235 535243  
trine.lucy@oxfordshirewi.co.uk



Some of our members attended the recent Historic Knitter day at Benson and had a very enjoyable day. Lucy Collinson Wheatley WI  
The day was run jointly by the Wishh and Home & Garden Committee and was a huge success.



Denman

# SHORTBREAD RECIPE

The secret's out! Here is the fabulous shortbread recipe from Denman for us all to try. We suggest substituting lbs for oz's as the quantity in this recipe is the amount made by Denman each day for the college

6lb (6oz) Plain Flour  
4lb (4oz) Unsalted Butter  
2lb (2oz) Caster Sugar



## Method

Cream the butter and sugar together until combined and the butter is soft.

Add the flour slowly and combine until the mixture turns into a soft dough.

Roll into clingfilm/shape and then chill in the fridge.

Cook at 170°C for 12 minutes or until the biscuits are golden brown and slightly firm to the touch.

Sprinkle liberally with caster sugar

Virginia Lawrence  
01865 331521  
sv.lawrence@btopenworld.com



Our next Day Visit is scheduled for Monday 21 September.

This will be a day visit with a floral art demonstration.

Please put the date in your diary and we will update you on the details as soon as possible.

# RAINBOWS FOR HOPE

Many people have been displaying rainbows in their windows as a sign of hope, why not print this rainbow and pop it in your window to spread a little hope. Or perhaps if you are feeling crafty you could make your own. Do send send your pictures to [media@oxfordshirewi.co.uk](mailto:media@oxfordshirewi.co.uk) we'd love to see them.



**Thank you for sticking with us during this difficult time.**

The opinions expressed in News & Views are not necessarily those of the Oxfordshire WI.

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Cover picture with thanks to Jackie Richards

*Stay safe and Stay home*

**theWI**  
INSPIRING WOMEN

