

## **Southam W.I Speakers – Programme 2022**

January 4<sup>th</sup>: The Benefits of Reflexology Judith Humphreys

What it is and how it can help with physical problems. Includes a demonstration using pressure points on the hands which we can safely use.

February 1<sup>st</sup>: W.I Resolutions meeting. No speaker, but a fish & chip supper

March 1<sup>st</sup>: W.I Birthday Evening.

Cryptic Crosswords with Lizzie Lindsell

How to create and solve them. And perhaps have a go at one in the meeting!

April 5<sup>th</sup>: Making a Trug Carl Sadler

A demonstration, with amusing stories of experiences while making trugs in various settings such as on film-sets

May 3<sup>rd</sup>: Butterflies of Gloucestershire Ged Cassell

A look at the butterflies that can be seen locally.

We are particularly fortunate to live near two very good sites, Cleeve Hill and Nottingham Hill

June 7<sup>th</sup>: A Contemplative Life, for us all John Donovan

How the insight and experience gained from living for several years in a monastery can help in everyday life

July 5<sup>th</sup>: Garden Birds David Cramp

Birds that hopefully can be seen, and sometimes identified, in our own gardens! With photographs.

August 2<sup>nd</sup>: W.I Outing To be decided

September 6<sup>th</sup>: Walking the Cotswold Way John Bromley

Journeys taken along the Cotswold Way in 2021 by a local man and his wife .

With anecdotes and illustrations of the people and places they met

October 4<sup>th</sup>: Bess of Hardwick and Hardwick Hall Gill White

One of the most fascinating women of the 16<sup>th</sup> century and her most famous building, Hardwick Hall in Derbyshire

November 1<sup>st</sup>: AGM

December 6<sup>th</sup>: An A to Z of Music Stephen Rowley

Fun and variety at our Christmas meeting with rare and exotic musical instruments from around the world! And how they sound!!