



Welcome to Issue 15 - 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 15 – Members' news

Welcome to this special events edition – here you will find a huge range of in-person and online events for you to enjoy over the next few months.

Look out for your special National Conference raffle tickets!

Raffle books have been distributed to all Federations so make sure you get your chance to win some of these fabulous prizes.

- An overnight getaway at a luxury hotel and spa in St Andrews
- A selection of whiskys including a special edition Glen Moray Whisky
- High tea for two at Gleneagles
- Fabulous food and beauty hampers
- Gin and Prosecco sets
- Two tickets to a Garden Experience at Scone Palace with the Palace's Head Gardener

Tickets are available to everyone – including non members, friends and family – and all proceeds will go to future SWI activities.

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

So far more than 1,200 members have joined SWI's online sessions – here's what they said.

- I like that the talks are free to members
- Really enjoy the interactive element
- We keep getting more famous and accomplished speakers
- Very good and informative
- Informal, chatty and the audience was involved
- Seeing loads of friendly faces
- Engaging, friendly, learnt new and interesting things
- We just need to encourage more people to join as they are missing a fantastic hour!

Upcoming online events

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.

SWI Members' Annual General Meeting 2023

13th May | Online

All members are warmly invited to attend the SWI AGM on Saturday 13th May, from 10.30am-noon. This year's event will continue with the new format so many enjoyed last year and will also see National President Anne Kerr hand over the presidency to Mary Burney. There's still time to register for this member-only event here: bit.ly/3nVWziW

The agenda

- Welcome
- President's review
- Annual accounts
- Triennium 2023 – Board and Committee
- Member discussion panel

Celebrity Showcase: Meet Bake Off's Peter Sawkins

30th May | Online

Peter is using his skills to inspire a new generation of chefs and bakers. He will give us an insight into what happens behind the scenes in the Bake Off tent and answer any baking questions you may have.

This event is free for members, £10 for non-members. Book here: bit.ly/3MhVFqn

Celebrity Showcase: Chef Julie Lin's 'Cooking on a Budget'

26th June | Online

Half Scottish, half Malaysian, Julie Lin is one of the country's hottest chefs and has featured on The Hairy Bikers and Saturday Kitchen Live within the past few months, so is fast becoming a Scottish superchef!

Julie will demonstrate making tasty low-cost meals from canned food and you'll find the recipe at the link below if you would like to cookalong.

This event is free for members, £10 for non-members. Book here: bit.ly/41q08eN

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!

his 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

In-person 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 some more detail about each carefully crafted event!

SWI Flagship Event

Women In Scotland – SWI National Conference and Exhibition 2023

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

Things are shaping up for the new-look National Conference & Exhibition in Perth this September! Check out the full schedule of excellent speakers at theswi.org.uk/wis2023/ who will be addressing delegates in this two-day celebration of all things SWI. Book your place today to avoid disappointment.

Single day passes start at just £35 for members, £65 for non-members – and these passes include lunch and refreshments! Book your place here: bit.ly/301y4eG

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, Portobello

Health & Wellbeing | 27th May 2023 | Portobello Beach

We will meet on at Groyne 5, Portobello Beach at 10am and you can choose to have a quick dook or take a short swim – whatever you're comfortable with.

Register here: bit.ly/3Mlxebw

An Introduction to Wild Swimming, Aberdour

Health & Wellbeing | 4th June 2023 | Silver Sands Beach

We will meet at Silver Sands Beach, Aberdour at 4pm and you can choose to have a quick dook or take a short swim – whatever you're comfortable with.

Register here: bit.ly/3nSlvqi

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

The Evelyn Baxter Trophy Scholarship 2024

Scholarship | Deadline for entry forms May 15th 2023 | Course will be held 8th and 9th June 2023 in HQ

This year the Evelyn Baxter Scholarship will be a 'Basic Dressmaking' two-day course, taught by expert tutor Gill McBride, of 'Sew with Gill'.

The scholarship is open to all SWI members. Currently, we are accepting scholar applications – This course programme is specially tailored to training the selected scholars – no fee-paying applications pupils for this training course.

You can download the entry form here: bit.ly/3LZ234p

The Royal Highland Show

22nd – 25th June 2023 | Royal Highland Centre

Each year Scottish Women's Institutes collaborates with the Royal Highland Show to manage the Handcrafts Competition.

This year members will be demonstrating crafts and a full programme will be in the forthcoming issue of Women Together, the SWI members' magazine.

Could you be a steward?

Thanks to everyone who has emailed to offer to be a steward at the Royal Highland Show's Handcrafts Pavilion. We are a bit light on **Friday 23rd or Saturday 24th** so if you can do those days and would like to receive a free pass to the show send an expression of interest to hello@theswi.org.uk Stewards work for 2x two-hour shifts and have the rest of the day to explore the show.

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 at bit.ly/316pFmt or see below for some more details about each competition!

Evelyn Baxter competition

Deadline for entry forms 26th May (completed entries June 30th)

This year the Evelyn Baxter Competition is open to all attendees of the 'Improving your basic knitting & finishing skills' class, taught by Evelyn Baxter scholar, Amanda Clark. This year's article is A Baby's V Neck Cardigan Size 16. 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.

Margaret Whiteford Award – Outstanding Member

Deadline for entries 26th May

Do you know a member of the SWI who is extraordinary, someone who goes above and beyond and deserves recognition of this award? The late Margaret Whiteford's family wanted to leave a legacy in recognition of her loyalty and life with the SWI.

The nomination form can be downloaded here: bit.ly/3HZV9e7

Morgan Trophy competition

Deadline for entries 30th June

This competition is open to all SWI members. The chosen theme is Hot or Cold Soup Recipes. 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.

National Outdoor Bowling competition

Deadline for entries 3rd July | 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.

What's new at SWI Central Office?

Welcome, Erica!

This month we welcome a new edition to the SWI Central Office!

Erica Shuttera is currently working towards her Master's in Sociology and Global Change from the University of Edinburgh. Originally from a farming community in Florida, Erica enjoys reading, photography, embroidery, and cooking in her free time.

She will spend the next couple of months working with the SWI to complete research for her dissertation on "How does a membership organisation for women remain relevant to its members a century on from its inception in light of significant social change such as population movement and shifting attitudes to women's role in society?". Erica says she is incredibly grateful for this fantastic opportunity and can't wait to get to know everyone!

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
- Federation Secretaries will find a new hub for information and how to book National Competitions [here](#): 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!