



**December
2024
Rhagfyr**



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

Gair gan y Cadeirydd / Chairman's Message,

The Annual Council meeting at Aberporth Hall was a fantastic day with over 100 members and guests attending including Jeryl Stone NFWI chair. Dilwyn Evans was such an entertaining speaker with his tales of growing up in Llanddewi Brefi and working for Jeremy Clarkson. The highlight of the afternoon was the hat parade led by our seven WI models who really looked the part. The hats were beautifully crafted by Lynnette Armstrong Cariad Millinery. Thanks go to all those who organised the day. The recent visit to the wastewater site near New Quay proved to be very informative regarding the process of cleaning up our waste. The flushing of wipes continues to be a huge problem.

Thank you for your kind wishes following my re-election as Federation Chair. It is an honour to represent the WI in Ceredigion and welcome to the new Board of Trustees. Diolch yn fawr. Cyfarchion y tymor i bawb. Nadolig Llawn a Blwyddyn Newydd Dda. Merry Christmas and a Happy New Year to you all.

Gay Evans

Members of the Board of Trustees for 2024-25 are as follows.

Chairman – Gay Evans, Tregaron WI
Vice Chairman – Elizabeth Walker, Llangwryfon WI
Vice Chairman – Judith Watson, Genau'r Glyn WI
Treasurer – Carol Evans, Llanilar WI
Assistant Treasurer - Dinah Gibbons, Bwlchllan WI
Nikki Hadlow, Cenarth WI
Lesley Jones, Felinfach WI
Frances Lewis, Tregaron WI
Margaret Peel, Llanilar WI
Monica Rose, Tregaron WI

Membership Chair – Judith Watson
Vice Chair – Ann Perkins, Penllwyn WI.
Creative Skills Chairman - Dinah Gibbons
Vice Chairman – Elizabeth Walker
Public Affairs Chairman - Monica Rose
Vice Chairman – Christine Rogers, Llanwenog WI

Resolutions Discussion Meeting - 11th January 2025, Trinity Church Hall, Aberaeron. 10am – 1pm. Free meeting. Teas and coffees provided. WIs will be approached to take part at this event.

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.

Wales 100th Conference 2025, Wednesday 16 April at the Selwyn Samuel Centre, Llanelli. £27 to include ticket and coach. Usual pick-up points – Llety Park Lodge, Aberaeron, Synod Inn, Windy Corner. Speaker to date – Mari Thomas, jeweller, Llandeilo. Please return booking form and cheque made payable to CFWI to Ein Swyddfa. **Closing date – Thursday, February 6th 2025.** BACS payment method available. Please note the pick-up point on your form.

NFWI Annual Meeting Online 4th June 2025 – Watch parties and Online Tickets. Invitations to WI Link delegates will be sent separately by CFWI. This is an online only event. Speaker to date – **Emma Bridgewater** - successful entrepreneur, founder of her well-known pottery company in 1984. The brand is known internationally and has expanded beyond pottery. Ceredigion Federation is keen to hold a Watch Party. Information to follow.

Support Sessions for Treasurers – Are you a new treasurer or an existing treasurer who would like some help or guidance? We will be running treasurer support sessions in January. Please return the enclosed form by Friday 13th December 2024 by mail to Carol Evans (see contact book) or by email to cevangcfwi@btinternet.com

An informative **Health and Wellbeing** meeting in Aberaeron Memorial Hall, **Thursday 20th February, 10am for 10.30am.** A whole day event. Cost £8 including a lunch of home-made soup. Please return the enclosed form to Monica Rose by Monday February 10th, paid to CFWI by cheque or BACS.

BOOK QUIZ - Friday April 4th at Llwynycelyn Hall - 7pm. The book will be 'CORONATION EVEREST' by the well-known author Jan Morris, a long-term resident of Wales.

CFWI Spring Rally Craft / Art Classes 2025

A book cover 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.

ONNEN GROUP CONVENER –Are you in a WI belonging to the Onnen Group? If you are interested in filling this vacancy, please contact Ein Swyddfa to seek further information.

ANNUAL REPORT AND FINANCIAL STATEMENT - After your Annual General Meeting, please don't forget to complete and return the Annual Report Form (pink). Any delay will slow the process of printing the new Contact Book. 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 and update your officers on MCS.

200 Club - October -1. Brenda Wright, Felinfach WI £20; 2. Maureen Davies, Llanddewi Brefi WI £15; 3 Diana Goodman, Aberaeron WI £10

Ein Swyddfa Christmas Closure. Closed Monday, Dec. 16th - Monday, Jan. 2nd. Re-opens Jan 6th.

Resolutions Meeting	Saturday 11th January	Trinity Church Hall, Aberaeron 10am – 1pm
Craft Day	Saturday 8th February	Llwynycelyn Hall. 10am.
International Women's Day Walk	Friday 7th March	Aberaeron
Programme Planning	Sat Jan 25 (N) Feb 15 (S)	Ein Swyddfa (North) and Felinfach (South)

Wales Conference Form. Health and Wellbeing Meeting form. Treasurer Support Form.