

theWI

INSPIRING WOMEN



HINCKLEY CANALSIDE WI

APRIL 2026

<https://hinckleycanalsidewi.co.uk>

President's Message



Dear Members,

I hope you have been enjoying the beautiful spring weather! A long time coming...

Several members have already renewed their **2026 -27subscription**, which is due on April 1st – the day of our next meeting, of course. There is a **new Membership Registration Form** to complete and sign – Mary emailed this to you on 26th February, and I have attached it with the April newsletter email. If you can print it out that would be helpful, but Pat has kindly got some copies which will be available at the April meeting. **If you don't know your date of joining the WI, then you can leave this blank.**

News on trips: understandably, the **community minibus charges** have gone up from April 1st, which inevitably has a knock-on impact on what we have to charge you for trips. Hinckley and Bosworth Community Transport, is itself a charity so works on a non-profit basis.

The committee have received requests for Canalside WI to move to an **online banking system**. Committee members are stretched at present: there are currently 7 of us and a membership of nearly 100; so, any transition to an online banking system would be tailored to what our treasurer and committee members involved in money transactions can manage. **It would not be wide ranging.** WI accounts have dual authorisation, which prescribes what type of online account we can apply for. Our treasurer, Karen, is finding that applying for Bankline (NatWest) is no easy process. I will keep you posted on this one.

So, we discuss the ideas you raise through the Suggestion Box and Pat has written a response to the latest ones in this newsletter.

Finally, 5 Canalside members participated in the **Mental Health First Aid Champion course** on the 17th March. The senior trainer, Paol Stuart Thomson (working for MIND) was excellent – knowledgeable and personable. There will be more detailed feedback from participants about this event in May.



Our speaker at the April Meeting: **Admiral Sir James Francis Perowne**

Sir James has a formidable career history - [Deputy Supreme Allied Commander Atlantic](#) from 1998 to 2002 and, in retirement, Constable and Governor of Windsor Castle from 2014.

He has been awarded Knight Commander of the [Royal Victorian Order](#) and Knight Commander of the British Empire.

We are fortunate in his agreeing to visit us and I am sure his talk will be fascinating!

Easter Gifts for the Women's Refuge



Dear Members,

Traditionally, we have collected chocolate, gifts and toiletries to donate to the Women's Refuge at Easter.

So, if you want to donate, then please bring any gifts to the April Meeting. I have arranged with Becca Stone (Domestic Abuse Outreach Worker) to deliver your gifts to the Hinckley Hub on the morning of Thursday 2nd April.

I wanted to share a message from Becca with you:

I just wanted to send an email to say a huge thank you for the wonderful donations we had for DA survivors and their children just before Christmas.

The items were all shared with the local refuge which is run by Women's Aid and the remaining ones were given to survivors and their children who

access DA support through our service.

They were all greatly received by families we support, and we can't thank you enough for your generosity.

Bits and Bobs Craft Group



Dear Members,

Sadly, Colleen will no longer be leading this craft group. I want to thank Colleen for all her work, enthusiasm and leadership over the years.

Colleen has asked if anyone is prepared **to take on organising the group in April 2026 onwards**, but so far there have been no volunteers – it could be a shared task!

The last Tuesday of the month early evening slot, 6.30pm – 8.00pm, at the New Plough is available. There are now spaces in this craft group. So, the April meeting is on **Tuesday 28th April**.

If you want to continue with the Bits and Bobs Craft Group or would like to join, that is great! Please can you see me at the April 1st WI meeting or email or phone:

canalsidewipresident@gmail.com or phone 07724 124094. Mandy.

Preview of Canalside WI Programme 2026 -27

All members will be issued with a programme card on renewal of their subscription in April.

