Inner Wheel

ASSOCIATION OF INNER WHEEL CLUBS
IN GREAT BRITAIN & IRELAND

Autumn 2025





For a better

www.innerwheel.co.uk

Ladies.

It is a privilege to be taking on the role of Association President, and I look forward to meeting many of you during the year as I travel to visit every District. This is an opportunity for me to hear directly from each of you about any new initiatives or achievements and to listen to helpful suggestions.

In our wonderful organisation it is the members who are the foundation on which all the other layers are built. You are the ones who provide service in your local communities as well as supporting charities locally, nationally and internationally.



I ask you all to wholeheartedly support the IIW Orange the World campaign and unite to raise the profile of the UN's global cause to Prevent Violence to Women and Girls. The proposed walks on November 25th are an opportunity for us all to express our concern about this urgent issue and together to promote Inner Wheel across all our Districts.

At Assembly we launched the third strand of our Strategy – To become sustainable, environmental and community champions. This is to build on the remarkable work we already do. By sharing details of where we recycle specified items, we can then encourage our communities to join us in our endeavours.

Our Conference will be held in Llandudno in North Wales from 23rd to 25th March 2026. It is a lovely town nestling between the mountains and the sea. The Victorian architecture of Llandudno gives the town a unique charm. You can also relax and enjoy a leisurely walk along the "Pier of the Year 2025".

My chosen charity is "Ronald McDonald House Charities". They provide free accommodation in purpose-built houses across GB&I, located adjacent to children's hospitals, for the families of seriously ill children. It was my charity when I was District Chairman, and I became an ambassador for them afterwards giving fundraising talks locally.

Onwards and Upwards Pam

> **President of The Association of Inner Wheel** Clubs in Great Britain & Ireland 2025-2026



Since 1989 Ronald McDonald House Charities UK have been providing free 'home away from home' stays for families with children in hospital. Across 14 Houses, thousands find comfort, care, and closeness to their child's ward each year.

We're delighted to be Inner Wheel's chosen Charity of the Year their support makes all the difference when families need it most.

Find out more:

www.rmhc.org.uk @RMHCUK (1) (1) (1)







Diane Hawkins JP LLB HM Lord Lieutenant of Greater Manchester

I am honoured to be the Patron of Inner Wheel 2025/26 at the invitation of your President Pam.

It was a pleasure to attend the Assembly at Yarnfield when I was introduced to those attending and also met several old friends.

The year ahead looks to be packed with exciting projects and, in particular, the Orange the World initiative is very close to my heart.

I look forward to meeting more of the membership during the coming year.



2025 - 2026

From left to right:
Treasurer Pru Witter
Constitution Chairman Barbara Lord
President Pam Boyes
Editor Di Hylton
Vice President Pat Russell

Vice President Pat Russell
Membership & Development Committee Chairman Linda Clarke
International Service Committee Chairman Julie Ramsay





It is my honour and privilege as President of International Inner Wheel to welcome all the members of the Inner Wheel Clubs in GB&I to this, the year where Inner Wheel members are encouraged to "Step Up and Lead by Example", to look at ways to be more involved.

I call on all members to Step Up into the leadership roles of your club and your district, to rally your team, gather the wonderful women of Inner Wheel and together Lead by Example. If you don't, who will? Let this be the year when we focus on helping each other to grow in confidence through our support and encouragement.

As an international women's organization, we have the power to raise awareness and address challenges globally on the many issues confronting women and children.

This year, let's use the amazing

power of our magnificent organisation to champion equal rights for all women and girls throughout the world, to raise awareness of domestic violence in all its forms and to create programs that serve the needy and less fortunate in our communities.

Together we can make this world a better place.

So, welcome to the second year of the second century of Inner Wheel, the future of Inner Wheel is in our hands — let's all "Step Up and Lead by Example".

Yours in Inner Wheel Friendship,



Kay Morland (Australia)
International Inner Wheel President
2025 - 2026

Which 'JUST ONE THING' is your club working on?

At your District Assembly the M&D Officer introduced you all to our new idea for reviewing Membership & Development within your own club.

The aim is to make things **MANAGEABLE AND MEANINGFUL** for everyone.

Remember that all members can and should be helping to move the club forwards. Working on positive suggestions now could prevent M&D issues from becoming serious problems later in the year.

