

# Window on Berkshire

Thank you all for your wonderfully positive feedback on our first Bulletin. Several WIs commented that it was very useful to be able to have a means of advertising their own events in a casual way and said they were pleased that things like speaker meetings could be offered to wider groups. You also liked the chattier style of this Bulletin. We are working hard to get it right and we know our Berkshire Federation members will always offer intelligent and constructive support.

There was no Bulletin in August because so many WIs don't have a formal meeting that month: and lots of trustees were on holiday, attending family weddings and babysitting grandchildren. The aim is, still, to send one of these out every month, though, and always in time for the first WI meeting in the BFWI for that month: and we'd love to have your input on what you're up to. If you have a directory of events for the rest of the WI year, please send it in to us and tell us what you're planning.

## Booking to attend events

A lot of members have told us that they find the BFWI event booking form unwieldy and dated: so we are going to try Trybooking, the online event management software, as event booking management. This means you can book events and pay for them seamlessly: just like booking cinema or theatre tickets online. We give a Trybooking web address for any event, or you can search for everything that's on offer from the Berkshire Federation simply by going to <https://www.trybooking.com/uk/search> then entering BFWI into the box marked 'Search event name or venue'. You can pay with a credit or debit card, or use PayPal, Apple Pay or Google Pay. The booking process also asks for any other details we need for that specific event such as dietary requirements; and you will receive an email confirmation of payment and booking. We've asked other Federations about their experiences with Trybooking and have had very good feedback, so hope you will welcome this. We will welcome all your comments and questions.

If you would still rather use the paper form for bookings, you are very welcome to do so. The paper event form can be found at <https://berkshire.thewi.org.uk/downloads>.

## Federation events

**Everyday First Aid courses.** We are offering two **free** short Everyday First Aid courses at WI House, run by the Red Cross, on Wednesday 24 September. This covers things like burns, recovery position and other frequent issues where immediate first aid is needed. Book online at <https://www.trybooking.com/uk/FFQE> or alternatively use the BFWI form, for either the morning or the afternoon course: 11am till 12.30, or 1pm to 2.30.

**Mix and Mingle!** Come and meet some of the board of Trustees at Henry Street Garden Centre any time from 10.30 to 12.30 on Friday 3 October. We'll be in the café area and will make ourselves obvious. No need to book, and come for as little as ten minutes or for all of the two hours – and then have a browse round the garden centre!

**Speaker Selection:** the Autumn meeting will be held at Woolhampton Village Hall on Friday 17 October from 10.30 till 1.00. Spaces are limited to three members per WI, at a cost of £6 per person. Bring your own mug, and bring change for the raffle. Please lift share if possible. <https://www.trybooking.com/uk/FFQG> to book or via the BFWI paper form.



We are holding a **Federation lunch with speaker:** come for lunch and hear Karen and Bret Wiles speak on “Fashion on a Ration: the story of fashion in the 1940s”. Karen and Bret are fascinating speakers with considerable knowledge of the fashions, social history and cooking of the period around the second World War: many of you may have already been to one of their talks. The lunch takes place on Monday 27 October at the Bird in Hand pub on the A4 in Knowl Hill, RG10 9UP: timing is 12 for 12.30, and it is a set 2 course lunch for £32.00 for BFWI members.

<https://www.trybooking.com/uk/FDVM> for tickets and details.

## All things financial

As previously advertised, our **IFE (Independent Financial Examiner) training** is on Saturday 27 September from 10.00 to 15.00 at WI House. Non-members are welcome to join the classes. Bring your own packed lunch.

There will be a **Treasurer's Workshop** for those who are either old hands at being a Treasurer but would like a skills top-up, or for those who are new to the role, or even for those considering what the role might involve and wanting to find out all about it. This is on Saturday 11 October from 11.00 to 15.30 at St Paul's Parish Rooms, Wokingham RG41 1EH. Refreshments will be available but bring your own packed lunch.

