



# Seroptimist International

## Barry & District



Seroptimists in Action

“Soroptimists in Action” is a wall hanging made by members of the Soroptimist International Barry and District Club in 2023. The idea shared by a handful of members was to collaborate and create a visual representation of many of the projects and voluntary activities that Barry Soroptimists have done and are currently involved in.

Those women who have taken part have each used a nine inch square to depict or symbolise the valued work we undertake as our Club's "Programme Action".

Thirty six squares assembled into a lattice design does capture a great deal of our work with organisations both local and much further afield, however, there are numerous charities, groups and projects that SI Barry and District over the 55 years since the club began have partnered and supported. The hanging is a visual representation of our considerable voluntary work but it must be noted, it is also the "tip of the iceberg"!

The wall hanging was made for the 2023 International Women's day Exhibition organised by the Women's Arts Association of Wales (WAAW) at Art Central Gallery on Kings Square Barry.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36

## What each square signifies

No	<b>Title</b>  <i>Maker</i>	<b>Activites, partnerships and projects</b>  <b>undertaken by our club</b>
1	<b>Golau Caredig</b>  <i>Jane Salisbury</i>	Representing all of the care facilities we work with in the community. This Ty Hafod extra care facility has become a Town landmark. Our friendship sees us joining their afternoon tea and natter days, holding craft workshops, organising an annual Carol Service and special events such as the Jubilee party in 2022.
2	<b>Crafternoons</b>  <b>Project</b>  <i>Mary Ann Marsden</i>	In 2022 Barry Town Council awarded us a grant to organise monthly Crafternoons. These enable us to create items for community use and to engage with other local groups. We share skills and learn new crafts and techniques, with eco concepts and up cycling as an underpinning goal.
3	<b>Marie Curie</b>  <b>Appeal</b>  <i>Jane Salisbury</i>	Soroptimists can be seen in yellow tabards and top hats each Spring selling daffodil badges to raise funds for the Marie Curie Cancer Charity.
4	<b>Twiddle Muffs</b>  <i>Jackie Memory</i>	Research has demonstrated that people with Dementia are calmed if they are able to occupy their restless hands. Hence for a number of years, Soroptimists, in conjunction with various local knitting groups, have produced textured twiddle muffs and fidget cushions to donate to those living with Dementia.
5	<b>Covid Projects</b>  <i>Margaret Burnell</i>	During the Corona Virus Pandemic, a group of sewers –nick named the “Masketeers” made correct 3 layered masks for members, friends and the local community. Grateful recipients giving donations, raised over £3,300 for local charities and community groups (£1,000 for Holme Towers, £1,000 for Atal Y Fro, £800 for Ty Hapus and a smart TV for Barry Hospital. ) Scrubs Bags and ear saving headbands for health workers were also made and two of our members joined a group making Nurses' Scrubs for Cardiff Hospitals
6	<b>Poppy Appeal</b>  <b>RBL</b>  <i>Stephanie Tarling</i>	Members organise rotas to sell poppies each autumn in supermarket foyers on behalf of the Royal British Legion's campaign to raise funds to provide support to the Armed Forces community

7	<b>Breast Cancer Awareness</b> <i>Pat Hollis</i>	<p>Members are very “pink aware” each October during Breast Cancer Awareness month. We wear pink and organise a pink themed raffle hamper to highlight the importance of early detection.</p> <p>Drain bags and comfort cushions are made and donated to Llandough Hospital Breast Cancer Clinic.</p>
8	<b>Choose Peace</b> <i>Judy James</i>	<p>As an International Organisation Soroptimists offer support to those in need both at home and abroad. Most recently we have highlighted the plight of Ukraine and offered assistance to those women who have found refuge in our area.</p>
9	<b>Orange the World</b> <i>Lynne Tedik</i>	<p>The UNiTE campaign has proclaimed the 25th of each month as “Orange Day”, a day to raise awareness and take action to end violence against women and girls. The colour orange symbolizes a brighter future, free of violence. As a women’s organisation this campaign is highlighted an important issue for us.</p>
10	<b>Malarchi Pooncholai Trust</b> <i>Mary Tornabene</i>	<p>The Malarchi Trust, co-founded by former Club member Carol Evans MBE, evolved into Malarchi Pooncholai Trust. This provided relief for children - mainly orphans, in the Tirunelveli district of Tamil Nadu in South India. A children’s home, care services, financial, educational and medical support are key and vital elements of the support.</p> <p>Members have sponsored the education and training several young girls over the years now nurses and teachers.</p>
11	<b>Reading Buddies</b> <i>Jane Salisbury</i>	<p>Partnering up with local Vale Primary schools such as Cogan Primary, members volunteer precious time to listen to little readers and support the early stages of literacy.</p>
12	<b>Card Project</b> <i>Mary Tornabene</i>	<p>To help raise funds for other organisations/charities members’skills of photography, embroidery, painting and ICT are being used to produce cards. These are sold to benefit ongoing work at for e.g. Dinas Powys Library and Activity Centre, Barry Hospital, Golau Caredig and the Tortoise Sanctuary. We intend for others local organisations to join in this scheme.</p>
13	<b>Macmillan Coffee Morning</b> <i>Lynda Lott Miller</i>	<p>For nearly a decade, the Club has organised an annual coffee morning to raise funds for Macmillan Cancer Charity at the iconic Barry Island Beach huts. Members bake a wonderful selection of cakes and provide tea/ coffee.</p>

