

Barbara's bit

Hello Everyone

Welcome to May! This month will be our annual meeting summarising the past year and sharing the accounts, which have now been audited. We need to elect the committee and would really like to invite some new members to join for 2026/27 so if you are interested, please speak to someone on the committee.

We are sad to see Mary step down after nine years but thank her for all she has done during her time - organising the monthly walks and coffee mornings, taking the register and organising the birthday cards in the past. She has offered to still organise the monthly competition and flower of the month, which we really appreciate.

It is lovely to offer our congratulations to two of our members celebrating special wedding anniversaries. Julie and Charles celebrated their 50th with a cruise in April and Monique and Simon will be celebrating theirs on the 21st this month.

We raised another £443 towards the centenary funds at the coffee morning fundraiser. Foxcombe Bakery generously donated two large cakes to add to our own cake table and members donated two tables of plants, a wide selection of puzzles, lots of tombola prizes and some quality bric-a-brac. Thanks to all who were involved and came out.

Well done to Kelly WI for their very entertaining Tamar Group Meeting at Bradstone Manor. We had 15 members plus one guest go along and feedback was that it was a great evening. Well done to our own Miss Marple, Josie, who identified the murderer. A big thank you to Jean and Karen for their excellent competition entries and were disappointed to find that the judging was so harsh but as always it is the taking part that counts.

Fun skittles is all booked for this Saturday 9th May so please let Kym know, if you haven't



already, if you'd like to go along. Partners and friends are welcome.

FCS workshop in the afternoon of 21st May will have the Lewtrenchard Handbell Ringers both playing and inviting members to have a go so it should be a fun. In the morning there will be a meeting to decide the future of FCS. If you have any comments you would like to pass on or any ideas for speakers or demonstrators for next year if it does continue please let Monique or I know.

We received a thank you from Standing with Giants to all members across the WI's who made poppies for their displays. The response from their poppy appeal resulted in a truly staggering total of 110,849 poppies. They have now travelled with the Giants to Normandy and are currently on display there. They will also feature as part of an installation later this year at Waddesdon Manor in Buckinghamshire.

As we wrap up 2025/26 and enter our 99th year as a WI I would like to say a big thank you to our hardworking committee and members who help out for all you have done this year and to the members for your enthusiasm and support that keeps Lewtrenchard WI a fun and friendly place to share.

Looking forward to seeing you all on the 11th.

Barbara

Meeting

Our next meeting is on **Monday May 11th, 7:30pm** in **Lewdown Victory Hall**. It is our Annual Meeting. Please bring an interesting item beginning with "Q" and a flower of the month. Please also bring along any good quality items for sale on the second-hand table, as a fundraising activity for our Centenary celebrations.

We will also be bringing along a laptop to the meeting so that if anyone wishes to join the lottery, we can facilitate that – either showing you how to do it, or assisting you in joining there and then. If there are any other on-line activities which people need assistance with, we can look at these also.

April LWI Meeting

Everyone was sad to hear about the passing of Audrey Hennessey, a long term member of Chillaton and Lewtrenchard WI & the Lewdown community, she will be missed and our thoughts are with her family.

Paul Rendell was our guest speaker, to talk about 'Secret Nature on Dartmoor'. Paul has a vast knowledge of walking on Dartmoor, talking about Dartmoor, spotting rare plants and animals, basically he lives and breathes Dartmoor. Paul showed us many photos of rare and common finds of plants, insects, birds and other animals. His photos were beautiful, his knowledge amazing, gained from many walks and years spent on Dartmoor with his parents and sister. Paul is not new to Lewtrenchard WI, some years ago he spoke to us about the making of War Horse, the film, a most interesting talk. Want to know more about Paul Rendell? Check-out www.paulrendelldartmoor.co.uk.

300 Club

It is time again to renew your 300 club membership @£10. If you are not in the club, this is your chance to join. Please let Lynn or I know if you wish to renew/take out membership, payable to the Lewtrenchard WI bank account.

Committee Members

Please think about joining the Committee, we have spaces available. We meet once a month, usually in the afternoon, but don't let that stop you – we are quite happy to meet in the evening.

Foodbank collection

Another fantastic collection of items for the Okehampton Community Kitchen and Foodbank, for which they are very grateful. As the cost of living continues to rise, there is an ever-growing need for their services. They have recently introduced an affordable food shop, open to anyone, which acts as a fundraising activity for the foodbank service whilst ensuring that those who are struggling (but do not qualify as having an emergency food need) are able to purchase basic food items at a reasonable price.

