

theWI

INSPIRING WOMEN



HINKLEY CANALSIDE WI

SEPTEMBER 2025

<https://hinckleycanalsidewi.co.uk>

President's Message



Hello Ladies

Hope you are all well?

September is here again. I hope you all had a good summer? Years ago, September was known as "Haervest-Monath" meaning Harvest Month when some of the best crops were prepared for the coming winter. I know I have been freezing soft fruit and some vegetables which I have helped to grow in our garden.

This month's speaker is Dr Josh Smalley who is talking about his experience on the Bake-Off programme in 2023.

Thank you to Mandy for sorting out the hire of a projector etc., to enable our power point to go ahead.

I am looking forward to seeing you all.

Ann

Just a reminder - the email address to contact myself is: canalsidewipresident@gmail.com

July Meeting Snapshot – Hypnotherapist Steve Bowkett “The Story Behind the Problem”



At this meeting we had an interesting talk from Steve Bowkett a Hypnotherapist. He was very good at explaining how the conscious mind and the unconscious mind works. He said imagine your conscious mind was the captain of a ship and your unconscious mind was the crew working down below behind the scene. The captain could not see exactly what the crew were doing, but neither would cope or function without the other. He managed to explain how hypnotherapy can help us understand our unconscious mind and things that may have affected us in the past. By understanding

this and being able to tap into our unconscious minds we are able to change certain behaviours such as addiction and phobias. He gave us many examples of how he helps his clients from stopping smoking to weight loss and some physical ailments such as hay fever. It was a good example of how alternative therapies can help people with various conditions. An interesting night which made me think of why we all behave in certain ways.

Cake Makers



The following members have kindly volunteered to provide cakes, fruit is an alternative, for our September meeting. It's been a long while so hope you have remembered 😊

You are **Margaret Edwards, Carolyn Burton, Jan Heeley, Teresa Leavitt, Sheila Phillips and Margaret Wilde**. Please let me know if you can no longer do that at 07714 097947.
THANKS XX

Mug left at last meeting



This very nice mug was left behind after our last meeting. If it's yours, you can get it back by asking Pat at the signing in table 😊

Heartwize Charity Evening – Thursday 7th August



During our summer break 30 Canalside members took part in a CPR/Defib Training programme run by the local charity, Heartwize.

The session included information on how and why the charity was formed. We also learnt the difference between a cardiac arrest and a heart attack, and that anyone, regardless of age or fitness, can be affected. Also, that signs of a heart attack in women can be very different to men and can often be overlooked.

For the practical session members were divided into groups, where the volunteer trainers went through the correct way to approach the person and to deliver CPR (cardio/pulmonary resuscitation) if required, members then had the opportunity to practice this on dummies.

The trainers also demonstrated how defibrillators work and how to use them, and how to put someone into the recovery position. It was also explained what information to include when telephoning the emergency services.

Lots of positive comments were expressed, one member said "I feel much more confident now."

The training helps make our community safer for everyone. A big thank-you goes out to HEARTWIZE and their volunteers for their dedication.

Sue x

Fundraising Events

Book Sales Table

There will be a book stall this month. As usual, it's 50p per book. Please come and look.
Thanks Cath.



Raffle



We will be holding a raffle at our September meeting. Tickets will be £1 each.

If you have any suitable raffle items, these are always gratefully accepted - please bring them along to our next meeting. Thanks Gill x

Jigsaw Table

There will NOT be a jigsaw swap table at the September meeting. Colleen x



Clubs and Teams

Third Tuesday Craft Club



At our 15th July meeting, we had a lovely session using stencils and acrylic paint.

At our last meeting we revisited stencilling as arranged previously. Some stencils proved a little trickier than others but on the whole it was an enjoyable session, and we were pleased with our results.



At our next meeting we will make wire wrapped trees using beads and /or crystals.

Julie Cooper



Bits and Bobs Craft Group



The Bits and Bobs crafters met on 29th July to make embroidered key rings. We had a lovely time chatting and sewing. One member made her lavender sachet as she was away when we made them.

On 25th August we made "God's Eyes". This was easy and fun - we produced an excellent assortment!

In September we are hoping to decorate candle holders.

Regards, Colleen



Book Club



Our last meeting was on the **11th August** to discuss "**Only Heroes and Horses**" by **Natalie O'Rourke**. It tells us of a young girl who loved horses and had a desire to help disadvantaged and disabled children by being with those horses. It was an easy read and heart-warming.

Our next meeting is **on Monday 8th September**. We will be discussing "**The Women**" by **Kristin Hannah**. It is a number one bestseller about women who went to Vietnam as nurses during the war and their experience of the chaos and destruction of war. It also deals with female friendship and the heartbreak that love can cause.

