

**A VERY WARM
WELCOME TO
ALL OUR NEW
BELLES.**

TONIGHT

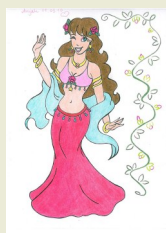
We have invited Helen Tebbutt a consultant gynaecologist to speak to us about women's health.



Helen Tebbutt,

18TH MARCH

Shake it off—Belly
Dancing!



15TH APRIL

AGM

At alternative venue to
be confirmed.

SUBS DUE—FINAL REMINDER!

Please be aware that we have extended the deadline for paying subs to this evening to accommodate any members unable to pay in January. This is, however, the final opportunity for those wishing to remain members to pay the 2015 subscription. Any member who has not paid by the end of this evening will no longer belong to The Brentwood Belles WI.

More speakers, please!

In response to feedback, we have invited more speakers to present to us this year and hope you will enjoy the varied topics to be covered. Last month, Julie Bowler from the Trussel Trust gave an informative talk about the need for food banks in Brentwood. She explained how the donated food is distributed and explained that despite Brentwood being perceived as an affluent area there is an increasing demand for donations. Members discussed how The Brentwood Belles could help the local community through donations of items that are not necessarily officially listed but are required all the same—items such as sanitary towels and tights for women and shaving foam for men.

President's Pitch

Hello Belles and welcome to February.

Before we start the meeting I'd like to thank our January speaker. It just goes to show how even a small gesture can make a big difference.

This month's meeting is all about women's health, giving you a chance to ask our speaker questions regarding sex, hormones, HRT and the opportunity to share women's issues with one another. I'll have a box at registration to slip in anything anonymously too.

Hope you're feeling limber for March...



Book Group

We meet on the second Wednesday of the month at 7.45pm at Ye Olde Green Dragon in Shenfield. We like to try different material and are always open to suggestions so new members are very welcome to join us. It is an informal group, it's not always necessary to have read the chosen book as we also enjoy a good natter! Do join us if you enjoy reading. Our chosen book this month is '**H is for Hawk**' by Helen Macdonald.

Heading Out With the Belles

Why not join us for a local walk once a month? Walks are between 3 and 5 miles in length and are in and around Brentwood. We walk on the third Monday of each month and we like to find a coffee stop at the end. We have walked recently in Childerditch and Harold Park and look forward to exploring more foot-
paths
once Spring arrives.



Craft Group

This is for members who like to dabble in craft. In the coming months we will be trying our hand at zentangle, needlefelting, quilling and mosaics. Who knew there were so many different crafts to try?!

Sewing Bee

Now that the third series of TGBSB is on our tvs who has been inspired once more to get out their sewing machine? If you are keen to take on a small project, then we need small craft items to sell at the Spring Group this year. Members can join the sewing bee to help make these or you are welcome to bring along your own project to work on.



Group reports

IT QUESTIONNAIRE

Hi, as well as being your Vice President, I am also Vice Chairman of the Essex Federation WI IT Committee. We are working hard to try and provide events at the Essex Fed home, in Hatfield Peverel, that are relevant to our members' needs. As part of this we have an IT survey we'd love for you to complete tonight to find out whether you'd like Essex Fed to offer you help with your computers and devices, whether that be word processing, shopping online or social media such as Facebook. Please do all complete it and let us know what you need.

With thanks and oodles of big WI love,
Jane xxx

Take a look at Essex WI on facebook to keep up to date with events in Essex.

Out and About

Inter WI Quiz

Preliminary round is Friday 22nd May at Shenfield Parish Hall. We have entered two teams so up to 16 members can take part. If you are interested in being on a team, please let Tricia know.

Lampshade Workshop, Jacobean Crewel, Bead Embroidery for buttons - Please see Essex WI News (copies on information table) for details of all courses held at the Essex WI Centre

Don't miss out on a chance to win the Denman Bursary in our March ballot by handing in your name tonight if you can't make the next meeting.