<p style="text-align: center;">2026</p> <p>April 1st SIR JAMES FRANCIS PEROWNE</p> <p>Former Admiral of the Royal Navy and Constable & Governor of Windsor Castle, Sir James Perowne will share some of his experiences over a versatile and remarkable career</p> <p>May 6th Resolutions & JOHN LANGHAM</p> <p>How has listening to music changed? John Langham takes us on the journey from Phonograph to Streaming.</p> <p>June 3rd ALISON SUFFOLK</p> <p>Enjoy watching and listening to NAFAS Demonstrator, Alison Suffolk, creating beautiful flower arrangements – with the chance to win one!</p> <p>June NFWI Online Annual Meeting</p> <p>July 1st GINNY DAVIS</p> <p>'The Mysterious Death of Amy Robsart': Robert Dudley, Duke of Northumberland, enjoyed a notorious relationship with Elizabeth I. His wife, Amy Robsart, was found dead at the foot of a short flight of stairs. A death by arrangement or otherwise? Ginny Davis investigates...</p>	<p>August 5th LUCY LEWIS</p> <p>OPEN MEETING</p> <p>'Lighting the Fuse': the extraordinary experiences of Lucy Lewis - the UK's first female bomb disposal expert & first female Marshal at Cambridge University.</p> <p>September 2nd MITCH BRIDGEWATER</p> <p>A fun and engaging look into the life of contestants on the 'Great British Sewing Bee', including tales from Mitch's time on the show and a chance to see some of his projects.</p> <p>October 7th GEOFF HARRIS</p> <p>'The London No-one Tells You About': Geoff Harris gives an insight into the quirkier side and history of our wonderful capital.</p> <p>November 4th Annual Meeting and MARGARET LAWRENCE</p> <p>Our very own Margaret Lawrence reveals the history and health benefits of the ancient art of Tai Chi - with the chance for some Tai Chi Qi Gong participation.</p>	<p>December 2nd Christmas Party Night</p> <p>CARL & KENNY SINCLAIR</p> <p>By popular request, the duo is back! Professional pianist and vocalist Carl Sinclair will entertain with Kenny Sinclair on guitar.</p> <p style="text-align: center;">2027</p> <p>January 6th JO GOLBY</p> <p>'Top to Toe, the Price of Vanity' : beauty regimes with a user beware warning!</p> <p>February 3rd NICK MARTIN</p> <p>'A Celebration of British Birds': A look at the rare birds, the common species and the new kids on the block – and how many species have adapted to live alongside us.</p> <p>March 3rd GRAINNE PURKISS</p> <p>'Love and Romance in Art': Grainne Purkiss will offer us a light-hearted and fascinating examination of beautiful paintings from a range of periods.</p>
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TRIPS AND EVENTS 2026 -2027

