



Spokeswoman

Spring 2026

District 15





DISTRICT CHAIRMAN'S REPORT

Two thirds of my year have passed – where did the time go? Have I set a record for the wettest year on record – it certainly feels like it!

Due to an unscheduled shoulder operation, my year hasn't gone quite as planned. I have only visited six of our sixteen clubs; Briton Ferry, Porthcawl, Newport, Aberdare, Carmarthen and Llandeilo, with the remainder having been postponed to March, April or May. I thoroughly enjoyed meeting the members at those visits and I am grateful for their hospitality. I am very grateful to the remaining clubs for their understanding and willingness to reschedule and am really looking forward to visiting them.

I have been able to attend some of your fundraising events: Carmarthen's Coffee morning and Haverfordwest's Charity Lunch, both brilliant examples of how members work together to raise funds for their local communities and beyond – well done ladies!

I was delighted to take greetings from the District to Porthcawl's 75th Charter Anniversary, what an achievement and a very enjoyable event. The Club received its Charter in 1951, before I was born, but the photographs and Club Archives enabled me to see their founder members and the club's journey to the current day.

I think as a District we Reached Out and Inspired with all our efforts to Orange the World back in November/December – I thank you all.

Thank you for your donations to my chosen charity, Mary's Meals. I'm not sure what the final figure will be, but whatever it is, will be well spent by the charity. I look forward to inviting our local representative to our AGM and Handover in the summer.

Our International Rally this year will be hosted by my own club, Pontllanfraith. I hope to see as many of you there as possible on Thursday 16th April at the Parkway Hotel in Cwmbran.

By the time you read this article, we will have had our Annual Conference, in Llandudno this year. I hope that those of you who attended enjoyed it.

Finally, I want to wish our incoming District Chairman, Wendy Ashton, from Cardiff Club, an enjoyable and successful year. I know her club will be behind her and support her, as Pontllanfraith has done for me.

In friendship,

Sonia Steer

INTERNATIONAL SERVICE CHAIRMAN'S REPORT

During my three years as your District International Service Chairman we have had as District Charities ... The Book Bus, Mary's Meal, Purple Community and School in a Bag.



We have also collected black bags of clothes and shoes for Romania and also Smalls for All.

Paul our 'collector' of the black bags also thanks you and in fairness he has been wonderful come hell or high water driving from Swansea to Cardiff with our van full of donations and so our grateful thanks to him too.



The International Rallies have been a great success.

Whilst enjoying the social events we have raised lots of money but also awareness. This may (or not) be my last year and I, on behalf of myself and the District, would like to thank you all for your support

Ladies do what you do best. Keep supporting all the worthwhile charities at Club and District level and do it with a Smile.

Remember the saying 'There but for the grace of God go I'



YIIWF
MEL



CLUB REPORTS FROM AROUND THE DISTRICT

ABERDARE

President Sian Lucas
Club Correspondent Gwyneth Rees
23 members

The opening meeting after the Summer break was held in Amore. Aberdare is lucky to have such a good Italian restaurant. Our subsequent meetings were held at Aberdare College, where the standards of catering and service are very high. In November, President Sian and Marilyn attended the annual Cenotaph service in Aberdare, and laid a poppy wreath on behalf of the club. December's Christmas lunch was very successful and we were joined by former members of Rotary Aberdare.

Unfortunately we have had to postpone our February quiz night. Amy and Gail gave an interesting talk on Temporary Time Credits which is a scheme which rewards voluntary work. In February's lunch we were joined by an old friend, Father Bernard, who entertained us with a talk entitled Little or Large.

As we all enjoy each other's company, it has been suggested that we meet occasionally for coffee in between our monthly lunch.

ABERYSTWYTH

President Team Aberystwyth
17 members

We have continued successfully with Team Aberystwyth with members chairing meetings in turn.

We supported Orange the World by donating toiletries and confectionery with an orange theme, to the local Women's Refuge, and, before Christmas members donated generously to the local food bank which was very gratefully received.

Inner Wheel Day was celebrated in January at the home of Jan Young, our social organiser with a delicious buffet brought by members. We had fun with a raffle when every member had a prize and trimmed stamps which were donated to the Red Cross.

At our March meeting, we welcomed Hywel Davies, a local Rotarian, who gave a very interesting, illustrated talk "Not only Jemima, the French Invasion and the Women of Fishguard". He gave members a fascinating insight into what is known as 'the last invasion of Britain' based on a book he has written on the subject, separating the myths from what probably actually happened and celebrating the heroism of the women of the locality led by Jemima Nicholas.

We are looking forward to visits in the spring from our District Chair Sonia and Takisha Sargent from the Ronald MacDonald House charity.

BRITON FERRY

President Margaret Davies
Club Correspondent Susan Davies
13 members

We were pleased to welcome District Chairman Sonia to our October meeting and a cheque was presented to her, for her chosen charity Mary's Meals.

Our club provided the refreshments at the Briton Ferry Community Autumn Fayre and organised a raffle for a festive Christmas hamper.

Members enjoyed a delicious Christmas lunch at the Duffryn Arms, Bryncoch and we exchanged Secret Santa gifts.

