



Welcome to Issue 16 – Members' news

This is a print-friendly version of the Scottish Women's Institutes monthly member newsletter.

Scottish Women's Institutes was established in 1917 and is an inclusive and inspirational membership-based organisation. We are here to build an inclusive community, to have fun and form friendships, to campaign, to learn, to share and to socialise. We provide a platform for social activities and networking, and champion women's issues.

Find out more about us at **www.theswi.org.uk**

Scottish Women's Institutes is a registered Scottish Charity No. SC011901

Welcome to Issue 16 – Members' news

Welcome to this summer edition – If you would like a text-only version of this newsletter please click the button at the bottom of this email.

We are delighted to bring you the latest news in this edition, but before we do, let us highlight the recently received prizes for the National Conference Raffle!

Check out this list of raffle prizes!

- Return flights for two people on Loganair network
- An overnight getaway for two at Fairmont Luxury Hotel and Spa in St Andrews
- Afternoon tea for two at a Gleneagles Luxury Hotel
- A garden tour experience for two with the head gardener of Scone Palace
- A selection of women's stoles from Lochcarron of Scotland
- A selection of bottles of Ben Lomond Gin
- A tour for two at Glenturret Distillery
- Return train tickets for two adults and up to four children between any two Scotrail stations
- A special Caithness Glass gift from Crieff Visitor Centre
- Two crates of Stewarts Brewery beer
- A tour for four of Ibrox Stadium – home of Rangers Football Club
- A selection of vouchers for Everest Inn Restaurant
- A special edition bottle of Glen Moray Whisky
- A cashmere scarf from Todd and Duncan
- £50 voucher at Bonnie & Wild Scottish Marketplace
- £50 voucher for Edinburgh's Flavour
- £50 voucher for Greeneking venues
- £30 restaurant voucher at Stewarts Brewery
- A selection of food and mixed hampers

To be in with a chance to win these prizes you can purchase a ticket for £1 or a book of 5 tickets for £5. We have distributed plenty of raffle books to all Federations to give out to Institutes. Anyone can buy these tickets, so please sell them to your neighbours, friends and family. In addition, the tickets will also be available to buy throughout the two day conference.

All proceeds will go to the future sustainability of SWI activities.

You've got to be in it to win it!

SWI and RHS Partnership Continues to Flourish: Another Successful Year Managing the Busy Handcrafts Pavilion.

We were blown away by this years incredible talent at the Scottish Handcrafts Championship! This international competition showcases exquisite craftsmanship, and is open to everyone!

Each year, the SWI and RHS join forces to make this event a smashing success. Our volunteers and staff work tirelessly to manage the Pavilion.

They carefully prepare, judge, display, and highlight the most stunning creations you've ever seen. From setting up displays to making sure every masterpiece gets its moment in the spotlight, they get it covered!

This year we encouraged people of all ages to get involved in the daily SWI workshops and demonstrations within the Pavilion facilitated by members sharing their skills. So many of those who took part in the crafting sessions were complete beginners and left with a new-found enthusiasm.

A special thank you to everyone who volunteered to be part of this large-scale event, from being on the committee to judging entries, stewarding the event to facilitating workshops. Along with RHS team, we aim to continually improve the event year after year and if you are interested in being involved, please get in touch by emailing **hello@theswi.org.uk**

We were delighted to welcome Irene Warnock, an SWI member and President of Blairingone SWI, to present the prizes.

Huge congratulations to all the winners, in particular to this year's Royal Highland Show overall winner Lou Washington who is a member of Coldstream SWI and has achieved the incredible feat of winning the top prize two years in a row!

You can view all the winners on the RHS website here **rb.gy/5cpwv**

Alternatively, you can view all the winning items on our Facebook posts while keeping up to date with the latest SWI news here **bit.ly/3u7BDoM**

Discover the World of SWI and Inspiration with Your Free Summer Online Magazine

With a wide range of topics covered, from new trustee biographies to celebrating successes, there's something for everyone. Immerse yourself in quality content and stay updated with articles, interactive interviews, and engaging features that inspire and expand your knowledge.

You can access the summer edition of the magazine and past issues here **rb.gy/s93y2**

Conference Speaker Excitement: Hear from the Experts Themselves!

Our speakers are very excited and looking forward to meeting you all at the conference, hear what they have to say here!

Meet Elaine of 'Something Corny' - **rb.gy/nqlcv**

Meet The Hebridean Baker - **rb.gy/ryfb0**

Meet sewing superstar Jen Hogg - **rb.gy/hp9av**

Meet 'pastry magician' Helen Vass - **rb.gy/mpzgd**

Be a part of Something Extraordinary!

Join us for a new-look conference and experience filled with insights, networking, and inspiration. Don't miss this opportunity to connect with friends, old and new, engage in thought-provoking discussions, and gain valuable knowledge. Our conference promises a diverse range of speakers, and panel discussions that will propel your learning.

Secure your spot now to gain access to this exciting event. Book your place today and be prepared to be inspired!

Check out the full schedule for this two-day celebration of all things SWI here www.theswi.org.uk/wis2023/

Single-day passes start at just £35 for members, and £65 for non-members – and these passes include lunch and refreshments! Book your place here bitly.ws/yqqb or call 0131 225 1724 and we can book you over the phone.

Member benefits – free online skills sessions

The SWI Events Team has a programme of great online talks and demonstrations for members to enjoy. These are all free for members and are easy to sign up for and enjoy – just a couple of clicks and you're there.

