



Soroptimist Times

The newsletter from the Liverpool Soroptimist Club

April 2015

Happy Birthday Trudie!

Our eldest club member, Trudie Allen, recently celebrated her 95th birthday at West Derby Golf Club. Trudie, a former Headmistress of Alder Hey Hospital school and has been a club member for over forty years. The birthday lunch was attended by several club members and some of Trudie's golfing friends

too, including the Ladies Captain, Ninette. We shared an excellent meal and finished with coffee and delicious birthday cake made by Dot Mitchell. Trudie had a lovely time and the photo shows her with some of her birthday gifts. And what a small world! One of our members, Maureen Sayer, discovered she had been a classmate of Ninette in Wallasey and they hadn't seen each other for over forty years. Trudie, armed with balloons, flowers, gifts and cake, was chauffeured home. She sends a very big big thank you to all for her lovely surprise!



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Impressive Contestants

Congratulations to Katy Taylor from Archbishop Beck Sports college who was the winner of our tenth Public Speaking Competition. Regional President Margaret Baker and Deputy Police & Crime Commissioner Ann O'Byrne joined President Eileen in judging the competition. Nine contestants spoke on one of three topics:

- Should the voting age be lowered to sixteen?
- To frack or not to frack?
- Social media-friend or foe?

All the contestants were outstanding, showing skill, confidence and maturity beyond their youth: the three judges had a very difficult time to decide on the overall winner! Katy spoke with confidence on the first topic, putting forward refreshing arguments in an amusing and informative manner. Katy is pictured (back row 3rd from left) with fellow competitors and the judges. Next year's event will be hosted at Archbishop Beck RC College.



Fantastic Day out!

The Liner Hotel was packed was for our alternative Aintree day. This popular event grows bigger each year and the ladies enjoyed welcome drinks, a delicious lunch and the Aintree races live. A team led by Amy Guy from Barclays Bank kindly helped us organise a successful Alternative Grand National Ladies Day and afternoon Tea on Friday 10th April. During the event they worked so hard helping to fundraise over £4000 through raffles and racing tote. Barclays matched funding will double this amount, raised for Alzheimers Research UK.

Our thanks go to everyone who attended, to everyone who donated the fantastic prizes and to Barclays Bank for the fantastic support.

All Bets are on for an even more successful Ladies day next year!



A Warming Story

Members of SI Liverpool are shown modelling some of the knitted beanie hats which were recently taken to the Apostleship of the Sea in Seaforth, on behalf of the club. The hats are distributed to foreign workers on the container ships in the port. They are very much appreciated by the men when working outdoors in rough seas and howling gales.



The hats were very kindly knitted by member Sharon Smith's mum, Joan and she has also sent another dozen since !

Thank you Joan and best wishes from all those at the Seaforth centre.

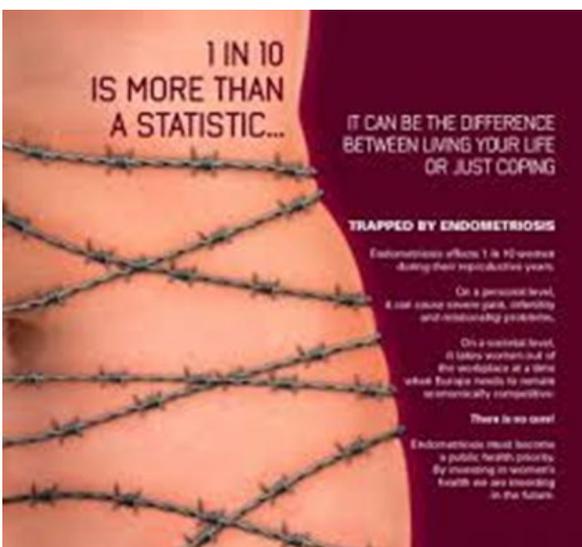
Endometriosis UK : a report by Mary Gregson



I attended, on behalf of SI Liverpool, an informative and interesting day held by the charity Endometriosis UK in Manchester on 11/4/15.

Endometriosis affects 10% of women in the reproductive age group and is a serious debilitating condition causing severe pain affecting work, relationships, fertility and mental wellbeing. The aims of the event were to raise awareness of endometriosis, explain the condition and management to medical and non medical people and to give hope to sufferers and their families on how to manage endometriosis which affects all aspects of a sufferer's life.

The programme started with an introduction to Endometriosis UK by CEO Jane Hudson.



