

theWI LEARNING HUB



Meeting Pack

Discover, learn & thrive via
the WI Learning Hub

Meeting Pack

This pack has been created to support WIs with a variety of ready-to-use meeting ideas - whether you're filling a last-minute gap in the diary or planning ahead and looking for something fresh to add to your programme.

Inside, you'll find a selection of engaging and easy-to-run sessions, including craft activities, recipes, wellbeing discussions, games, and member-led talk suggestions. Each idea is designed to be adaptable, cost-effective, and accessible to groups of all sizes.

Some activities involve hands-on creativity, while others are more conversational or reflective - it's entirely up to your group how you use them.

We hope this collection offers practical support and fresh inspiration, helping you to create welcoming, enjoyable meetings that support your community.



theWI
LEARNING HUB



RECIPES

CHEESE & MARMITE SAUSAGE ROLLS

These Cheese & Marmite Sausage Rolls are a quick and tasty twist on a classic. The sharp cheddar pairs perfectly with the savoury hit of Marmite, and they're easy to adapt for different dietary needs.

Ingredients

- 1 sheet ready-rolled puff pastry
- 6 sausages (pork or meat-free)
- 1-2 tsp Marmite (to taste)
- 50g grated mature cheddar
- 1 egg, beaten (for glazing)

Marmite adds rich flavour and a **boost of B12**, which supports **energy and brain function**.



PREP TIME
15 MIN



COOK TIME
55-65 MINS



SERVINGS
8-10 SLICES



BONUS IDEA
**MAKE IT VEGGIE
OR GLUTEN FREE**



Use veggie sausages for a vegetarian alternative, or use gluten free sausages and pastry for a gluten free option!

Method:

- Preheat oven to 200°C (180°C fan) / Gas 6. Line a baking tray.
- Unroll the pastry and cut it in half lengthways to make two long strips.
- Lightly spread Marmite down the centre of each strip.
- Remove the skin from 3 sausages, and place these along each strip and sprinkle with cheese.
- Fold the pastry over the sausages and seal the edge with a fork.
- Cut into bite-size rolls, place on tray, and brush with beaten egg.
- Bake for 20-25 minutes, until golden and puffed.



LEFTOVER CRUMBLE & CUSTARD LOAF

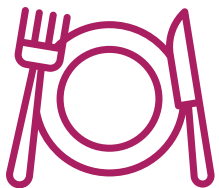
This loaf cake is a great way to use up leftover crumble filling, giving it a new lease of life in a soft, buttery loaf swirled with sweet vanilla custard. If you've bought too many apples for your crumble, or accidentally baked enough for the entire street, this recipe is the solution to turn yesterday's leftovers into today's triumph. It's simple, it's satisfying, and it's the kind of bake that makes people feel cared for – and that's what the WI's spirit is all about.



PREP TIME
15 MIN



COOK TIME
55-65 MINS



SERVINGS
8-10 SLICES



Ingredients

- 175g unsalted butter, softened
- 175g caster sugar
- 3 medium eggs
- 200g self-raising flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tsp ground cinnamon (optional)
- About 200g of leftover apple and blackberry filling (from a crumble - or use jam)
- Almonds (optional - to top)

For the custard

- 150ml ready-made vanilla custard (cold - store-bought is fine)

Method

1. *Preheat your oven to 170°C fan. Line a loaf tin with baking paper or a reusable liner.*
2. *Cream together the butter and sugar in a large bowl until light and fluffy. If your arm isn't tired, keep going.*
3. *Add the eggs, one at a time, mixing well between each.*
4. *Stir in the vanilla and cinnamon, if using. Then fold in the rest of the flour and baking powder gently, until just combined.*
5. *Fold in your leftover crumble fruit - don't worry if it's a bit saucy or soft, that just adds to the moistness of the cake.*
6. *Spoon half the batter into your loaf tin. Dot over half the custard, swirling gently with a knife.*
7. *Add the remaining batter, then swirl in the rest of the custard on top. Finish with a sprinkle of demerara sugar or leftover crumble topping if you've got it - this time, I left it plain and added icing and almonds at the end.*
8. *Bake for 55-65 minutes, until golden brown and a skewer comes out clean. Check from around 40 minutes, and cover with foil if it starts browning too much on top.*
9. *Cool in the tin for 10-15 minutes, then lift out and cool completely - or serve slightly warm with a cup of tea and any remaining custard, warm, on the side.*