We meet at the Greyhound at 11.45am on the second Monday of the month and welcome new people to come along and see if it suits them. Pat xx

Canalside Amateur Dramatic Society (CADS)



Our planned meeting for September (Wednesday 24th) has had to be rearranged as I have been informed that it clashes with the skittles match.

Several members are involved in both groups, therefore the CADS (Canalside Amateur Dramatic Society) meeting will now be held on Monday 29th September at 19:00hrs, venue to be confirmed. I hope to have an update on the venue by our September members meeting.

Anyone interested in coming along to our first meeting of the season is very welcome, we will be discussing ideas for our next "performance". No previous experience is necessary and we have lots of fun. Sue x

Skittles

Great news ! Skittles is back ! We will be playing our first match on Wednesday 24th September against Hollycroft at the Heathcote Arms, Croft.

If anyone would like to join us, please let me know at our next meeting.

Its always a good night. Gill x



BGC Open Show

Please see below, pictures taken of the items entered into the class that Canalside sponsored 'An Item of Needlework including hand stitching. The cushion won first prize.

Thank you for sponsoring the show.



Canine Partners Curry Night



Canine Partners Charity Curry night is being held on Monday 27th Oct at 7.00pm at the Cuisine of India in Wigston LE18 3QW cost £20 per head which includes a buffet and some entertainment.

The proceeds from the evening will go to Canine Partners.

If you would like to go the tickets are £20 and I will be collecting money at the next members meeting. Ann x

Reminder - £5 subsidy for members on trips or a theatre visit



Committee members have agreed to offer all **members** a **£5 subsidy**.

This can be used **on one occasion** to offset the cost of **either a trip or theatre visit** in the period January 2025 to December 2025.

Mandy and Gill

Events and Trips

If you have put your name down for a trip and then find that you can't go, you must inform the committee member responsible.

Please email Mandy and Margaret at canalsidewitrips@gmail.com or phone 01455 251809.

Or the person named in the Events and Trips section below.

Our priority is to find a replacement(s), so you need to give us **a minimum of 48 hours' notice**. If we cannot find an individual/people who want to go then, unfortunately, we are not able to refund you. We do try to have a reserve list for the trips we run.

Visit to Kelmarsh Hall and Gardens, Tuesday 1st July



Members enjoyed visiting this quintessentially English country house and gardens on a lovely summer's day.

Margaret Stockton kindly sent some photos to celebrate the occasion!



Grease – Kilworth House Theatre – Sunday 3 August 2025.



What an amazing time ladies of Hinckley Canalside had at Kilworth House Theatre.

As always, we were treated to an excellent performance.

Grease was brilliant !

Gill x



Arts Festival, Melbourne, Derbyshire

Melbourne Festival is a Festival of the Creative and Performing Arts in Derbyshire

Saturday 20th September

Entry fee £5 pp (paid at the event)

Minibus fare £12

TOTAL COST £17

Final payments at the September meeting. Thank you, Mandy.

This is a unique event which I have attended and can recommend to you all. A wide variety of original artwork and crafts for sale, including paintings, photography, pottery, sculpture, and jewellery. Mandy.

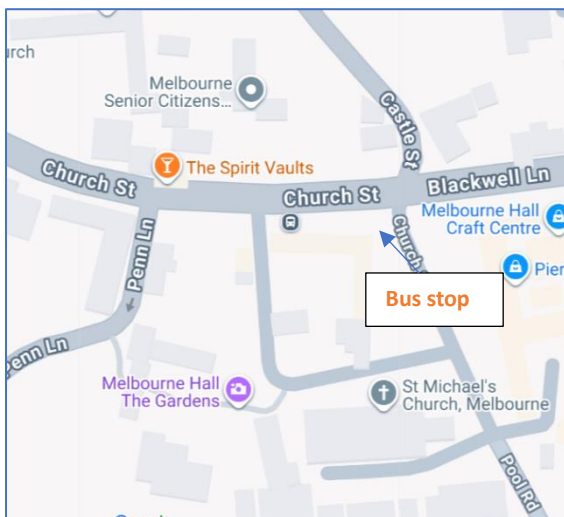
Information below taken from the website:

<https://www.melbournefestival.co.uk/trail>

Final Arrangements for the Melbourne Festival on Saturday 20th September

Leave Mary Forryan at 9.00am

Arrive back at Mary Forryan at approx. 4.00pm



When you arrive at Melbourne, you will need to pay an **entry fee of £5. In exchange, you will be given a Wrist Band.** The Wrist Band is a pass permitting access to all venues - no Wrist Band = NO ENTRY.

- The driver will drop you off at Church Hall Bus Stop on Church Street, not far from St Michael's Church.
- He will collect you at Church Hall Bus Stop, on Church Street, not far from St Michael's Church, **at 3.00pm** for the journey home.

I hope you enjoy yourselves; it is a unique event. Mandy.

