



**November
2024
Tachwedd**



Ein Swyddfa,
11 Cambrian Place
Aberystwyth SY23 1NT
Secretary - Eirwen James
Phone 01970 612 831
e-mail:ceredigion.wi@gmail.com
Open to members on Mondays
and Thursdays 10-1pm.

Gair gan y Cadeirydd / Chairman's Message,

Congratulations to Capel Seion WI on winning the keenly contested darts doubles competition held at the White Swan Llanon. They had entered 2 teams and were also runners-up. The Autumn Rally at Felinfach Hall was very well supported with an impressive array of entries including 9 co-operatives. Congratulations to all the prizewinners and good luck to those representing Ceredigion Federation at the Royal Welsh Winter Fair. Pob lwc a diolch i chi bob un am eich cefnogaeth. Hyfryd gweld cymaint o gystadlu. Llongyfarchiadau bawb!

Gay Evans

ANNUAL COUNCIL MEETING 2024. We are all looking forward to the Annual Council Meeting on Saturday 9th November in Aberporth Village Hall. 10am for 10.30.

The morning speaker will be Dilwyn Evans, retired vet, in charge of Jeremy Clarkson's animals. The theme of his talk will be 'From the Teifi to the Thames'. In the afternoon we will enjoy a display of hats with Lynnette Armstrong from 'Cariad Millinery'. Jeryl Stone, NFWI Chair and Jill Rundle, Chair of the Federations of Wales, will be attending and the Betty Seaton Evans Award will be presented, adjudicated by Rhian Connick, NFWI Wales. (A small number of tickets are available - contact Ein Swyddfa.)

Environment Open Day - Dŵr Cymru / Welsh Water - Tuesday 12th November at their wastewater site at Llanina near New Quay. A two hour guided tour of the works with 15 places available. Please contact Gay Evans g.evans74@btinternet.com .

Resolution Shortlist 2024-25

1. Let's talk about incontinence - It is estimated that 14 million people in the UK of all ages are suffering with bladder problems, and a further 6.5 million with bowel problems. However, it is still a subject that is misunderstood and very hard to talk about. We call upon the UK Secretary of State for Health and Social Care and Wales' Cabinet Secretary for Health and Social Care to examine in detail all areas of health and wellbeing that are affected by incontinence issues. We call for the government to commit to an up-to-date audit to provide a national picture of incontinence care, offering a baseline from which to drive improved services. We call upon the members of the WI to raise public awareness, remove the stigma around incontinence, to help reduce the significant impact on people's lives.

2. Bystanders can be lifesavers - There are over 30,000 out of hospital cardiac arrests a year in the UK, and less than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation (CPR) and defibrillating can more than double the chances of survival. We call on WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help to improve access to defibrillators in their communities to give every person the best chance of surviving a cardiac arrest.

3. Join the repair revolution - There is a huge excess in clothing production which has devastating consequences for the environment. The WI calls on the UK Government to join the repair revolution and strengthen the law and investment to support a circular economy of clothing and fabrics in the UK, where repair and reuse is achievable, accessible, and affordable to all. We also call on WI members to promote clothing reuse and repair in their communities.

4. Eliminate landfill of medication packaging - Medication packaging, due to its complexity, is not routinely recyclable through local authority collections, usually leading to disposal in landfills. We call on the WI to proactively raise awareness by encouraging additional collection points where empty packaging can be easily returned for recycling. Furthermore, we call on manufacturing companies to acknowledge their moral responsibility to reduce their environmental impact by exploring simpler packaging alternatives that are easier to recycle or have less impact on the environment. These steps can significantly improve recycling rates to move towards eliminating landfill.

Resolutions Discussion Meeting - 11th January 2025, Trinity Church Hall, Aberaeron. 10am – 1pm. This year's meeting was a success with WIs presenting the Resolutions. Although nothing has yet been decided, it is possible we might be looking for volunteers again.