## Craft courses



The **Patchwork Club** that was mentioned in the last Bulletin has proved so popular that a second group has been set up in the east of the county, at Knowl Hill Parish Hall. Dates for the patchwork clubs are as follows:

WI House – all on Mondays, from 10 till 12.30, £5 a session. 1 September, 6 October, 3 November, 1 December. Book at

<https://www.trybooking.com/uk/FDZU>

Knowl Hill Village Hall, RG10 9XB – all on Fridays, from 10 till 12.30, £7.50 a session. 12 September, 10 October, 7 November, 5 December. Book at

<https://www.trybooking.com/uk/FDZV>

Make a **Sashiko wooden pin cushion**: this is a Japanese embroidery technique which uses running stitches and contrasting thread in geometric designs. This is on Monday 15 September at WI House from 10.00 to 12.30. Classes are £15 per person including materials. Book at

<https://www.trybooking.com/uk/FFTU>



## Support WIs at charity fundraisers

**Sonning Glebe WI** will be serving tea and cake on Saturday 13th September from 2.00 p.m. at the Sonning Village Show at Sonning C of E Primary School, Pound Lane, Sonning RG4 6XF. The Show has lots of classes: Preserves, Cookery, Craft, Art, Vegetables and Flowers, to name a few, and all entries will be on display for visitors to see. There will be an art exhibition and sale of paintings, sideshows, live music, skittles, Beer Tent, animal petting area, maypole dancing, Tennis Club & Rugby Demonstration, Tug of War Challenge and a Dance workshop display. Please do come along to enjoy a wonderful afternoon.

## Appeals for help

### **Do you have a sewing machine in your attic?**

We are looking for sewing machines in good working order to use for courses at WI house. If you have a spare sewing machine that you no longer require perhaps you would consider donating it to Berkshire Federation to use in the craft room? Please contact Marion for information or collection on [m.scott-baker@berkshirewi.co.uk](mailto:m.scott-baker@berkshirewi.co.uk) or call her on 07805 057674

**Before you throw it out** – do you have any denim or plaid/check shirts which we can use in the bereavement quilts being made within the Patchwork Group? Contact Marion for information or collection, details given above.

## Did you know?

Have you had a speaker pull out at the last minute? Or are you stuck for something for your meeting? The WI Learning Hub has some courses available to download which are licenced for broadcast to your meeting: these include an introduction to British Sign Language, talks on London, a craft session on paper flower making and an introduction to meditation. Log into the WI Learning Hub, navigate to Recorded Courses and scroll down to Downloadable Meeting Library. And if your WI uses one of these talks, or has used it, please let us know – we would love to hear all about it.

## Competition

We're delighted to confirm that Daphne Austen of Remenham WI was the winner of last Bulletin's competition to supply a photo to be used on the cover of the Yearbook. She wins a voucher to attend any course of her choosing at BFWI.

This month: it's apple month! Send us your best recipe for using windfalls. We'll test the recipes, despite the damage to our waistlines, and will circulate the pick of the recipes to you all.. and there will be a small prize for the best!

## Health and welfare

One of your new Trustees, Margot, is leading on Health and Welfare. Margot is a retired Professor of Elderly Care Medicine. She oversaw the opening of the Elderly Care Unit at the Royal Berkshire Hospital in 2005. She was a postgraduate Dean in Oxford and worked with the General Medical Council and the Royal College of Physicians.

Starting in September Margot is going to be giving 20-minute Zoom updates on Health issues. These will be free for anyone to join and will be recorded for members to access for the following six weeks. They are not intended to replace your own health care providers but to help inform about subjects that you may be interested in. They will include topics such as Falls, Osteoporosis, Incontinence, Hearing Impairment, Exercise, Dementia and Vaginal atrophy. In addition, Margot will be writing some health notes for members each month. These will include arthritis, screening for health-related conditions, hypertension, chair easy exercises, and some basic first aid. Margot is very keen to hear from you with suggestions of areas which you are particularly interested in. She can be reached on [m.gosney@berkshirewi.co.uk](mailto:m.gosney@berkshirewi.co.uk).

