

60th ANNIVERSARY

60 IDEAS FOR 60

THE CHALLENGE

**SOROPTIMIST INTERNATIONAL OF
CRIEFF**

2018 / 2019



The Challenges were as follows:

Education:

1. MORRISON'S ACADEMY. (Iris King)

The Club was asked to conduct mock interviews to a number of pupils at Morrison's Academy. Heather, Corrie, Katie, Janice and Iris spent the day at the school talking to the pupils about their CV's and their aspirations for their futures.

2. BOOKS for Free Library in Gilmerton Kiosk (Janice Wilson)

60 Unwanted paperback and Hard Cover books were put into the Gilmerton Red Telephone Box that has now been converted to a Free Library and Information Hub. It also houses a Defibrillator. All for public use.

3. COLLECT SECOND-HAND BOOKS: (Katie Lang)

A huge number (**over 60**) of paper back and hard back books were collected and Katie took them to 'Better World Books' in Dunfermline who either sell the books or distribute the books to other organisations.

4. SOROPTIMIST CUP: (Iris King and Ally MacDonald)

Now in its twentieth year, The Soroptimist Cup for Personal Achievement is awarded to a girl from Crieff High School. The girls from S4 are invited to take part in a process of reflecting on their achievements which can be big or small, personal as well as academic, school-related, community-related or home-related. All the applications are judged by a panel of Soroptimists. (**Nearly 60 applications!**)
REPORT FORM: 50043

Elimination of Violence:

1. International WOMEN'S DAY (Katie Lang)

8th March 2019. Katie organised an evening in the Arts Centre in Crieff and invited other women's organisations and friends. (**Not quite 60 attendees – it was 50**) It was held on the 7th March. Awareness was raised with songs sung by a local choir and Helen Day read poems all with the theme of women and their suffrage throughout the ages. Carol McGregor also spoke to us about her charity work and her recent award of the MBE. This day celebrates the social, economic, cultural and political achievements of women.

2. ZERO TOLERANCE evening in Edinburgh: (Katie Lang and Janice Wilson)

Zero Tolerance is a Scottish charity working to end men's violence against women by promoting gender equality and by challenging attitudes which normalise violence and abuse. Katie and Janice were invited to a Photography exhibition called 'Violence Unseen' exploring all forms of violence. The photographer Alicia Bruce worked with groups and individuals. A Trans. woman and Migrant; Disabled women, a woman affected by FGM and others were photographed. The photographs represented the experiences of women who are too often unheard.

3. ORANGE THE WORLD evening: (Katie Lang)

The 25th of every month has been designated as Orange Day by the UN Women campaign. The theme for 2018 was #HearMeToo. 25th November to 10th December marks 16 days of activism campaigning for a violence-free future. A number of members wore something orange.

Economic Empowerment:

1. BLYTHSWOOD Shoe Boxes: (Len Schofield)

Len asked everyone, including her friends and work colleagues, to fill up a shoe box for the 2018 Appeal. In addition to ongoing support initiatives, these boxes bring hope and joy to people living in desperate poverty. Len collected 21 boxes and delivered them to Blythswood at the end of October.

Quote:

“ A Huge Thanks “



Food Security:

1. 60 Food Items and give to Crieff FOOD BANK. (Margaret McPhater)

Now housed in the Baptist church on Addison Terrace.

Poverty can affect your health. The number of people using food banks since 2010 has gone from the tens of thousands to the millions. A food bank is a non-profit charitable organisation that distributes food and other essentials to those who have difficulty purchasing enough to avoid hunger. They are designed to provide short term emergency support during a crisis. Once a person is referred, they can bring the voucher to their nearest food bank where it can be exchanged for a parcel containing a minimum of 3 day's nutritionally balanced food.



2. FAIRTRADE FORTNIGHT: (Christine Perry)

Fairtrade Fortnight runs from the 25th February 2019 to 10 March 2019 and Christine asked the club members to pledge to buy at least one item of Fairtrade during the fortnight. Fairtrade is calling on more fashion brands to set a deadline to start paying living wages.

Healthcare:

1. RECYCLE 60 Old unwanted specs. (Christine Perry)

200 billion dollars worth of productivity is lost every year because so many people do not have the glasses they need. 53,592 eye tests have been carried out and 31,781 pairs of glasses have been prescribed through Vision Aid Overseas activities in the last twelve months. Our glasses were given to Specsavers who then sent them onto Vision Aid.



Donate and Recycle second hand glasses to provide access to sustainable and affordable eye care services especially to Africa. Through recycling the income generated enables charities to deliver sustainable eye care services.

