

theWI

INSPIRING WOMEN



HINCKLEY CANALSIDE WI

MAY 2026

<https://hinckleycanalsidewi.co.uk>

President's Message



Dear Members,

I want to thank you for renewing your membership subscription to Canalside WI: as I said at the April meeting, without you we don't have a WI. Your views are welcome on the offer to members of our WI: in June we shall also be issuing a brief questionnaire asking for your input about relevant hobby/interest groups and trips; and you can always use the Suggestion Box.

Five 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. Jenny Hetherington and I have written reports on our experiences of this course – and there will be brief feedback from other participants at the May meeting.

You will be pleased to hear that the total raised by Canalside members for the Canine Partners Charity is £430.79p. I am hoping that a representative from Caine Partners will agree to attend our June meeting.

Canalside WI Adopted Charity 2026-27

At the June meeting we want your vote on the charity that we adopt for 2026 -27. If you would like to nominate a charity for the committee to consider then please use the Suggestion Box. Please ensure that you give the full name of the charity and the Charity Registration number; this is because any charity the committee shortlists for voting on must be eligible according to WI rules. There must be an overlap between the objects of the charity and those of the WI charity.

Resolutions vote at the May Meeting

Between November and February, every WI member had the chance to have their say on the shortlist and the resolution they would like to see go forward to the NFWI Annual Meeting in June. The top two resolutions attracted a clear majority of selections from members (over 70%):

- Accessible public toilet facilities to promote dignity, health, and social inclusion
- Action on women's homelessness

Please see the item Pat McShane has written.

Our speaker at the May Meeting is [John Langham](#)

How has listening to music changed?

John Langham takes us on the journey from Phonograph to Streaming.



Canalside WI Bursaries 2026

Each year in May we give a bursary to one or two of our members. This year it is £100 to two members – full or multi members.

Names will be drawn from a box at the May meeting. It must be spent on an educational course or activity approved by the Canalside WI Committee.

The conditions are that:

- a course is booked in the same financial year
- takes place within 12 months of the draw
- feedback to our members is expected – spoken or written
- you cannot enter the draw if you have been a previous winner for the preceding 5 years.

Wishing you good luck! Mandy.

Resolutions vote at our May Meeting

All WI members nationally have voted for the resolution they want to support. Here are their votes:

	Resolution. 2026	Numbers voted
1	Accessible public toilet facilities to promote dignity, health and social inclusion.	41068
2	Action on women's homelessness.	24791
3	Nearer to Nature.	6337
4	Love your Vulva-self checking is the best defence against vulva cancer.	6651
5	Every child needs a friend.	13151
	TOTAL received	91,998

Since the top two had over 70%, the NFWI Board has decided to take those two forward to the NFWI online Annual Meeting in June.

How does my WI cast our vote?

Each resolution will be voted on in turn.

All WIs get one vote for each resolution – for or against the resolution.

WIs may choose to give their link delegate discretion to decide how to vote after hearing the speakers and the debate at the Annual Meeting.

There will be limited time at the meeting itself, so if you want to find out more about each of the shortlisted resolutions, then you can go to My WI, Public affairs & campaigns, Resolutions, then Resolutions selection results. Here is the link: <https://mywi.thewi.org.uk/public-affairs-and-campaigns/news-and-actions/resolution-selection-results-announcement>

You will find a briefing and PowerPoint presentation for each of the two resolutions.

Easter Gifts for the Women's Refuge



Outreach worker, Becca Stones, wanted me to pass on her thanks for the generous donations of Easter gifts for the women and children at the refuge.

Your gifts make a difference. Mandy x.

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. Mandy.

Mental Health First Aid Champion Course – March 17th

Feedback from Mandy Cutler



The course was part of a programme of free first aid provision (mental and physical) that the Leicestershire and Rutland Federation of WIs is making available to members. The funding is generated by a successful grant application I made, with colleagues, to the Denman Trust.

I would recommend taking advantage of this opportunity. There are 2 remaining course available to members:

Tuesday 16 th June	Mental Health First Aid Champion	Methodist Church, Oakham.
Saturday 12 th September	Mental Health First Aid Champion	Church Rooms, Quorn.

See the flyers emailed out to you and Mary Groombridge at a meeting.

