

ANSDELL & FAIRHAVEN W.I. NEWS

NOVEMBER 2020

www.ansdellwi.weebly.com

PRESIDENT'S ADDRESS

Well ladies, this is an interesting newsletter with fabulous tips on Health and Wellbeing and ideas for Christmas crafts. Thank you so much to our members who have contributed yet again; we really appreciate your support and enjoy reading your thoughts and ideas.



For me, being physically active truly helps my wellbeing. Being active is not only great for physical health and fitness, evidence also shows it can also improve your mental wellbeing

by raising self-esteem and causes chemical changes in your brain which can help to positively change your mood. Who doesn't love walking around Lytham Hall in the open air with others, no masks and receiving a friendly greeting or a smile from most people in the Park. As the season is changing, the colours are truly uplifting.

Research has shown that learning new skills can also improve your mental wellbeing. It helps boost self-confidence and raises self-esteem helping to build a sense of purpose and to connect with others. There are lots of different ways to bring learning into your life. For me, using ZOOM has been a major step forward on my learning curve; I thought that once I retired using technology to communicate was long gone, but I would certainly recommend trying ZOOM. There are so many things available and all sorts of possibilities; what about learning a new language, or a practical DIY skill like fixing small jobs around the house. There are lots of video tutorials online that are free and available every day.



I will shortly be sending out information on how to connect using ZOOM and then watch this space for connecting to the future of Ansdell & Fairhaven W.I. meetings!

There is of course a really good way to improve your wellbeing – **JOIN** us on the **COMMITTEE!** Connecting with a fabulous team and helping others – what could be better!

Sending you all my very best wishes, stay safe and keep the faith in believing there will be a brighter future. – and finally ---**Wise words from Charlie Chaplin**

1. **Nothing is forever in this world, not even our problems.**
2. **I love walking in the rain because no one can see my tears.**
3. **The most lost day in life is the day we don't laugh.**
4. **Six best doctors in the world...**

- a) **The sun**
- b) **Rest**
- c) **Exercise**
- d) **Diet**
- e) **Self-respect**
- f) **Friends**



Susan

ZOOM EVENTS FROM LANCASHIRE

LFWI advertise Zoom events on their website (www.lancashirewi.org.uk) and on Facebook with simple instructions about how to access and pay. They're amazingly priced at £5! These are the events in November.

- A Passion for Pearls - Frances Carlaw
Wednesday 4th November 2.00pm
 - The Heart of Art and Culture, the story of St George's Quarter, Liverpool, Ken Pye
Saturday 7th November 2pm
 - Code Breakers and Command Posts, Bletchley Park and other secret locations
Peter Lawrence, Tuesday 10th Nov 7pm
 - Cook along sessions, Heather Williams
Thurs 12th Nov 1pm, Mon 16th Nov 7pm,
Thurs 26th Nov 7pm, Mon 30th Nov 2pm
 - Who knew you could Paint – Lynn Barrow
Saturday 14th November 2pm
 - Blood, Guts and Gore, murder in Victorian England, Thurs 19th November 7pm
 - Make a Felt Christmas Bauble, Lisa Moore
Tuesday 24th November 2pm
- Talk on Lancashire Witches and a Quiz Jaye Windmill, Fri 27th November 2pm

BIRTHDAY WISHES

A very Happy Birthday to all our November babies

Val Mclachlan
Caroline Little
Rita Calvert
Muriel Ward
Janet Curran
Avril Abbott



CHRISTMAS CRAFT

Dorothy Barrett tells us how to make these beautiful pine cone decorations

Pine cones make a nice table centrepiece or window display. I cover a bit of wood/old placemat/polystyrene or even stiff cardboard with Christmas crepe paper/felt or material as a base. Position battery lights or candle holders if you want to use them.



Glue pine cones over the base - then add acorns, small cones, nuts and plastic berries - whatever takes your fancy. If you want a really professional finish spray with a clear varnish or with a bit of "snow".



Or just make a tree out of pine cones by using fine wire then glue and decorate.

CHRISTMAS CARDS

Dorothy also makes lovely cards

This year Christmas cards are going to be even more treasured than usual as we struggle to meet family and friends during the winter months, so have a go at making your own individual cards.