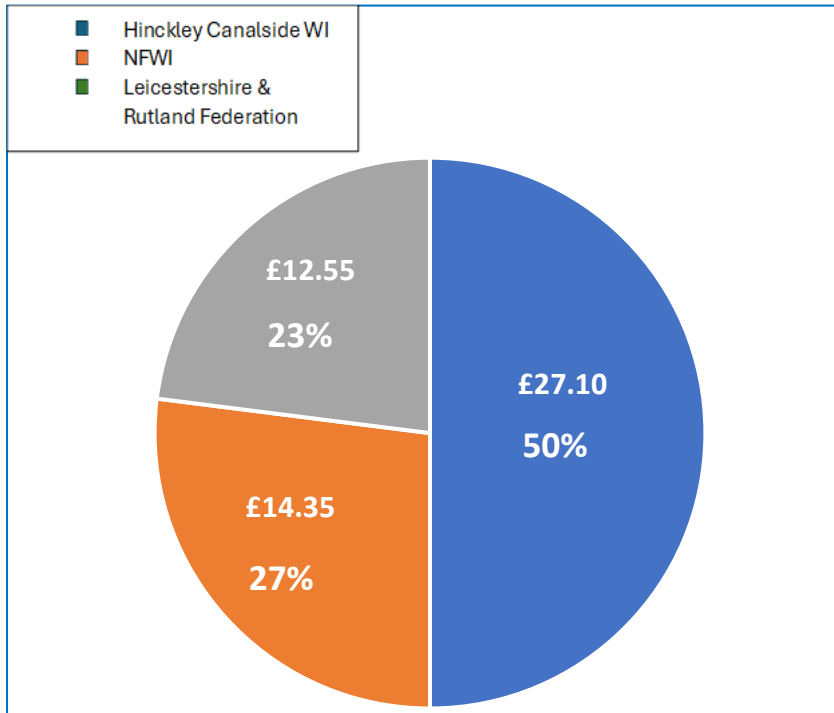
Friday 17th April	Birmingham Botanical Gardens	Wednesday 28th October.	Bicester Shopping Village, Oxfordshire.
Friday 24th April	Houses of Parliament, free guided tour.		
Wednesday 13th May	Guys and Dolls at the Concordia.	Thursday 19th November	ANNUAL MEETING Cocoa Amore Chocolate Workshop, Leicester.
Thursday 14th May	Prebendal Manor, Nassington, and the Mulberry Garden Centre/Café , Elton.		
Sunday 14th June	Rockingham Castle, Market Harborough.	Friday 11th December	Christmas at Charlecote Park, Warwickshire.
Saturday 4th July	Day trip to Cambridge	JANUARY Date tbc	Pantomime at The Concordia.
Sunday 19th July	Kilworth House Theatre - Anything Goes Matinee		
AUGUST		FEBRUARY Date tbc	Lunch at The Glebegate Restaurant, Nuneaton.
Thursday 24th September	Colours Fashion Show Evening at the Mary Forryan Centre.	MARCH Date tbc	Spring Bulb Festival and Shopping Village, Trentham Gardens, Staffordshire.

Subscription 2026 -27

For the year 1 April 2026 to 31 March 2027, the NFWI have set the maximum membership fee at **£54**; local WIs have no say in this decision. The distribution is as follows:

Total subscription	WI share	Federation share	NFWI share
£54.00	£27.10	£12.55	£14.35

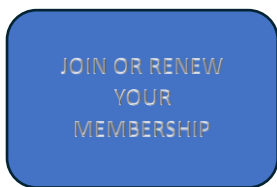
There will be a reduction for 2026- 2027 for Canalside WI members on the WI share – see below.



- A welcoming place to make friends and participate in activities.
- 8 issues of WI Life magazine.
- Monthly NFWI newsletter on email.
- 11 meetings.
- The opportunity to involve yourself in exciting local and national campaigns.
- Bespoke member only events held virtually and at venues around the country.
- Member’s book of discount offers.
- Training opportunities such as becoming a WI Adviser or Climate Ambassador.
- The option to be a WI committee member, a federation trustee and/or an NFWI trustee.

- Access to My WI.
- Access to the VIA online learning platform, with many free courses.
- The opportunity to meet like-minded women from different backgrounds.
- A place for self-expression – each WI is unique and shaped by its members.
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CANALSIDE WI Membership Subscriptions 2026 - 2027



The subscription year runs from 1st April 2026 to 31st March 2027.

Full Membership: Committee members will exercise flexibility and reduce the WI portion by £2 per member; so, you will pay £25.10 to Canalside.

This means the **total you will pay is £52** - with the national and federation shares.

Dual Membership: The cost of dual membership - payable to the second WI - is a maximum of **£25.10** for the year 1st April 2026 to 31st March 2027. **Dual members at Canalside WI will pay £25.10, a £2 reduction.**

How to pay: Subscriptions for this year are due on the 1st April and must be paid by the end of April.

We collect subscription monies at the APRIL meeting.(MARCH if you are unable to attend the April meeting.)

**Canalside WI Member's Fee for 2026/27 is £52.
Dual Member's fee £25.10**

CORRECT CASH	No change will be given. Please place your cash in a sealed envelope with your name and the full amount clearly printed on the front of the envelope.
CHEQUES	Make payable to 'Hinckley Canalside WI' . Please print your name clearly on the back of the cheque, as some signatures are unreadable.
BACs	Payee: Hinckley Canalside WI Reference: Subs and Member's full name Sort Code: 60 11 06 Account No: 16510771

WHO WILL BE TAKING PAYMENTS?