A collection for the Salvation Army was made in lieu of sending Christmas cards to each other.

Our club continues to support the various meetings and events in the District. Some activities we are planning for the coming months include a floral demonstration, coffee mornings and a visit from Neath Town Mayoress who will talk to us about her appeal.



CARDIFF

President Angela Cassar
Club Correspondent Liz Bettles
16 members

A belated Happy New Year to everyone - and hopefully at least a respite from all the wet weather we have had earlier this year.

Cardiff members have been keeping busy through the winter months. We started with our Interclub in October, which was very well attended by Inner Wheel members from other clubs in District15, and the homemade afternoon tea went down a treat! Our speaker told us all about the history of Lisvane and Llanishen reservoirs.



Several members (wearing orange) joined the Orange the World event in Cardiff Bay at the end of October, and met with MSs in the Senedd before a very nice lunch in the Bay. We also collected toiletries to pass on to women fleeing domestic violence, passing these on to Cardiff Women's Aid.

At the end of November, we went to Junction 28 for our Christmas lunch, and we celebrated Christmas again at our Club meeting in December, fully dressed in our Christmassy best.

Inner Wheel Day in January saw us sharing a frugal lunch... and desserts! And in February we celebrated our 89th Charter Lunch – next year is a big birthday for us!

We have had several guest speakers at our meetings – Cats Protection, Guide Dogs for the blind, and a Ship Welfare Officer. And we have supported our local NSPCC at a coffee morning for their funds.

We have attended district meetings and events, and 3 of us have recently been to the Association Conference in Llandudno – all great social occasions as well as often raising funds for charity.



CARMARTHEN

President Brenda Scourfield
Club correspondent Alison Harries
19 members



SPRING AND EASTER GREETINGS FROM CARMARTHEN INNER WHEEL

After a very soggy winter, it's lovely to see the daffodils flowering in parks, gardens and hedgerows, to welcome in spring, lighter nights and hopefully warmer and sunny weather. We almost take their presence for granted at this time of year, but they have a long and interesting history. They come in many sizes, colours, not just the familiar yellow, and there are over 13,000 varieties to choose from. The Daffodil is the national flower of Wales, thought to be because they are in flower around the 1st March, St. David's Day, and encouraged by David Lloyd George championing their use as a national symbol in 1911.

Daffodils were first cultivated by the Greeks and Romans, whose legions carried the bulbs across their Empire. The bulbs contain a toxic alkaloid which can give relief from pain and the soldiers carried them to chew on if in pain, or wounded. Certainly not recommended today! They also planted them in memory of fallen colleagues, which encouraged them to spread. The bulbs contain a substance called Galantamine, which is used in the treatment of Alzheimer's.

In the language of flowers Daffodils represent chivalry. The Victorians gave them as a symbol of respect and admiration, especially on Mothering Sunday. In China they are a symbol of good fortune, often given as a gift as part of the Chinese New Year celebrations.

ORANGE THE WORLD.



In November, Carmarthen members gathered together to support and promote Orange The World. President Brenda spread the word to young people by leading assemblies in the local High School.

President Brenda, Nancy and Lilwen represented the club on the Orange The World walk and lobbied members of the Senedd in Cardiff Bay

CWMBRAN

President Gill Thomas
Club Correspondent Beth Jones
12 members

The highlight of the semester just gone was the presentation given, during our October meeting, by Gareth Whitcome, retired headmaster and stalwart member of Cwmbran Vale Rotary Club. A long and colourful slide-show illustrated a project that he has sponsored since its inception. It demonstrated how he and other committed volunteers have, over a twenty-year period, built a senior school in Uganda, so that pupils of Mother Janet Orphanage could have the benefit of secondary education.

We saw the bare fields that were purchased in 2010, and then watched the steady development through mud-hut rooms and muddy paths, to a range of brick buildings containing classrooms, vocational rooms, laboratories, a computer suite, a library and a clinic – all situated in a secure, well-maintained campus that also comprised lawns, playing fields and vegetable gardens. It was an inspirational story, but what was best were the photos of happy, beautifully turned-out pupils, engaged in day-to-day schooling, or featuring in school presentations and ceremonies.

The reputation of ALLHIM (Abundant Life Living Hope International Missions) School is soaring, as its first pupils are now graduating and entering secure trades and professions. Buoyed by this success, Gareth's team are exploring future projects of the same kind and, as a club, we were only too happy to offer a donation.



Since then, the club has followed our happy trail of routine events. Like the year before, November's meeting was entirely given over to our presentation of Christmas toys and toiletries to our local Salvation Army, and this seems likely to become an annual event, as another is planned for next November.

A couple of other annual events, our Christmas dinner and quiz – in January, of course – and our Knit and Natter at Jan's house were great evenings, awash with the good fellowship which is a hallmark of our club. The highlight of February's meeting was a surprise gift to each member from Lynne, our crochet genius, of a daffodil to wear on St David's day. In fact, we were all so delighted, we pinned them on there and then, as the accompanying photo reveals.



Looking forward to the Spring now and, if we're lucky, some sunny days.