Speakers included Dr Edmond Edi-Osagie, a Manchester consultant gynaecologist who gave an excellent presentation on symptoms, diagnosis and treatment. A different perspective on endometriosis was delivered by Annabelle Kaye. Annabelle specialises in employment law and highlighted the difficulties a sufferer of endometriosis faces in the workplace as regards sick days.

Annabelle focussed on the employee addressing the issues with their employer and looking at reasonable ways, possibly through flexible working to cope with the pain of such a debilitating condition.

Finally Margaret Kalms an art photographer from Australia combined her talk with evocative photographs of womens' feelings about endometriosis. The afternoon session involved interactive workshops and debate on pain management and fertility facilitated by the consultant gynaecologist, a fertility nurse specialist and a general practitioner. The last word went to Endometriosis UK. This charitable organisation continues to work very hard to inform, increase awareness, improve education and empower women to seek appropriate referral where possible to accredited centres for diagnosis and treatment.

Happy New Year



Despite a cold, dark January evening, there was a good turnout for our first get together of 2015, held in the cosy bar of our Club meeting venue, Aigburth People's Hall. Members were entertained by soon to turn professional singer, Stephen Molden.

He entertained us with a few Frank Sinatra and Michael Buble songs, and an encore of a Gerry Rafferty number. A quiz (winners pictured), hosted by Anne Grimes, followed. Members enjoyed drinks, nibbles and a chance to catch up with friends after the Christmas break. An enjoyable, social evening was had by all.

If the Hat Fits...

Soroptimist Liverpool were delighted to welcome Janet and Hazel from Felicity Hat Hire, Broad Green, to their March Speaker meeting.

Members and guests were entertained with a display of the new season's hats, practical advice on how to wear a hat and amusing stories of their journey to launch their business after leaving posts in HSBC. There was also an opportunity for ladies to purchase many accessories including wraps, scarves and handbags and an engaging question and answer session brought a fun, entertaining evening to an end.



Don't forget! Send in your Active 8 group's news & contribute to the newsletter.



Past President Eileen writes.....

I have had an enjoyable and productive year, with mix of social events, programme action and fundraisers. Club members, friends and family supported a fun and informative cheese tasting evening, a coffee morning at Gill's house as well as a lunch at Pruno in aid of two local charities (James Greenop foundation and South Liverpool Parkinsons group). Our International charity, Mary's Meals, was well supported at the Et Alia restaurant, raising around £1000.

Speaker meetings have continued to inform and delight. For example the *Gemstones and Crystals* talk and, more recently, *Felicity Hat Hire* were excellent.

Members have been involved in programme action and continuing the club's good work through the Active 8 groups. We made a real difference to families affected by domestic abuse with a trip to the seaside and gifts at Christmas.



Members support fundraiser at Pruno

We have seen yet another successful Public Speaking event for schools and another group did a great job in raising awareness of Endometriosis. More projects are being worked on.

I have been pleased to represent the club at many events in the region, enjoying opportunities I would not otherwise have had. Meeting other members in the region has been a pleasure and it was equally



With International President Ann Garvie and Warrington President Linda

delightful to welcome our two visitors from India, Naina and Nisha, and learn about their work.

I am over the moon that my chosen charity, A R U K has benefitted so well. The 'Battle of the Brains' Quiz and this

year's amazing 'Alternative Aintree Ladies Day' raised an amount which exceeded my ambitious target. We have raised just over £8,400 for ARUK.

My thanks go out to all members, their friends and families for all the support given over the last year. Special thanks must also go to members of the executive committee and all those who have so willingly given their time and help, with many working quietly unnoticed 'behind the scenes' to ensure that events and meetings ran so smoothly. I wish Dot all the best in her year as President.

Dates to note

- May 9 Annual Dinner and Change of Insignia – Childwall Golf Club
- May 11 Exec.Meeting
- May 13 Speaker meeting Kate Norfolk: Massage in Schools
- May 27 Club meeting
- Jun 8 Exec.Meeting
- Jun 13 Regional Meeting Leigh
- Jun 20 Coffee Morning at 14, Mather Avenue L18 5HS
- Jun 24 Club meeting
- Jul 8 Speaker meeting Anthony Seaman- Rock Choir Leader
- Jul 9-12 International Convention Istanbul, Turkey
- Jul 13 Exec.Meeting
- Jul 22 Club meeting
- Aug 8 'Liverpool Loves'- Pier Head
- Aug 15 Garden Party at APH

