

Dear Soroptimists of Great Britain and Ireland

I am delighted and honoured to be invited to your 85<sup>th</sup> Annual Federation Conference in Bournemouth as one of my last events as Soroptimist International President. How wonderful that this conference takes place in Bournemouth where there is synergy between well-being and health interests and where people come to relax. I cannot think of a better place to explore and reflect on the theme of SIGBI President Sue Williams "Think on it".

Indeed, we should be more aware of our own well-being and the mental health of women and girls in particular. Like the UK many countries worldwide organise a mental health awareness week. Soroptimists transform the lives and status of women and girls through education, empowerment and enabling opportunities. Mental health is just as important to our lives as our physical health and an issue that we as Soroptimists must take up when supporting women and girls.

I am looking forward to meeting you all in Bournemouth and to learn, listen, understand and deepen our knowledge and experience on this important subject.

With warm Soroptimist greetings,

Mariet

Mariet Verhoef-Cohen  
SI President 2017-2019