

## CNWW PRESIDENT REPORT MAY 2026

It doesn't seem that long since we had the March Regional meeting, and here we are now planning for the July meeting.

At the March meeting (for those who were there and for those who couldn't make it) we held an afternoon workshop under membership and PAC where Melynda Standring (your Regional PAC Officer), and Susan Haywood (your Regional Membership Officer), with the help of Iris Batman (your President Elect) and Pam Cheesley-Hollinshead (your new Federation Council, asked a number of questions for what we felt we needed to do as a Region and Organisation and what we felt worked well and could be improved.

Melynda has put all that together in a very long document and would now like us all to choose the 10 ideas for us to work on. This has gone out to all clubs with a deadline for early June. I hope you are all able to work on it and feedback via your Regional Reps or Secretaries your top 10. All the officers are also doing the same. You will find there are lots of repeated ideas so easy to pick out the main themes and then you can choose what you would like to see out of those.

Melynda is aiming for us all to have some consensus that we can decide at the July meeting.

I also have to thank Janet for standing in on a couple of events and for Melynda who organised a very successful event for Maggie's.

Since my last report I have attended the three regions meetings where we are still working on joint ideas. The three regions trip this year is in Chester, so I hope a lot of you may be able to attend.

Louise, Penny, Angela from Northwich and myself, attended the South Lancs Conference at the Novotel in Worsley (Salford, and not far from RHS Bridgewater) on the 16<sup>th</sup> of May. It was a full day and a variety of fascinating speakers, including the 2 Soroptimists involved in the Horizon Computer Scandal – Barbara Jeremiah JP (forensic analyst) and Dr Kay Linnell OBE (forensic accountant). Their talks were an insight into what really went on and how they got involved and managed to get an enquiry set up. Some shocking things evolved and tis is still ongoing and these ladies are not giving up!

There was a group from Act 4Africa, set up in 2000 to tackle gender inequality and reduce poverty in South Eastern Uganda. Their goals align with the Soroptimist ones.

A spot of chair pilates from a physiotherapist before lunch, got us moving.

We then had a talk from Dr Charlotte Badescu, who is a young GP (and brought along her 6 month old son) and a trustee of the Diane Oxberry Trust. This was around awareness of the symptoms of Ovarian Cancer but also her personal story as she has had this too. Although there are some common symptoms – acronym WORD (weeing more often, overly bloated feeling, reduced appetite, dull ache in tummy or pelvis), there are also some less common ones.

We had a Coaching pioneer (in the UK) from a group called Inspired Lives, who had us all complete some exercises (not the physical type) – some fun with that session. Finally a talk by a lady who had taken up photography professionally at 50.

All in all a very enlightening day.

Now we need to consider holding one ourselves perhaps in a few years time, and how that may look. It is quite a while since our last conference on the environment and climate change which Yvonne successfully put together, so perhaps time to think about this again.

I look forward to hopefully seeing many of you at the July meeting in a new venue to us, The White House in St Asaph.

Additional report from Janet Murfin

On Saturday 24<sup>th</sup> May, I attended SI Rhyl's charter lunch with some members of SI Llandudno, which was held at Stamford Gate Hotel. We were made most welcome by President Helen and Rhyl members. The food was excellent and we were beautifully entertained by a young harpist who actually played at Rhyl's last Charter Lunch. A really lovely day.

On 28<sup>th</sup> May I went to Maggie's Centre at Glan Clwyd Hospital with Melynda (Region PA Officer) and three members from SI Llandudno. This was to formally hand over the cheque from The Grand Evening. We will have some photos to follow. The beautiful garden at the rear of the centre is looking very established now and colourful. We did go outside to have our photo taken and it is remarkably peaceful considering that the centre is situated on such a busy corner.