Notes

- *No leftover fruit? You can always make a quick apple and blackberry compote using chopped apples, a handful of blackberries, a spoonful of sugar, and a splash of lemon juice. Cook gently until soft.*
- *This cake keeps beautifully for a few days, and slices well for sharing. Suitable for freezing too.*

ZESTY ORANGE DRIZZLE TRAYBAKE

This vibrant orange traybake is a wonderful way to bring a little brightness to the table. It's no nonsense – quick to make and full of flavour, and is ideal for community gatherings. The sponge is light and tender, while the orange drizzle adds both moisture and a satisfyingly sweet crunch.



PREP TIME

15 MIN



COOK TIME

20-25 MINS



SERVINGS

8-12 SLICES

Oranges add natural sweetness and vitamin C, which supports your immune system and helps keep skin healthy.



Ingredients

- 140g soft margarine or butter
- 140g caster sugar
- 2 eggs
- 140g self-raising flour (sifted)
- Zest of 1 large orange
- Juice of half an orange

For the orange drizzle

- 50g granulated sugar
- Juice of one orange (or orange juice)

You will need

- 1 x 8 inch square cake tin, greased or lined with baking paper

Method

1. *Preheat the oven to 180°C (fan) / 200°C / 400°F / Gas Mark 6. Lightly grease and line a small baking tin or tray (approx. 20cm x 15cm).*
2. *Cream the margarine and sugar together in a mixing bowl until light, fluffy, and pale in colour.*
3. *Add the eggs one at a time, beating well after each addition to ensure the mixture is smooth and well incorporated.*
4. *Gently fold in the sifted flour, being careful not to overmix.*
5. *Add the zest and juice of the orange, stirring through until evenly combined.*
6. *Transfer the batter to the prepared tin and level the top. For an even bake, you may wrap a strip of foil around the outside of the tin to prevent doming and overly browned edges (optional, but effective).*
7. *Bake for 20-25 minutes, or until the sponge is pale golden, springy to the touch, and a skewer inserted into the centre comes out clean.*

For the drizzle:

While the cake bakes, mix the granulated sugar with a teaspoon or two of orange juice to make a slightly grainy drizzle - it adds moisture and a light sugary crunch.

Finishing the cake:

Leave the cake in the tin and brush over the drizzle while warm so it soaks in and sets. For an extra treat, we added caramelised orange slices. Cool completely, then lift out and slice.



theWI
LEARNING HUB



CRAFTS

EVERLASTING BLOOMS: BEADED PLANTS

Looking for a creative craft that's calming to make? This beaded plant project is a lovely way to add a splash of colour and personality to any shelf or windowsill - no watering required!

It's a relaxing, mess-free activity that works well at WI meetings - easy to set up, great for chatting while you craft, and ideal for all skill levels. Plus, everyone goes home with something handmade and cheerful to brighten their space.



TIME

60-90 MIN



SKILL LEVEL

BEGINNERS

This craft involves threading small beads and bending wire, which can be tricky for members with limited hand strength or dexterity. Here are some tips to help everyone get involved:

- Pre-cut wire to shorter lengths in advance to reduce strain from using wire cutters.
- Group up in pairs or small tables, so members can easily assist each other with threading beads or shaping the wire.
- Use larger beads for those with limited finger mobility - easier to grip and thread.



You will need:

- Green and assorted colored beads (glass or plastic)
- Thin green floral wire
- Wire cutters
- Small flower pot
- Dried floral foam
- Craft glue

*Money-Saving
Tips*

- Use budget craft beads, and small recycled containers or pots.
- Keep costs low by encouraging members to bring any spare beads or repurpose old jewellery!

Instructions

Prepare the Wire Stems:

- Cut the floral wire into varying lengths (approximately 6–10 inches).
- Thread beads onto each wire, leaving about 2 inches at each end.
- Secure the beads by bending the wire at the ends to prevent them from slipping off.

Assemble the Plant:

- Insert the dried floral foam snugly into your flower pot.
- Poke the beaded wire stems into the foam, arranging them to mimic the natural growth of a plant.
- Use craft glue to secure the wires in place if needed.

