

District Times

December 2021 | District 16



Message from District Chairman

Greetings Ladies of District 16.

This is the first edition of our Quarterly Newsletter District Times, and I am pleased that this continues to keep our Wheel turning and help us stay in touch. It is important to note that this is an opportunity for District Executive to keep everyone informed of activities and events throughout the Inner Wheel year.

My year is now in full swing, and I was delighted and encouraged by the attendance of all clubs at our November meeting and Webinar. Feedback was

fantastic and now we need to act on our **'Sustainability Project'**, I hope we can work together on this and remember **'Change by Degrees'** is not just a giant step but a series of small changes.

Northern Ireland Children's Hospice Charity, representative, Catherine has delivered **Coffee Break Packs**, any clubs who wish to arrange a coffee break, do get in touch and I can provide you with the information.

Laura Lynn Children's Charity will be talking to us in the Spring about their wonderful work.

As you know the Virtual Walk from Malin to Mizen project is ongoing and I look forward to hearing about how many steps you have walked as I visit your clubs. Remember 80,000 steps completed by each club before The Rally in June 2022. Lots of time!

On January 10th I am delighted to invite you all

to a Coffee Morning via Zoom at 11 a.m. to celebrate **'Inner Wheel International Day'**, with guest speaker Patricia Friel, Director of fundraising for Mary's Meals. A wonderful and Inspirational Speaker.

Congratulations to you all on your continued splendid work and the efforts you are making in your Clubs and further afield.

I will not be sending Christmas cards as I will be making donations to my charities and Mary's Meals.

In friendship and remember to keep Our Wheel Moving.

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**Annual Association Conference
Bournemouth April 2022**

The Inner Wheel Annual Association Conference will be hosted in Bournemouth from 4th to 6th April 2022. Several members from District 16 have already registered and our District 16 Executive is looking forward to welcoming many more members to the event. Conference registration will be via the Association website. N.B. – the early bird fee has been extended to 31st January 2022, so if you are going, please ensure you register by then to secure the best rate!

Rooms are reserved at the Westcliff Hotel for District 16 members. To confirm your stay please call Jill at Business Events Bournemouth on 01202816147, stating which nights you wish to stay. The Monday

evening District get together will be hosted at the Westcliff.

The Conference offers a great opportunity to connect with Inner Wheel members from across GB & I, be entertained by engaging speakers and performers and have a lovely break from daily routine – something I expect we will look forward to more in 2022 than any other year.

I will be happy to speak to any member who would like to hear more about the Conference. Please contact me at jsproule54@gmail.com

Jeanette Sproule
Member of Council D16

Stop Press
**Bournemouth Conference is subject to
Association decision mid December 2021**





UPcoming EVENTS

Inner Wheel International Day.

Since the Covid pandemic continues to challenge our communities, we have arranged to celebrate Inner Wheel International Day on 10th January 2022 by hosting a District Zoom Coffee Morning via Zoom.

I am delighted to announce that we have invited Patricia Friel,

Director of fundraising for Mary's Meals to give us a short talk about the Charity and suggest ideas for fund-raising. Patricia has travelled to Africa to see for herself the positive impact the project is having and can inform us of this exceptional work that is ongoing

As many of our clubs have been so supportive of this charity, I would love you to join us and listen to an inspirational speaker and enthusiastic advocate for Mary's Meals.

This will be an open meeting, so members may

invite a friend or someone who might be interested in joining Inner Wheel.

Details of the Zoom link will be communicated in advance.

Wishing you all a Happy Christmas and Safe New Year

Una Grant
International Service



Inner Wheel 3-Year Social Project – Strong Women Stronger World

The focus for the new 3-Year Social Project will be on mental health for GB & I, mainly on the charity MIND. In Ireland these charities are INSPIRE (NI) www.inspirewellbeing.org and Mental Health Ireland (Eire) www.mentalhealthireland.ie. All District 16 members are encouraged to support these charities and any other charities that benefit people's mental health, in particular for women and girls. Member of Council Jeanette will be delighted to hear of any support, financially or other, that clubs give towards mental health so that all information can be collated and fed back to Association (jsproule54@gmail.com).



SUSTAINABILITY

Environmental Scientist -Dr Tara Shine's Tips on Sustainability

No to:

- Dishwashing sponges
- Kitchen Roll
- Electricity – Leaving devices on standby (Vampire Energy)
- Wood burning stoves
- Coal and briquettes
- Peat moss compost
- Clingfilm
- Liquid soaps
- Synthetic Fibres
- Fast disposable fashion



Yes to:

- Rewilding
- Using food waste caddies
- Making a list when shopping (only buy what you need)
- Being frugal
- Walking instead of using a car where possible
- Hand knits and natural fibres

How to make change happen:

'Your superpower is not only the action you take, it's also your influence.'
- Change by degrees

- Work collectively to have an impact on systematic change
- Be a leader in the climate space
- Your influence is important, create the ripple effect
- You are more influential on your friends and family than anyone else – use it!
- Rethink your impact at home
- Think about innovative ideas for sustainability
- Hold people to account
- Capture generational knowledge
- Develop a generation learning project.
- Pass it on be a good ancestor
- Encourage more women representatives at decision making levels.
- Reuse, Reduce, Recycle