<p><b>14</b></p>	<p><b>White Ribbon Campaign</b> <i>Jackie Memory</i></p>	<p>White Ribbon Day is held annually on November 25th, also known as the International Day for the Eradication of Violence against Women. It raises awareness of family violence and is run by the White Ribbon Campaign. Members make hundreds of white ribbon pins and distribute them to local male organisations, such as Barry Town and Cardiff City Football clubs and Barry Male Voice Choir.</p>
<p><b>15</b></p>	<p><b>Sight Savers</b> <i>Vivien Liles</i></p>	<p>1991 - 1995 Soroptimist International partnered with Sight Savers. This project aimed to establish and support seven clinics in Bangladesh for young children who were at risk of becoming blind. The clinics focused on eye care and the education of mothers on health, nutrition and hygiene.</p> <p>Each year the clinics individually assisted more than 25,000 children suffering from any sickness or injury. This project gave Soroptimists the opportunity to be involved in the WHO</p>
<p><b>16</b></p>	<p><b>Baby Basics</b> <i>Pat Hollis</i></p>	<p>Baby Basics is a volunteer-led UK wide project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby.</p> <p>The Club has fundraised to assist the local branch of Baby Basics with donations and the provision of items such as blankets, toys and Moses baskets</p>
<p><b>17</b></p>	<p><b>Christmas Tree Festival</b> <i>Mary Anne Marsden</i></p>	<p>St Augustine's Church in Penarth hosts the annual Christmas Tree Festival which raises significant funds for various charities and groups. The Soroptimists decorate a tree which reflects an important topic theme. In December 2022 their tree based on a Ukrainian flag/ Soroptimist colours entitled "World Peace" was awarded the Gold Award in the Organisations Category.</p>
<p><b>18</b></p>	<p><b>KIVA</b> <i>Mary Anne Marsden</i></p>	<p>Since 2014 the Club, working in conjunction with KIVA (a non profit organisation with a worldwide network of microfinance institutions) has made loans to women abroad. This empowers them to access sustainable self employment, helping to alleviate poverty. To date 33 loans have been made in various countries such as Guatemala, Samoa, Indonesia, Azerbaijan, Uganda and Tonga.</p> <p>Following on from this success KIVA workshops " helping to make</p>

<p><b>19</b></p>	<p><b>Velindre Chick Project</b></p> <p><i>Jane Brook</i></p>	<p>For 20 plus years the production of pretty knitted chicks to decorate crème eggs has been a major focus of fundraising with over 25,000 chicks being knitted to date.</p> <p>In 2022, £3,000 was raised for Velindre Cancer hospital “the hospital of hope.”</p>
<p><b>20</b></p>	<p><b>The Samaritans</b></p> <p><i>Jackie Memory</i></p>	<p>In 1993-1994 the Club President’s charity was The Samaritans. Numerous fundraising events were held and an invited guest speaker from this national charity actually joined and became a valued member of the Club.</p>
<p><b>21</b></p>	<p><b>Light a Candle project</b></p> <p><i>Helen Jennings</i></p>	<p>During the Covid outbreak Marie Curie organised a “ National Day of Reflection”. An event to remember loved ones by shining a light to light up the night. They are continuing with this idea, and this will be the third year. As a Club we like to join in and remember our many valued Soroptimist friends who are no longer with us.</p>
<p><b>22</b></p>	<p><b>The Sam Davies Ward</b></p> <p><i>Jackie Memory</i></p>	<p>The much loved GP of Barry Dr Sam Davies is commemorated at Barry’s Community Hospital with a portrait by the famous Welsh painter David Griffiths. The Sam Davies Ward is a valuable amenity which the Soroptimists and town citizens fought a successful campaign to protect from threatened closure. Across the year members donate blankets, toiletries, Christmas and Easter gifts.</p>
<p><b>23</b></p>	<p><b>International Women's Day</b></p> <p><i>Mary Tornabene</i></p>	<p>IWD has been celebrated in numerous ways across the years. The Club has organised career talks for girls, town walks and mini conferences to “Remember our special women of Barry and Penarth”</p> <p>In 2023, the SOROPTIMISM IN ACTION wall hanging was created to reflect on some of the Club’s many projects and initiatives over 55</p>
<p><b>24</b></p>	<p><b>Prom Dresses</b></p> <p><i>Sian Howell</i></p>	<p>In recent times with cost of living crises, many families are experiencing hardship and financial difficulties. The Soroptimists have donated dresses to a local Comprehensive School so that Sixth Formers can attend the usual celebratory end of school prom.</p>
<p><b>25</b></p>	<p><b>Toe in the Water</b></p> <p><i>Norma Reynolds</i></p>	<p>This was the Club President’s chosen charity in 2011-2012. Its aim was to provide sailing as a vehicle to re-inspire injured service personnel who had been seriously wounded and undergoing therapeutic treatments at Headley Court, the defence medical</p>