HAVERFORDWEST

President Betty Smith
Club Correspondent Ann Turner
16 members

Our club Christmas Lunch was held in the town at Hotel Mariners which was reported as being very good. Unfortunately as coming out of my home on a very wet and windy day, I had a fall and suffered a proximal fracture of my left shoulder. All is now almost back to normal!

The January meeting had to be cancelled as we had so many members inactive due to various reasons, mostly due to illness. However some ladies arranged to meet up and have a catch up to keep up to date over coffee.

At the following meeting we were excellently entertained by our own members as following the formal club meeting some of them told us about their hobbies. There was greeting card making, flower arranging using just greenery, reading, choral singing, sewing quilted blankets, cross stitching, knitting, crochet work and yarn bombing which brightens up our town.

St. Davids Day was celebrated with a Charity Lunch on 28th February. 50 members and friends had a lovely day at The Jolly Sailor in Burton. It was really lovely to be joined by District Chairman Sonia Stevens, four Past District Chairmen, District Editor Felicity Jenkins and District Treasurer Karen Tulley and members from the Carmarthen Club and the Tenby Club.



There were daffodils in blue bottles brightening up the tables. Angela Evans made a floral arrangement, members made Welsh cakes and each person had 3 wrapped to eat or take home. Special thanks to Joy Brown's hubby Bob who once again baked a good many of them. The main raffle prize was a hamper of Welsh goodies! We were astonished that the proceeds raised in excess of £600 for Inner Wheel charities, some of which will be given to Breast Cancer Research, which is the chosen charity of our president Betty Smith.



Here is a recipe for Sultana and Walnut slices which was given to me by our club treasurer Gwenda Williams who has said it is easy to make and tasty to eat.

SULTANA AND WALNUT SLICES

Willow butter	170g/6ozs	Baking powder	half tsp.
Soft dark brown sugar	114g/4ozs	Self raising flour	114g/4ozs
Eggs (medium size)	2	Walnuts (finely chopped)	57g/2ozs
Sultanas	85g/3ozs	Pinch of salt	

Melt butter in a saucepan, add sugar and dissolve. Add well beaten eggs and fold in flour, salt and baking powder. Finally add walnuts, sultanas and mix all together.

Spoon into a tin and bake at 150 degrees for 35 minutes. Leave to cool then slice and enjoy!

LLANDEILO

President Karen Davies
Club Correspondent Janet Williams
15 members

Many of you will know two of our members, Mrs Mercia Williams who served as District Overseas Service Organiser and as Deputy District Chairman and Mrs Yvonne Peregrine.

Sadly Mercia is now in a care home and we visit her as often as we are able to. She is always so appreciative. Yvonne is in hospital after a fall and as a consequence sadly she has had to resign from the club. They have been staunch supporters of our club and District Meetings too and are sadly missed.

Some of our members were able to travel to Cardiff to take part in the Orange the World Walk. Two of our members made pretty orange flower brooches for us to wear at the November meeting in support of it.

We were very pleased to receive a visit from our District Chairman Mrs Sonia Stevens. Sonia gave a very inspirational talk to us and it's always a highlight of the year to meet and chat with the District Chairman.

We still share meetings with Llandeilo Rotary Club. They joined us when we had a lady from Carmarthen County Council who came to talk about a charity she had founded. It's called The Christmas Toy Box Appeal. She raises funds to buy gifts for children in need and it was heart rending to hear about it, particularly as the numbers increase each year.

Rotary invited us to one of their meetings to hear a young lady that they had sponsored talk about her experience at RYLA. It was an uplifting and positive talk and we held a joint Christmas lunch with them which was fun and very enjoyable.



In April we celebrate the Club's 40th Anniversary and we are looking forward to a special afternoon tea.

MACHEN

Club President Colette McIntosh
Club Correspondent Christine Hughes
18 members

It is with sadness we have to announce the death of one of our members Valmai Jenkins. Valmai was a primary school teacher at the Twyn school in Caerphilly until her retirement, a lovely gentle lady who will be missed by all.

As well as our monthly meetings in October several of our members attended an Inter Club meeting with Cardiff Inner Wheel and had a very enjoyable afternoon. We also arranged to meet for Sunday lunch at a local golf club which, despite the weather, yes it was raining! cheered us up and a good time was had by all. Members met in November at our local garden centre, where we had lunch and enjoyed looking at the plants and the goodies on offer in their shop, as it was coming up to Christmas and presents were on the agenda.

Several of our members participated in the walk to the Senedd from the Norwegian church in Cardiff Bay supporting Orange The World, where they met up with several other clubs.

Christmas lunch was held at Junction 28, where we dined in a converted railway carriage and four lovely ladies from Newport Inner Wheel joined us. A small fund raising event was held afterwards in the form of a raffle.

Our President Colette, provided a beautiful afternoon tea in her home prior to Christmas, it was a delightful afternoon with a raffle and gorgeous prizes.

Two of our members hosted a Coffee Morning, with a bring and buy and also a raffle, bringing a little cheer to a cold and wet February morning. Thank you ladies. The knitting needles have been extremely busy in the Machen area over the last few months, with many of our members making knitted blankets to go abroad.