The Adult MHFA Champion course is a one-day, nationally accredited programme developed by MHFA England. It is designed to equip participants with a working knowledge of common mental health issues, the confidence to have supportive conversations and the skills to recognise and respond to signs of mental ill health in others. The course covers a comprehensive range of topics across the day:

- Mental health first aid principles and the ALGEE action plan
- Depression, anxiety disorders, and stress
- Eating disorders, self-harm, and psychosis
- Alcohol, drugs, and mental health
- Suicide awareness and safe conversations
- Recovery, resilience, and building positive wellbeing

The courses are being delivered by Senior Trainer, Paol Stuart-Thomson. The quality of the tuition is excellent and 100% of participants indicated they would recommend the course to others.

MHFA England offer a range of free resources at [Resources · MHFA England](#).

Feedback form Jenny Hetherington



At the recent MHFA training day, 6 Canalside ladies attended with a total of 16 from other WIs. Paol, our course leader, was a pleasant, gentle, empathetic character, creating a comfortable and relaxed atmosphere within the group. This enabled people to ask questions at appropriate intervals throughout the day and also recount some of their own relevant personal experiences.

The course aims to teach participants how to:

- Recognise significant signs and symptoms of mental health issues and provide initial support, at the same time guiding a person towards professional help.
- Gain knowledge and understanding of how to create a healthy community or workforce and maintain that situation.
- Develop enough knowledge and confidence to support awareness of mental health, and skills to also support positive wellbeing.

Paol informed us of 5 possible actions to aid our wellbeing:

- Give to others - Keep learning - Be active - Connect - Take notice
- Each day write down 5 positive things to be grateful for or that you have liked.

He also recommended a website entitled Hub of Hope and NHS Talking Therapy.

Paol spoke of a wide range of mental health issues including suicide, eating disorders, OCD, psychosis, self-harm to name a few.

We were supplied with an excellent manual and certificate of completion of the day's training. The day was interesting, informative and provided us with further knowledge of mental health issues. Paol worked hard to provide a worthwhile experience enjoyed by all who attended.

The ACM Delegate's Report by Mary Groombridge

What a day! On Saturday, 28th March, three hundred or more of us descended upon Leicester Grammar School for the L&RFWI Annual Council Meeting, and we weren't disappointed.

Our Chair, Glenice Wignall, steered the ship through the business end of the day with her trademark poise and just the right amount of wit to keep the proceedings in check.

Who knew our members were so talented—and not just with a rolling pin! There were amazing cake stalls, crafts, and many other stalls which we browsed during our lunch break.

Many trophies and certificates were awarded and presented by Adam Henson. A shout-out goes to the Kirby Muxloe WI ladies, whose floral displays were stunning.



The afternoon's highlight was undoubtedly Countryfile's Adam Henson. He was every bit the charming farmer we see on screen, though he did admit to us that he spent much of his school days being a bit of a 'Jack the Lad' rather than studying!

He shared some heartwarming and nerve-wracking news from the farm: his beloved Suffolk Punch mare, Lexy, is expecting a foal this May. Since there are fewer than 75 breeding females left in the UK, we all felt like honorary aunties-to-be. He also joked that if the BBC ever tires of him, he'll happily go back to being a 'normal' farmer—but after the reception he got from the L&RFWI, he's definitely got a job for life as a WI guest!

Speaker Mike Kapur OBE, Lord-Lieutenant, recalled that the Royals appreciated a good community spirit. He shared a lovely story about the Princess of Wales's visit to Belgrave Road, proving that whether you're a Duchess or a WI member, community spirit counts.

We also received a serious (but vital) lesson from Heartwize. After hearing survival stories from Shanti Patel, many of us left feeling a lot more confident about what to do if we ever need to use a defibrillator. It's official: Heartwize is the L&RFWI Charity of the Year, so expect to see plenty of fundraising (and perhaps some CPR practice!) in the months ahead.

Looking Ahead

Glenice wrapped up the day by reminding us of our next big adventure: the January 2027 Federation Holiday to Cricket St Thomas in Somerset is now available for bookings.

The Verdict: Great speakers, fantastic company, and only a minor scramble for the best parking spots. Here's to another year of being part of one of the best federations in the country.

PS ...Adam Henson announced online that his Suffolk Punch mare, Lexy, gave birth to a healthy filly foal at 4 am on April 18, 2026, at Cotswold Farm Park. This new arrival is a significant boost for the critically endangered breed, with both mother and foal doing well. 😊



Bursary 2025

I was lucky to win one of the Hinckley Canalside bursaries and decided to spend the day at Hannah's Sugarcraft in Quorn.

