

Inner Wheel

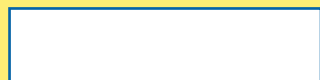
ASSOCIATION OF INNER WHEEL CLUBS IN GREAT BRITAIN & IRELAND



Inner Wheel at the Heart
of the Community for 100 Years



STRONG WOMEN
STRONGER WORLD
2021-2024



www.innerwheel.co.uk

Autumn 2023

Who am I?

I sometimes wear a magnificent gold chain of office and feel privileged to be your President, travelling to your districts acknowledging the light you shine in your communities and the friendship we share whether in service or simply having fun.

Raised in Royston, educated there and in Letchworth before teacher training in Darlington and working in Cambridge, Ware and Chelmsford I have enjoyed the challenge of change.

Married to John for 51 years, mother of twins and "Gran" to four grandchildren we are constantly amazed at their talents and desire to protect and teach us how to improve our technology skills in our twilight years.

We fortunately have our family in Chelmsford who support Inner Wheel and Rotary events together with our interests of music, art and flower arranging when time permits.

It is not well known that as a teenager I was the youngest member of the Barbara Leader Latin American Formation team dancing under the glitter ball at Stevenage Locarno Ballroom – a memorable experience particularly as I was not old enough to be admitted! The Blackpool Tower Ballroom resonated very well.

I am so excited about the many 100 for 100 ideas which are developing in our Clubs and Districts, the planning for the Convention and of course the GB&I Centenary Celebration in London 15th April 2024.

Amongst all this excitement is our key purpose to help Inner Wheel evolve and to work closely with Trish Douglas our International President. There is no doubt Trish will "shine" and we can be her superstars in our work for GB&I.

Anthea



My Dear Fellow Inner Wheel Members,

It gives me enormous pleasure to be writing to you as the International Inner Wheel President, in this, our Centennial year. A very special year for the Manchester Club where our Inner Wheel life began, also in May of 2024 International Inner Wheel will be hosting their Convention. I'm looking forward very much to welcoming members from around the world where we can 'Shine A Light' on all that we do in the name of Inner Wheel.

My theme this year is 'Shine A Light' with two flagship initiatives, Brighten Lives for the Future and Mental Wellness

Brightens Lives. Along with President Anthea I am supporting BEAT, a charity which helps those with eating disorders. At Convention there will be an Olde Worlde Sweetie Shop which I'm sure will have your full support.

On January 10th next year we will be celebrating International Inner Wheel Day and I'm sure celebrations will be to the fore. If your club is having a celebration, could I ask you to take a video, I would very much like to showcase these at Convention next year, these can be sent to Association Editor Di Hylton for our IIW Media/Manager Prabha.

In 1924, 27 forward-thinking, determined, dedicated ladies, desiring to serve, were inspired to found our great organisation. My hope is that we, with that same determination, dedication and desire, will be inspired to pick up their baton and move resolutely into an 'inviting' new century of our beloved Inner Wheel.

My very best wishes to you all as you progress through the Inner Wheel Year in the very capable hands of President Anthea, the Executive Committee and the Governing Body. My love to all,

Trish, International Inner Wheel President 2023/24

"Be generous with your spirit and help the world around you by being a shining light of loving intention. See beauty in giving love."



Inner Wheel Welcomes you!

The Association of Inner Wheel Clubs in Great Britain & Ireland
www.innerwheel.co.uk

We have over **9,000** members in **Great Britain** and **Ireland** in over **400** clubs and more than **120,000** members in **4,000** Inner Wheel clubs worldwide.

Annually we raise a **MILLION** pounds for charities at home and overseas - developing strong women for a stronger world.

£1M



Started in 1924 in Manchester by **Margarette Golding** - giving service to others for **100** years. We have a garden of commemoration of our wonderful history at the **National Arboretum** and a new centenary Margarette Golding Rose.

Volunteering is the **backbone** of our organisation and in **100** years of existence we have **given millions** of hours **devoted to service**. We are one of the **largest** international **women's voluntary service** organisations in the world.

100

We are women in action **transforming lives**. We make **friends**, work **together** and have **fun**. **Contributing** to our **communities** - **ordinary** women doing **extraordinary things**.