Many thanks to Colette for the poem that follows on the next page

An Ode to Fifty Shades of Grey'

*The missus bought a Paperback
down Shepton, Saturday,
I had a look in her bag;
... T'was "Fifty Shades of Grey".*

*Well \ just left her to it,
...At ten I went to bed.
An hour later she appeared;
The sight filled me with dread...*

*In her left hand she held a rope;
And in her right a whip!
She threw them down on the floor,
And then began to strip.*

*Well fifty years or so ago;
I might have had a peek;
But Mabel hasn't weathered well;
She's eighty four next week.*

*Watching Mabel bump and grind;
Could not have been much grimmer.
Things then went from bad to worse;
She toppled off her Zimmer!*

*She struggled up upon her feet;
A couple minutes later;
She put her teeth back in and said...
I must dominate her!!*

*Now if you knew our Mabel,
You'd see just why I spluttered,
I'd spent two months in traction
For the last complaint I'd muttered.*

*She stood there nude, naked like;
Bent forward just a bit....
I thought oh well, what the hell,
and stood on her left tit!*

*Mabel screamed, her teeth shot out;
My god what had I done!?
She moaned and groaned then shouted out:
"Step on the other one!"*

*Well readers, I can't tell no more;
About what occurred that day.
Suffice to say my jet black hair,
Turned fifty shades of Grey.*

by John Summers

MAESTEG

Club President Menna Davies
Club correspondent Menna Davies
6 members

In December the club celebrated the 90th birthday of Olwen Jones, the oldest serving member of the club. In time for Christmas we filled handbags with toiletries and these were taken to the local Women's Refuge where they were much appreciated.

On 6th February the Inner Wheel Club of Maesteg was 80 years old!

March saw the visit of District Chairman Sonia.

Plans are in hand for a Coffee Morning on the 25th April in Llangynwyd Village Hall, 10.30 am to 12 noon, with coffee and Welsh cakes, raffle and cake stall. Admission £3, in aid of Ronald McDonald House.



MILFORD HAVEN

President Marian Harris
Club Correspondent Steph Hobbs
11 members

Members of the club gathered at St Katharines Church Milford Haven to celebrate International Inner Wheel Day on 11th January 2026. There was a warm welcome for all, received from the new Priest in charge Reverend Dr. Adrian Furse.



The Club held a successful Coffee morning on 28th February at Tiers Cross Community Hall., in aid of 'From Wales; Fisherman's Rest Malawi'. The event was organised by our International Officer Anne de Salis. There was a very good attendance and everyone enjoyed learning about the this charity from Joe Robinson, one of the organisers of the project. Coffee and delicious homemade cakes were enjoyed by all.

The Club will join Milford Haven Soroptimist Club for a friendship coffee morning on 6th March, and will be off to Vincent Davies Emporium for more Coffee and cake on 12th March for more social chat and discussion about ideas for more events, organised by President Marian.

NEWPORT

President Barbara K Davies
Club Correspondent Edwina Higgins
6 members

As the Spring returns and we feel an unfamiliar dryness in the air and the unusually cheerful sunshine all around us, it is a good opportunity to think back over our Inner Wheel activities since the last report.

Here in Newport we have continued our very welcome and much enjoyed social activities alongside some modest fundraising.

We continue to meet in members' homes by kind invitation on the first Friday of the month for business meetings. Our official refreshments consist of coffee and a biscuit but we have also been known to stay on for a light lunch, or for those, who are free, to adjourn to a local pub or restaurant for a more substantial lunch after the meeting. This is also becoming the pattern after our monthly coffee meet ups in The Parkway, Cwmbran, and also after our regular visits to retired members.



Please do not think Newport is becoming over-indulgent or greedy in its old age! Indeed we are not. We do, however, value the friendship and support that we are increasingly feel we can offer one another and every chance to laugh and chat together is worthwhile.

In November we welcomed District Chairman Sonia Stevens to lunch with us at Dolce Vita restaurant in Rogerstone. It was good to get to know Sonia better and to learn more about her background and the activities around District 15 and Association.

Later that month President Barbara and Secretary Edwina took part in the Orange the World Walk from the Norwegian Church to the Senedd in Cardiff. It felt good to be supporting this important cause and to realise how many other groups and politicians are working to combat violence against women. Our little club made as much impact as we could by wearing our orange scarves when out together.



Returning to the topic of food, Newport celebrated quite a festive Christmas period in 2025. The Inner Wheel Club of Machen very cordially invited us to their Christmas Lunch at Junction 28 in Bassaleg. We had a lovely meal with them. Thank you for making us so welcome, Machen.



This did not, however, prevent us from enjoying our own Christmas meal together at The Parkway the following week, or from enjoying a Sherry and Mince Pie Morning with raffle at Past President Jan's house the week afterwards.

The New Year began, as ever, with World Inner Wheel Day. Secretary Edwina hosted the club's Frugal Lunch and fundraiser, which was also a kind of house warming for her new home. Then two members were able to accept the Inner Wheel Club of Cardiff's invitation to come and enjoy their Frugal Lunch with them.