By now your club should have identified an area to work on, brainstormed for something that could be done to help and started to make that small change.

FOR EXAMPLE:

RETENTION:

Support, value and care for all members – make meetings fun, vary activities and events so that everyone can participate and get the most from membership, think about venues and timings, broaden interests and encourage all ages.

"Let's try a quiz game sometimes, instead of a speaker, to get us mixing more after our business meeting."

INVOLVEMENT:

Encourage, empower and nurture established members to be more involved – build confidence in others by giving clear information, mutual support, sharing roles and simplifying tasks.

"What about sharing the role of Secretary with me next year?"

PROMOTION:

Advertise IW, increase awareness and then recruit new members – find new ways to share what we do positively in the community and with interested ladies.

"I could ask about how we get our new Toolkit poster on the shopping centre notice board?"

THE NEXT STEP WILL BE TO GIVE FEEDBACK ON YOUR PROGRESS:

Your club should contact the District M&D Officer at the **start of January** using 3 SENTENCES

WHY you chose your 'one thing'

WHAT you are doing to help

HOW it is going so far

THEN WE SHALL BE ABLE TO SHARE YOUR SUCCESFUL IDEAS WITH OTHERS, so that everyone benefits from tried and tested suggestions.

Remember that your District M&D Officer and Zone leader are always ready to help you.

'JUST ONE THING' could help your club towards a brighter future - GOOD LUCK!

By Linda Clarke -Associaton Membership & Development Committee Chairman

Never Forget
ONE CLUB EQUALS ONE VOTE AT INTERNATIONAL INNER WHEEL

Immediate Past District Chairman of D1, Jean Hale, set a challenge during her year for members to write a poem based on APP Heather's theme of Friendship and Membership. The very worthy winner was Leela Gautam from the Aberdeen Club and this is her contribution.

The Inner Wheel

Retirement came; life changed.
Time became my own, To eat, what and when,
Meet forgotten friends, travel,
Walk, exercise, dance,
Unravel. Just sit still and dream.

After a spell, boredom found its place,
The mind whispered, downhill from now.
Then by chance I heard her talk
Of a Wheel, The Inner Wheel,
Where female power rolls,
Friendship thrives, and service is the key.
Its goal, to share and care with those in need,
Here and everywhere.

I climbed on, held a spoke, claimed my space,
The wheel moved with ease.
I had found my purpose.
It was for me.

You can read more of Leela's poems online at poetryspace.co.uk

Little known facts:

Judith de Fleury IPDC D16

Back in the early 70s Judith qualified as an oral surgeon and hit the glass ceiling. It was simply a sign of the times, the consultants of the time didn't believe in employing females. In the end she joined the army to get a job. Ironically the army, probably the most all male establishment, were short because the NHS pay scales were better, desperation perhaps?

D128 - Joint DC Dorothy Bowker

I went to Kentucky USA to the graduation of Dhadon a Tibetan girl we sponsored. We were the only people there for her. We went the scenic route via Toronto and Niagara Falls and went to the Kentucky Derby and backed the winner!

As written by Daphne Fowler – Edgbaston Convention D6

I attended the District Assembly together with Chris, Gay and Diane. District Chairman Ann opened the meeting and highlighted several imaginative pointers for Inner Wheel members and meetings, all beginning with the letter **F.** The most important of course is **Friendship** and meetings should be **Fun** and **Flexible full** of interesting **Flavour** (content); always be **Fair** and respectful of members; be **Forgiving** (to yourself and others); **Fundraising** is not the be all and end all! Be optimistic and **Forward** looking about the **Future** and don't lose your **Fervour** (enthusiasm) for Inner Wheel.

We have planned an interesting few months ahead, including a summer garden tour at Winterbourne in August, our club's 40th anniversary celebrations in October, a walk to publicise Orange the World, and our Christmas lunch at The Physician in December, so I think that covers Friendship, Fun, Flexible, Flavour, Fervour and looking Forward to the Future. I believe our members are always very caring about one another (Fair and Forgiving) and we have a couple of Fundraising ideas.