Pat McShane will be taking payments by cash or cheque at the APRIL meeting.

PLEASE MAKE SURE YOU SIGN TO CONFIRM YOU HAVE PAID.

RECEIPTS

When you pay by cash or cheque, Pat will ask you to sign our record - this is in lieu of a paper receipt.

When you pay by BACs, the transaction will appear on Canalside WI's bank statement and on your bank statement – this record is lieu of a receipt.

The committee are grateful for your support which is important and enables us to continue to thrive and offer members a varied programme of speakers, events, and trips throughout the year(s).

Added Value

The Canalside Committee have been busy, focusing on adding extra value to your membership subscription for 2026 -27. So, here are the following offers:

- We will exercise flexibility and **reduce the WI portion by £2 per member**; so, you will pay £25.10 to Canalside (total £52 with the national and federation shares).
- Every member has a **£5 subsidy** to use against the cost of trips organised by Canalside in 2026.
- There will be an **extra meeting in August** with a special speaker – with **no admission charge to members and their family/ friends**.

Wednesday 5th August, Open Meeting: 'Lighting the Fuse': the extraordinary experiences of Lucy Lewis - the UK's first female bomb disposal expert & first female Marshal at Cambridge University.



The Amazon introduction to Lucy's memoir reads: 'From joining Sandhurst to rushing to her first bomb disposal call-out, Lucy's story is full of high stakes and tense situations that for most of us, are beyond comprehension.'

In 2018 Lucy became the first female Marshal at the University of Cambridge where she leads one of the world's oldest Constabularies, assisting with ceremonies and protecting freedom of speech.



I hope you feel this offer helps give your subscription good, added value.

Refreshment monies

It's possible that there is now confusion about payment for refreshments at our monthly meetings. So, I would like to clarify. The Committee asks for **£1 from each member** at each meeting.

At our last meeting in **January**, there were **59 members present** and Karen, our treasurer, **banked £18**.


It is necessary for members to pay refreshment monies because supplies need to be purchased and the monies collected also help pay for the annual Christmas buffet. **As a WI we are governed by charitable trust rules and if a WI provides any food to their members, those members must pay a contribution towards it.**

Committee members feel that £1 for tea/coffee and cake is a reasonable contribution. Obviously, those members who kindly volunteer to bake, will not be expected to pay for refreshments at that meeting.

In future meetings, in exchange for your £1, you will receive a ticket which you will give in at the serving hatch.

We ask this gesture of goodwill in the context of the Canalside WI reduced share of £25.10 for 2026 -27 - over the 11 meetings that WIs must hold it works out at £2.28 per meeting per member.

Thank you for your understanding, Mandy.



**Join the
Canalside WI
Committee**

Time for something different?

Perhaps you could give some time to help as a committee member – or as a supporter. Please speak to any of the committee members.

You can do as little or as much as you like! **If you would like to come along to a committee meeting as an observer just to see if it's for you - that's fine.**

We meet once a month on the third Wednesday evening at The Greyhound in Hinckley.

Please give it some thought. Fresh ideas welcome. Mandy.

If you need to contact me, please email at: canalsidewipresident@gmail.com or phone 07724 124094. Ma

Cake Makers



Thank You to the following who have volunteered to make cakes at our April meeting: **Sue Barden-Marshall, Julie Edwards, Jan Heeley, Jenny Hetherington, Sheila Phillips and Margaret Wie.**

If for any reason you cannot do this, please let me know.

Pat McShane 07714 097947/pat.mcs@hotmail.com

Suggestions Box



Thanks - We had 6 suggestions in the box at our March meeting 😊 We read them at the Committee meeting. One said that that Kwik-Fit would be a good speaker on car maintenance which we thought was good but would have to wait until next year. Someone would prefer the seats to face forward. We have it the way we do as we think it's more sociable. Having refreshments first was suggested with the speaker and/or the business being last. We are already looking into online banking which would prevent us having to give refunds by cheque which can be difficult with so many banks closing down..... this was suggested by someone.

