

## GWYNEDD/CAERNARFON FEDERATION OF WOMEN'S INSTITUTES

### Contact

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The Women's Institute (W.I.) was one of the earliest conservation movements and has always been active regarding sustainability; a rural organisation based on rural life, with a policy of 'hands-on' involvement. It undertakes national programmes on particular issues such as disposable nappies and GM foods, believes strongly in recycling waste paper and is well known for its support of fair trade.

In Gwynedd local branches have undertaken numerous projects. For example:

**Beddgelert** raised money to enable communities in the Vuckovar and Pakarac regions of Croatia to buy vegetable and potato seeds to grow some of their own food.

**Dwygyfylchi.** As Home Economics is no longer taught in schools, this branch is helping young mothers to learn to cook in the hope that they will save money and enjoy healthy eating.

Projects undertaken on a county level include:

- long standing policy of group travel or car sharing
- on-going monitoring of all resource use – minimal use of paper, recycle waste
- donating old sewing machines (especially pre-electric), mobile phones and spectacles to Bansang, Gambia, where they are repaired by and for the villagers
- knitting for the children of Bansang – older/housebound WI members enjoy this
- years of support for the worldwide local sustainable development projects of the Associated Country Women of the World.

*Tips for others:* That while it is good to go on battling quietly doing your own thing, periodically you have to stand up and shout about it, otherwise people think you do nothing except 'Jam and Jerusalem'.

*Status of organisation:* Voluntary

*Area:* Old county of Caernarfon