Any donations continue to be ringfenced for the foodbank, items for the affordable food shop are purchased separately, or are items donated by the supermarkets or the Cornish gleaners.

Tamar Group Meeting

Fifteen members and one guest had a very enjoyable evening at Kelly WI. As Barbara said, it was a very entertaining evening at Bradstone Manor, with a murder mystery theme. The room was beautifully decorated in the suffragette colours of white, purple and green.

The Moonstone Theatre Company provided the actors and material for the excellent murder mystery scenario, which was great fun and required some serious sleuthing. Each table had the opportunity to question the suspects several times, and it was interesting to see what other tables were thinking from their lines of questioning.

A lovely light supper of nibbles, tasty soup and delicious cakes was served between the rounds of questioning, giving us time to discuss our findings and consider our follow-up questions, and see if we were any closer to identifying the suspect – given that any of them could have done it.

We all came to our own conclusions; one table of us really could not agree who the murderer was, as they all had credible motives (even throwing in the twist of the murdered being a suspect, having switched lives with her sister), but well done to Josie, and any others I've missed, who correctly identified the murderer.

Well done to Kelly WI for putting on such an enjoyable event. Next year, the event will be hosted by Lamerton WI – and apparently, we are all the entertainment! More information is to follow.



Centenary Fundraising Event

What a successful event this was, well done to everyone involved and thanks again to Foxcombe bakery for their generous cake donation. Final figures from Lynn show an amazing £443.26 was raised for the Centenary fund. What a fabulous effort!



LWI out and about

Walks

The walks are re-starting and the next one is due to be on May 25th, but is pending due to Jean's unavailability. It will be confirmed either way at the May meeting and also on the WOW chat group. These will generally be the 4th Monday of the month from 10.30am.

Coffee Mornings

The coffee morning at the Blue Lion was a very enjoyable occasion. Twelve members attended and there was plenty of chat, coffee and cake. We were particularly pleased to welcome Kathryn Phillips and her husband Terry. Kathryn is our Australian member and was in England on holiday, specifically to attend a

family wedding. Members enjoyed chatting to them about their plans for the rest of their trip, which included a visit to the battlefields of the Somme. Our thanks go to Charlie and Nicky for their warm welcome.

Our next coffee morning at The Blue Lion will be on Thursday 21st May. Do try and join us, just drop in between 10.30am and 12 noon. You will be most welcome.

Please let me know at the next meeting if you plan to come.

Mary E

Social Skittles

Fun skittles will be played on the second Saturday of the month; unfortunately there were not enough people available to play in April. The next one will be on May 9th, if there are sufficient numbers (update: there do appear to be). Hire of the alley is £12 per session and we play from 11am to 2pm, we take our own lunch.

Keep Kym in the loop if you fancy playing and keep an eye on WhatsApp WOW in case Kym has to cancel the session if numbers are too low. Many thanks and see you next month.

Monique

Devon Federation Skittles

An update from Devon FWI regarding the Devon FWI Skittles competition:

The final of the Devon FWI skittles competition took place on 18th April between Halwill and Ilsham, at Longdown Village Hall.

It was a well fought match between the two teams and it was Ilsham who achieved the win – so congratulations to them. Well done to Halwill for being such good runners up.

I will be sorting out the next skittles competition in the next month so keep an eye out for the invitation to participate next time.

From Susie Hodges, Devon FWI

Food, Craft and Skills

The next FCS workshop will be on the afternoon of 21st May. It will have the Lewtrenchard Handbell Ringers, both playing and inviting members to have a go, so it should be a fun.

Lewtrenchard WI Centenary Celebrations



Our centenary year starts from 1st May 2027, with our actual centenary date being 1st November 2027.

Each month, we will have an update in this newsletter on how things are progressing, and will bring any big decisions to our WI meetings for members to vote on.