Inner Wheel at the
Heart of the Community
for 100 Years



President Anthea and her District Chairman



President Anthea and her Governing Body
Centenary Year 2023-2024

Little facts you may not know - as supplied by the District Editors and the Publications Committee.

About 20 years ago I was invited to the daughter of a friend's wedding. I bought a lovely outfit from a well-known outlet of the time, Jacques Vert. Shortly afterwards I described the outfit to my friend. To my surprise she exclaimed, you can't wear that, the mother of the groom has bought the exact same outfit, a woman of taste obviously! I was reluctant to buy another outfit as I had at the same time splashed out on two pairs of shoes to match, I couldn't decide between them! Eventually, not wishing to embarrass the groom's mother, I borrowed an outfit. Shortly afterwards I was invited to attend a garden party at Buckingham Palace and you've guessed it, I wore the outfit. However, what nobody knows, I still have one pair of shoes, still in their box, in the bottom of my wardrobe that have never been used.



Ann Lowe, D4

Hamble Valley Inner Wheel D11 giving aid where it is needed

Throughout the past year we have been supporting Simon Ellis, son of our Member Jenny, in his quest to help the people of Ukraine. Through the web site, **"Go-fund me"** Simon has raised money, initially to support refugees and later to fund the acquisition of vehicles. Our members started to collect medical supplies, warm clothing, food etc. which Simon then took all the way to Ukraine, driving his funded vans and other vehicles to the war affected areas. He has taken five loaded vehicles to date which have then been left in Ukraine, many to be used as ambulances. We were asked, as a Club, if we could provide **"Comfort Boxes"** for women who have very little or nothing. Members, friends, family and Rotarians collected enough toiletries, sanitary products, hats, scarves, energy bars, etc. to fill **31 shoe boxes**.



The intrepid Inner Wheel member from Alfreton Club D22 56 years in the planning

My brother, Mike, emigrated to Australia on 31st May 1967 and it has taken me 56 years to visit him and his family!

When I finally planned the trip, following the loss of my dear husband Travis, my sister-in-law Beverley made a suggestion that I should climb Sydney Harbour Bridge. She has known me since I was 16 years old and knew that I would eventually agree to it being a good idea. Always up for a challenge!! It became the biggest highlight, among many highlights, of my 6 ½ week trip. I went for the middle option – which involved going up the outer part of the bridge, to the Aboriginal and Australian flags, across the top and back down the other side. It involved 1,332 steps, including stairs and 4 flights of VERTICAL ladders (approx. 100 rungs), both up and down. I made it and was very proud of myself.

Mandy Walker

The Inner Wheel of Stirling are delighted to announce that Lesley Niven has been awarded the prestigious Margarete Golding Award. Lesley is a Past President of the Stirling Club, Past District Chairman and currently Member of Council for District 1. On hearing of the award, Lesley was totally overcome. The club are so thrilled for her. It has been awarded for over 30 years dedication to helping Stroke survivors at the Phoenix Club, a driving force as a Trustee and an invaluable, caring and efficient team member. The Phoenix Stroke Club is in Horsham in West Sussex, since moving back to Scotland, Lesley has been travelling down to Horsham regularly to help out and works from home as trustee. Quite a lot of journeys Lesley - well done for this dedication to a charity close to your heart.



Congratulations



Professor Gilbert receiving her Margarette Golding Award with Kettering Presidents Pat Smith, Lesley Johnson and PDC Ann Buckby

CONGRATULATIONS

Biography

Professor Dame Sarah Gilbert is Professor of Vaccinology in the Pandemic Sciences Institute at the University of Oxford.

In 2020 Professor Gilbert led the development of the Oxford-AstraZeneca COVID-19 vaccine. This vaccine, tested by the University of Oxford in clinical trials of over 23,000 people in the UK, Brazil and South Africa, is now in use in over 180 countries and is estimated to have saved more than six million lives during the pandemic.

Professor Gilbert's primary research interest is the development of viral vectored vaccines that work by inducing strong and protective T and B cell responses. She currently leads work on influenza vaccine development as well as vaccines for several emerging pathogens including Nipah virus, Middle East Respiratory Syndrome (MERS) and Lassa virus.

