

WORCESTERSHIRE FEDERATION OF WIs



**ALL ABOUT US
LOOKING FORWARD**

theWI
INSPIRING WOMEN



The Board of Trustees want to keep in touch with all of our members at this very difficult time. We will be producing a regular newsletter which will be sent to all secretaries by email and which will be placed on our new website and our other social media platforms. We hope that secretaries will be able to forward it on to members as far as possible. Due to the current constraints and with Fiona working from home, this will temporarily replace the County Newsletter which we cannot mail out, while the Federation and WIs are closed.

We have been sending recent updates to your presidents or secretaries via post and email. For those of you who use social media we have used our Facebook and Twitter platforms as well as our new Website.

Best wishes Sue

We need your help...

So that we can try to stay in touch as much as possible we would love to hear what you have been doing since the tighter Government Directives. Please send us your stories so that we can share them across the Federation. WI members are so innovative: tell us what ways you have used.

How are you keeping in touch with each other? Are you using FaceTime, Skype, Zoom or WhatsApp?

Tell us how you are using your time at home. How are you keeping busy in mind and body? We would love for you to send us your photos and a brief description of the crafts that you are making and innovative dishes that you are baking, despite the difficulties with shopping or just a photo of something you liked in your garden like a bloom or a bird!

Send your articles, photos, puzzles, cartoons, hints or tips to Fiona—admin@wfedwi.org.uk by 21 April



Do you know of any members who may need particular help at this time and who would welcome a friendly phone call.

Let us know. Contact:

Fiona on admin@wfedwi.org.uk

Office 365

Are you using Office 365 to receive Federation emails and access Sharepoint? If not, now is the time to sign in. All information about the Federation is found there. If you need help or support contact Patience Broad on marketingchair@wfedwi.org.uk

Facebook Competition



What are you doing to fill your days? Maybe you are keeping a diary, or learning a new skill. Maybe you have found new ways to keep connected with family or friends. Whatever it is we would like you to share your experiences with us.

Add a comment or add a post to our Facebook page with the hashtag #wfedkeepingbusy. There will be a prize for the best response!

Staying safe from Scammers

Be aware that while everyone is working to keep the country safe there are those criminals who will take advantage of any opportunity. Scammers are sophisticated, opportunistic and will try to get personal details or money from victims in many ways.

- Be extra aware
- Offers that look too good to be true—usually are!
- Emails offering refunds on insurance, road tax etc
- Unfamiliar emails offering hand sanitizer or face masks
- Unsolicited phone calls
- Someone at your door claiming to be from the NHS.

For further information on how to stay safe go to <https://www.fca.org.uk/news/news-stories/avoid-coronavirus-scams>



Are you staying active?



If so how? Here are some suggestions from Trustee Rosie:

Online there is a huge range of videos - Yoga; Pilates; Zumba workouts; for older members there is the Go4Life website - www.go4life.nia.nih.gov/videos. American but helpful, personal and fun with general workouts, for balance or endurance and range from 10 — 60 minutes etc.

Mr Motivator is super-active, great fun and would brighten any day, even if you cannot keep up with him!!! We need to keep active and exercising but please take care and always do your warm up/cool down session!



CHAIRMAN'S COMMUNITY CHALLENGE

If you haven't already started ... Then this is just the right time to start your record of how you are helping your community. Are you shopping for a neighbour? Have you volunteered to help the NHS? Tell us about in any way you choose, be it in a scrap book, diary, PowerPoint, blog or vlog. Judging will be on content rather than presentation! Closing date for entries to be received at WI House: 24 September and must include a signed application form available on SharePoint.