Perhaps other Districts could adopt a letter, test the little grey cells on what you could come up with, could be a Fantastic exercise – Di

- O Organising events to support ORANGE THE WORLD
- R Run, raise awareness, flyers to raise Inner Wheel's profile
- A Amble if unable to run, no matter how small, it all helps
- N Negotiate to have buildings lit in ORANGE
- **G** Girls of all ages need Inner Wheel to Step Up
- **E** Emphasise the importance of this worthy cause
- T Talk to members of the public tell them WHY ORANGE
- **H** Help, every woman and girl deserve better Human Rights
- **E** Enlighten the world on the plight of women and girls
- **W** Women of Action are Inner Wheel, Women for Women
- O Offer information to all around whilst walking
- R Raise awareness, raise our profile
- L Lead by example, step up to the challenge
- **D** Dawn breaks with hope for the elimination of violence

From Family Roots to Festival Fame: Inner Wheel Duo Win Big at RHS Hampton Court.

Mother and Daughter team from Inner Wheel District 20 bring colour, innovation, and community spirit to the national stage

Inner Wheel District 20 is beaming with pride following the exceptional achievements of long-standing members Janet Thornborough and her daughter, Harriet Farquhar—two women who embody the Inner Wheel spirit of friendship, service, and unwavering dedication.



It all began in 1983 when Janet and her husband Eric founded Protek Wood Stain, a family business supplying the timber manufacturing industry with high-quality preservatives and coatings. As the years passed, so did the entrepreneurial torch. Harriet and her sister have since stepped into leadership, steering Protek into the DIY market with a fresh

range of external paints tailored for timber preservation, bringing colour and innovation to gardens across the UK.

5 Star Tradestand Award

Tradestand Award

Presented by

The Royal Horticultural Society

As:

RHS Hampton Court Palace Garden Festival 2025

Awarded to

Protek Products

This summer, Protek hit a dazzling new milestone by exhibiting at the prestigious RHS Hampton Court Garden Festival for the very first time. The debut could not have gone better: Harriet and the Protek team clinched the coveted RHS 5 Star Award for

the Best Trade Stand as well as the RHS Hampton Court Garden Festival - Retail Innovation Award 2025 a double accolade recognising both craftsmanship and creative excellence.

Yet the accolades aren't confined to business. Janet has dedicated over thirty years to Inner Wheel, and Harriet has been following proudly in her footsteps for nearly a decade. In addition to her full-time role at Protek, Harriet also serves on the District 20 Executive as the current Membership and Development Officer, helping to grow and energise the next generation of Inner Wheel members.

Together, this dynamic Mother and Daughter duo exemplifies the balance of professional leadership and community commitment. Despite the demands of running a family business, both Janet and Harriet continue to champion the Inner Wheel values—bringing fun, friendship, and global service into everything they do. From the boardroom to the festival marquee, and from Inner Wheel halls to international causes, these women are painting the future with purpose.



A very novel way to raise awareness of a charity.

The Inner Wheel year 2024-2025 became a little hairy (or hairless) for IPDC Lyn of District 22 as she decided to be ultra brave and have her head shaved. Lyn was doing this as a fund raiser for her chosen charity Nottinghamshire and Derbyshire Young Carers, Lyn having been a Young Carer herself.

At the time she did not realise she was a Young Carer, often missing school or important exams. Lyn is a person who just gets on with it, which she did. Help was not available. Now, thank goodness it is.



On a hot day last June Lyn had a date with her hairdresser, gowned up, mirrors covered he began the task. Lyn was clearly anxious as her soft

white tresses fell to the floor, and what a lot it seemed. Bravely at the end she took a peek in the mirror and a broad grin assured all those watching she was Ok, no wig required.

Lyn received some fantastic support, and she was delighted that a lot of Young Carers will benefit from that generosity.

Well done Lyn



Little known facts:

Elizabeth Stedman DC D24

I have been flower arranging since 2004 and belong to Chelmsford Cathedral Flower Guild. In 2014 I had the honour of organising and arranging flowers for Her Majesty Queen Elizabeth II on the occasion of the Cathedral's Centenary.

Joy Fox DC D22

I was a Sunday school teacher in my teenage years, within a large Sunday school. We also judged Easter bonnets at school and in play school. As a business we sponsored the flood lights for Swanwick Church, also we were a well-respected news agency business in the area.