Now we look ahead to the coming year. We are very much aware that the Inner Wheel Club of Newport celebrates its 95th Anniversary in June this year. How can it possibly be five years already, since that afternoon in June 2021 when we observed all regulations, kept the celebrations low key and marked our 90th Anniversary in a wind and rainswept marquee in a member's garden? All credit to the then District Chairman, Helen Starkey, who was brave enough to join us. We hope this year to see as many of you as possible in the warmth and conviviality of Tredegar Park Golf Club.

How to tell if you're too old to drive...people are strangely reluctant to take up your offers of a lift...and getting in and out of the car takes longer than the journey!

What's the difference between an outlaw and an in-law? Outlaws are wanted.

Phone apps for older people...one that reminds you when to take your pills...one that can tell you what you went upstairs for...and one to tell you when it's drink o'clock!

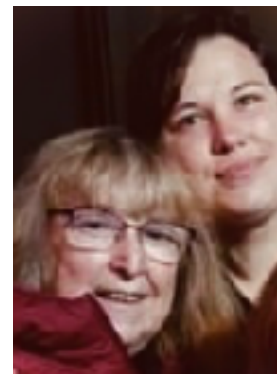
I spent a lot of time, money and effort childproofing my house ...but the kids still manage to get in.



PONTLLANFRAITH

President Cathrine Clark
Club Correspondent Donna Jones
24 members

What glorious weather we had last summer! In July, one of our members Alison Bebb, organised an open day at her home to raise money for charity and everyone enjoyed the many stalls together with a quiz and raffle. After all their hard work, Alison and her helpers raised a tremendous £1,230 of which £500 was donated to the charity MIND and the remainder towards our charity account. Thank you so much Alison you really came up trumps!



President Cathy welcomed two speakers at our September meeting from the animal charity Blue Cross who gave a wonderful presentation on how they find new, caring homes for homeless pets, many of which have been abandoned. The charity offers rehoming and fostering services, access to vet services, pet food banks and a helpline to support grieving pet owners. Rachel and Rhiannon were thrilled to accept a cheque from President Cathrine for £200 which is much needed.

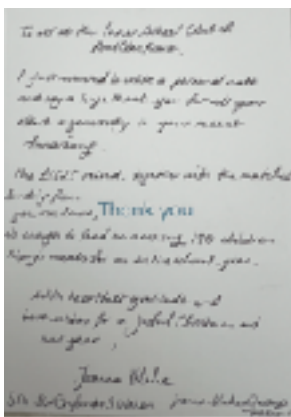
Our monthly coffee morning in September was dedicated to raising funds for Macmillan Cancer Support. A brilliant £267.50 was raised from a raffle and the sale of many delicious cakes, bakes and homemade jam. As the saying goes, "There's always time for tea and there's always room for cake!"

Mary Waters, our International Service Officer, organised for a large amount of donations to be sent to Ukraine Aid for orphaned children aged 6-14 years. Mary collected donations from our Club members and also teamed up with a local knitting group. Donations from both groups included scarves, hats, socks and gloves together with toiletries and a large number of boxes of chocolates and sweets for Christmas, also monetary donations for fuel. The children were so delighted with their gifts. President Cathrine and her friend from Ukraine, Sofiia were then interviewed by Ukrainian television. They explained the concept of volunteering as this is not something that happens in Ukraine and also how our Club teamed up with the local 'knit and natter' group. Thanks to Sofiia who interpreted, the programme was a great success.



In September many of our members attended a murder mystery evening called 'The Great British Bake On' at The Rolling Jack in Blackwood. The whodunnit was performed by actors of the Blackwood Little Theatre who enacted scenes from a baking competition for guests to solve the fictional murder of judge Paul Hollowbun. The lies, intrigue and deception were played out during a delicious three course meal. President Cathrine took the role of a judge called Pru Berry and delivered a captivating performance, together with an exceptionally talented cast there were no soggy bottoms here! Congratulations to our social secretaries, Alison Bebb and Michele Davies who correctly guessed that the 'murderer' was Ginny Genoise the chocolatier.

Our Bon Marche shopping evening in October was very well attended. Members sold entry tickets to the event which included refreshments, together with a raffle of marvellous prizes donated by local businesses. President Cathrine was presented with a cheque for £250 from Jan Griffiths, Deputy Mayor of Blackwood Town Council and we raised a total of £893 which was donated to the Ysbyty Ystrad Fawr Breast Unit and the Velindre Cancer Centre - what a very enjoyable and successful event.



Up to November 2025, our Club raised a total of £1,825 for Mary's Meals which included money raised from our annual November auction together with other activities. The Club received a lovely card thanking us for our generous donation and confirming it would be match funded by other donors. The funding will feed 190 children for an entire school year which is a truly remarkable achievement.

On 25th November, the first day of the 'Orange The World' campaign, members travelled to Cardiff Bay to raise awareness of the need to eliminate violence against women and girls. Members wore the colour orange and met up with other ladies from District 15 to complete a walk from the Norwegian Church to the Senedd. The walk was followed by a reception at the Senedd where the group met with Julie Morgan MS and Jane Hutt MS who were in support of the campaign. Many ladies then went for a well deserved lunch - what a proud day for all who were united in the cause.