2. ABERLOUR

One of our charity's this year was Aberlour's Perinatal Befriending Service. This service has had 247 referrals and out of these, 80 have already had Befrienders, 25 are being supported by the co-ordinator, 15 are awaiting a Befriender and they have 9 still on a Waiting List. They have trained 88 Befrienders altogether and have 37 currently available with another 11 taking a rest. Aberlour offer emotional support for the family from pregnancy up to a child's first birthday. Other Councils in Scotland are looking at the service for their areas. The club handed over a cheque for £700.

3. DONATE Suitable Bedding to Homeless Shelter. (Heather Robertson)

A collection of bedding, duvets, towels etc was put into several bags and given to The Salvation Army in Raploch, Stirling in October.

A quote from the charity:

" A million thanks – all very useful and will be gratefully received".

4. MAKE UP Kits of Toiletries etc. (Heather Robertson)

Members made up small kits of Toiletries and other small item which will be given to those who have little or nothing. The small bags and extra separate toiletries amount to at least 60 items.

5. KNITTED BLANKETS (Christine Perry and Mary Knox)

A knitting group had knitted lots of colourful squares (**more than 60 squares**) and they were made up into Blankets by Christine and Mary. Five completed blankets were given to the Ugandan Charity.

6. COLLECT USED STAMPS (Audrey Whitton)

Collecting used stamps for a charity can make a real difference as they can be sold to raise funds. The final collection from members and work colleagues were sent to the RNIB. Every day 250 people will begin to lose their sight and many will face a future without any help or support.

7. COLLECT SANITARY TOWELS (Maureen Sturrock)

Members collected packets of Sanitary Towels to give to an organisation that can give them out to women who quite often cannot afford to buy them. The Scottish Government has now made sure young girls at school can get them, if needed. Some of ours will go to the Food Bank as toiletry items are needed by young women trapped in poverty.

8. COLLECT RING PULLS (Alice MacDonald)

Members collected ring pulls from their drink cans and gave them to the Purple Community Fund at the Liverpool Conference. These ring pulls are recycled and made into a range of goods. This charity teaches disadvantaged people in the Philippines to make accessories from these throw away items.

9. KNIT for Freedom from Fistula (Pat Mowatt)

We gave a couple of bags of knitted items like baby jackets and hats to the Ugandan charity and Doctor Kate will be taking them out there on her next visit.

10. SMALLS FOR ALL (Pat Mowatt)

Smalls for All collects and distributes underwear to women and children in Africa. They help those living in orphanages, slums, camps and schools as well as providing underwear to hospitals to help those suffering from medical conditions like obstetric fistula. It might seem a small thing, but it can make a huge difference. Pat took a huge sack full to the organisation's office in Livingston.

11. DONATIONS OF TOILETRIES: (Ally MacDonald and Janice Fraser)

The Spa at Crieff Hydro donated unused stock of toiletries together with items from Members. They were made up into gift bags to give to the Refugees being helped by Comrie Cares. REPORT FORM: 48405

12. BREAST CANCER Awareness Month (Katie Lang)

Breast Cancer is the second most common cancer globally, and someone is diagnosed every ten minutes in the UK. 1 in 5 will be under the age of 50.

The club decided to spread awareness during an October Meeting and members joined in on **The BIG PINK** and dressed up in pink to the meeting. (Fined £2 if you didn't !)

£50 sent to the charity.
Article in the
Strathearn Herald.
REPORT FORM: 48870



13. UGANDAN CHILDBIRTH INJURY FUND: (Pat Mowatt)

A collection was made at a meeting when the speaker, Kate Darlow, told us all about the charity. Funds raised by all at the speaker meeting equalled £144.10.

14. BUILDING BRIDGES

Several members help out at Building Bridges at the Campus. They also help the young disadvantaged adults to be 'Game Makers' at the Crieff Highland Games. REPORT FORM: 48684

15. UGANDAN CHILDBIRTH INJURY FUND: (Pat Mowatt)

The second charity of the year for the club to receive a cheque for £700 raised from numerous activities during the year.

Environment Sustainability / water and sanitation:

1. Environment Campaign: (Katie Lang)

A Beach Clean was organised during the summer of 2018. (Although that day it rained and rained) We were joined by S I Perth and S I Dundee at Broughty Ferry. We all know that plastic waste is a global phenomenon and recent television documentaries such as Blue Planet and Plastic Ocean have shone a spotlight on this problem. During the day quite a few bags of rubbish were collected together with an abandoned tyre! Article Dundee Courier, 24th July 2018.
REPORT FORM: 48527



2. GUERRILLA TWINNING (Margaret McPhater and Janice Wilson)

Members continue to raise awareness of Toilets and Sanitation in developing countries. We have plaques from the charity 'Toilet Twinning' showing a photo of very basic toilets in Nepal and will exchange for a donation to the charity. We had ten plaques and, and two have made £20. Anyone want one as a fun Present?