The day started at 10am. The owners, mother and daughter, instructed me and two other ladies on the art of chocolate.

We made and decorated an Easter Egg using different techniques, including modelling chocolate for some of the decorations.

We also made 8 truffles, 4 with Cointreau filling and 4 with Baileys. Delicious!

Lunch was provided and the day finished at 4pm. An amazing day that I would thoroughly recommend! Gill Hannah.

Cake Makers



Thank You to the following who have volunteered to make cakes at our May meeting:
Jenny l'Anson, Chris Garner, Sue Moore, Angie Sparham and Jan Woodward.

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

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

Suggestions Box



We look at and discuss your suggestions at our committee meetings. We try to get back to you on them.

We will consider your suggested speakers for next year's meetings as this year's are already arranged.

We have already had a suggestion for our charity next year that will be considered as an option.

If you would like to suggest a charity for 2026-27 then please remember to include the full name and the **charity registration number** at the May meeting. We will be asking members to vote from a shortlist at our June meeting. The Suggestions Box will be situated at the back of the room by the desks where we are taking names for trips etc.

April Meeting Snapshot



The Speaker at our April meeting was Admiral Sir James Perowne. He was a former Admiral of the Royal Navy and retired in 2002, after which, he applied for the job of Constable and Governor of Windsor Castle, which he got. This made him the official representative of the Queen, at Windsor Castle. He told us about the large house where he lived in the grounds of Windsor Castle and that he and his wife were invited to several private dinners with the Queen and Prince Phillip and other members of her family - including the Queen's 90th birthday celebrations and the 70th wedding anniversary celebrations of the Queen and Prince Phillip. He also told us about the Royal Weddings and funerals that took place at St. George's Chapel at Windsor Castle and that the last celebration there, in the Queen's reign, was the Queen's Platinum Anniversary.

The last time he saw the Queen was at his retirement celebrations. It was a really interesting talk which we all enjoyed

Fundraising Events

Book Sales Table



There will be a sales table this month. Please come and have a look. 50p a book.

Trades Directory



Don't forget we have a Trades Directory. If you need a tradesman, come and look in the folder. Members have recommended these tradesmen. If you have any work done, get a business card from them, write down the details of what work has been done for you and put your name on it and bring it to the Sales Table and I'll put it in the folder. Thanks Cath.

Jigsaw Table



Jan Heeley has kindly volunteered to run the jigsaw table, so feel free to bring your jigsaws to the May meeting.

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

Thanks, Mandy.

Raffle



We will be having a raffle at our May 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.

Clubs and Teams



Book Club

12 of us at the March meeting on Monday 13th. The book we were discussing was '**The Passengers**' by **John Marrs**. It was certainly a different type of book and we scored it very highly. It was about several people who were in different computer led cars and the cars took over. Their lives were shared as they travelled on to a collision. Who was worthy of surviving!! Highly recommended. 😞

Our next meeting is on **11th May** and we will be discussing '**North and South**' by **Elizabeth Gaskell**.

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.

Darts



Our first match was played in March against Nailstone WI and, unfortunately, they beat us 5-2.

We have a bye in April but will be practising at Stoke Golding Club on Tuesday 28th at 7pm. All welcome to join us.

Please talk to us if you are interested.

We play against Hollycroft WI on Thursday 7th May.

Skittles Skittles are not playing at the moment.

The Joy of Needlework



The Joy of Needlework group meets on the first Tuesday at The Plough Inn, 6:30-8:00pm.

We bring our own projects and stitch and chat.

You are welcome to join us as we have spaces- Knitters and Crocheters are also welcome.

Please speak to Julie Murray if you are interested.

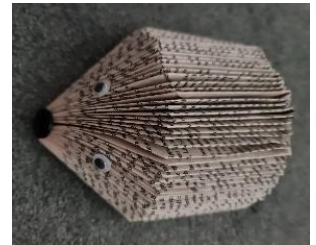
Third Tuesday Craft Group



This group which is currently full, spent a very enjoyable evening stencilling using acrylic paints on canvas.

Next month we are using paperback books to make adorable hedgehogs.

