

Violence against women is sadly too prevalent. Often victims fear giving evidence and in most areas are now able to do so via video, thus negating the need to attend court.

Providing a comfortable, calm and soothing environment in which victims and witnesses of serious assault, rape and domestic violence can be interviewed on video, was a task SI Stockport undertook with enthusiasm.

The support of victims had been a long standing concern of the club. The two video interview rooms at the unit were basic, bland and not user- friendly.



The club provided pictures, cushions lamps and small tables, as well as TVs with inbuilt DVD players, DVDs, books, toys and games for children, with paperbacks and magazines for adults.

The club also provided crockery and tea, coffee, milk, sugar and juice are replenished on an ongoing basis.

Their efforts have made a huge difference to the comfort and wellbeing of the victims and witnesses and have improved the situation of those having to use the waiting areas.

Everyone involved, no matter what time of the day or night, can have a hot drink. Seemingly a very small element but one which makes a real difference in a very traumatic situation.

So many clubs support their local refuges, but SI Stockport has taken it to the next stage.

Is this something your club could be involved in?

**Barbara Dixon**  
Programme Director

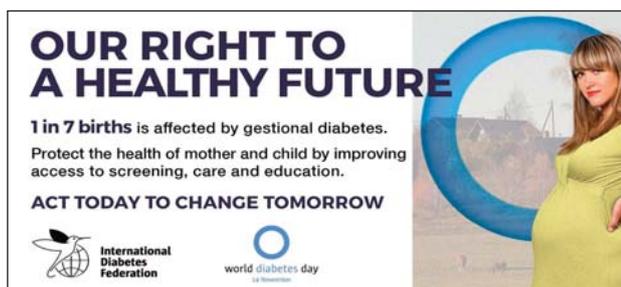
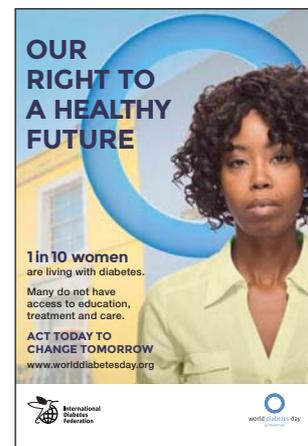
## Women and Diabetes - Our Right to a Healthy Future

Each year [World Diabetes Day](#) is celebrated on November 14<sup>th</sup>, this year the theme is: Women and Diabetes - Our Right to a Healthy Future.

World Diabetes Day was created by the [International Diabetes Federation](#) (IDF) and the [World Health Organisation](#) (WHO) in 1991 in response to growing concerns about the escalating health threat posed by Diabetes; it became an official United Nations Day in 2006.

The WHO estimate there are currently over 199 million women living with diabetes and this total is projected to increase to 313 million by 2040. The first WHO Global report on diabetes was published in 2016; this demonstrates that the number of adults living with diabetes has almost quadrupled since 1980 to 422 million adults. This dramatic rise is largely due to the rise in type 2 diabetes and factors driving it include overweight and obesity. The report calls upon governments to ensure that people are able to make healthy choices and that health systems are able to diagnose, treat and care for people with diabetes.

It encourages us all as individuals to eat healthily, be physically active, and avoid excessive weight gain.



Diabetes is the ninth leading cause of death in women globally, causing 2.1 million deaths each year. As a result of socioeconomic conditions, girls and women with diabetes experience barriers in accessing cost-effective diabetes prevention, early detection, diagnosis, treatment and care, particularly in developing countries.

Two out of every five women with diabetes are of reproductive age, accounting for over 60 million women worldwide. Women with diabetes may have both more difficulty conceiving and poor pregnancy outcomes.

Approximately one in seven births is affected by gestational diabetes (GDM), a severe and neglected threat to maternal and child health. A significant number of women with GDM also go on to develop Type 2 diabetes resulting in further health-care complications and costs.



Women and girls must be empowered with equitable access to knowledge and resources that will strengthen their capacity to prevent or delay the onset of type 2 diabetes, and influence the adoption of healthy lifestyles to improve the health and well-being of those around them and future generations.