Add Finishing Touches:

- Cover the foam with dried moss for a more realistic appearance.
- Adjust the wire stems to achieve your desired plant shape.



Here's one we
made using
recycled beads



SALT DOUGH BAUBLES

Affordable, personal and nostalgic – the perfect handmade decoration.

Salt dough baubles are a charming and budget-friendly way to create personalised decorations. Whether you're crafting for Christmas, a celebration, or just for fun, this project is easy to run at a WI meeting and offers something for everyone - no matter their artistic confidence!



TIME

2.5 - 3 HOURS

- Dough prep & cutting: 15–20 minutes
- Baking time: 1.5–2 hours at a low temperature
- Cooling & decorating: 30–45 minutes

PRO TIP: You can easily break this into stages over two meetings. We recommend preparing the baubles in advance so your group can jump straight into the decorating! You could ask one keen crafter to prepare the ornaments, or ask individual members (or smaller groups) to bring their own along to your meeting.



SKILL LEVEL

BEGINNERS



You will need:

- 1 cup plain flour
- ½ cup table salt
- ½ cup water (you may not need it all)

Money-Saving Tips

- Buy flour and salt in bulk (value brand is absolutely fine).
- Use offcuts of old wrapping paper, ribbons, buttons, or fabric scraps for decoration.
- Ask members to bring cookie cutters, brushes, or leftover craft bits to share.
- Use water-based children's paints - they're affordable, easy to clean up, and work perfectly.

Instructions

- In a large bowl, combine the flour and salt. Gradually add the water and mix until it forms a soft, non-sticky dough. You may need slightly less water, so add it slowly.
- Roll the dough out to about ½ cm thick on a floured surface.
- Use cookie cutters to create your baubles. Use a straw to poke a small hole at the top of each shape - this is where the ribbon will go.
- Place on a lined baking tray and bake at 120°C (fan)/250°F for 1.5–2 hours, turning halfway through. The dough should dry out completely but not brown.
- Cool completely.
- Once hard, let the baubles cool fully before decorating.
- To decorate use acrylic paints, felt tips, glitter glue, stickers, or whatever you have on hand. You could choose a group theme for design patterns. Finish with a coat of clear PVA glue or varnish to seal and protect (optional but recommended). Thread with ribbon or string to hang.

**What you
can do
ahead of
time:**

Pre-make the dough and wrap it tightly in cling film - it'll keep in the fridge for 24–48 hours.

Pre-bake blank shapes so the group can focus on decorating only, especially useful if time or oven access is limited.

Bring a few ready-decorated samples to inspire others.

*Here's some
in a folk art
style*



MAKE-YOUR-OWN 'GOALS' PUNCH CARDS

Simple, uplifting, and motivating – a creative way to track progress and celebrate small wins.

A 'Goals' Punch Card is a fun and visual way to track habits, intentions, or personal challenges - whether it's walking every day, drinking more water, finishing a WI Learning Hub course, or making time for yourself. This craft is easy, low-cost, and customisable. Great for group discussion, reflection, and playful accountability.



TIME
60 MINS

- Designing and decorating: 30–45 minutes
- Group discussion or goal-setting: 15–20 minutes



SKILL LEVEL
BEGINNERS



You will need:

- Blank cards
- Coloured pens or markers
- Stickers, washi tape, stamps, or embellishments
- Hole punch or paper punch
- Rulers and scissors
- Optional: laminator or clear sticky-back plastic to make them reusable

Money-Saving Tips:

- Print templates on recycled card or use offcuts from old projects
- Laminate the cards to reuse with a dry-erase marker

Running the Session

Explain the concept:

- A goals punch card works just like a loyalty card, but instead of free coffee, you're rewarding yourself with progress and positivity. Every time you complete your chosen activity or habit, you punch a space or add a sticker.

Distribute templates or blank cards:

- These can be pre-printed with 10 or 12 spaces, or drawn by hand. Leave space for the person's name, goal, and a title.

Decorate and personalise:

- Encourage everyone to decorate their card however they like - with colours, doodles, stickers or affirmations. Add checkboxes, punch spaces, or little shapes to tick off.