Helen McCann D20 continues

During my year as President of Mendip Inner Wheel Club we had a quiz & ploughman's supper that raised £930, this was followed by a very successful coffee morning where we raised £2300. Several smaller fundraising events through December, raised a further £885. A total of £4115. This was all part of my London Marathon and triathlon events fundraising, which currently stands at £8910.

This has enabled us, as a club, to name and sponsor a Guide Dog puppy called "Peggy" through her puppy training. She has been named after the founder of Inner Wheel, Margarette 'Peggy' Golding. I have also named and sponsored a second puppy and once the fund reaches £9500 I will be able to name and sponsor a third guide dog puppy through the early training stage.

I started the year with The Langport Triathlon in September 2024 and will finish it with the same event in September 2025. In between, my guide Emily and I also completed The Bath Half Marathon, The Easter Bunny 10k in Yeovilton and The London Marathon.



Helen is an inspirational "Woman of Action" who certainly Reaches and Inspires



Little known facts:

Angela Leggett-Bond DC D8

For my many years of service to St John Ambulance I was awarded a medal bearing the portrait of Queen Victoria. St John Ambulance still have permission to use this medal and have done so from 1898 to the present day.

Dorothy Lee-Ogden DC D18

I met Anne, The Princess Royal, at the Soroptimist International Convention held in Glasgow in 2007. I was a member of the organising committee.



Refresh your wardrobe with our timeless
Joseph Ribkoff
New Autumn/Winter 25 Collection

And get a special discount Visit our store in Victoria, London

Gertrude Fashions

69 Wilton Road
Victoria SW1V 1DE
Tel: 0207 834 6933
gertrudefashions.info@gmail.com
www.gertrudefashions.com

The difference between ordinary and extraordinary is that little "extra"



MANY CONGRATULATIONS

"Association Past President and member of Bourne Inner Wheel, Dr Sheila Halliday-Pegg has been honoured in the King's birthday honours list. The retired GP and local Magistrate was awarded the BEM (British Empire Medal) for services to her local community".

Little known facts:

DAME SUSAN SNOWDON DCVO

We are delighted to announce The King has appointed Sue Snowdon as a Dame Commander of the Royal Victorian Order in recognition of her role as His Majesty's Lord-Lieutenant for County Durham. The Royal Victorian Order is a Dynastic Order of Knighthood established in 1896 by Queen Victoria. It recognises distinguished personal service to the Monarch and members of the Royal Family. Admission is at the sole discretion of the Monarch.



Dame Susan is a longstanding member of the Inner Wheel Club of Crook D3



Margarette Golding Award

Sheila Cragg D12 has been awarded the Margarette Golding Award "In recognition of her Service to the Canterbury Community throughout her life, acting as adviser, organiser and fundraiser in her many and wide-ranging roles. These have

included Chairman of the Lord Mayor's Gift Fund, Lady Mayoress, Governor of a local school, Governor of The Canterbury College of Technology and Art,

an active member of the League of Friends of Canterbury Hospital and a great supporter of The Kent and Medway Medical School."

Very well deserved

Honours and rewards fall to those who show their good qualities in action (Aristotle)



International Service Projects by Julie Ramsay - Association International Committee Chairman

The challenge has now been set for this year's International Charity -Mary's Meals.

We are delighted that Mary's Meals is the international partner of the Inner Wheel in 2025!



At the Annual Assembly the District International Service Committee Chairmen heard a presentation from Mary's Meals and how, as a partnership with Inner Wheel, we aim to match one 10p with every school child in GB&I, this is only 11,832,509!

A very high target, however, it's better to set the bar high and get part way there than not have a target at all.



World Porridge Day is the 10th of October and Mary's Meals plan a month of activities with schools throughout the UK and Ireland titled Pocket Money for Porridge. The 10p relating to the cost of one meal for a school child which e.g. in Malawi is porridge.

I am sure throughout the coming year there will be many ingenious ways of collecting 10ps and I look forward to hearing about them.

We all know that where children receive Mary's Meals, there is a rise in school enrolment, attendance and participation. With food sourced locally wherever possible, it provides an assured market for farmers and supports economic growth.

I already know that many of you have booked speakers from Mary's Meals and hope you are up for the challenge.

The recycling of out-of-date currency and foreign currency will carry on as old money can raise many 10ps.

