

Wincle & District WI Report

On 1st September four ladies from Wincle WI attended the Cloud group meeting at the New Life Church in Congleton. It was such a pleasure to be back together again after such a long time and a good number of members joined us- socially distanced of course!

Lesley Reynolds, the new President, opened the meeting and thanked everyone for coming along. She then introduced our speaker, Peter Slack, a farmer and raconteur who entertained us with hilarious anecdotes about farming in the Peak District and his observations of ramblers and their antics. It was just what everyone needed to lift their spirits and was followed by a welcome cuppa and a slice of cake.

Lesley went on to pay tribute to Sue Clarke, our former secretary, who sadly passed away in November. Her shoes will be difficult to fill! She also thanked Brenda Proudlove, Lesley's predecessor, who had done a sterling job as President over the past few years.

The evening concluded with a short address by the Chairman of the Cheshire Federation, Jean Harding, who thanked everyone for their support and determination during the pandemic and encouraged us to refer to our advisors for help whenever we required it.
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September 2021 Meeting

The meeting held on the 7th September was the first indoor meeting for a whole year.

We met at the Swythamley & Heaton Centre and it felt very special to be inside with our WI "buddies". We welcomed Paula Prince to her first meeting and we were also fortunate to have other friends join us as guests.

Suzanne completed the business of the meeting and we looked back over the last month at our activities - 13 members went on the Adlington Hall trip arranged by Bosley WI and the Boating Trip to Rudyard Lake arranged by Shirley, this was a fun evening, although much drier than the last visit due to the absence of Mr Goodwin!!

The speaker for the evening was Janet Parkinson who has spent the last 20 years working on behalf of MacMillan Cancer Support at Macclesfield Hospital. The role offers support and psychological care to everyone affected by cancer – patients, carers and staff. Janet who is a trained reflexologist and meditation teacher sees the benefit and impact relaxation and acceptance can have on relieving stress, anxiety and improving emotional wellbeing.

Janet explained the principle of Mindfulness and that it comes from a Buddhist philosophy, and although it is not classed as 'a therapy' mindful compassion is in itself therapeutic. Janet runs groups at the Cancer Resource Centre at Macclesfield hospital and these have become increasingly popular with staff especially following the pandemic.

Janet went through some simple techniques mainly focused on breathing exercises that can be used by anyone to help reduce feelings of stress and anxiety. We all took part and it was a lovely experience to give ourselves time to listen to what was going on around us – it was warm evening so we had doors and windows open and we heard birds and owls and had a few moments in our busy lives to focus on ourselves.

Janet finished the evening by talking about Mindful compassion and the importance in current times of being kind to ourselves. We ended the evening with our usual supper which felt very special and just like 'old times'.

The next WI event is on 21st September, an evening out at Tempranillo Bar to celebrate our birthday, followed by our meeting on 5th October and will again be held at the Swythamley and Heaton Centre where we will be having a talk by Delamere Dairies. The meeting starts at 7.30pm.

C Seddon

Finally! As we begin to resume our normal activities, and plan our programme for 2022, it has been encouraging to recently welcome 3 new members. If there are any local ladies who would like to come along to any of our meetings, enjoy a relaxing evening with a variety of speakers, and of course sample our delicious supper, please contact either Judith Bayley on 01260 253129 or myself on 01260 227209 (with no pressure to become a member!)

Suzanne Henshall