



Key Dates 2024

Spring Council Meeting 20th March 2024

Winchester Guildhall SO23 9GH
Enjoy the "Behind The Seams" tour featuring
Strictly Come Dancing costumes and meet
Anna Matthews as seen in WI Life.

NFWI Annual Meeting 5th June 2024

Royal Albert Hall, London.

If you have ideas for future events or trips please
speak to a member of the committee.

Our committee officers are:

President:	Liz O'Connor
Co-President:	Hannah Lingard
Secretary:	Nancy John
Treasurer:	Helen Simonds

You can find further information on our website
by searching 'Highfield WI'.
Or email us at: highfieldwi@gmail.com

Our website has details of past and future events,
minutes of meetings and much more.
Information about Hampshire WI can be found at:
hampshirewi.org.uk

National WI news can be found at:
<https://thewi.org.uk>



**Practical, physical,
educational and fun.
We look forward to
seeing you at one of
our meetings soon.**



2024 PROGRAMME

Welcome to Highfield WI

We meet on the 4th Monday
of each month at 8pm in:
**The Portswood Residents'
Gardens Pavilion,**
Abbotts Way,
Highfield,
Southampton
SO17 1QT

Email: highfieldwi@gmail.com
Search 'Highfield WI'

Come and Join Us

2024 PROGRAMME DATES

22nd January

Chair Yoga with Angela Restall

Yoga anyone can do, without leaving your seat!

Angela has been practising yoga for around 45 years and teaching it for much of that time. Currently, she combines her practice with caring responsibilities. Her main focus is in Viniyoga, using yoga as a support for individual lifestyles and abilities. She has also practised and taught Tai Chi Chuan and this works alongside the yoga, encompassing breath, movement and mind.



26th February

Harriet Teare: 'The LeaderShip - women in STEMM'

Harriet will discuss her experiences with Homeward Bound, a global leadership programme for women in STEMM (Science, Technology, Engineering, Mathematics and Medicine) culminating in a trip to Antarctica with the whole cohort.



25th March

Beetle Drive

By popular demand... Come and join us for an evening of fun. Who will be the first to complete the beetle?



22nd April

Do men care as much as women?

Myths, truths and policy implications with Athina Vlachantoni



This talk will explore some of the myths and truths around gender differences in the provision of care, using research findings from the UK. The talk will also discuss the implications of gender differences in caring for designing social policies in the areas of care, employment and pensions.

20th May

AGM and a celebration of our City

Beginning with the formalities of the AGM we will then celebrate the City of Southampton which is going to be 60 years old.

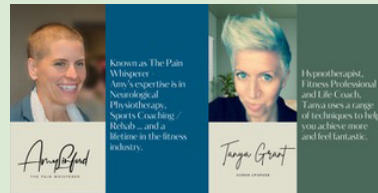


In 1964 Southampton was granted city status by Queen Elizabeth II and became The City of Southampton, come and help us celebrate.

24th June

Amy Linford and Tanya Grant

Amy and Tanya run Human Upgrade, a Coaching and Wellness Programme that helps with all the aspects of life that keep you happy and healthy.



22nd July

From Ukraine to Uk - Helen Thaxter and Cath Grant

Hosting families fleeing the war in Ukraine,



hear the experiences of Southampton hosts who have welcomed Ukrainian guests into their homes and families.

August – No meeting.

23rd September

Women's Health Workshop

Women's Fitness Specialist and Highfield resident Alex Hurter from Uplift Women's Fitness will discuss and demystify topics like pelvic floor, weight loss and offer advice on getting fitter, stronger and more confident at any age.



28th October

The Avenue Centre

Your chance to learn more about one of the charities we support.

Maggie Heller & Donna Wellington will tell us how the team works with families, welcoming individuals without judgement or discrimination, and with respect and equality.



25th November

Christmas Craft

A fun and simple Christmas craft that everyone will be able to do! All materials will be provided.



16th December

We Ring, You Ring

Come and listen to a handbell ringing demonstration and then have a go yourself.

A lovely festive way to spend an evening and end the year.