Professor Gilbert first joined the University of Oxford's Nuffield Department of Medicine in 1994 and became part of the Jenner Institute when it was founded in 2005. In 2021 Professor Gilbert was appointed to the Saïd Chair of Vaccinology and became Head of the Outbreak Pathogens Vaccine Group in the Pandemic Sciences Institute, hosted by the Nuffield Department of Medicine at the University of Oxford.

Professor Gilbert was made a Dame Commander of the British Empire in 2021 in recognition of her work during the pandemic. Her book, Vaxxers – describing the development of the COVID-19 vaccine – was a Sunday Times bestseller. Other awards include the Royal Society of Medicine Gold Medal, the Princesa de Asturias Award for Technical and Scientific Research 2021, the Sunhak Peace Prize 2022 and the King Faisal Prize 2023.

Quote:

Professor Dame Sarah Gilbert, Professor of Vaccinology at the Pandemic Sciences Institute, University of Oxford said:

"It is a real privilege to receive the Margarette Golding Award today from the Inner Wheel in Kettering. "I was nominated for this award because of my work to develop the Oxford/AstraZeneca COVID-19 vaccine, which is now estimated to have saved over 6 million lives around the world. Of course, this success was only possible because an incredible team of people worked together – researchers at the University of Oxford, our collaborators around the world, and of course the thousands of people who gave up their time to volunteer for clinical trials. "My interest in science was in fact sparked by an inspirational biology teacher, while I was a pupil at Kettering High School. I hope that recognition like this today will inspire another generation of scientists from the local area to address the global health problems of the future."

Best wishes,
Sarah

District 24 are pleased to announce that Eileen French was awarded an MBE in the King's birthday honours list, announced in 2023. This was awarded to her as founder trustee of Essex Council of Voluntary Youth Organisations, services to young people in Essex.

Eileen is currently District 24's Membership and Development Officer. She has been District Chairman twice and a staunch member of Inner Wheel for more than 40 years, in addition to being a Lay Canon at Chelmsford Cathedral and involved with the guiding movement.

Congratulations Eileen





The UK's Gas Resources explained by Jennifer Wallace D8

The UK Gas industry gets its gas from multiple sources, the main ones being the gas fields in the seas around the UK, the interconnector pipelines through the channel from mainland Europe and Liquefied Natural Gas ships transporting pressurised gas from around the world.

The gas is brought into the UK at specific points known as terminals. Gas from the fields in the North Sea comes in along multiple pipelines. At the point where it reaches the terminals it enters the UK gas network, operated by National Gas (previously National Grid). At this point it must be monitored. The grid pipelines must not have too much gas in them or the pressure could cause damage to pipelines or even explosions, and too little will cause supplies to be cut off.

Reconnecting gas supplies is a dangerous job and must be done one household at a time. To avoid these problems National Gas monitors the amount of gas being brought into and taken out of the network of gas pipelines.

Companies trading in gas in the UK are known as shippers. They have to register with National Gas and prove they have sufficient financial resources to fulfil any commitments undertaken. When trading they must inform National Gas how much gas they are buying and selling each day. In order to keep the amount of gas in the pipelines within safe limits they must buy and sell the same amount of gas, not using the pipelines as temporary storage or taking more out than they have put in.

The shippers must inform National Gas of all gas bought and sold, which includes gas brought into the system at terminals, gas removed from the system when it is supplied to consumers such as factories and domestic consumers and trades of the gas where ownership of the gas is transferred within the pipelines.

Sending these messages to National Gas is called scheduling and this can be done by entering the values manually on a website, which can be quite time consuming and prone to error or by using the api provided by National Grid.

The api is a software interface to which messages can be sent from software systems run by the gas shippers.

National Gas receive meter data from the largest customers on a daily or even hourly basis. The largest customers are power stations but some of the other metered customers might be hospitals or the big laundry companies.

If there is a problem where unexpected demand is not matched by the supplies forecast for the day then National Grid can take balancing action, offering extra money to persuade shippers to bring in extra supplies or discouraging users from taking as much supply. Some large consumers such as factories have an interruptible supply which means they pay less for their gas if they agree to be interrupted in an emergency. In these cases they would have an emergency back up supply to cover them for the interruption.