We have to choose a Charity for the next year. If you have a suggestion, please put it in the box as we will be discussing it at our next Committee meeting.

March Meeting Snapshot



At our March meeting the speaker was **Tracey Akehurst, The Drunken Botanist**, who shared her knowledge on the history of so many of the drinks familiar to us today. We learned that in the patriarchal society of ancient Rome, sobriety was linked with female virtue. Women found to have drunk alcohol were punished, even put to death. One way of policing was for male relatives to kiss women to detect traces of wine on their breath.

Dating back to the 16th century, on Twelfth Night men would go with their wassail bowl into the orchard. Cider was poured over the tree roots, sometimes over toast laid at the roots. Then they would make lots of noise, singing, banging pots and pans together, and firing off guns, to scare away any malignant spirits. The ceremony is said to "bless" the trees to produce a good crop in the forthcoming season.

In early 19th century India, medicinal quinine was recommended to British officials and soldiers to prevent malaria; it was mixed with soda and sugar to mask its bitter taste, creating tonic water. An interesting and wide-ranging talk. Mandy.

Fundraising Events

Book Sales Table

There will hopefully be a book sales table this time. We have all new books, so please come and have a look. Still 50p a book.

PLEASE NOTE -- I have enough books, thanks to our members and I can't store any more, so please do not bring me any. The charity shops will take any books you have.



Trades Directory



Don't forget the trades directory that will be on the sales table. Remember to bring me the details and trade card of any tradesmen that come and do work for you and write a little bit about what work they did for you. It is helpful to our members, if they are looking for anyone to do work for them. Thanks Cath.

Jigsaw Table



If anyone would like to take charge of the jigsaw table, please see me.

It works as follows - free to swap, £2 to buy.

Thanks, Mandy.

Raffle



We will be having a raffle at our April meeting. Tickets are £1 each.

If you have any suitable raffle items, these are always gratefully accepted - please bring them along to the meeting.

Thanks Gill x

Clubs and Teams

Book Club



There were fourteen at our meeting on 9th March to discuss **“The Daughter” by T.M. Logan**. It certainly gave us plenty to talk about. It was different from our usual book and very interesting.

Next meeting is on 13th April to discuss **“The Passengers” by John Marrs**.

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

Darts



Our first match this season is on Tuesday 31st March at 7pm against Nailstone WI. We are playing at Stoke Golding Club and would welcome supporters.

If anybody would like to take part please talk to me. Hoping to plan a practice session soon.

Pat 07714 097947

Skittles

Skittles are not playing at the moment.

Third Tuesday Craft Group



At our last meeting we made Easter baskets using a paper cup, wool, and embellishments. This seemed to take longer than expected but this may be because we enjoyed chatting and catching up with all members of the group!

At our next meeting we are going to revisit diamond art where we will decorate a coaster.

Bits and Bobs Craft Group

On 31st march we will be making crème egg holders - knitted, crocheted or sewn. We won't be able to report for the next newsletter, as it's the day before the meeting. Colleen

The Joy of Needlework



We were delighted to welcome a new lady to our 'Joy of Needlework' group who is also a new Member to Canalside WI. Hopefully, she will be back next month as she is an accomplished crafter who enjoyed stitching and chatting with us all.

We meet on the 1st Tuesday of the month, 6:30-8:00, at The New Plough Pub - please speak to Julie Murray if you are interested in coming along.

Kind regards Julie Murra

Collections

Please remember to bring the following items to the meeting: stamps, lids, bras and loose change.

These help the environment by recycling in various ways and raise money for worthy causes.

We will receive them in the entrance hall. Thank You. Pat xx



Crocheted Poppies or Knitted Poppies



Crocheted Poppies or Knitted Poppies

I would just like to say a very big Thank You to the few lovely Ladies that took the time and effort to knit or crochet poppies for the 'Standing with Giants' campaign.