At our December meeting we enjoyed a Christmas meal with friendship and merriment in abundance. Santa's helpers Pauline Jones dressed as an elf and Diane Lloyd as a fairy, helped Santa hand out the Secret Santa gifts to much anticipation and festive cheer.

However, our fundraising didn't end there for 2025. Members braved the weather on 21st December and equipped with buckets, collected donations from members of the public outside Tesco in Ystrad Mynach. They raised a total of £373.22 for local and national charities - what a fantastic result and a Happy Christmas to all!

PORTHCAWL

President Mary Emmet-Lewis
Club Correspondent Sue Jefferies
16 members



Welcome to Spring Everyone.

Another six months gone has gone by. We have had some excellent speakers so far.

The Stroke Club, which is President MEL'S charity this year. We held a lunch for Jenipher the lady from Nigeria who is the CEO for Fair Trade Coffee, which was interesting as not many women hold such a high ranking job in this country.

She was brought by our Mayor Ellen and both gave an emotional and excellent talk before being presented with a donation for her charity



In November our club held a walk and afternoon tea in aid of Orange the World.

Although some of our members have walking difficulties they managed to take some steps from the car park to the tea at The One Cafe owned by our Mayor, we were joined by our Rotary Club and President Alison gave a vote of thanks.



President MEL made two Orange Trifles and we all had a jolly good tea.

Our Christmas Party was well attended at the Hi Tide and we were very happy to see Rotarian Ron Jones and his family along with many other Rotarians. President MEL always makes sure to invite our Rotary Club to social events.



District Chairman Sonia joined us for lunch and she talked about her Inner Wheel journey.

She also graced us at our 75th Birthday party and presented us with a Certificate, even though she had had an operation on her shoulder. President MEL had been in a nasty car crash and she had both wrists in support but was able to enjoy the day. Canon Philip Mason gave the grace. Also attending and giving greetings was our Mayor Ellen who said what a wonderful organisation we were with our community service. Our speaker was the High Sheriff of Mid Glamorgan Sharon Dixon who gave a talk on how she had become High Sheriff - she had on her splendid attire and hat and explained that she had to pay for it herself as it was a voluntary position. The Rotarians were enthralled by her.



We finished off with a delicious birthday cake cut by Mary Morgan and President MEL.

We look forward to the next six months and another visit to Sandville Self Help Foundation.



TENBY

President Team Tenby
Club Correspondent Karen Tulley
25 members



Back in October, we organised a coffee morning for Macmillan. Elaine (our Programme Secretary), Maggie (President for October) and myself started the morning worrying if we would see enough people to eat all the cakes! Silly us! We had people turning up before we even opened the doors and in no time at all there were plenty of customers for our beautiful array of cakes, all washed down with plenty of tea and coffee. A wonderful, friendly morning and £300 raised for the Charity.

Later on that month we celebrated our 79th birthday with a lovely lunch at Trefloyne Manor. Watch out for our 80th birthday celebration plans!

During November we supported the Orange the World Campaign, Elaine used her contacts in Cardiff to organise for the Castle walls to be lit up in orange on 25th November and for the lighthouse in Roath Park to also be lit up in orange for 10 days.

Elaine was away in Australia visiting family when the campaign was running, but we got a photo of her in her orange jumper before she left.



I went to Cardiff to take part in the walk to the Senedd, we were lucky with the weather and we all looked striking in our orange outfits, I loved the experience of being inside the Senedd building, having only seen it on TV before! Although I'm surprised they let me in dressed like that!!

At least I wasn't carrying a penknife unlike someone else who won't be mentioned unless her club tells the tale!!

Our President for November was Helen, this was her first time at being President and she had the honour of representing us at the Remembrance Sunday Parade and wreath laying at the cenotaph, she told us it had made her very proud to carry out this task on our behalf.

December was all about our Christmas Lunch (of course) which we had at the Giltar Hotel in Tenby where we have our meetings. Our club member Jan, who was a florist and still enjoys flower arranging, did a demonstration of how to put together some lovely Christmas arrangements and we then raffled her creations, one of which I won myself.

President in January was little ole me, which meant I had to organise our Inner Wheel Day Lunch. I chose to attend a church service in my own village of Penally and was joined by Maggie and Helen. Other club members attended their own churches and we then all met up afterwards at Tenby Golf Club for lunch where we were joined by friends and members of Tenby Rotary Club and their partners.

February was Caroline's month and she was also in charge of organising our annual Fish and Chip event, this meant she was a very busy girl. The event was a massive success, and we are so grateful to everyone who came along and supported it, especially those who travelled quite a distance to attend. The Boathouse in Saundersfoot did us proud, the staff were excellent, as was the food and we have had nothing but good feedback following it. Best of all, we will be presenting Wales Air Ambulance with a cheque for £1000.00 in our April meeting.

At our business meeting this month, we were supposed to get our visit from District Chairman Sonia, but due to her surgery we now have her visit booked for April. So instead of Sonia talking to us, we had Father Paul Boyle from Penally Church come along to chat to us about how he worked in the Metropolitan Police as a dog handler and changed course completely to join the church. He was very entertaining and we thoroughly enjoyed listening to his story, although he refused to tell us any juicy stories from his time in the Met!