LWI Centenary Plans

- Celebration afternoon tea – several venues are being looked at for availability and price. Remembering how we managed to transform the Victory Hall so beautifully for the TGM Elizabethan evening, we have also discussed having a catered tea there.
- Speaker – we have confirmed the speaker for the 1st November 2027.
- Bunting - plans are progressing, including purchasing the fabric and planning kits for each triangle which members can either meet up to create and complete, or take away and make in their own time.
- Cake – similar to the 90th cake members are invited to meet up to create icing decorations.
- Flower festival – holding another festival at St Peters Lewtrenchard and inviting members, other WI's and the public to submit arrangements.
- Cookbook – we have had initial discussions with the printers about reproducing or printing a revamped version of the cookbook we produced for the NFWI centenary.
- Fundraising – our coffee morning in April raised £443. We've also sold Lewtrenchard WI lottery tickets to 5 people, which equates to approximately £100 additional income over 12 months. We are aiming to have a laptop at our May meeting, so that if people do wish to join we can facilitate this at the meeting.
- More fundraisers are planned for later in the year and next year. Any ideas you may have are welcome.
- Gift for the village – the suggestion for a lasting gift to commemorate the centenary is some equipment in the new playground that can be enjoyed by adults and children. We have asked for quotes from several companies and are talking to the Parish Council.
- Lasting legacy – we have had a suggestion to plant daffodils in the verges where there are gaps.

Fundraising for centenary celebrations

Following the excellent fundraising event on 25th April, we added a further £443 to the ringfenced funds, bringing the current balance to **£937.56** (thanks to Lynn for the updated figures). A budget is being prepared for the above items, so that we can see how much money we need to raise in total.

DATES FOR YOUR DIARY. . .

1. Social Skittles – Saturday 9th May 11am to 2pm, Treburley Social club.
2. Lewtrenchard WI Meeting – Monday 11th May 7.30pm at Lewdown Victory Hall.
3. Lewtrenchard WI Coffee Morning – Thursday 21st May from 10.30am, the Blue Lion Inn.
4. FCS meeting – 1.45pm.
5. LWI Walk – To be confirmed but it would be on Monday 25th May 10.30am at Ruth's. This will be confirmed at the LWI meeting on 11th May and also on the WOW chat group.
6. NFWI Virtual Annual meeting – Thursday 4th June 10.30am – 4.30pm.
7. Lewtrenchard WI annual trip – Monday 8th June, Bradstone Manor.
8. DFWI Virtual Annual Meeting – Wednesday 1st July from 10.30am.
9. DFWI Women's Health Awareness Day – Wednesday 15th July 10.00am to 3.00pm, Longdown Village Hall. See below for more information.
10. HATS The Railway Children – September date TBC.
11. Devon FWI Annual Members Day – late September/Early October TBC, Plymouth.
12. Devon FWI Lake District Holiday – Thursday 15th October to Monday 19th October.
13. Carol concert – Wednesday 2nd December, Exeter cathedral, time to be confirmed
14. Lewtrenchard WI Centenary Celebration – 1st November 2027.

**PLEASE REMEMBER TO CHECK THE CLIPBOARDS TO SIGN UP FOR OTHER EVENTS
HAPPENING THROUGHOUT THE YEAR**

BACS Details: Please pay Lynn for any outstanding tickets/trips

A/C Name: **Lewtrenchard Womens Institute** Sort code: **090152** Account number: **53734509**

Ref: NAME/EVENT e.g. YOURNAME VICAR

Newsletter items:

Please continue to send me any photos/articles/holiday photos plus suggestions of what you would like including in the newsletter each month – I really want it to include the things you find of interest in here! I am very grateful for everything sent to me. Please email to suejervis44@gmail.com by the end of the 3rd week of the month.

Please note, due to on holiday, any items for the next newsletter need to be received by the end of the day on 19th May please (except for the Coffee event at the Blue Lion), as I need to send the finished newsletter out on the 22nd at the latest.

Photographs at meetings/social event

We sometimes take photographs at our meetings and may share them with local newspapers, National and Devon Federation. Members who **do not wish** to be photographed must come forward and advise one of the officers otherwise we assume your consent. Thank you.

National and Devon Federation news

Below are some snippets from recent communications from the National and Devon Federations.

DEVON RESOLUTIONS

A BIG THANK YOU ONCE AGAIN FROM LIZ

Title of resolution	Number of selections
Accessible public toilet facilities to promote dignity, health, and social inclusion	1454
Action on women's homelessness	774
Nearer to Nature	192
Love Your Vulva – Self checking is your best defence against vulval cancer	239
Every child needs a friend	388
TOTAL NUMBER OF SELECTIONS	3047

liz.roberts@devonwi.org.uk | **<https://mywi.thewi.org.uk/public-affairs-and-campaigns/news-and-actions/resolution-selection-results-announcement>**

The NFWI Board of Trustees has agreed to put forward the top two resolutions to the Annual Meeting in June.