Macmillan Coffee Morning - Friday 26th September 2025

Unfortunately, we have not been able to get permission to hold a bake sale this year at our local Sainsbury's. In the time frame available, it was not possible to find an alternative venue.

It's a shame because I know many of you enjoy supporting this cause. Mandy.

Beetle Drive – Wednesday 29th October at 7:30pm, The Greyhound



Held every year in remembrance of former member Margaret Copson, proceeds donated to LOROS. Please feel free to bring friends and family, all are welcome.

Cost is £7.30 and includes a supper, please be sure to bring the correct money or a cheque.

Taste Experience at Leicester College – Thursday 20th November 2025 at 12 noon.



The cost of the lunch is **£24 per person.**

By **WEDNESDAY 1st OCTOBER** we need to have:

- ❖ A non-refundable deposit of £10.00 per person
- ❖ Your menu choices

Full payment at the latest by November 5th.

We will be taking payments and menu choices at the September meeting. Thank you Mary & Carol

CHRISTMAS LUNCHEON MENU

FIRST COURSE
Celeriac and apple soup with crispy sage (GF) (VG) (VE)
Smoked salmon with balsamic roasted beetroot
Curly endive and radicchio salad, horseradish and crème fresh dressing (**GF)
Chicken and mushroom press, tarragon mayonnaise, chargrilled ciabatta, dressed baby watercress (**GF)
MAIN COURSE
Sage and onion stuffed turkey breast, roast potatoes, pigs in blankets, finished with a turkey jus (**GF)
Braised feather blade of beef, roasted potatoes, caramelised shallot purée, red wine gravy (**GF)
Pan seared sea bass with sapphire, sun blushed tomato cream sauce, lemon and thyme fondant potato
Butternut squash and spinach wellington, roasted potatoes, sun blushed tomato sauce (**GF) (VE)**VG)
All served with potatoes and winter vegetables
DESSERT
Homemade Christmas pudding, brandy sauce (**GF) (**VG)
Winter berry pavlova (GF)
Chocolate tart, caramelised clementines, Chantilly cream (**GF)
Spiced poached pear, gingerbread crumb, blackcurrant sorbet (**VE) (**GF)
Coffee/tea and Chocolate truffles
VE- Vegetarian, GF-Gluten Free, VG- Vegan (*GF) adapted for Gluten Free, (*VG) adapted for vegan Please advise at time of booking.

Summary Of Events and Trips

For WI trip bookings and enquiries, please email Mandy and Margaret at canalsidewitrips@gmail.com or phone 01455 251809. Or the person named in the Events and Trips section above.

Trip Details		WI Members		Non-WI Members		Payment Details		
Name	Date	Cost	Open for booking	Cost	Open for booking	Deposit Amount	Balance	Full Amount Due
Arts Festival, Melbourne, Derbyshire	Saturday 20 th September	£17pp	June meeting	£17pp	July meeting	£10	£7	September meeting
Beetle Drive	Wednesday 29 th October	£7.30	September meeting	£7.30	September meeting	Full payment required	-	October meeting
Christmas Lunch at Taste Restaurant	Thursday 20 th November	£24	September meeting (Menu choice required)	£24	September meeting (Menu choice required)	£10	£14	November meeting

Trip Notice If your emergency contact phone number has changed, please notify Pat McShane so that we can update our records. The organiser needs contact numbers in the event of an accident, illness, admission to hospital or a serious event. This is a safeguarding measure for the benefit of all members.

County Events

If you are interested in any of the events there are a number of ways to book. Read the flyers that have been emailed to you, the methods of booking are at the bottom of each flyer.

Thanks Judith Smith (Sec)

- a) **Federation Art Trophy.** Painting competition in any medium. Title "Inspired by Sports". Entry cost £5. Paintings must be at WI House by 5th Feb 2026
- b) **Hardanger Embroidery workshop.** 27th Sept 2025. WI House 10 am - 3pm. Cost £25
- c) **Warwick Castle, Christmas Light Trail.** 26th November 2025. Cost £55, open to all. Pick up at Three Potts, Burbage at 1pm, return from Warwick at 7pm.
- d) **Autumn Lunch, Green Room, Hinckley.** 26th October, 11.30am. £32 for two course lunch. Guest speaker Jack Lawton.
- e) **Christmas Event.** 3rd December, 2.00 - 4 .00pm St Mary's Church, Barkby. £10 to include refreshments.
- f) **Faith Visit.** Visit to Leicester Hebrew Congregation Synagogue. Highfield St, Leicester. Open to all. Cost £10. 29th October, 10.30 - 12.00
- g) **If you are interested in any of the events there are a number of ways to book. Read the flyers that have been emailed to you, the methods of booking are at the bottom of each flyer.**
- h) **Thanks Judith Smith (Sec)**