<p><b>26</b></p>	<p><b>Safe House</b> <i>Janice Charles</i></p>	<p>Supporting Atal Y Fro, previously known as Women’s Aid, has been an ongoing project of the Club. Members donate household items, bed linen, toiletries, Christmas gifts and Easter gifts for mothers and children.</p>
<p><b>27</b></p>	<p><b>Int. Tortoise Sanctuary</b> <i>Jane Brook</i></p>	<p>Over the years the Club has offered food and donations towards heating and upkeep of the Sanctuary located in Sully, to ensure that these protected tortoises have a safe home.</p>
<p><b>28</b></p>	<p><b>Adopt a Train Station</b> <i>Jane Salisbury</i></p>	<p>In 2022 we approached Transport for Wales and adopted two train stations at Barry and Barry Island. A volunteer group tend the Station planters/ flower beds and are striving to keep the platforms attractive, welcoming and safe.</p>
<p><b>29</b></p>	<p><b>The Extra Milers</b> <i>Linda Jones</i></p>	<p>Soroptimists take on the duties of trained stewards at the annual Ten kilometre Run in Barry, the Cardiff Half Marathon and the Cardiff Bay Run .</p>
<p><b>30</b></p>	<p><b>Vale Food Bank</b> <i>Diane Brook</i></p>	<p>Regular collections of shortage items and priority foods take place at all monthly Club meetings. A link member liaises with Food Bank staff and assists in situ on a weekly basis.</p>
<p><b>31</b></p>	<p><b>Remembrance : Lest we forget</b> <i>Yvonne Scott</i></p>	<p>A group of Soroptimists represent the Club at the annual November Remembrance Parade, the Cenotaph Service and wreath laying at the Memorial Hall in Barry .</p> <p>Soroptimist International has a memorial garden in the National</p>
<p><b>32</b></p>	<p><b>Beach Survey</b> <i>Jane Salisbury</i></p>	<p>Jackson's Bay is our adopted local beach that we survey each year for the Marine Conservation Society. For over 20 years members have undertaken a rigorous exercise. Litter items are classified and weighed, before data is sent in for UK reports to monitor the state of our coastline.</p> <p>In 1999, some 600 cotton buds were registered – numbers have</p>
<p><b>33</b></p>	<p><b>Toilet Twinning</b> <i>Mary Tornabene</i></p>	<p>Toilet Twinning is a Regional Project which the Club supported in 2016 and again in 2023. A collection of twenty pence pieces in Smartie tubes raised £240 to help twin a school toilet block in Sierra Leone and £120 to twin individual toilets in Liberia and Guatemala.</p> <p>To mark World Water Day in November 2023 a donation of £60 was</p>

<p><b>34</b></p>	<p><b>Plant a Tree</b> <i>Hilary Laurence</i></p>	<p>The Tree planting at Porthkerry Park marked significant Club anniversaries – Oak, Ash and Hawthorne for the 30th and Purple Ash, Copper Beech, Red Oak and Acer for the 40th. The Rowan planted in Merthyr Dyfan cemetery was to commemorate SIGBI's Centenary Tree scheme - it was an act of investing in the environment for future generations.</p>
<p><b>35</b></p>	<p><b>Ieuan the Lion</b> <i>Shirley Valentino</i></p>	<p>One of the Club President's charities for 2022- 23. Ieuan the Lion Memorial Fund has a core objective to support families throughout Wales who are caring for a terminally ill child/young person. Linked to the Ty Hafan Hospice it helps to fund sea side holidays for</p>
<p><b>36</b></p>	<p><b>Soroptimist Symbols</b> <i>Mary Tornabene</i></p>	<p>Soroptimist means “ The best of sisters”</p> <p>Yellow and blue are the official colours of this international organisation. The iconic symbol of Soroptimists with lines radiating out from a strongly figured woman is the international logo. The smaller blue logo comprises a S for Soroptimist and a dot for international.</p> <p>The larger emblem's design uses yellow to symbolize existence, life, intelligence, desires and spiritual development. The blue lines convey the colour of trust, loyalty and wisdom.</p> <p>“We stand up for women” is the slogan of Soroptimists globally.</p>



[www.sigbi.org/barry-and-district](http://www.sigbi.org/barry-and-district)



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