EVENTS

WOMAN'S HEALTH AWARENESS DAY

Members of the Sub-committee ERC have been busy organising a **Woman's Health Awareness Day**. To be held at Longdown Village Hall, on Wednesday 15th July 2026, from 10 am to 3pm. The cost is £8 for the day and £9 for visitors. There will be refreshments but you'll need to bring your own lunch.

There will be a variety of speakers on topics such as Breast Care Awareness, CPR and using a Defibrillator, Health and Nutrition and Dental care. Alongside the speakers you will be able to find out more on Smear Tests; Bowel Health; Menopause; Incontinence; Bone Care, and also Blood Pressure.

Come along for an informative and interesting day.

Please email **jackie.buften@devonwi.org.uk** for more information.

Mental Health Awareness Week

11 – 17 May 2026

[VIA Learning Hub](#) | [Home Page](#)

Help us to support mental health and wellbeing

For over five years, we have proudly delivered *Me, Myself and WI*; a week-long event held alongside the national Mental Health Awareness Week (hosted by the Mental Health Foundation) each May. At its heart, *Me, Myself and WI*, has always been about gently encouraging members to put themselves first, recognising that when we care for our own wellbeing, we are better able to care for others. It has been a chance to pause and reflect on the importance of 'me time', whether that's a full day to recharge or just a few precious minutes in a busy day.

As our understanding of mental health continues to grow, so too has *Me, Myself and WI*. Hosted by VIA, it has now evolved into a broader initiative; one that encourages members to reach beyond themselves, inviting friends, family, and their wider communities into open, honest conversations about mental wellbeing. In a world that can often feel overwhelming, with pressures coming from all directions, it has never been more important to come together, check in with one another, and offer even the smallest moments of kindness and support.

We're here to support you in supporting you and your members.

This year's Mental Health Awareness Week theme, set by the Mental Health Foundation, is **Action**. At VIA, we know that small, intentional actions can make a meaningful difference to how we feel. Taking time to rest, connect, create or learn can help build resilience and support a sense of balance. Learning in particular can play an important role in wellbeing; building confidence, creating purpose and helping us feel more connected. Through VIA, we offer opportunities to explore new skills and interests in ways that support both personal growth and mental health.

Alongside a range of courses planned for the week on VIA, we're reaching out to share our new **Mental Health Toolkit and Workbook**. Designed to be flexible for WI meetings, small groups or individuals, the resources provide opportunities to engage and create space for reflection, recognising achievements, identifying areas where support may be needed, and setting positive personal goals.

Wellbeing Pack

A collection of recipes, crafts, games and simple activities designed to help you switch off, try something new and connect with others. Enjoy them on your own or share them with friends.

Mental Health Workbook

A space to pause and put your thoughts down. Use the prompts to check in with yourself, build small routines and find what helps - in your own time and in your own way.

Please share with your WIs and fellow members and book onto one of our courses, or download the free resources by visiting our [website](#) or scanning the QR code below:



Standing with Giants

The response from WI members and individuals who answered our poppy appeal resulted in a truly staggering total of 110,849 poppies.

We would like to pass on our heartfelt thanks to the National Federation of Women's Institutes, and to every single member who gave their time, care and

creativity to this effort. The scale of what has been achieved is simply extraordinary. Each day, parcels arrived in volume. They were unpacked, added to an ever-growing mound of poppies, and continually moved and mixed as more kept coming in. Watching that pile grow was both humbling and incredibly moving.

Those poppies have now travelled with our Giants to Normandy, where they are currently on display. They will also feature as part of our installation later this year at Waddesdon Manor.

We did approach television and wider media in the hope of sharing this achievement more broadly, but with major global events taking precedence, it wasn't picked up ahead of our departure. In truth, though, the impact of this contribution speaks far beyond any headline. Given the sheer number of parcels received, it hasn't been possible to reply individually, so I would really like to share our thanks across WI groups and your wider network. Every single poppy has been received with genuine appreciation and respect.

Thanks to this incredible effort, we are now in a position not only to restore our crates for the coming years, but also to support an additional project already in development.

We are currently in Normandy, and the poppies look absolutely stunning in place. We'll be sharing photographs on our social media platforms so that everyone involved can see just how powerful their contribution has become.

From all of us at Standing with Giants, please accept our sincere thanks. This is something truly special, and we are proud to carry it forward.

Kindest Regards
Standing with Giants

