
January 2026

President: Sue Stokes 07816 955723 sue.stokes@qualitar.co.uk

Newsletter Editor: Sarah Betts 07766 730869 bainbridgewinewsletter@gmail.com

Sat 3 January – Craft and Chat

10am – 12 noon, Sycamore Hall

Bring your own project to work on

Wednesday 7 January – Walking Group

Walk around Hawes with refreshments at The Pantry afterwards

To join in please contact Nicola - njrob222@gmail.com or 07490 656007

Wednesday 14th January – Lunch Group

The Wheatsheaf, Carperby, 12.00 for 12.30

To join in please contact Anne - 01969 663381

Thurs 15 January – Monthly Meeting

Quiz and Resolutions 7.00 for 7.30pm at Sycamore Hall. Tea and biscuits for refreshments

Saturday 24th January – Garden Group

10.30am in the Recreation Room at Sycamore Hall.

Wednesday 28th January – Book Group

7.30 at Sycamore Hall

To join in please contact Susan Freer -

Saturday 31st January – Paper Craft Workshop

Led by Diana Hartley 10.00-12.00 at Sycamore Hall

Payment by BACS (online): **Account name:** Bainbridge WI, **Bank:** Virgin Money,
Account number: 25405645, **Sort Code:** 05 09 94, **Reference:** the name of the event/activity

Payment by cheque: Please write on the reverse of the cheque: **your full name, details of the event/activity the payment is for**

Payment by cash: Please put the money in a decent sized envelope and write on the outside: **your full name, details of the event/activity the payment is for**

Intro

Christmas maybe over but we certainly celebrated in style!



A big thanks to our committee members who helped plan and prepare 42 gift bags for all Sycamore Hall residents which were presented at their Christmas coffee morning. Not only that but also the 40 more for our members.



These gift bags were mostly handed to everyone at our own Christmas Lunch when 33 of our members joined us at Middle House in Askrigg.

There was a delightful build up to Christmas when six of us signed up for the Wreath making workshop. I found it quite joyful to see my own wreath hanging by our front door.



There was also the Bainbridge Christmas lights switch on. This event is connected to our WI because we have supported them and it gave us chance to enjoy singing carols with the amazing lights display and remember our friend Margaret Reynolds.

In the following week Rachel and I joined in with the Federation tree planting event. It was good to plant one of the hundred trees as a memorial for our late friend and WI member Margaret. A potential place to visit for Bainbridge WI this year.

Many of our members will have been singing with Diana Hartley and her Ladies Singing for Pleasure in the run up to Christmas. What a joy we bring for many local people. We hope to see many of you at one of our concerts.

We have had so many events – over 110 last year which gave many of us chance to select activities that we enjoy to share with our friends. Looking forward to 2026 we will continue to provide your groups, clubs and extra events. If you'd like to join a group please get in touch with the group lead on your programme and they will welcome you.

A special treat for 2026 is the opportunity to go on a holiday to Nice. Six members have already booked but our local travel agent Robert Sturdy has said that he would do his best to accommodate any extra members who'd like to join.

However, if all you'd like to do is have a chance to exercise and shed a few pounds after the festivities, then maybe joining our walking group would be a good New Year's resolution.

Whatever you decide we will look forward to hearing from you and seeing you soon and throughout the year.

Happy New Year from Sue and all your friends at Bainbridge WI

Sue Stokes

WI Resolutions

Our key campaigns are the main issues the WI are currently working on. Some of you may be aware that our current campaign is Bystanders can be Lifesavers



This campaign called on WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help improve access to defibrillators in their communities. We accessed the defibrillator at the Beamish car rally when a visitor was taken ill.