Little facts you may not know:

I worked in Pantomime in Liverpool with Norman Wisdom, The Grosvenor House, Park Lane with Sidney Lipton and his band and toured Italy, Sicily and Malta with The Compagnia Italiano Di Opererette.

Di Hylton

Centenary Rose

<https://www.roses.co.uk/product/531038/rose-margaret-golding-5l-potted>

Link posted on the Inner Wheel website: www.innerwheel.co.uk

Keep purchasing this beautiful centenary rose.



"Simply shine your light on the road ahead, and you are helping others to see their way out of darkness." Katrina Mayer



In my younger days I played in the Romford Brass band, Essex. I started on a cornet, then a tenor horn and ended up with the flugal horn. My playing days ended when I moved to the Midlands but I still love brass band music. Our practice hut was behind Romford Town Hall.

Yvette Thomas D22

Experience on The Chase and winning against The Beast, Mark Labbett - Liz Bettles D15

I applied in early 2018, and after 2 telephone questionnaires, was invited to attend a live audition. After this, those few who impressed (not necessarily by brainpower) were invited to go on the show. I was initially asked to go on in October that year, but I was unavailable, and thought I had lost my chance. 4 years later, they asked me again, and recording took place in November 2022, and was shown 28th April 2023. (There is no logical order to the showing.) We were booked into a London hotel overnight, and met our team and escorted to the studio next morning – you really don't know each other. We were ushered everywhere to keep us away from chasers or other contestants. After a briefing on what they would like to see – smiling faces, chat, reactions, we were then taken to our dressing rooms. Hair, make-up and wardrobe followed. The producers make final decisions on playing order and clothes. Neither the team nor "Brad" know who the chaser will be – we all find out as you see on TV. There was a lot of interaction that didn't make the final cut – sadly, I didn't get to talk about Inner Wheel. But having said on National TV that I wanted to learn to paddleboard if I won, I am now doing so!



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Promoting International understanding in District 13

The membership of District 13, Inner Wheel in London, and its Executive, reflect the cultural, ethnic and religious diversity of the city in which we live. We are fortunate in being able to promote international understanding both by listening to the experiences of our members and in welcoming visiting Inner Wheel members from overseas, many of whom we see regularly.

Speakers have told us about the food traditionally eaten during Jewish festivals, and we held a 'festive District Meeting' on zoom during December in which members were invited to share their seasonal traditions, which ranged from attending midnight mass and enjoying a traditional Christmas dinner, to the celebrations at Channukah and Eid. Disappointed by the cancellation of the Convention due to be held in Jaipur, we arranged a zoom meeting at which we learned a little of the history of Jaipur and a member gave a PowerPoint presentation about the traditional food of the region.

Another member spoke to us about helping in eye camps in India during her annual visit and about helping with a programme of childhood vaccinations in schools whilst she was there.

In addition to learning so much from these interesting speakers, we have enjoyed visits arranged by members to Bhakti Vedanta Manor, a Gaugiya Vaishnava Hindu Temple near Watford and to the Ismaili Centre in South Kensington, a religious, social and cultural meeting place for the Ismaili Muslim community in the United Kingdom, where we were given a fascinating tour. Both of these visits were most enjoyable and informative, and we look forward to more in the future.

Karen Krestin

A helping hand can be a ray of sunshine in a cloudy world.



Why should I go to the International Inner Wheel Convention to be held in Manchester in May 2024?

The International Inner Wheel Convention is held every three years in different parts of the world. The first one I attended was held in Florence in 2003 and it was a great experience. My second Convention was held in Christchurch New Zealand in 2006 and I found myself in charge of the party of 26 from District 7. Luckily everyone got on as we were away together for nearly 3 weeks as we toured New Zealand after attending the Convention. I can honestly say it is the best holiday I have ever had and we laughed our way round that delightful country. We still meet up and until the dark days of Covid were still going away together, such is the strength of Inner Wheel friendships.