At the end of February, 5 of us attended Haverfordwest Club's St Davids Day Lunch at the Jolly Sailor in Burton. Great food in a great location and the weather was so nice that day. Our table was in the conservatory overlooking the Cleddau, the sun was shining and it was actually quite warm as we sat and enjoyed our lunch and watched the Irish Ferry come in and dock. Our Treasurer Helen won the first prize in the raffle – a huge hamper of goodies – a very good day out.

At our March meeting we selected our officers for the 2026/27 Inner Wheel year, we will be continuing with our "rolling" President as this is working extremely well for us and all other positions are staying the same for another year. Following the business part of the meeting, we had coffee and chatted about our experiences as children on St Davids Day, dressing up in Welsh Lady outfits, taking part in the Eisteddfod, learning songs in Welsh and folk dancing. Different experiences depending on where in Wales you grew up but all lovely memories.

Our Club continues to support the James Criddle Food Bank in Tenby. Carwen is our coordinator for this and here she is with another load of essential items which will very soon be on their shelves, ready to be passed on to the people of our lovely town who are struggling to provide for themselves and their families.



Coming up, we have a Curry and Quiz night at the end of April in support of Paul Sartori Hospice at Home charity. We gave this a try last year and as it was very successful, so by popular demand, we will be doing it again and hoping for a fun night with a nice amount of money raised for the charity.

Easter is almost upon us and Tenby will be a hive of activity, the fishing boats will be back in the water, Caldey Island will be accepting visitors, the hotels and guest houses will fill up and the town will be awoken from it's winter snooze as the tourists return. Happy Easter everyone.



TYWI CARMARTHEN

President Anne O'Toole
Club Correspondent Pauline Edwards
10 members

A miserable, wet and interminably long winter has definitely been broken up by our Inner Wheel programme.



It seems ages since our "Orange the World " efforts with President Anne and Gina making the trip to Cardiff, while back at the "ranch" we gathered together orange themed hamper that was well received at Plas y Dderwen Care Home.

Our collection of Christmas shoe boxes for Operation Christmas Children was loaded into President's Anne's car and delivered to the local collection point.

The New Curiosity Restaurant hosted our Christmas meal and I especially enjoyed getting myself out to my first outing after hip replacement surgery.

Gina meanwhile had been busy planning a Club litter pick for Inner Wheel Day. We were so fortunate to find ourselves kitted out in high vis vests, grabbers and bags on Llanstephan beach on a rare dry and sunny winters morning.



At first glance the beach looked clean but hunting for plastic and litter is a mindful task and we were soon amazed at how our bags filled up.

Gina, a wonderful host invited the “ wombles” back to her home for a delicious lunch .

A business meeting in February was needed to finalise the Quiz Night that we held on a Rotary evening in early March along with coordinating our contribution to the delivery of



refreshments at the Rotary District Youth Speaks Competition. Kym our new member has been fully involved in all these events and we are so delighted she has joined us.

We were perhaps a little concerned that March seems to be a popular month for travel but a good turnout was achieved for the Quiz and special note to our sister Carmarthen Inner Wheel club who put a team together, thanks so much for your support. Club members were very generous in putting together a very attractive and tempting raffle. It was an excellent evening with a great atmosphere and a boost to our Charity funds. We also made sure that each table had information about Inner Wheel membership generally and more specifically what our Club gets up to. We hope this is an event that could be easily run next year. The first raffle prize won by the excellent Quiz master who donated his time could have only helped with a repeat next year.

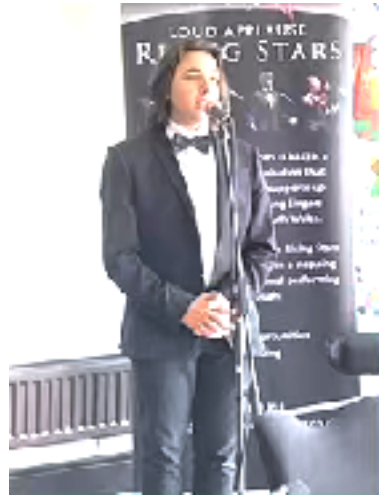


Our March meeting was light on members (all this travel, avoiding the cold and wet) the remainder however got out our wet weather gear and armed with wellies did a garden visit arranged by member Gayle to a garden just north of Whitland (Llwyngarreg) that hosts tours for The National Garden Scheme. Again we were lucky with the weather and we enjoyed a lovely tour. We will definitely return.

We look forward to April when the District Chairman will visit.