We did manage to make a Total of 107 Poppies which I have sent off.

We didn't have a lot of time to make them, but we

Well done everyone and thank you once again.

Julie Murray

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, 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.

Musical Cream Tea

On Thursday, 12th March, several of our members visited Kirby Muxloe Village Hall for a "soulful" afternoon at the Musical Cream Tea charity fundraiser event.

The highlight of the event was guest singer Roy Carter with his impressive history in legendary acts like The Foundations and The Drifters. Roy delivered a fantastic performance, leading the room singing iconic Motown classics that brought back wonderful memories for everyone.

Of course, the afternoon wouldn't have been complete without the delicious cream tea. A huge thank you to the organizers at the Leicestershire & Rutland Federation for putting together such a harmonious event.

Mary Groombridge.



Birmingham Botanical Gardens on Friday 17th April



Leave Mary Forryan at 10.15am.

Arrive at the gardens at 11.30am approximately.

Leave the gardens at 3.00pm.

Arrive back at Mary Forryan at 4.15pm approximately.

Minibus cost £13.50

Entry ticket cost £9 standard or £8 for 65+

TOTAL COST £22.50 or £21.50

Final payment needed at the April Meeting.

Now open to friends and family.

The onsite café, **Medicine Bakery**, serves locally roasted coffee, savoury treats, salads, and a selection of pastries and cakes.

I would advise you to bring a packed lunch, Mandy.

Houses of Parliament – free guided tour on Friday 24th April



Free guided tour – visit arranged through our MP, Dr Luke Evans. (Usually £34.)

- **Cost of coach travel £30 pp**
- **Leave Hinckley at 9.30am.**
- **Leave London at 5.30pm.**
- **Arrive back at Mary Forryan at 8.30pm - 9.00pm approximately.**

The 27-seater coach has no toilet on board, but there will be a toilet stop on the outward and return journeys.

From the website: <https://www.parliament.uk/free-guided-tours/>

What does the tour cover?

During this 75-minute tour, your guide will:

- explain the work of UK Parliament and its relevance today
- outline how the working spaces you visit on the tour are used
- set out ways you can get involved and engage with the democratic process
- highlight some of the dramatic history of the Palace of Westminster

The Jubilee Shop is located next to the Jubilee Café just off Westminster Hall and is open to all visitors to Parliament. The shop is accessible at the beginning and end of tours of Parliament and can also be accessed from the café. The shop stocks a wide range of House of Commons, House of Lords and Houses of Parliament items.

The Jubilee Café sells snacks, cakes, and drinks.

I would recommend that you take a packed lunch with you, Mandy.

Arrangements for this trip – Q & A: please see the attachment emailed to you with the Canalside WI March newsletter.

Guys and Dolls - Concordia Theatre – Wednesday 13th May



We are going to see Guys and Dolls at the Concordia.

If you would like to join us, I will need names together with £10 deposit at our February meeting.

As we have more than 10 going, tickets are £18 each.

Final payment will be at our March meeting. Gill xx

Prebendal Manor (Nassington, PE8 6QG) and the Mulberry Café at Bosworth's Garden Centre, Elton. Thursday 14th May.



Leave Mary Forryan at 10.30am.

Arrive at the manor at 12 noon approximately.

Leave the manor at 2.00pm.

The Mulberry Café is a 10-minute drive away.

Spend about 50 minutes at the café.

Arrive back at Mary Forryan at 4.30pm approximately.

Minibus cost £18

Entry fee to the manor £12pp

TOTAL COST £30

Prebendal Manor is a delightful place to visit: the manor is the oldest property in Northamptonshire with a history dating back to the Anglo-Saxon period. There is a large recreated medieval garden, fishponds and dovecote, with nest-holes for a thousand birds. The Tithe Barn Museum houses artefacts from the archaeological excavations.

When owner, Jane Baile and her husband first arrived, the manor was in a sad state, needing complete restoration.