An IIW Convention adds another dimension and layer of knowledge to your Inner Wheel membership and broadens your horizons. Meeting members from all around the world certainly leads to helping to fulfil our objective of international understanding and listening to the discussions on the proposals to change the IIW constitution is helpful as you realise some of the problems encountered by other countries.

The registration fee will seem expensive but it does include lunches for three days, and evening entertainment including a Gala Dinner plus symposiums and other group activities. The opening and closing ceremonies are usually spectacular and there will be good speakers. There will also be a lot to see in the Convention Centre including, I believe, a House of Culture with entries from different countries.

In 2024 Inner Wheel celebrates its Centenary – and that will be very much in evidence in Manchester where the first Inner Wheel meeting was held in the Turkish Baths. A strange choice of venue to be sure but I understand it was chosen because it was free! Some things in Inner Wheel will never change!

Dear members – this is a one-off opportunity for a new Inner Wheel experience and I urge you to make the most of it!

Zena Coles
Association Past President 2016-2017

"When the world is so complicated, the simple gift of friendship is within all of our hands". Maria Shriver



Hello ladies,

It has become increasingly obvious from my communications with international charities that funds are not flowing as readily into their coffers as they were a few years ago. This is down to a combination of factors...Covid-19; the ongoing war in Ukraine; the cost-of-living crisis; and the impact of extreme heat, floods, and wildfires across the globe.



Unfortunately, the countries that are impacted the most are those that already have the most challenging situations. There are so many smaller charities that have been working in these countries that are now finding the cash flow to maintain their services is not as reliable as it has been previously.

One such charity is **The Purple Community Fund**. They are particularly keen

to maintain the feeding programme for their senior citizens in the Philippines. Most of them are women who have been part of a special feeding programme that started in 2021. Nutritious meals are provided 5 days a week and extra food that they can take to eat during the weekend. After they finish their meal, the centre is open to them, giving a place where they can meet and share fellowship. PCF social workers play an active role in supporting them emotionally as well as giving practical care. It costs £1 a day to provide clean drinking water and a healthy meal for them. Please use the links below to appreciate the huge change this programme has made.

<https://youtu.be/uRTpH8C1FEc>

<https://youtu.be/bjfrvque0Vc>

This is just one example, there are many more. My request would be that if you have supported any smaller international charity through the "good times" that you now see if they need your support during these more challenging times.

Pam (AISCC)

One Planet Living at the Inner Wheel by Sue Riddlestone OBE, CEO & co-founder, Bioregional

It was inspiring to hear at the Inner Wheel annual conference all the many ways that members take action to create a better world for all of us. One element of that, where members want to do more, is environmental sustainability.












We have all seen the news headlines recently of the impact on people and nature of climate change and, as Sir David Attenborough tells us, the disappearance of our natural world as we extract resources to make the things we need, and sometimes, don't need! In fact, if everyone lived like the average European, we would need three planets to support us. So, we need to move to a world where everyone everywhere can live happy, healthy lives within the limits of our one planet, leaving space for wildlife and wilderness. The good news is, I've seen through my work over thirty years that this is possible, and indeed leads to a better quality of life. It's just about doing the things we already know we need to do.

Inner Wheel is using Bioregional's **One Planet Living®** framework to make it easy for members to take action on this, as well as being an important way that members can bring together and highlight all the impactful things that you already do. It is based on ten principles, which you can see here. If you can take action on all of them, it should add up to One Planet Living.

The best way to go about using One Planet Living is to get out the post it notes and flip chart paper and have a workshop with the group, consider each of the ten principles in turn, and get creative about how to achieve them, depending on the activities of the group. Bioregional has produced a handy guide with materials you can download here.