3. GARDENING in Macrosty Park (Corrie McNeil)

Corrie with the help of the Greenspace Ranger and a number of volunteers have tackled an overgrown flower bed in the Park. It is to be planted with perennial flowers and shrubs largely planted with a yellow and blue theme. It is planned to put a S. I. Crieff plaque in the bed as well.

4. WATERAID (Katie Lang)

A collection was made at the International Women's Day event and £90 was sent to the charity.

Conflict Resolution / Peace Promotion:

1. International Day of PEACE (Katie Lang)

21st September 2018 is the 70th Anniversary of the Universal Declaration of Human Rights and the Theme is 'The Right to Peace'. Katie lit a candle at the meeting on the 20th September, and read this poem by David Moe:

So much has been written	Peace is more
About peace in the world,	Than the absence of war,
Peace on earth, peace be with you,	More than tolerance
Shalom.	More than acceptance.

There can never be peace
Between individuals or nations,
Until we are at peace with ourselves
That inner peace that passes understanding.

2. COMRIE CARES: (Maureen Sturrock)

Club Members helped with a coffee morning in Comrie which was to raise funds to allow refugees living in Glasgow to have a day out. Baking, waitressing and of course washing up were all part of the essential duties.
REPORT FORM: 5004

Advocacy and Increase the visibility of Soroptimist International:

1. CROSS PARTY GROUPS at The Holyrood Parliament:

Several members attend CPG's at the Edinburgh Parliament.

Commercial Sexual Exploitation, Human Trafficking, Children and Families affected by Imprisonment and Health and Equalities. Reports are written up after the meetings and Programme Focus Reports sent to SIGBI's database.

REPORT: 48786

2. FACEBOOK (Audrey Whitton)

The Club has a facebook page 'Soroptimist International of Crieff' and we must use it. Share and Like all that Audrey posts.

3. WOMEN OF THE WORLD FESTIVAL

S I Perth asked us to join them during the weekend of the Festival in Perth. Not only joining in the events, but taking a stall to promote the clubs in Scotland North.

REPORT: 48868

Further Challenges also took place, as follows:

1. HAMPERS to Richmond House (Alice MacDonald)

Crieff members are on the Board of Richmond House and regularly visit the Care Home and chat to all the residents. A Hamper is made for them at Christmas and at Easter.



2. Attract a NEW Member (Membership Team)

Sue Harley, Maddy King, and Julia McVey will be joining the club at the AGM.

'Be proactive amongst your friends, family and acquaintances'

3. JUDGED Crieff's Christmas Windows (Corrie, Iris, Pat, Mary K, Heather & Kathleen)

Members were given a list of all the businesses that were taking part in the Best Christmas Window Competition in Crieff and Soroptimists chose which windows looked the best. Large spread in the Strathearn Herald when the Awards were given out featuring four members along with winners. Tangled up in Blue came first, Red Squirrel Cafe came second and third was Panda Eyecare.

4. **COMRIE FORTNIGHT Stall** Members put together a Pamper Hamper and a Food Hamper and raffled them for this year's charities - Aberlour Perinatal Befriending Service and the Ugandan Childbirth Injury Fund. They raised £376.

REPORT FORM: 48528

5. **RAISE £60 from a Fund Raiser** In the cold winter days of January (17th) the club had a Bring and Buy Sale where members brought unused presents or jam or anything they thought someone else might like. **Raised £60** and it went to the International President's Appeal which this year is regarding 'Woman and Water'. Annually 4 billion people experience severe water scarcity. Plus 663 million people lack ready access to improved sources of drinking water. Women and Girls are disproportionately affected. Our Int. President seeks to raise £350,000 over two years which will empower at least 500 women and educate at least 100 women.

6. **A '60' QUIZ** (Janice Wilson and Iris King) The idea was to think up questions which were about **1958** when Soroptimist International Crieff was chartered. A quiz has been completed. It has six categories with ten questions (=60) in each section. The categories range from music to literature and the arts - all the answers have been checked. It is hoped that the Club will use the Quiz soon as a fund raiser.

7. **Give out 60 LEAFLETS on Soroptimist International** Soroptimist leaflets have been given out throughout the year. Notably at the WOW event in Perth, Comrie events, Coffee Morning and, Club events. All women who show interest in the Club are given information including copies of our old Soroptimist News.

8. **Sell Cakes** The Club held a Fund Raising Coffee Morning in St. Columba's in Crieff. Members made lots of cakes, scones and biscuits which were put on individual tables for the public. An entrance fee covered costs. There were other stall holders who were selling a range of items. The day made £223.25 for the Club's charities.

9. **'BADGES' for Crieff Members** (Anne Gilzean)

It was decided to make badges to celebrate S I Crieff's 60 years of friendship and raising awareness, so Anne bought some yellow and blue fabric and showed members how to make rosette badges at a club meeting. Enough badges were made for all of us to wear at the Club's Anniversary Lunch at the Regional Meeting at Knock Castle on 22nd September.