THE WHITE RIBBON VIGIL – Saturday 30th November at the end of Great Darkgate Street in Aberystwyth between midday and 3.00pm, collecting for the NSPCC whose work includes providing support for children who have suffered as a result of their parent's abusive relationships. The Aberystwyth town Christmas lights will be switched on that day so the town will be buzzing. Please do come along and support us. The white ribbons that we give out on the day are all made by Llanwenog WI and the Public Affairs Committee would like to thank them for their support.

CFWI Spring Rally Craft / Art Classes 2025

A bookcover decorated with blackwork – any size up to A4

A tote bag made of crochet granny squares

A patchwork table runner

5 mixed flowers, any medium, displayed in a vase (only flowers will be judged)

Beadwork item of jewellery

First verse of 'Daffodils' poem by William Wordsworth. (I wandered lonely ...) Handwritten.

Maximum size A5. Not calligraphy.

POPIES – If you happen to pass the Aberystwyth War Memorial, look out for the poppy installation on the railings nearby. A beautiful display of WI members' handiwork in memory of the fallen. Why not take a photo of yourself standing next to them and tag us on facebook. <https://m.facebook.com/SyMCeredigionWI/>

WI LOTTERY - CFWI is registered for the WI lottery - www.thewilottery.co.uk as an option to choose to benefit from 40% of ticket sales. All WIs have been sent an NFWI message clarifying the procedure.

ANNUAL REPORT AND FINANCIAL STATEMENT - After your Annual General Meeting, please don't forget to complete and return the Annual Report Form (pink). Please include a copy of your signed Financial Statement along with details of your officers and current WI contacts for the coming year. Please keep a copy of your financial report.

NFWI Board of Trustee elections (2025 – 2027) Federations and WIs are invited to show their support for those candidates they wish to be shortlisted for the final voting stage of the election.

The list of candidates is made up of eligible members who have registered an interest in standing for election to the NFWI Board of Trustees, for the period 2025 to 2027.

Please be aware that support cannot be given by individual members, rather a federation and/ or WI must collectively share their support for candidates.

Candidates need you. Only those who receive the support of at least one federation and/ or WI will progress to the next stage of the election. Any candidate who does not receive the support of at least one federation and/or WI in this stage will be eliminated from the rest of the process.

*For list of names, go to My WI. Essential Information. Scroll down to Mailing. The first document is about support to nominees. Type in name of WI etc. Download the list of names onto your screen. Tick and save those you wish to support. **Friday 15 November deadline. Midday.***

DID YOU KNOW? You can view all the changes NFWI are proposing to the WI Constitution on MYWI Click Essential Information and then Mailing Documents. 5. WI Constitution

Congratulations to Ystwyth Belles WI on celebrating its 1st anniversary on 13th November. Meetings at The Morlan Centre, Queens Road, Aberystwyth, on the 2nd Monday at 6.30pm. New members welcome.

Aberystwyth Floral Society, Tuesday 19th November, 'The Magic of Christmas' at 7pm.

OPEN EVENING with Delyth Price, gold medal RHS Chelsea winner and NAFAS demonstrator. at Ysgol Penweddig School, Aberystwyth. An amazing evening of beautiful floral arrangements. An opportunity not to miss, so please book your tickets. £15.00 - to include seasonal refreshments. *Contact Donald Morgan on 07725616253 or Chris Gilbert chris@davidgilbert.co.uk,*

200 Club - October -1. Marian Bowen, Aberaeron WI £20; 2. Evana Lloyd, Dihewyd WI £15; 3 Trish Dymott, Aberaeron WI £10

EVENT	DATE	DETAILS
CFWI Annual Council Meeting	Saturday 9th November	Aberporth Village Hall 10am for 10.30
Environment Open Day, Llanina	Tuesday 12th November	Contact Gay Evans
'Not in my Name' White Ribbon Vigil	Saturday 30 November	Great Darkgate St. Aberystwyth 12 noon–3pm
Resolutions Meeting	Saturday 11 January 2025	Trinity Church Hall, Aberaeron 10am – 1pm