Now is the time to vote for our next resolution. If you would like to do some research then read ahead and follow the link for more information. (Hopefully this works as at the time of writing the MyWI link was having difficulties.) [visit MyWI](#)

NFWI Resolution Shortlist 2025-26 -



At the NFWI Resolution Shortlist Selection meeting on 2 October 2025, members shortlisted five resolutions which will now be taken forward for further debate and selection by members. The shortlisted resolutions are:

1. Accessible public toilet facilities to promote dignity, health and social inclusion

2. Action on women's homelessness
3. Every child needs a friend
4. Nearer to Nature
5. Love your Vulva – Self-checking is your best defence against vulval cancer

Next steps : Every member now has the opportunity to cast their individual selection on the resolution they support the most. Bainbridge WI will use our January meeting to provide members with the opportunity to discuss and learn more about each resolution.

We will then vote we will send our selection of the campaign with the most votes to Federation. The deadline for members' selections to reach their federations is 6 February 2026. For more information and resources to support your selection, [visit MyWI](#).

Sue Stokes

December Meeting

.As always, our December meeting takes the form of our Christmas Party which this year was held at The Middle House in Askrigg.



Over 30 of our members came along to enjoy a delicious Christmas Lunch with some surprises along the way



Once again, we enjoyed the usual Secret Santa with a twist from Gill's puzzling pairings. This year, it was children's books which proved more than a bit challenging for us! It was all great fun! We were also entertained by a Murder Mystery planned by Raewyn and written by Alyson. This was performed by Alyson, Diana, Karen, Claire and 'special guest' Mal Carruthers. Technical advisor was Nicola - of course!



It was great fun but an awful lot of work for Alyson. Next year, she may come up with a simpler idea!



We have now concluded our programme for 2025 and have a lot to look forward to in 2026. Make sure you study your new programme and put details into your diaries before they fill up!

Thanks must go to our hard-working committee members who toil away during the year to make sure we are all kept busy and entertained. They do

a fantastic job and we are very lucky to have them. Let's hope the new committee will be as good and we can look forward to lots of fun in 2026.

So, hopefully we will all enjoy a lovely peaceful Christmas and New Year break and return full of enthusiasm for another exciting year ahead. Best wishes to all our members!

Karen Prudden

Lunch Club



Merry Christmas everyone. As we had our Christmas lunch for the whole of Bainbridge WI at Middle House we made the decision to not have an extra meal out together in December. We did enjoy the food and entertainment and now look forward to our first outing on 14th January to the Wheatsheaf in Carperby 12 for 12.30.

We like to stay local in the winter months so that we can support our nearby businesses and have less distance to travel in the wintry weather.

If you'd like to join us please let me know so that we can book enough places. Orders will be taken on the day.

<https://www.wheatsheafinwensleydale.co.uk/food-drink.html>



Best wishes for a Happy New Year: Tel 01969 663381



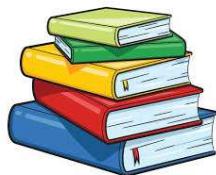
Anne Harrison

Nicola will be putting a slide show together for us. We shall also plan what and where we would like to visit in 2026, so if you have some suggestions, please come along to share these.

Everyone is welcome including our evergreen members and new members to the group. Tea, coffee and cake will be served.

Claire Lambert

Book Club



All being well our next meeting is on Wednesday 28th January at 7-30pm in Sycamore Hall. We will be discussing "The Unravelling of Maria by F J Curlew.

Susan Freer

Craft group

Craft and chat will be taking place between 10 -12 on Saturday 3rd January at Sycamore Hall. Please bring your own project or ideas for something new to try out. Just come along for a cuppa and a chat – you'll be most welcome to join us. ☺

There are several craft workshops planned for 2026. For those that liked your Christmas gift bauble that was created from a lino print, there will be



The Garden Club are going to meet for the first time in 2026, on Saturday 24th January at 10.30am in the Recreation Room at Sycamore Hall.

We shall use this time to review 2025 with a slide show of visits and activities carried out during last year. Please can you send any photographs you have to Nicola via the Garden group What's app 'BWI Garden Group' or to her email address: njrob222@gmail.com



another workshop coming up soon. ☺

In January we have a paper craft workshop to look forward to on Saturday 31st January led by Diana Hartley at Sycamore Hall from 10 -12. Everyone is welcome, and it gives you chance to prepare for family and friends events. More importantly you'll be able to catch up with your WI friends.