Julie Murray



Bits and Bobs Craft Group

The Bits and Bobs crafters met on 31st March to make Creme egg cosies. Some of us knitted them others made 'hats'. We had an excellent time, as always – even though some of us (you know who you are!) didn't follow the instructions. This was the last session I will be leading. I have thoroughly enjoyed being part of this group of friendly, happy, crafters and would recommend the 'job' to another crafter to take over. We've been running the meeting on the last Tuesday of the month at the New Pough Inn from 6.30 – 8pm.

Colleen Simpson

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



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.

The Canalside WI Hits Birmingham Botanical Gardens!

On 17th April, sixteen of our ladies piled into the minibus for a trip to Birmingham Botanical Gardens. We arrived with high spirits and ready to see what the glasshouses had in store for us.



We caught the **Agave sisalana** right in the middle of its 'Bloom Watch'. This dramatic plant spends ten years saving up its energy for one massive, sky-rocketing flower spike—it's already hit **226 cm!** and a pane of glass in the greenhouse roof is being removed to allow for daily growth! It's a true one-hit wonder; the plant actually dies after this grand finale, but it certainly makes an entrance on the way out.

We spotted some very unusual lemons that seemed to be growing right out of the trunk! We decided they were fascinating to look at, but perhaps a bit too 'textured' for a standard WI lemon drizzle cake.



The showstopper in the tropical house was the **Medinilla magnifica**. With its drooping pink chandeliers, it looked like nature's version of a fancy ballroom light fixture.

Outside, the **Rhododendrons** were just starting to wake up, teasing us with their first burst of vibrant spring colour against the greenery. The lush **Azaleas!** a real treat of colour for the eyes.



In the gardens was a classical statue of **Diana Veisallis**, a Greek goddess, peeking out from behind giant leaves. And if you took a stroll past the main pond, you are likely to see the spectacular Asian Skunk Cabbage, which was in full bloom on our visit.



The iconic Band Stand photo is where apparently in 1937 Neville Chamberlain gave his first public speech as Prime Minister.

After what was an interesting few hours, we waved goodbye to Birmingham and headed home. Thank you Mandy for organising this trip.

Mary

Houses of Parliament – Friday 24th April



Twenty - five Canalside members and their friends visited the Houses of Parliament for a free guided tour. Our guides did a great job, taking us into both houses and explaining parliamentary procedures. Being there brought this to life - we saw the two separate Aye and No lobbies (corridors) used by MPs when voting on bills.

The House of Lords was magnificent with Pugin's gold and red colour scheme and gilded throne with the Woolsack in front, where the Lord Speaker sits. In

contrast, the House of Commons colour is green with a less ornate style: Sir Giles Gilbert Scott post WW 2 design is plain oak panelling and modern Gothic.



Our group photo is in Westminster Hall, the oldest part of the palace, and the right-hand image in the collage shows the tidal clock, called New Dawn, over the entrance into St Stephen's Hall, which illuminates in synch with the River Thames.

New Dawn is made up of back-lit glass 'scrolls' representing the many people and groups involved in the votes for women movement. Visually inspired by rolled Acts of Parliament, the scrolls incorporate the colours used by women's suffrage organisations – and represent the Acts which have given rights to women after centuries of inequality.

The overall shape of New Dawn suggests the rising sun, a 'new dawn' for gender equality.

The votes for women movement was often represented as a 'tide of change', so New Dawn's lighting is linked to the tidal River Thames. It builds from low tide, where only one disc is lit, to high tide, where the whole sculpture is illuminated. (Somerville University of Oxford website).



It was like summer's day in London and many of us decided to have a picnic in St James's Park and enjoy the sights and spring flowers.

The statue in the photo to the left is of PM George Canning 1827, a former resident of the now Constitutional Club in Burbage.

It was a memorable day out and thoroughly enjoyable! Mandy.

Guys and Dolls - Concordia Theatre – Wednesday 13th May



It's almost time for our visit to see Guys and Dolls.

If you are joining us, please see me upstairs in the Concordia, near the piano, where I will give out tickets from 7pm.

See you then - 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

There are 9 places still available on this trip. We very much want this trip to go ahead; feel free to recruit friends and family.

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.

Now open to friends and family.