<https://www.bioregional.com/resources/one-planet-living-toolkit-for-community-groups>



 One Planet Living® A framework by Bioregional		
	Health and happiness	Encouraging active, social, meaningful lives to promote good health and wellbeing
	Equity and local economy	Creating safe, equitable places to live and work which support local prosperity and international fair trade
	Culture and community	Nurturing local identity and heritage, empowering communities and promoting a culture of sustainable living
	Land and nature	Protecting and restoring land for the benefit of people and wildlife
	Sustainable water	Using water efficiently, protecting local water resources and reducing flooding and drought
	Local and sustainable food	Promoting sustainable humane farming and healthy diets high in local, seasonal organic food and vegetable protein
	Travel and transport	Reducing the need to travel, encouraging walking, cycling and low carbon transport
	Materials and products	Using materials from sustainable sources and promoting products which help people reduce consumption
	Zero waste	Reducing consumption, re-using and recycling to achieve zero waste and zero pollution
	Zero carbon energy	Making buildings and manufacturing energy efficient and supplying all energy with renewables



STOP. THINK.

Before you throw anything away.



Think where it could do some good, recycling begins in the home.

Ring pulls, stamps, jars, clothes, spectacles.

All items that can be used again to benefit others.

Little facts you may not know - as supplied by the District Editors and the Publications Committee:

I used to be a national table tennis umpire.

Caroline Morrice D7

For 30 years I produced the sound effects for the village pantomime, over the years also taking on roles such as choreographer, producer, director, sound desk and musical director's assistant!

Catherine Forsdike D8

Just received a certificate of appreciation from Children's Hearings Scotland for completing 10 years of service on the Children's Panel - Changing Children's Lives.

Jean Hale D1

Studied Marine Biology at Glasgow University (short lived). Appeared on the TV Programme " Scottish Women" with Kaye Adams. **Nancy Ralston D2**

Practising karate for over 30 years and I am a 6th Dan (level) black belt. **Lyn Redman D7**

I am a Black belt in Tae Kwon Do and won the British Championships at the age of 16. I last competed 12 years ago when I won 2 silver medals at the English championships, losing both finals to the lady who became our first Olympic Bronze medallist that same year.

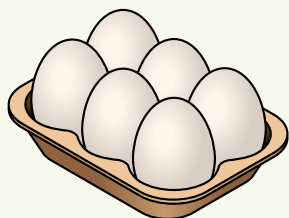
Harriet Farquhar D20

When my children were small, and my self-confidence was through the floor, I applied to join Mensa. It turns out I have an IQ of 159 - but it doesn't mean I can solve world peace, find a cure for cancer, or run the country - just that I can usually think logically!

(too modest to own up)

I won my first raffle prize in a penny raffle in 1951 when I was 4 years old. What did I win? 6 eggs!

Sue Meldrum D14



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What is our Iceberg? Is it melting? Are we willing to swim ahead?

By Sue Hopgood

December 2022 the Association Executive saw the urgency to take on board the need to respond to change in Inner Wheel in GB & I to stop the decline of membership.

The first session with the Executive Committee set the three strategic priorities: **1.** PR and Marketing – seeking professional support to grow the brand, with a focus on what we can do now to retain and increase membership **2.** Constitution – working on a "Must Do's" simpler version **3.** Becoming Sustainability, Environmental and Community Champions – building on the wonderful work we already do.

Meetings with the full Council in January and May 2023, progressed to Yarnfield for the Annual Assembly! We participated in a World Café - a highly interactive activity based on conversations and movement. This was wonderful - 200 IW women in the room, developing a shared understanding of the challenges and exploring actions and solutions.



We used the 8-step process for leading change told through the story 'Our Iceberg is Melting' as our frame of reference. This is a simple fable about a penguin colony in Antarctica. A group of beautiful emperor penguins live as they have for many years. The characters in the story, Fred, Alice, Louis, Buddy, the Professor, and NoNo, are like people we recognise – even ourselves. Their tale is one of resistance to change and heroic action, seemingly intractable obstacles, and the cleverest tactics for dealing with those obstacles. It's a story that is occurring in different forms all around us today – but the penguins handle the very real challenges a great deal better than most of us.

Next steps are summarised as a strategy that ensures better communication, more involvement, and interactive meetings to make the association more appealing. To achieve growth, there is a strong emphasis on rebranding efforts, increased PR, and visibility to showcase Inner Wheel's unique identity and contributions.



Melanie, Di & Rhys Skydiving and supporting Inner Wheel by "Shining a Light" for BEAT.

We all wish to sincerely thank everyone for their tremendous support, wonderful generosity and boosting our confidence by joining us on the day.