Chocolate making masterclass

5th July | Skill Share Session | Online

Just in time for National Chocolate Day on July 7th, Finlay Macdonald, owner of Chocolates of Glenshiel, demonstrates how to make gorgeous salted caramel chocolates. Finlay will also demonstrate how to temper chocolate to produce a great snap when it's broken!

This event is free for members, £5 for non-members. Book here: bit.ly/3pDCoGP

How to sizzle at public speaking

6th July | Skill Share Session | Online

As a member of Toastmasters, Sheila Fraser knows how to speak well in public. She will offer advice on how to combat nerves and boost confidence, and give you great tips and tricks along the way.

This event is free for members, £5 for non-members. Book here: bit.ly/41zxEzo

To HRT or not HRT?

9th August | Health & Wellbeing Session | Online

Menopause expert Dr Heather Currie, Associate Specialist Gynaecologist at Dumfries & Galloway NHS, will offer advice on managing menopause symptoms and answer your questions on pre-, peri- and post-menopause issues.

This event is free for members, £5 for non-members. Book here: bit.ly/3I3Lao3

Member Benefits – face to face events

If you prefer to get hands on, then our new upcoming health & wellbeing events and craft workshops are worth a look! You can view them all at bit.ly/3I6pFmt or see below for

SWI Health & Wellbeing

If you have ever wanted to try wild swimming, why not do it with friends and have an expert show you the ropes and keep you safe! This May and June we have two taster sessions with wild swimming expert Maree Rudd, of Wild Swim Scotland. Maree will lead these supervised sessions and introduce the benefits and exhilaration of taking a dook!

An Introduction to Wild Swimming, Aberdour

Health & Wellbeing | 29th July 2023 | Silver Sands Beach

We will meet at Silver Sands Beach, Aberdour at 10am and you can choose to have a quick dook or take a short swim – whatever you're comfortable with.

Register here: rb.gy/par75

An Introduction to Wild Swimming, Portobello

Health & Wellbeing | 6th August 2023 | Portobello Beach

We will meet on at Groyne 5, Portobello Beach at 12.30pm and you can choose to have a quick dook or take a short swim – whatever you're comfortable with.

Register here: rb.gy/ji6t8

SWI Heritage crafts

Straw Craft Course for Beginners

15th July & 19th August | In person | DCA, Dundee

Beginners and experienced crafters are invited to come along to this two-part course in straw work. This will be full of learning, fun and friendship, and be led by Elaine Lindsay of Something Corny. Straw work is one of Britain's traditional crafts and it has been practiced for hundreds of years and you will be helping to preserve it for future generations.

This 2-part workshop is £99 for members, £115 for non-members. Book here: bit.ly/44Qggct

Member Benefits – competitions

Finally, if you have more of a competitive side and want to show off your skills, why not enter one of our competitions? You can view them all here rb.gy/zcz59 or see below for some more details about each competition!

National Outdoor Bowling competition

Deadline for entries closed | Competition August 7th | Moray Bowling Club, Elgin

All members are invited to enter the competition – speak to your Federation Secretary or click here for details: bit.ly/3O2WDb6

National Golf competition

Deadline for entries 17th July | Competition August 21st | Loudoun Gowf Club, Galston

All members are invited to enter the competition – speak to your Federation Secretary or click here for details: bit.ly/41tNjjU.

Warnock Trophy competition

Deadline for entries 7th August

All members are invited to enter a short story (max 500 words) into the Warnock Trophy Competition. The theme is A Childhood Memory and all entries will be displayed at our new-look National Conference in Perth Concert Hall on 15th-16th September. Click here for details: bit.ly/3o2sFtc.

Photography competition

Deadline for entries 16th November

All members are invited to enter their eye-catching photos into the Photography Competition. The themes are

- Fun
- Flowers
- Friendship

All entries will be displayed at our new-look National Conference in Perth Concert Hall on 15th-16th September. Click here for details: bit.ly/3o2sFtc.

Calling all felting fans!

The SWI Shop now features some adorable needle felt kits, so whether you want to try your hand at a new craft, or are an experienced felter, these kits are suitable for everyone!

The kits come with everything you need which makes for the perfect starter pack, or a gift for a special crafty someone in your life! There is a limited amount available so get yours while you still can!

You can choose from 6 different kits on our shop here: shop.theswi.org.uk/

Don't miss your member benefits

Do you want to access SWI events?

- Keep up-to-date with the exciting range of in-person and online events [here: bit.ly/3KiCrPd](https://bit.ly/3KiCrPd)
- Federation Secretaries will find a new hub for information and how to book National Competitions [here: bit.ly/3KAB2ou](https://bit.ly/3KAB2ou)

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Do you want to receive this newsletter?

- Click here: **bit.ly/3ENy7EC** to subscribe to receive the latest news direct to your inbox! You won't be bombarded by spam. We are committed to keeping our members informed so your help makes all the difference!

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Do you want to join us on Facebook?

- Our Facebook page – Don't miss out, join us on Facebook and keep abreast of what's happening for the SWI and across the membership in Scotland. Follow us here: **bit.ly/3u7BDoM**
- Our Facebook group – This is where members share pics, recipes, news and more. Join the group here: **bit.ly/3u4tCAM**

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Do you want to receive event alerts?

Subscribe to SWI's Eventbrite page here: **bit.ly/3VhO652** and never miss a thing.

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Do you want general news?

Check in at **www.theswi.org.uk** for updates!

Thank you!