Punch or tick as you go:

- Cards can be used daily, weekly, or however suits the goal. Bring them back to future meetings to check in, or make it a monthly creative habit!

Ideas for goals to track:

- "Walk 20 minutes a day"
- "30 minutes of craft time"
- "Read instead of scrolling"
- "Try one new recipe a week"
- "Reach out to a friend"

Extra ideas:

- Add a monthly check-in table for those using their cards
- Display a few cards on a noticeboard for inspiration
- Pair with a goal-setting journaling activity or motivational talk

theWI
LEARNING HUB



GAMES

WHO AM I?

What it is:

A guessing game where each person has the name of a famous person or object stuck to their forehead (or on their back) and must ask yes/no questions to figure out who or what they are (e.g., "Am I alive?" "Am I a woman?" "Am I linked to the WI?") to narrow down their identity. Once someone guesses correctly, they remove their label and celebrate their success. Extra step: After revealing who they are, the player shares one or two facts about their character - this helps everyone learn a little more and keeps the game educational as well as fun!



STUCK FOR IDEAS?
*Use members from
your own group,
famous bakers,
gardeners, historical
women, or items.*

You will need:

- Sticky labels or cards with names
- Tape or safety pins
- A bit of space to move around and mingle

Examples:

Emmeline Pankhurst
*Leading figure in the
British suffragette
movement.*

Madge Watt
*Canadian founder of
the first WI branch
in Britain
(Llanfairpwll,
Anglesey, 1915).*

Beatrix Potter
*Author, illustrator,
and farmer - early
supporter of
women's
agricultural work.*

THEMED BINGO

What it is:

Sometimes it's a case of seeing things in a new light; bingo is a fun game of chance where each player has a card filled with numbers. As numbers are called out randomly, players mark them off. The first to complete a line (horizontal, vertical, or diagonal) or a full card shouts "BINGO!" and wins a prize.



WI TWIST

Try themed bingo – use words instead of numbers, such as “Garden Bingo” (plant names), or “Springtime Bingo” (flowers, birds, and seasonal words).

You will need:

- Bingo cards (printed or reusable)
- Pens or markers
- A way to call out numbers (a bingo cage, app, or even folded paper in a bowl)
- Small prizes (optional but fun!)

Example: WI History Round

1915	Calendar Girls	WI Life	Denman College
Equal Pay	Federations	Produce Guild	Home-grown
WI Learning Hub	Education	Women’s Rights	AGM
Campaigns	Queen Elizabeth	Jerusalem	Suffrage

TRUE OR TWADDLE

What it is:

A fun, fact-filled guessing game to test your knowledge - and your poker face! The goal is to guess whether a statement is true or complete twaddle (nonsense). It sparks discussion, encourages learning, and brings plenty of laughs!

How to play:

- 1. Divide into small teams or play individually (whatever suits your group size).***
- 2. Hand out pens and small pieces of paper, and ask each participant to write down their fact - be it 'true' or 'twaddle'. Ask participants to fold their answer in half, and place it in the basket.***
- 3. Pass the basket around. A player will take a statement from the basket and read it aloud.***
- 4. The group must decide: "True" or "Twaddle?"***
- 5. Once everyone has guessed, the correct answer is revealed and a short explanation can be shared.***
- 6. Award 1 point for each correct guess. The team or person with the most points at the end wins (or just wins glory and a biscuit).***

You will need:

- A stack of printed or handwritten statements (true or false), cut into strips.
- A small basket, bowl, or envelope to draw from
- Pens and paper if you'd like to keep score
- Optional: a bell or buzzer for a fast-paced version.

Sample Statements:

- Bees can recognise human faces.
 - True – Bees have surprisingly complex vision!
- The Great Wall of China is visible from space.
 - Twaddle – It's a myth! It's not easily visible to the naked eye.
- The first WI meeting in the UK was held in Wales.
 - True – Llanfairpwllgwyngyll, Anglesey, 1915!

WHY IT WORKS:

***Low to no cost
Great for mixed age
groups and varying
knowledge levels
Easily adaptable***

theWI
LEARNING HUB



TALKS

Member Led Talks

Hosting internal talks at WI meetings is a brilliant way to make the most of the collective experience and creativity of your members. Whether it's a practical demonstration, a personal story, or a skill someone's picked up, these sessions are a warm, informal way to learn from one another - and they cost nothing but time and courage.