Chocks Away Dare Devils!



Melanie & Rhys Skydiving at Beccles, Suffolk.

Di Skydiving at Langar, Nottingham.



WE'RE HERE TO HELP ANYONE AFFECTED BY AN EATING DISORDER

Can't get a diagnosis? Supporting a loved one? We're here for you. Head to our website to find out more about our 1-2-1 support, training and support groups and services. Or call our Helpline.

The Beat Helpline is for people of all ages. We offer support and information about eating disorders no matter where you are in your journey. These Helplines are free to call from all phones and are open 365 days a year.

ENGLAND 0808 801 0677
help@beateatingdisorders.org.uk

WALES 0808 801 0433
Waleshelp@beateatingdisorders.org.uk

SCOTLAND 0808 801 0432
Scotlandhelp@beateatingdisorders.org.uk

NORTHERN IRELAND 0808 801 0434
NIhelp@beateatingdisorders.org.uk



Beat

Eating disorders

Beat (formerly Eating Disorders Association) is a registered charity in England and Wales (no 801343) and Scotland (SC039309).



SCAN ME ON YOUR PHONE



100 for 100

The Dundee Club D1 have suggested the '**Pound in Boots**' initiative where each month you place £1.00 in the bootee. A very easy way to raise some funds for your chosen charity.

Perhaps you could set your club a target of 100 filled booties or £100 collected over the next year. Each bootee has a scroll with words of encouragement.

Bootee pattern available upon request.

Scroll Wording

June - brings a tulip, lily and a rose, so pop your first pound in the toe.

July - brings trips to the sea shore, so just add one pound more.

August - brings the sheaves of corn, another pound in the sock unworn.

September - brings the Harvest fruit, so yet another pound in the sock foot.

October - brings the pheasant, the total is climbing, oh so pleasant.

November - brings the North blast, and our sock is half full at last.

December - brings us Christmas cheer as we head to a new year.

January - brings the snow, so pop your new year pound in the toe.

February - brings the rain, please place your pound in once again.

March - brings breezes sharp and shrill, a tenth pound in your sock to fill.

April - brings the primrose sweet, next pound drops into the feet.

May - brings blossoms sweet, and this last pound makes our sock complete.

Zara Tindall gave me her gold medal to view and hold, she won it at the Olympic games 2012, it was surprising how heavy and large it was.

Mary Shepherd D10



1924-2024 Centenary Celebrations 1924-2024

Leonardo Hotel, Tower Bridge, London

Join President Anthea in celebrating 100 years of Inner Wheel friendship and service in GB&I.

A spectacular lunch enjoying the company of fellow members.
Monday 15th April 2024

REGISTER NOW

12:00 for 12:30pm

REGISTER NOW



CELEBRATING 100 YEARS
International Inner Wheel - 19th Convention
Manchester 2024



Enjoy the camaraderie

7th - 10th May 2024

To be held in the birth place of Inner Wheel

REGISTER NOW

<https://iiwconventionmanchester.com>

My first edition and what a privilege it has been compiling all the wonderful articles. I hope you enjoy sitting in a comfy chair, cup of tea (or G & T) by your side reading this magazine. My sincere thanks go to all who have contributed to the completion of this copy and I look forward, with anticipation and excitement, to the next batch of news and stories.

Di (Editor)

RECEIVE 10% BACK*

to your Inner Wheel club

City breaks from £399pp

European tours from £899pp

Worldwide tours from £1,999pp

River cruises from £759pp

Yacht cruises from £1,699pp



1 in 8
goes free†

2025
worldwide
curated tours
**ON SALE
NOW**



To book, check availability or to request a brochure

Call **01283 248 304** and mention your Inner Wheel Club

Visit **rivieratravel.co.uk/innerwheel**

For group enquiries, email **groups@rivieratravel.co.uk**



Bookings for individuals as well as groups are accepted. *Some elements are not commissionable - for full details on the affinity offer, please visit rivieratravel.co.uk/affinity. †On European river cruises of 7 nights or more. Please remember to mention your Inner Wheel Club at the time of booking. Riviera Travel retain the right to withdraw this offer at any time.