### Health Matters - report from Margot for September 2025

Every year **influenza vaccination** is offered to a large number of people. The group includes people above a certain age and those people who have impaired immunity either because of an underlying medical issue or because of drugs that affect the immune system.

Vaccination is usually offered throughout October and the first two weeks of November. The vaccine is made up of three parts which are decided upon by studying influenza across the world. This is the reason that there seems such a rush to get vaccination organised over these six weeks. The vaccine cannot be manufactured until lots of research has been done. As soon as the vaccine is made, it is important that people get vaccinated as there is flu coming to the UK. The later we leave it, the less we are protected. Although there may be some protection from the previous year's vaccination, this depends on which parts of the vaccine are the same two years after each other. It is very very rare for the same vaccine to be useful for two years running. Hence the importance of getting the vaccine every year.

There are very few side effects from the flu vaccine, they don't last long and can be solved with simple paracetamol. Influenza does kill people and the only way we can get protection is by vaccination.

## Calendar

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| <i>Please see details of all events elsewhere in this bulletin, with booking details</i> |  |
| <b>Monday 1 September</b> , 10.00 to 12.30, WI House                                     |  |
|  | <b>West of County Patchwork Group</b><br>£5 pp   |
| <b>Friday 6 September</b> , 10.00 to 12.30, Knowl Hill Village Hall, RG10 9XB            |  |
|  | <b>East of County Patchwork Group</b><br>£7.50 pp  |
| <b>Monday 15 September</b> , 10.00 to 12.30, WI House                                    |  |
|  | <b>Sashiko Wooden Pin Cushions</b><br>£15 pp including materials   |
| <b>Wednesday 24 September</b> , 11.00 to 12.30, WI House                                 |  |
|  | <b>Red Cross Basic First Aid Course</b><br>Free of charge  |
| <b>Wednesday 24 September</b> , 13.00 to 14.30, WI House                                 |  |
|  | <b>Red Cross Basic First Aid Course</b><br>Free of charge  |
| <b>Saturday 27 September</b> , 10.00 to 15.00, WI House                                  |  |
|  | <b>IFE (Independent Financial Examiner) Training</b><br>Free of charge.<br>Bring a packed lunch. Tea/coffee & cake provided. |
| <b>Friday 3 October</b> , 10.30 to 12.30, Henry Street Garden Centre, RG2 9JY            |  |
|  | <b>Mix and Mingle – meet the Trustees</b><br>No need to book, just turn up: come for friendly coffee and chat                |
| <b>Monday 6 October</b> , 10.00 to 12.30, WI House                                       |  |
|  | <b>West of County Patchwork Group</b><br>£5 pp   |
| <b>Friday 10 October</b> , 10.00 to 12.30, Knowl Hill Village Hall, RG10 9XB             |  |
|  | <b>East of County Patchwork Group</b><br>£7.50 pp  |
| <b>Saturday 11 October</b> , 11.00 to 15.30, St Paul's Parish Rooms, Wokingham RG41 1EH  |  |
|  | <b>Treasurer's Workshop</b><br>£10 per WI (cost paid by your WI)<br>Bring a packed lunch. Tea/coffee & cake provided         |
| <b>Friday 17 October</b> , 10.30 to 13.00, Woolhampton Village Hall                      |  |
|  | <b>Speaker Selection Meeting</b><br>£6pp, maximum of 3 attendees per WI  |
| <b>Monday 27 October</b> , 12.00 for 12.30, The Bird in Hand pub in Knowl Hill RG10 9UP  |  |
|  | <b>BFWI Lunch &amp; Speaker, 'Fashion on a Ration'</b><br>£32 pp including two course lunch                                  |