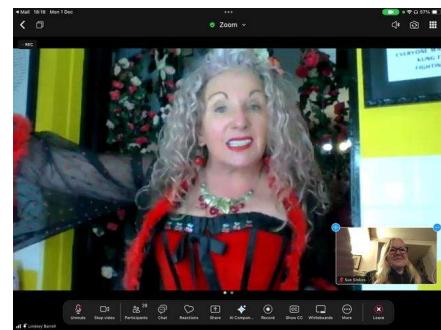
Sue Stokes/Linda Cameron

Walking Group



.And yet again we had to abandon our plans to walk due to heavy rain and saturated ground. It has been a soggy end to 2025! If the weather and ground dry up our first outing is Wednesday 7th January when we will walk around Hawes with refreshments at The Pantry afterwards. I will put messages on the WhatsApp group and in emails nearer the time but if you would like to be kept up to date, please let me know at njrob222@gmail.com or 07490 656007. Have a lovely Christmas and I look forward to seeing you in the New Year.

Nicola Robinson



Recent Recording : Wellness : December : Sarah-Jane's Seated Strength

For those with a New Year's resolution to exercise and build strength then here's something you can do in your own home with no need for special equipment! Don't worry if you haven't managed to check this out before the 5th January if you look on the Learning hub there will be new classes posted throughout 2026.

(Please note, this session has been recorded from a live course and is available to watch flexibly in your own time up to 11:59pm on 5th January.)

The focus of this class is to build strength by adding weights to enhance our Yoga and Pilates poses and exercises. Strength training has the ability to improve bone density, increase muscle mass, enhance coordination and boost metabolic rate. As a result of adding a little weight to your workout, Sarah-Jane's aim is that you will see an improvement in physical function in all areas of your life (she also promises that it will be a lot of fun!)

There is no need to buy dumbbells as you have everything you need for this class in your kitchen cupboards! We will also use our own bodies as our personal weight machines.

As always you can take every exercise at your own pace and skip any that don't feel right for your body.

Zoom recording link to view this session will be included at the bottom of your confirmation email after you have registered.

Sue Stokes

The Learning Hub

Burlesque

On 1st December I was intrigued by the tutor who I had been learning British sign language with. It turns out that after her divorce she decided to try something new. As she likes dressing up and wanted to learn how to dance without a partner she joined an evening class. After word got around about the fun performances, she and friends were eventually asked to entertain at National WI events and for royalty. It is an inspirational way of life after the trauma of a divorce.

You don't have to be that dramatic to have a new year resolution and learn a new skill. Check out what the learning hub can offer.

Just use your WI number to register to get courses for free:)

Christmas community event

Our lovely WI member Diana Hartley did it again when she agreed to take Askirrigg Ladies who sing to The Redmire Village Pub on Sunday 21st December. Spot our WI members getting into the Christmas spirit or check out Facebook if you'd like to hear for yourself. It really felt like the Christmas spirit in Wensleydale.



Sue Stokes

jump when the Ghost of Christmas Yet to Come trod his weary way to the altar!

This month we have two event opportunities. The first is *National Theatre Live Hamlet* at the Station Cinema Richmond on Thur 22 Jan. It's 180 minutes long and features Olivier Award-winner Hiran Abeysekera (*Life of Pi*) as Hamlet in this fearless, contemporary take on Shakespeare's famous tragedy. This sharp, stylish and darkly funny reimaging starts at 7.30pm. If you would like to go, can you contact Gwen Clark at gwenjaclark@gmail.com by Wed 14 Jan so that we can organise tickets and car shares.

The second is the Hawes Amateur Operatic Society production of *Robinson Crusoe and the Pirates* at Hawes Market House. We have opted to go on Thur 29 Jan so if enough people are interested we will get tickets and again organise car shares. Please can you let Gwen Clark at gwenjaclark@gmail.com know again by Wed 14 Jan if you might be interested as this will give us time to get things organised.

