

Welcome to Issue 12 – Members' news

With so many great new events planned for members, this e-newsletter is dedicated to news about great new events in store for 2023 – including the SWI National Conference & Exhibition!

Thank you for all your support as we look forward to a great year ahead!

Great speakers announced for Women In Scotland – SWI National Conference and Exhibition 2023

15th–16th September | Perth | Tickets selling fast!

We're delighted to reveal the excellent speakers for Day One of Women in Scotland SWI National Conference & Exhibition 2023!

- **Inspirational Key Speaker** Mike Stevenson
- **Expert Key Speakers and Q&A** with Mary Lewis of Heritage Crafts, and Elaine Lindsay of Something Corny
- **Expert Key Speakers and Q&A** with Mark O'Donnell of Age Scotland and Dr Isabella Moore CBE, The Olderpreneur Alliance

You'll find full details of the speakers and what they will be discussing on the new National Conference hub here: bit.ly/3Z1nQxG

Tickets are selling fast

More than 800 members have expressed an interest so far and tickets are being snapped up, so don't miss out! **Single day passes start at just £35 for members, £65 for non-members. Book your place** here: bit.ly/3Y00ibh

A very special guest speaker for Day Two will be announced in the coming weeks!

National Conference Raffle Tickets

Events and Admin Officer Charlotte has been busy sending out National Conference raffle tickets to all Federation Secretaries – we have 2,000 tickets up for grabs at just £1 each.

Prizes are being sourced by the National Conference committee and will be announced shortly.

Get your ticket from your Federation Secretary – you've got to be in it to win it!

SWI's Walking Weekend Festival launches

26th–28th May | Health & Wellbeing | Oban

The first location for this year's new SWI Walking Weekend Festival has just been confirmed – it's Oban, the unofficial capital of the West Highlands – also known as the Gateway to the Isles or The Seafood Capital of Scotland!

This event will be open to members and non-members and participants have a choice of residential or non-residential bookings. *A further event is planned for Ross-shire on the same weekend.*

The Oban event is open for booking here: bit.ly/3xRin0m

Calling all foodies! Easter treats alert!

23rd March | Skill Share Session | Online

Come along for a fantastic foodie night with Lucy Campbell of Lu'bell's Homemade Fudge who will demonstrate how she makes her extremely popular sweet treat... with an Easter twist!

Sugar craft wonder and SWI member, Anne Howat, will then demonstrate how to make a bespoke bunny in sugar paste. That's all we're saying... you will have to be there on the night to find out more!!

This event is FREE for members, £5 for non members.

Get your ticket here: bit.ly/3ZkBvzt

Championing women's health issues

28th March | Expert Talk | Online

Scottish Women's Institutes is committed to covering all aspects of women's health and wellbeing. As March is Endometriosis Awareness Month and National Nutrition Month, we will be talking about endometriosis and polycystic ovary syndrome and how the use of nutrition can help ease symptoms.

Both PCOS and endometriosis affect one in 10 women in the UK, but it is likely many more are not yet diagnosed. As they are very common conditions, you likely have friends, daughters, granddaughters or other women in your life that are affected by one of these conditions. To find out more join our expert speakers on Tuesday 28th March – register here:

bit.ly/3ZjkdCZ

The event is FREE for members, £5 for non members.

Catch up on previous sessions

All Health & Wellbeing Sessions are available on our YouTube channel

@ScottishwomensinstitutesTV

- Living Well with Cancer – view it here: bit.ly/3EAXsTj
- ADHD in Women – view it here: bit.ly/3KzrhHm

Matter of Opinion and National Quiz

15th April | Competition | Banchory

This year's event will be hosted by the Kincardineshire Federation at Banchory Town Hall for what will be a great day of talking and brain busting!

Entries are welcome for both events – the deadline for team entries is Friday 24th March.
To register click here: **bit.ly/3ECvmXM**

Spectators are also welcome – tickets are available here: **bit.ly/3ECvmXM**

National Small Singing and Choirs competition

29th April | Competition | Perth

This year's event will be hosted by Perth & Kinross Federation at St Matthew's Church, Perth and spectators are welcome.

If you would like to enter the competition register here: **bit.ly/3KI95vc** The deadline for team entries is Monday 27th March.

For spectator tickets click here: **bit.ly/3KI95vc**

Triennium: last call for National office bearers

A huge thank you to all members who have put themselves forward for National roles to act as representatives for fellow members. The deadline is fast approaching, so interested parties have until 5pm on February 28th to apply for Board positions or to express interest in National Committee roles.

To adhere to the SWI constitution there is a selection process for the Board and election process for the committees.

All current National Committee members are reminded that if they choose to remain a Committee member for the next triennium they will need to confirm this formally.

The National Committees are:

- Finance
- Handcrafts & Homeskills
- Education & International
- Communications

A Triennium Pack containing all of the information you need is available here: **bit.ly/3m67fdm** – we look forward to hearing from you.

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/3lsy6YS**
- Federation Secretaries will find a new hub for to book National Competitions here: **bit.ly/3ISm5gP**

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!