

Wincle WI

Once again our ladies were busy baking to help at the Trout Run in September. Willing to support an event, which this year was a 'stand-alone' one, we provided teas and cakes for the runners and families, marshals and organisers. Thanks to donations from local ladies as well as from our WI, we were able to raise just under £400. It was a lovely atmosphere and the small tea tent was much appreciated by everyone.



We celebrated our 59th Birthday in September by enjoying a tapas evening at Tempranillo, in Macclesfield. 21 of us filled the premises and sampled many delicious courses during the evening.



On October 5th a healthy number of members and guests gathered at the 'Swythamley and Heaton' centre for our meeting. Suzanne welcomed everyone before proceeding with a bit of WI business and then introducing our speaker, Mr Alan Whiston.

Alan informed us that he has worked as Operations Director at Delamere Dairy for the past 9 years, having been in the dairy industry since 1981, working as a cheese maker in Hartington for 20 years and he also judges Stilton in his spare time.

Delamere Dairy originally opened in 1985 in Delamere Forest but today operates in Knutsford. The business employs 28 people at the head office and is mainly involved with goat dairy farming, although it also sells a range of dairy and dairy alternatives like flavoured milk, sheep cheese and yogurt, long life cows' milk, pet products and dairy alternatives such as coconut and oat milk. Alan surprised us by stating that Goats' milk is the most consumed milk in the world and has many health benefits, due to the fat globules being smaller than in cows' milk and the protein structure differing. This means that Goats' milk is easier to digest and can often be consumed by people with Lactose Intolerance. It can also have medicinal properties and can help those who suffer with congestion, asthma, eczema or psoriasis.

Alan went on to say that the company manages milk pools and places them with 20 co-packers across the UK and Europe. The milk is ethically sourced from family run farms from North Yorks to Devon who are passionate about animal welfare and sustainability. Goats' milk has a high calcium content and the vitamin and mineral content is comparable with cows' milk. He then showed us examples of their products which can be found at various supermarkets- these included skimmed, semi-skimmed, full fat and long life milk, yogurt, butter and cheese. We were then offered a 'taste test' and many of us were surprised at the delicious flavours of the milk and cheese. We were also surprised by the demand for goats' milk pet products, particularly the bedtime drinks!!

It was encouraging to learn so much about this company, the products on offer, their commitment to reducing waste and their passion for sustainability and ethical farming. Following an enlightening question and answer session and a general discussion, Suzanne gave a vote of thanks and the evening concluded with our usual delicious supper and a welcome cup of tea – with thanks to Judith Bayley and Sue Brocklehurst for providing this.

Our next meeting is our AGM which will take place on November 2nd at 7.30pm at the 'Swythamley and Heaton 'Centre.

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We are delighted to say we have recently recruited 4 new members, bringing us up to 28 – the highest number for many years!

Please contact Judith Bayley: 01260 253129 or Suzanne Henshall: 01260 227209 if you would like to join us, either as a guest or a member.