Jane's talk on the plants in the garden will also give insights into old medicinal and domestic uses.

For more information click on this link: <https://www.prebendal-manor.co.uk/>

Please bring a packed lunch; Jane will open the Tithe Barn so we can eat there.



The Mulberry Café , Elton, serves quality refreshments and is at Bosworth's Garden Centre so there is a walled garden centre to browse as well as a shop.



Rockingham Castle Corby, LE16 8TH on Sunday 14th June



Leave Mary Forryan at 10.00am

Leave Rockingham Castle at 2.45pm.

Arrive back 4.00pm.

Minibus £14. 50

Admission Adult £19.25

Senior (65+) £17.70

Total Adult £33.75

Senior £ 32.20

Includes a complimentary outside tour, telling you the history of the castle and grounds.

Outside tours at 11.30am & 12.30pm. Tours last about 45 minutes.

I can recommend a visit: sited on an escarpment, the castle offers panoramic views across the Welland Valley – including the Eyebrook Reservoir famous for its role in the Dambuster raids practice.

Here is the description on the Historic Houses website:

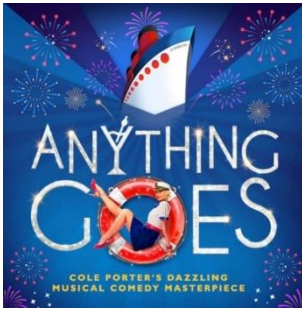
'There are very few homes that have been owned by just one family since being relinquished as a royal Castle. Whether it is images of Knights in shining armour, a Tudor house, a Victorian home staffed with servants, or contemporary art, Rockingham has it all.'

The formal gardens are beautiful with jewelled borders, David Austin Roses and a sweeping Terrace Lawn.

Walker's House Tearoom

The tearoom is set in a seventeenth-century building and serves a range of food, from light lunches to homemade cakes and indulgent treats.

Anything Goes – Kilworth House Theatre - Matinee performance – Sunday 19th July



We still have seats left for this performance at Kilworth.

Now open to family and friends!

We have, again, managed to secure some excellent seats!

Tickets are £59.00 but if we have 20 tickets or more, as we usually do, the cost will be discounted to £54.00 each.

It is always a great afternoon. Kilworth never fails to put on a fantastic show! Gill x

Summary Of Events and Trips

For WI trip bookings and enquiries, please see the Trips Table during our monthly member meeting 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
Birmingham Botanical Gardens	Friday 17 th April	£22.50 or £21.50	February Meeting	£22.50 or £21.50	March Meeting	£10	£12.50 or £11.50	April Meeting
Guys and Dolls	Wednesday 13 th May	£18.00	February Meeting	N/A	N/A	£10.00	£8.00	March Meeting
Prebendal Manor	Thursday 14 th May	£30	March Meeting	£30	April Meeting	£10	£20	May Meeting
Rockingham Castle	Sunday 14 th June	Adult £33.75 Senior £32.20	April Meeting	Adult £33.75 Senior £32.20	May Meeting	£10	Adult £23.75 Senior £22.20	June Meeting
Anything Goes	Sunday 19 th July	£59.00 (£54.00 if more than twenty people)	February Meeting	£59.00 (£54.00 if more than twenty people)	March Meeting	£10.00	£59.00 (£54.00 if more than twenty people)	April Meeting

Trip Notice If your emergency contact number has changed, please notify [Pat McShane](#) so that we can update our records. The organizer 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 several ways to book. Read the flyers that have been emailed to you, the methods of booking are at the bottom of each flyer.

- a) Free First Aid Course for Adults (Physical) - Thursday 11 June 9.30am - 2pm Ashby Baptist Church, 4 Brook Street LE65 1HA**

- b) Free Mental Health First Aid Champion - Tuesday, 16 June 2026 9.30am - 5.30pm at Methodist Church, Northgate, Oakham, LE15 6FH**

- c) Federation Quiz Friday 3 July - 7pm for 7.30pm start - (See flyer for locations & details)**