Here are a few ideas for Christmas.....I hope they might inspire you.



If you see a nice Christmas scene or display take a photo of it on your phone



Over the last few years my Christmas cards have been of trees made out of various materials (usually on holiday) which I take a photo of, print and mount on cards.

The Range in Blackpool have 40/50 cards (5" X 7") and envelopes in packs which are a good size for photos.

For birthday cards take photos of flowers, scenes, animals or anything that takes your fancy.



FreePrints will give you 45 free photos a month from your phone, you only pay £3.99 for postage.



And hot off the press this year's COVID Xmas card (Baubles arranged on an old door)

CHRISTMAS ANGELS



From Glenis

I love angel Christmas decorations.

This one requires minimal sewing and takes about an hour!

You need

2 contrasting fabrics approx. 12cm square

White felt, about 10cm square

Scrap of gold/silver ribbon for crown and slightly longer narrow ribbon for hanger

Small gold/silver bead

Pva glue

Glue the fabric squares back to back, leave overnight to dry. Cut a 12cm circle from the fabric, fold over 3 to 3.5cm and crease



Cut a heart shape from the felt approx. 9cm in height and stitch around in running stitch. Cut 2 circles from felt approx size of a 10p piece. Stitch two eyes onto one with French knots or just draw with pen. Stitch the two circles together



Lay the pieces out as per photo and stitch a line of running stitches through all layers from behind the head and down to about the middle. Glue the head on.

Fold over as per the photo and stitch together attaching the bead. Form crown from scrap of ribbon and sew on.



Angel knitted in the round

Body Cast on: 48 sts on 4 double pointed needles, (12 sts per needle).

- knit 2 rows
- Knit 1 row, knitting the first 2 stitches together on each needle

Repeat last 3 rows until there are 5 sts left per needle (20 sts in total)

- knit 4 rows
- change to second colour for face and knit 7 rows
- knit 1 row, knitting the first two stitches together on each needle,

Repeat last row to 8 stitches

At the colour change, tie a piece of yarn around the neck and fill the head with stuffing.

Cut the yarn, pull the yarn through all the stitches and tighten it.

The angel wings are knitted in short rows – the yarn will wrap around the last stitch in the middle of each ridge (abbreviated as w&t): Bring the yarn forward, slip the next stitch purlwise, take the yarn back again, replace the slipped stitch on the left hand needle, bring the yarn forward again and turn.



Cast on 9 sts.

Ridge 1: K8, w&t, K8.

Ridge 2: K6, w&t, K6.

Ridge 3: K4, w&t,

K4. Ridge 4: K2, w&t, K2.

Ridge 5: K4, w&t, K4.

Ridge 6: K6, w&t,

K6. Repeat ridges 1-6 until the wings look like the picture.



HEALTH AND WELL BEING

The poster is from the LFWI website and is a good visual reminder of all the things we can do to promote our health and wellbeing



Dianne's recommendation for Well-Being

A home pedicure is free and an easy way to lift your spirits out of the doldrums. I have a fancy foot spa - one of my husband's more imaginative birthday gifts - but a bowl of warm, bubble-filled water works just as well.



Settle down somewhere warm, listen to the radio, read a magazine, or just gaze out of the window. Add a cup of tea or a glass of your favourite tippie and let the water work its magic.



With your feet all smooth, moisturised and painted up you'll feel miles better - I always do, anyway!"

YOGA

Yoga is one of the most popular means of promoting health and well-being.



Pat Blundell used to do Yoga and, having recently re-located to Tunbridge Wells, has started regular weekly classes there. She says her teacher is very good and she just wishes she could do the positions as the teacher does.

However Pat can already feel the impact of the stretching and says it's socially helpful for her as well as helping with her arthritis.

I'm sure Pat is at least as good as these on YouTube "Yoga for Seniors" which Julie suggested to me, and I'm planning to try.



Janet Carling attends regular yoga sessions (at the moment socially distanced via Zoom) with teacher Brenda Ward who says "Many of us are feeling quite fragile right now. The world is in a state of flux and, because of social distancing restrictions, we don't always have access to our usual support networks.