Each session can be as simple as a 10–20 minute talk, followed by an informal Q&A or a relaxed group chat. You can build a themed programme across the year or slot them into quieter meetings to keep things engaging and fresh.

Members don't need to be experts - just willing to share something they care about. A quiet passion, a well-loved hobby, or a memorable life story can become the highlight of a meeting. You could even offer a sign-up sheet or "I could talk about..." board for volunteers. Internal talks aren't just a budget-friendly solution - they're a meaningful way to bring your WI's values of community, education, and friendship to life.

These talks help to:

- *Build confidence in public speaking in a supportive, friendly setting*
- *Celebrate the diverse talents within your group*
- *Strengthen connection and conversation by sharing personal experiences*
- *Encourage lifelong learning, curiosity, and mutual support*
- *Create space for humour, reflection, and creativity*



TALKS BY CATEGORY

Encouraging members to share skills, passions, and life experience

Talks & Interests

"A Few Objects That Shaped My Life"

- *A member introduces a handful of items that hold meaning, and the stories behind them.*

"A Woman Whose Story Stayed With Me"

- *A talk about a historical or contemporary figure who deserves more recognition.*

"WI Then and Now: Why I Got Involved"

- *A personal reflection on what the WI has meant over time.*

"A Book I'll Never Forget"

- *An informal book-themed evening with short talks about meaningful reads.*

"My Favourite Local Place – and Why I Love It"

A gentle talk about hidden gems, gardens, walks, or historical spots.

Exercise & Wellbeing

"My Journey with Movement: Finding an Exercise That Suits Me"

- *A personal story of discovering an activity, like walking, yoga, dance, gardening.*

"Why Connection Matters for Wellbeing"

- *A member shares how finding a supportive community has boosted their wellbeing, confidence, and sense of belonging.*

"Navigating Menopause: What Helped Me"

- *An informative, supportive talk about personal experience and shared advice.*

"Making Time for Yourself"

- *A talk about self-care that's realistic and achievable.*





Digital & Technology

"How I Got Comfortable with My Smartphone/Tablet"

- A member's story of learning what works for them, with helpful tips along the way.

"How I Use Technology to Stay in Touch"

- A relaxed talk about WhatsApp groups, online calls, and other digital tools for connection.

"Using Social Media for Good: Campaigning Online"

- How to raise awareness for causes we care about online.

"A Few Free Apps That Make Life Easier"

- Useful apps for daily tasks - from remembering appointments, monitoring health & planning hikes.

"Staying Safe Online"

- A member shares straightforward, real-life tips for staying safe when using the internet.

Business & Training

"Public Speaking When You're Not a Speaker"

- Simple tips and reassurance for talking to a room of people.

"What I Learned From a Mistake I Made"

- An honest discussion about learning from difficult experiences.

"Budgeting Basics"

- A member shares their honest approach to managing and investing money.

"Learning New Skills"

- Encouragement and practical ideas for picking up something new.

"What I Do For Work"

- Discussion of what is entailed in a members job role, how they obtained the position, and how they've stayed motivated/engaged.



Member Led Talks

Hosting internal talks at WI meetings is a brilliant way to make the most of the collective experience and creativity of your members. Whether it's a practical demonstration, a personal story, or a skill someone's picked up, these sessions are a warm, informal way to learn from one another - and they cost nothing but time and courage.

Each session can be as simple as a 10–20 minute talk, followed by an informal Q&A or a relaxed group chat. You can build a themed programme across the year or slot them into quieter meetings to keep things engaging and fresh.

Members don't need to be experts - just willing to share something they care about. A quiet passion, a well-loved hobby, or a memorable life story can become the highlight of a meeting. You could even offer a sign-up sheet or "I could talk about..." board for volunteers. Internal talks aren't just a budget-friendly solution - they're a meaningful way to bring your WI's values of community, education, and friendship to life.

These talks help to:

- *Build confidence in public speaking in a supportive, friendly setting*
- *Celebrate the diverse talents within your group*
- *Strengthen connection and conversation by sharing personal experiences*
- *Encourage lifelong learning, curiosity, and mutual support*
- *Create space for humour, reflection, and creativity*