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:

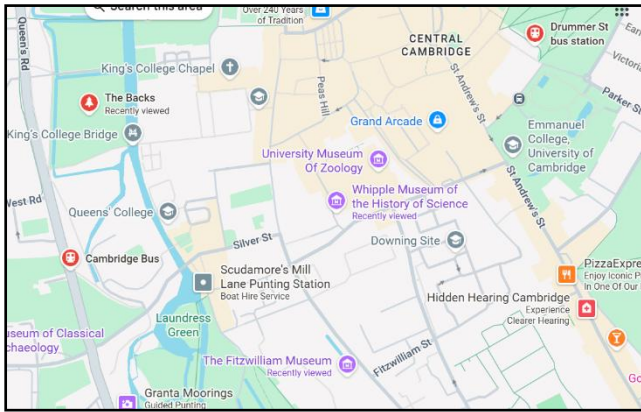
‘There are very few homes that have been owned by just one family since being relinquished as a royal Castle. Whether it is images of Knights in shining armour, a Tudor house, a Victorian home staffed with servants, or contemporary art, Rockingham has it all.’

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.

Day Trip to Cambridge, Saturday 4th July



Leave Mary Forryan at 9.00am

Leave Cambridge at 4.00pm

Back at Mary Forryan at 5.45pm.

Journey time: 1 hour 45 minutes

The minibus driver will drop you off and collect you from the setting down and collection point on Queen's Road. See Cambridge Bus symbol on left of map.

Minibus £27.50

Cambridge is known for its stunning, historic university architecture and scenic punting on the River Cam. Visitors can explore iconic colleges like King's, visit world-class free museums, and enjoy a compact, walkable city centre filled with history.

You can be assured of a great day out with plenty to see and do.

There are many **free attractions**, including:



Fitzwilliam Museum

A collection of over half a million objects includes Ancient Egyptian artefacts, rare coins and mediaeval illuminated manuscripts, as well as modern and contemporary art, historic paintings and classical sculptures.



The Backs

Landscaped open areas and gardens weaving behind many colleges on the River Cam, which are known for stunning views of the colleges across the river at any time of year.



Cambridge Market

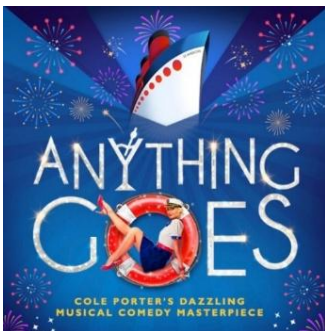
Cambridge is a market city, and stalls have been trading at the historic market square in the city centre since the Middle Ages. From Monday-Sunday, 10am-4pm, you will find stalls selling a wide range of goods including Street Food, Books, Vinyl, CDs and DVDs, Clothes, jewellery and bags and much more...



The Polar Museum

Discover the extraordinary stories of Earth's coldest, driest, windiest, highest and deadliest places, from heroes to modern climate science. A range of sculptures are displayed in the Institute grounds.

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



We still have seats left for this performance at Kilworth.

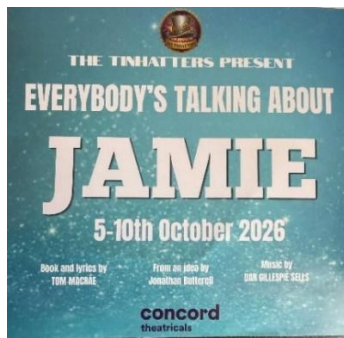
Now open to family and friends!

Tickets are discounted to £54.00 as we have sold over 20.

Final payment needs to be made at our May meeting.

Always a great afternoon. Kilworth never fails to put on a fantastic show! Gill xx

Everybody's Talking About Jamie!



Concordia Theatre – Tues 6 October 2026

We are going to see the above production at the Concordia.

If you would like to go, please let me have your name at our May meeting.

Tickets will cost £18 each, but if we have more than 10 people going, this will be discounted to £16.20.

£10 deposit required when you put your name down, remainder to be paid by our July meeting. Gill xx

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
Guys and Dolls	Wednesday 13 th May	£18.00	February Meeting	N/A	N/A	£10	£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
Day trip to Cambridge	Saturday 4 th July	£27.50	May Meeting	£27.50	June Meeting	£10	£17.50	July 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	£59.00 (£54.00 if more than twenty people)	April Meeting
Everybody's Talking About Jamie	Tuesday 6 th October	£18.00 (£16.20 if more than ten people)	May Meeting	N/A	N/A	£10	£18.00 (£16.20 if more than ten people)	July 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)