As part of the Inner Wheel three-year plan, recycling is still very much on our minds and if any items can be saved from landfill please do! Ringpulls, bras, knitted items, clothes, blankets and household items can always help someone somewhere.

I would like to thank you all in advance for all that you have done and do for International Charities, fostering International understanding. *Julie*

Recycling at its very best ...

Inner Wheel "women of action" making lives better in communities across the world.

These photos show how grateful the vulnerable Almudu boys living on the streets in Gambia, Africa were with the clothes, shoes and bedding that were donated from the amazing members in District 22! The National Police Aid Charity (NPAC) container chartered by the charity EMCCF delivered them to a town in East Gambia called Farafenni where you can see how delighted and thankful the boys were!

Once more, fantastic re-cycling by our Inner Wheel clubs and ISO's!



Challenges are what make life interesting Overcoming them is what makes life meaningful Joshua J Marine

D128 IPDC Pat Hayes on her challenge of walking Infinity Bridge.

IPDC of D128 Pat Hayes decided to do the Infinity Bridge Walk Challenge to support Young Epilepsy and Ulcerative Colitis UK. With her three daughters, 9-year-old grandson, a fellow Inner Wheel member and other family members for support they travelled to the Honister Slate Mine near Keswick in the Lake District to take part in the challenge.

Pat wanted to do something a little different to raise money for her charities and as Sharon and Pat have always been a little bit of adrenalin junkies, having already taken part in a skydive, white water rafting, extreme high ropes walk and abseiling in the past, they looked to do something similar for her challenge.





So their climb began -

The Bridge is 190m long and situated 1000ft over the Borrowdale Valley and runs across voids in the hillside. Their supporters travelled with them and were led through the mine to different viewing points so they could see them on the bridge.

After the initial safety talk and being fastened by harnesses onto the higher wire they stepped onto the wire of the bridge. It wasn't too disconcerting when they first got onto the wire bridge as they were close to the rock of the mountain/hillside but once they got a few metres out and round a corner they stepped out into the void, nothing below or above them, just the wire underfoot and the higher wire to hold onto. They were tethered by a harness onto the higher wire for safety reasons. It was cold and a little windy, but the view was breath taking. They could see for miles, one of the lakes (Derwentwater?) was up ahead in the distance, the cars below looking like miniature toy cars.

They moved along, step by step, all six, one after the other with the young grandson in the middle, focusing on the person in front and the wire below so as not to take a wrong step, stopping occasionally to take in the view or to have photos taken. Pat was totally amazed and proud of her grandson for doing the challenge with them. It is a truly exhilarating experience, a feeling of walking on air almost.

Towards the end part of the wire bridge was uphill – perhaps due to the give of the wire and a slight difference in the height of the start and the finish – so the end, for Pat and Sharon especially (not being as young as the others) was slightly harder than the beginning.

Then they had to climb down the rock side, still harnessed to a lower wire, and using steel wire and steel footsteps hammered into the rocks as footings, onto safe ground at one of the openings to the mines to be met by the family.

For Pat this challenge was amazing, one of a shared family experience that will last a lifetime of making memories.

All that is left for Pat to say is

.........What challenge do we do next??

WOW!



Ruth Napier - Inner Club of Wheel of Forfar

Ruth shares her experiences of being an Inner Wheel member in the Far East, a Member At Large and a member in Scotland

In 1978 Ruth was invited to join the Inner Wheel Club of Tawau in Sabah, East Malaysia (Borneo). The Club consisted of mostly Chinese and Japanese ladies, one Korean American and herself. A really lovely bunch of ladies. One of the members who was Chinese opened a lady's dress shop. At the time very exciting for Tawau. The Club decided to put on a fashion show - something they had never done before and the members were models and helpers. The show was a fantastic success and the money raised was given to an old folk's home in Tawau. She really enjoyed her time with the Club and getting involved in all their projects.



Ruth as a model

Time came to leave and she and her husband Ivor (a banker with HSBC) spent a few years in Dubai - before it was the metropolis it is today - before returning to Hong Kong - where there was no Inner Wheel Club.

While posted there, Ruth became very great friends with another lady who was a member of Inner Wheel. Together they decided to write to the London office of Inner Wheel and apply to become "Members at Large". It meant that they could continue to be part of the Inner Wheel Family. Their application was approved and granted, much to their delight. It meant that when home on leave they could attend any Inner Wheel club meeting in the UK – which was brilliant.