DISTRICT 15 DIARY OF EVENTS

Meeting	Date	Venue
International Rally	16 April 2026	Parkway Hotel & Spa Cwmbran Drive, Cwmbran NP44 3UW
AGM & Handover	30 June 2026	Aberavon Beach Hotel The Princess Margaret Way Port Talbot SA12 6QP

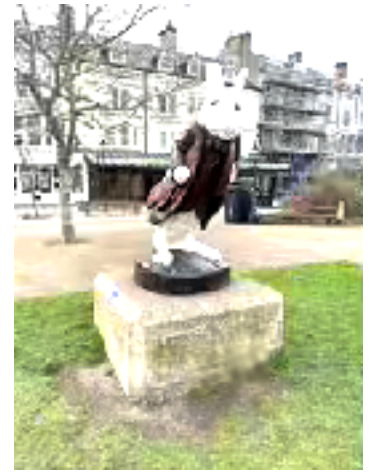


District Rally 2025

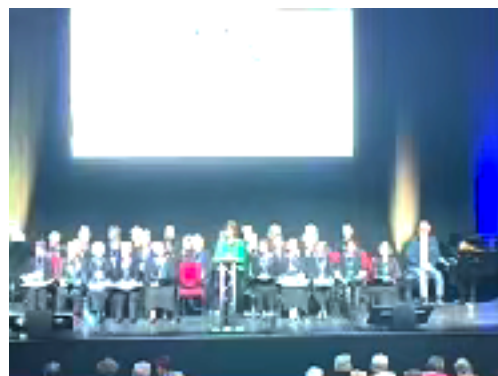
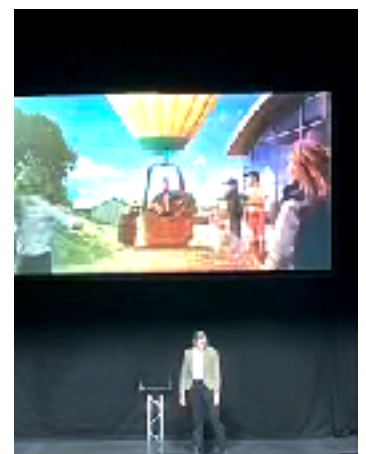
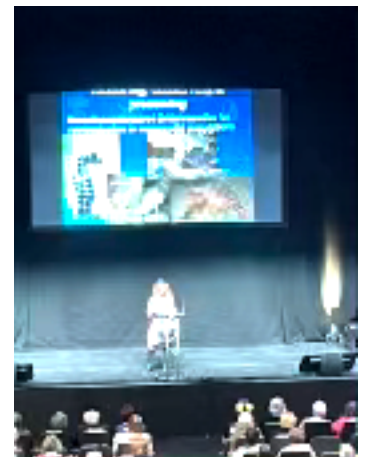
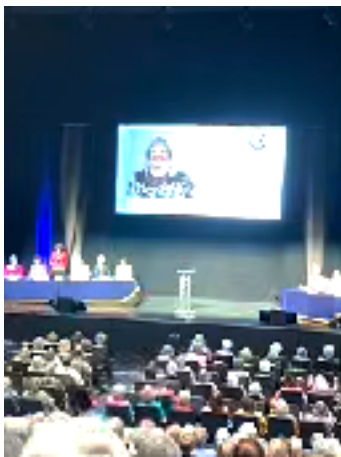


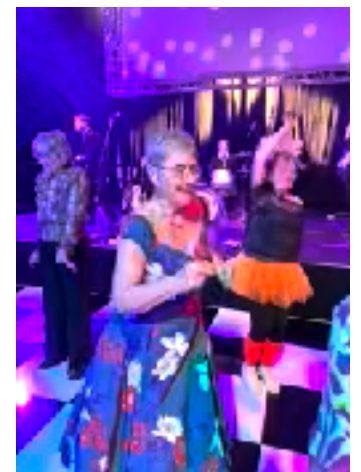
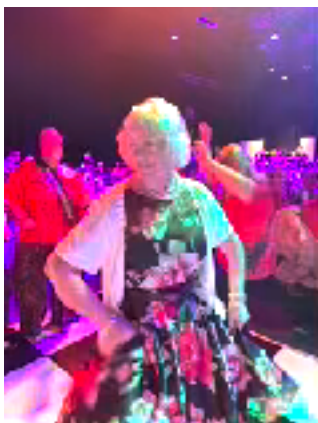
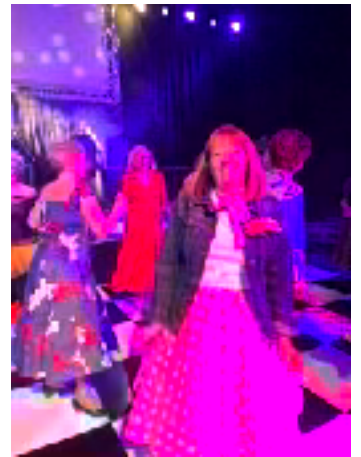
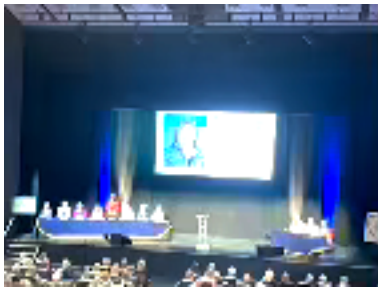


Orange the World 2025



Annual Conference Llandudno 2026





Inner Wheel at the Heart of the Community for 100 Years



**STEP UP
&
LEAD** 
by
EXAMPLE

International theme 2025-2026