Led by the International Diabetes Federation, the campaign this year will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to achieve the best diabetes outcomes and strengthen their capacity to prevent Type 2 diabetes. Pregnant women require important access to screening, care and education to achieve positive health outcomes for mother and child

For more information and a [24-page toolkit](#) (PDF), please go to the links.

**Rita Beaumont - APD Food Security & Healthcare**

## A lot can happen in 16 days - 16 Days of Activism

Each year [16 Days of Activism Against Gender-Based Violence](#) introduces a new theme, or continues with a previous one and, in 2017, the theme remains unchanged from 2015: From Peace in the Home to Peace in the World: Make Education Safe for All!

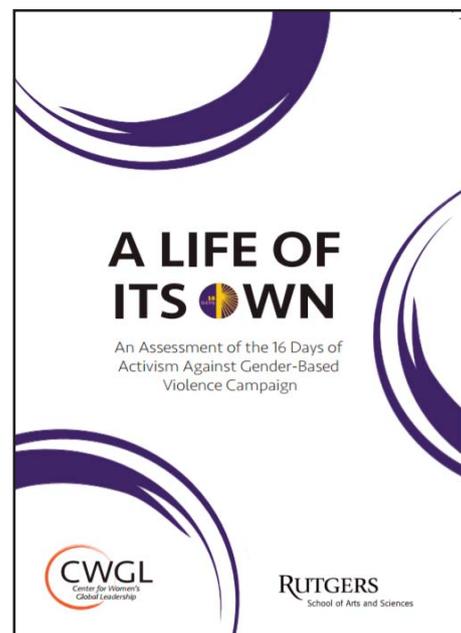
While we bear this in mind, I draw your attention to an assessment, conducted worldwide, on what 16 Days of Activism means. The assessment, 'A Life of its Own', was carried out by the [Centre for Women's Global Leadership](#) (CWGL), and is an interesting document that I recommend all Soroptimists read.

From 25<sup>th</sup> November to 10<sup>th</sup> December each year, Soroptimists mark the days with enthusiasm and focus. Since its inception 25 years ago the meaning of 16 Days has undergone change. The document offers some soul-searching to organisations that work with gender issues, stating it is time to 'transition from awareness to eradication' as the next important step to eliminate gender-based violence.

Let's go back a bit



Led by [Charlotte Bunch](#), 24 women at the [Rutger University](#) (USA) had a dream to explore gender discrimination in all its dimensions. The CWGL was formed and, in 1991, it launched its 16 Days campaign from 25<sup>th</sup> November, [International Day for the Elimination of Violence against Women](#) - until 10<sup>th</sup> December, [Human Rights Day](#) - the campaign affirmed the link between women's rights and human rights. By 1995, 16 Days had gained a cross-cultural footing and had a life of its own, celebrated marked, focussed on in various ways, but kept to the main objectives. UN agencies gave fillip to the movement globally, and [UNIFEM](#) developed its own way to mark the ten days.



The first ten years of the millennium communication and information technology saw exponential growth of NGO websites, media coverage and the outreach of the 16 Days concept. The multi-sector collaboration with UN agencies gave a stimulus. This contribution of civil society was acknowledged by the UN Secretary-General in his landmark "In-depth Study on all Forms of Violence Against Women" (2006). After 2009 The CWGL gave a new direction to their work by including Militarism & Gender-Based Violence which no doubt has spiralled due to global conflicts and war-torn zones, and population displacement due to conflict.

CWGL quantifies the impact of 16 Days and also of its global leadership training centres. This weighty report looks at the comprehensive way forward that CWGL has outlined. It recommends a human rights framework, benchmarks for the [Sustainable Development Goal 5](#) and the implementation of [UN Resolution 1325](#), innovations, the involvement of men, and advocacy opportunities such a campaign allows.



In the report, CWGL acknowledges:

**"Soroptimist International contributed to the 2015 Campaign through daily online pieces on GBV affecting women in prison, girls (issues of early and forced marriage, and access to education), older women, women in conflict, internally displaced women and indigenous women."**

Really a lot can happen in 16 days!

*Nisha Ghosh - APD Violence & Conflict Resolution*

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