We're also doing a lot of overthinking, worrying, spending a lot of more time in our head. Yoga says this tendency creates an excess upward movement of energy into the mind which can leave us feeling scattered, confused and even more anxious.

So in times like this, I think we need our Yoga practice more than ever. It allows us, for a precious few minutes every day, to switch off from the stresses of the outside world and reconnect with our inner world of stillness and calm."



If you would like to find out more about yoga for your well-being then Brenda's website and email are below:

www.brendayoga.co.uk

brendayoga@mail.com

"So sit like a mountain. No wind can blow the mountain down." - Thich Nhat Hanh



Joyce Hunt's recommendations for Well-Being are keeping active, doing something to help others, spending time with grandchildren and laughter – as well as growing and eating your own veggies!

I have been trying to keep busy, for my health, as the picture's show, our grandsons help a lot, making things out of rubbish, (Musical Instruments) then giving us a show, we laugh a lot with them which helps so much.



I've kept very busy knitting and crocheting scarves for Pauline for the Methodist Church, (9 altogether), and a few little crocheted girls handbags.



We are fortunate to have a very big back garden and spend lots of time there, most days



We have just put in a new Veg Patch so next year we'll be busy planting, weeding, feeding and hopefully harvesting lots of fruit and vegetables.



Lorraine offers us Words of Wisdom to keep us focused on being positive every day.

I feel incredibly lucky to have known my grandparents really well, gaining much from them. My grandmother was evacuated from the East End, twice had her home bombed losing all of her possessions.



So with 2 young children she had to leave her husband and eldest son behind in London and there were no phones or computers for them to

keep in touch. I learned much from them about resilience, guts, determination and self-reliance, if we were all more positive about the current situation, we could help each other even more.

Following their example I've viewed lockdown as an opportunity, I've baked more, made some jam and elderflower cordial and made 4 tops for my granddaughter.

I've got together with a couple of friends and we are doing a sewing challenge - next, we have to use the same pattern but choose our own material, then admire each other's work and the differences the material will make.



always good, Victoria Hospital are asking for matching hearts, or making some poppies to put in the window for Remembrance Day, a pumpkin for Halloween,

twiddle muffs and blankets.

Getting together as a community is also good for us, here at Richmond Point we have our own Facebook page, we've had a VE day street party, an Easter egg hunt and we are currently planning something for Halloween and Remembrance Day too. We keep each other informed of what is going on in our little world and it means that our estate is a friendly and welcoming place to be.

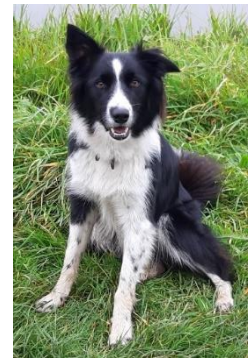


Staying positive and thinking of others, is a good way of keeping mentally healthy, so many people in this world are hungry, only 14% actually have enough to eat and here we are moaning about having to stay in for a short while in order to protect ourselves and those in society who are more vulnerable. See it as an opportunity to take up a new hobby, do all the things that we have been putting off.



I have a great method of staying both mentally and physically fit, walk my dog, Mya. Mya is such fun, being a Border Collie, she is clever, we play hide and seek together and she makes me

laugh, another bonus. You meet some lovely people, most dog walkers at least say 'hello'. You can enjoy the company of a dog without owning one, there is a good



website, www.borrowmydoggy.com where you can help owners out by walking, or dog sitting for them and also the Cinnamon Trust is always looking for people to walk dogs when their owners are unable to. There are also the dog rescue websites, who look for people to foster a dog.



We all have lovely homes in Lytham St Annes, it is a safe place to live, with lots of lovely short walks, beautiful streets, lots of green space and of

course the beach. If you start to feel down, think of the people stuck in a high rise flat with 3 children, no money, unsafe neighbourhoods and no green space, let's remember how lucky we are.

Then, of course, we have technology, how wonderful it is! We have Zoom, Facetime, and WhatsApp, not the same as a big hug but at least we get to share in a part of the lives of others.

