

## Helen Adamson (1938 - 2017)

**Early Life** - Helen was born in Forfar on 10th January 1938. She attended Forfar Academy and went on to study at Aberdeen University in 1956, graduating with a BA (Hons). One of the highlights of Helen's life took place in 1958 when she was working on an archaeological dig in Shetland. Along with the group, Helen found the St. Ninian's Isle Treasure under a slab in the ruins of a medieval church. The treasure comprises 28 silver and silver-gilt objects, all decorated, made during the second half of the eighth century. Most of the objects are Pictish. The collection is housed in the National Museum of Scotland.

Helen took up golf whilst at university and joined the WRAC OTC (Officers Training Corps) and became a Corporal.

**Career** - Following a short period of time as a geography teacher, Helen was appointed research assistant at the Hunterian museum, Glasgow in September 1961, where her sphere was archaeology. Helen became Keeper of Archaeology, Ethnography and History.



**Soroptimist International** - Helen was a very active, committed Soroptimist, and was one of the founders of the UK Programme Action Committee which continues today. She held many posts which included being Club President of Glasgow West 1981-1982, the Scotland South Regional President from 1985-1986 and the President of SI Great Britain & Ireland Federation from 1995-1996. As Federation President she was involved with the Soroptimist International AIDS Mediation project (SIAM). She attended annual conferences all over the UK and Ireland and international conventions. In 2003 Helen was a founding member and subsequently a director of the Scottish Women's Convention, which consults with women in Scotland to influence public policy. Her interest in and understanding of international issues, particularly the Commission on the Status of Women (CSW) and the Convention on the Elimination of all forms of Discrimination Against Women (CEDAW), brought an added depth to the work.

Helen was a true friend to countless people around the world. She travelled to many countries on Soroptimist business e.g. USA, Finland, Australia, Turkey, South Africa, West Indies, parts of Africa including Cameroon where she went to charter their Club. She visited Botswana, Malawi and Zambia with a view to starting new clubs.

Helen truly exemplified the core values of Soroptimist International in everything she did. Through her work she was an advocate of human rights for all, and she promoted local and global peace and international good will. Her attention to detail and relentless work ethic supported the ethos of advancing women's potential. She encouraged integrity and democratic decision making, listening to others, respecting opinion and researching subjects to ensure she could clearly articulate common goals and the common good, respecting diversity and building friendships organically along the way.

**Interests** - After retiring she volunteered for British Executive Service Overseas and supported projects in Bolivia, Warsaw and Poland. The protection and care of animals also played a large part in her life. She was a member of numerous rescue organisations and gave generously both in time and in financial support to charities which supported the wellbeing and natural habitats of animals. Helen was an avid reader and walker.