Before leaving Hong Kong Ruth worked for "Save the Children" in the closed camps. An experience she says she will never forget.

On retirement, Ruth and Ivor returned to Forfar – where he became a member of the Rotary Club of Forfar and Ruth was invited to become a member of the Inner Wheel club of Forfar.

She served as their President in 1990-91 and is still very active in the club today.

The Inner Wheel Club of Forfar is in District 1 and currently has 29 members.

They celebrated their 75th Anniversary earlier this year and recently enjoyed organising and hosting the District 1 Rally attended by 100 members from far and wide.



Ruth at D1 Rally 2025



The Association of Inner Wheel Clubs in Great Britian & Ireland has two Facebook pages, there is one purely for members of GB&I and one that is viewed and visible to the public. They are two separate log in addresses:

A) Members - Association of Inner Wheel Clubs in Great Britain & Ireland

https://www.facebook.com/groups/901164416664498

B) Public - Inner Wheel in GB&I

https://www.facebook.com/innerwheelgbi

PLEASE VIEW THE PUBLIC ONE AND SHARE THE INFORMATION AS MUCH AS POSSIBLE.

D7 Inner Wheel Ladies Going to Prison! - (Whatever next?) A visit to 'The Clink Restaurant' Brixton Prison



Helen Linden, Past joint President of Kettering Huxloe, works for the Prison Service and thought it would be a very interesting and worthwhile visit. A group of 20 members, partners and friends set off by train from Kettering early one Sunday morning. They knew before we started the journey would be challenging, due to station closures on a Sunday but Helen was an excellent guide. Arriving at Brixton at 12.30, just in time to be checked in, here they

showed ID cards, put bags etc into lockers and then moved into the prison where they were searched.

There was a complete array of banned items, from mobile phones to lipsticks to loose paper to chewing gum, handbags and umbrellas to name but a few, even tissues and handkerchiefs!

It was noted that the restaurant had strict dress code rules with an extensive list of must nots, fortunately they were all dressed appropriately and were granted entry. None of them had ripped jeans, high cut shorts, hoodies, gloves or scarves and all were wearing undergarments!

The waiter told them he had already achieved his qualification in Catering. He was certainly an excellent example of how the courses are helping offenders better themselves.

The homeward journey was quite eventful. Some got separated from the group, some walked to Brixton station, others got the bus. After various buses and trains, they eventually all met up in the same carriage from Luton to Kettering - a miracle!! Thanks go to Helen for organising this very interesting outing and making sure all returned home safely.





Dear Friends

My husband keeps telling me this is my penultimate edition - now is he telling me something rather cryptically? - I wonder.

Throughout this publication I have highlighted some truly inspirational women, members of Inner Wheel who have Reached and Inspired those around them.

I marvel at them, and sincerely hope other ladies within our great organisation will come forward to be highlighted next time.

I hope you enjoy reading this edition, please pass to friends who are not members to showcase just how much we are "Women of Action", enjoying life to the full. We need to showcase ourselves more, blow our own trumpets, as IIW President Kay says, "Step Up and Lead By Example", friends you are more than capable.

Di

XX



The beautifully scented
Margarette Golding Rose
is still available to
purchase from Harkness Roses.

https://www.roses.co.uk/product/531038/ rose-margaretgolding-5lpotted

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



Please remember the bespoke Centenary Gin is still available to purchase - Possibly never to be repeated.

Do NOT miss your chance to own one of these special bottles of Inner Wheel Gin.

Contact the office for further information.



Looking ahead for worldwide adventures



Book a holiday and get 10% back for your Inner Wheel Club

Victoria Falls, Botswana Safari & **Cape Town**

11 days from only £3,899PP

April to November 2026

Ecuador & Galapagos

16 days from only £4,999PP

January to November 2026 and January to October 2027

Sri Lanka

13 days from only £2,499PP

October 2025 and November 2025 and January to November 2026 and 2027

To book, check availability or to request a brochure, Call 01283 901 074 and mention your Inner Wheel Club Visit www.rivieratravel.co.uk/innerwheel

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

Look out for new tours in 2027 Releasing soon!