Very much looking forward to more theatrical events in 2026!

Alyson Jones

Theatre Group



Theatre Club had a fabulous trip to see *A Christmas Carol* by Charles Dickens at the Holy Trinity Church in Wensley in December. The play was performed by four actors playing a number of roles and who kept us entertained before and during the play with the most harmonious singing of madrigals and carols. Great use of props in this most beautiful of settings really got us in the mood for Christmas and they successfully made every one of us, one and all,



Happy Birthday

Many Happy Returns to

Louise Akidd, Karen Prudden,

and Sue Stokes



Hold the Back Page by Karen Prudden - Christmas 2025

HOLD THE BACK PAGE - JANUARY 2026

So, we have made it through another year. Am I alone in feeling that each year becomes more challenging? Perhaps it is an age thing, or is it an indicator of the sort of world we live in? I don't really know the answer but I just know that everything these days seems so much more complicated, difficult and time-consuming than it ever used to be.

It is no longer enough to expect that if you want something, someone will help you to get it. No, it generally requires a lot of planning, copious amounts of paperwork, time slots, checks etc. Acting on the 'spur of the moment' seems to have gone out the window because we now have to ask permissions, fill in forms, buy tickets, make bookings etc.

What a shame all this is?

I don't think I would mind so much if the end result was good, but it seems to me that more often than not, it isn't. In fact, it can quite often make you question why you bothered in the first place! No-one seems prepared to take responsibility for their own actions, accept that sometimes things don't go according to plan but understand that everyone is doing their best. No, we lost that when common sense left us! Now we want someone to blame when things go wrong, we are not prepared to accept mistakes/errors/accidents happen and basically, we want everything to be perfect. Have we not evolved enough to realise that perfection is rarely possible? And, as for using our initiative and breaking away from all these limiting regulations well that is now utterly frowned upon. I remember a time when the opposite was true!

Personally, I am sick of all the alleged regulations that prevent us from doing the most simple and important things. If anyone else throws the 'GDPR' regulations at me as a reason for not being able to

comply with my request or action, I might go mad! Come on people - get a grip!

Don't get me wrong - there is definitely a place for rules, boundaries and guidelines, but we have gone utterly mad these days and are so tied up in them that we can't seem to break out to do what we know to be right. If we carry on like this, it won't be too long before we are all too scared to get out of bed in the morning!

I fear that maybe I have reached the age where I am less bothered about all this and am often happy to break the rules if I know something to be right and important. However, there are times when it feels like I am a criminal breaking the law, rather than someone doing good! Yes, it gets me into trouble, but what the heck! Clearly, I cannot cite the situations in which I have encountered some of these bonkers rules etc as that would be breaking yet more rules, but I suspect you can imagine a lot of them!

Oh yes, and don't get me started on the rules, regulations and guidance that we have invented only for someone to spend hours working out how to breach them! And what happens then?! Oh goodness, we probably have to go back to basics which I think you will find is where we were at the start!

I suppose what really bothers me about this world is the intolerance, lack of understanding and compassion for others and the unwillingness to go out of one's way to help others. I grew up with all those things as main features in my life but it no longer seems to be that way. Far too often I find myself saying how disappointed I am that no-one seems in the least bit interested in doing their job properly anymore! They just don't seem to care! Isn't that sad - not just for us, but for them too? What sense of satisfaction is there in not doing a job

properly? And, what happened to someone with initiative being seen to be an asset? No longer!

I am starting to wonder whether this is all because I am getting older and seemingly less willing to accept shoddy workmanship, lack of interest or responsibility and basic disinterest in others. I just don't see the point!

So, as we set forth on another year in 21st century Britain, perhaps we could all just take a minute to think about what we want out of life and what we can give to others as we go about our daily lives. Surely it isn't too much to ask?

I really hope that 2026 brings us all good things and lots of joy. If so, it might just help me to write some positive articles rather than drawing on the negative things in life!

Happy New Year all!