10. **Press and Publicity** (Len Schofield)

The team under Len were asked to write up articles about our activities during the year. The Strathearn Herald covered quite a number of our challenges this year, including photos and full page spreads, making the local population aware of Soroptimists and our 60th Anniversary of the Chartering of S I Crieff.

11. **Take CPR TRAINING:** (Janice Wilson with Hazel an Associate)

An evening was organised in the Monzie Church Hall on 14th November 2018 at 18.45 together with the Community Heartbeat Trust. The Trust provided a two hour training awareness session, free of charge, and thirty locals took part. We should all learn emergency procedures such as cardiopulmonary resuscitation (CPR).

REPORT FORM: 49832

12. RECYCLING INK CARTRIDGES: (Janice Wilson)

Recycling helps charities and keeps items out of landfill. All old and unwanted mobile phones, jewellery and 'some' inkjet cartridges can be recycled. Today, it is mostly HP and Cannon cartridges that are accepted and not those that have already been refilled with ink. The Tartan Ribbon Fund charity received £9 this year but over the past few years it has totalled £56 – just from rubbish.

13. RICHMOND HOUSE: (Alice MacDonald)

Alice sent a letter to Richmond House informing them that the Club was celebrating its 60th year in Crieff. Letting them know we worked on local, national and international projects.

Alice also gave them a lovely yellow rose in friendship which they are planting in their Multi Sensory Reminiscence Garden.

The residents sent us a lovely thank you card.

14. STRATHCARE: (Kathleen Coffey)

A letter similar to the one sent to Richmond House was sent to Strathcare and a thank you was received.



15. BUILDING BRIDGES: (Len Schofield)

Len sent a letter to Gillian Charleson also making her and the charity aware of our Anniversary.

16. CRIEFF HIGH SCHOOL: (Iris King)

Another letter was sent to Morag Fotheringhame who is the Principal Teacher of Guidance Support. Iris told them about our charter in 1958 and our 25 members. It is also 20 years since Iris first started the Project: The Soroptimist Cup for Achievement.

17. FRIENDSHIP LINKS: (Alice MacDonald)

The Clubs Friendship Links are: S I Rehovot in Israel, S I Ramsbottom, S I Skipton in Craven and S I Rhyl & District. Alice emailed all four clubs and brought them all up to date with our news especially about the 60 for 60 Challenge.

18. PETITIONS: (Mary Knox)

Throughout the year Mary emails petitions to sign covering many issues.

Many are to do with the Environment especially climate change and the discarding of plastics items that end up in the oceans around the world.

19. BAG PACK:

As part of our club's fund raising efforts, members took part in a Bag Pack at the local Co-op. Funds raised will go towards our two charities at the end of the year.

The Bag Pack raised £460.

REPORT FORM: 48331

20. SUGGEST A BOOK to read: (Anne Gilzean)

Anne suggested we should read 'Bloody Brilliant Women, the pioneers, revolutionaries and geniuses your history teacher forgot to mention' by Cathy Newman. Many of us have heard of Emmeline Pankhurst, Vera Brittain and Marie Stopes, but how many of us remember the engineer Beatrice Shilling or Dorothy

Lawrence, the journalist during the WW1 who pretended to be a man. A book packed full of the stories of women who made a difference.

21. QUIZ NIGHT: (Ally MacDonald)

A Quiz Night was held in The Meadows in Crieff which was well attended. A very good range of Raffle Prizes and the evening made £380.

22. QUIZ HANDOUT:

Our Scotland North Associate devises quizzes and hands them out to hairdressers in Crieff and to Club Members for a £1 a go with a £10 prize. Raises awareness of our Club and Soroptimist International.

23. FILM – SUFFRAGETTE

We educated ourselves by watching the film at a club meeting. The story of those women one hundred years ago won the right that women could vote.

Quote: “ The class of 1918 are those women who either prepared the ground for or immediately benefited from the burst of empowerment which followed getting the vote. For Western women, 1918 is the start of the modern era. Not until 1928 was the voting franchise in Great Britain and Northern Ireland extended to all women over the age of twenty-one, finally giving them the vote on the same terms as men.”

24. SOCIAL OUTING: (Pat Mowatt)

Most of the club's members spent the day on The Royal Yacht Britannia. Home to the British Royal Family at various times over its 40 year service. It is now docked in Leith near Edinburgh and open to the public.

FINALLY.....

24. WRITE UP THE REPORT: (Iris King and Janice Wilson)

Nearly All of the Challenges have been completed. Programme Focus Report forms have been filled in where appropriate.

AND CHALLENGE NUMBER 60:

BE POSITIVE

No Challenge big or small is Impossible

Thank you to all Members of Soroptimist International of Crieff who made the year successful.