



Soroptimist

Times

April 2016

Change of Insignia

On the 27th of April, we were delighted to welcome into office our new President, Joan Felgate, President Joan made a warm speech and explained that the charity she had chosen to support was 'butterflies'. The service works with children who are going through trauma and needing support. It is based in Halewood. President Joan is pictured with new President Elect Dorothy Zack-Williams (R) and our newly elected Vice-President, Dorcas Akeju OBE (L).

We wish them all a successful year.



Welcome to our latest club members!



Beverley Symon enrolled in the club in January 2016. Beverley first met club members when she was invited by member Nora Rawsthorne to come to our speaker meeting on endometriosis. Since then, Beverley has been very impressed by the work with which the club is involved, on issues close to her heart. The friendship and welcome given her by other club members convinced her that she has a valuable role to play in Soroptimism and Beverley would like to continue to work for raising awareness around endometriosis, from which 10% of women suffer, in varying degrees. She attended her first regional conference in May, which she described as a fantastic day.

Suzie Widnall is our newest member, being enrolled in March 2016. Suzie was introduced to the club by President Joan Felgate. Originally hailing from Birmingham, Suzie has lived and worked in various parts of England and Wales. Her children were all born while living in the NE of England, near Whitely Bay. Here Suzie began her career as a lecturer in Health and Social Care, before moving to Wales where she worked full time as a lecturer both at the college and at university, delivering modules in Social Work. After thirty years at Crickhowell in the lovely Brecon Beacons, widowhood led her to make a fresh start in Liverpool, a city she describes as warm-hearted and vibrant. Suzie is an active participant in a variety of sports and also loves music. She very much admires the vision of Soroptimism and is looking forward to contributing to the service we give to women and children. *We warmly welcome both Beverley and Suzie and wish them friendship, fun and service in SI Liverpool.*



"STORIES IN STONE"



In January eighteen members and friends gathered to view the Poppies sculpture at St. George's Hall. The Weeping Window, created by artist Paul Cummins and designer Tom Piper to mark the centenary of the outbreak of World War I, was originally part of the Blood Swept Lands and Seas of Red installation at the Tower of London.

The group then enjoyed a fascinating tour of the statues and monuments in the grounds of the hall.

The guide, Deborah Mulhearn, was very knowledgeable, sharing interesting facts and answering numerous questions. Thank you to Ann Clayton for organising the visit.



COFFEE MORNING



A coffee morning was held in March to raise money for the Breathe Easy Foundation which supports people with asthma and allergies. It was well supported by the members and public. A total of £300 was raised which was presented to Dorcas Akeju OBE (co-founder) by past President Dot Mitchell.



Dorcas thanked all members for the donation which will be used to purchase inhalers.

LADIES DAY



SI Liverpool raised funds for the President's charity, Zoe's place, by holding an alternative Aintree Ladies' Day. This charity provides palliative, respite and end-of-life care to babies and infants aged from birth to five years old suffering from life-limiting or threatening conditions. The impressive sum of £5,000 was raised which was match funded by Barclays Bank. A cheque was sent to Zoe's place and in return they expressed grateful thanks. President elect Dorothy is shown (centre) with Soroptimists from the Wirral.

CLARINS PAMPER NIGHT

In March, three Clarins beauticians, based in John Lewis's, gave club members demonstrations and tips about the art of make-up and benefits of massage. We all picked up useful facts and tried out samples, had massages, and ordered products. The night was in memory of their colleague Claire Daley who sadly passed away last year from skin cancer. She was 26 years old and a charity, "The Claire Daley Foundation" was set up in her memory. A very enjoyable night was had by all. Thanks to the Clarins team for their work and also for the kind donation of a box of products for the raffle.

Welcome for Soroptimist from Oslo

In April the club was delighted to host afternoon tea at a city centre hotel for a Norwegian Soroptimist visitor. Twelve members greeted Monica Faye from SI Oslo. Monica was visiting the city as part of her role as an advisor with the Norwegian Culture Forum. Monica was with a team from Oslo, researching the effects of Capital of Culture on Liverpool since 2008. She took time out of her busy schedule to meet with us and was delighted at the warm reception given her, as well as a gift from members. Even though our time was all too brief, we were able to enjoy a wonderful exchange of ideas for projects and to create new friendships. Monica was extremely grateful for the warm reception given to her, the wonderful high tea and her gift of a bag from the club.



Regional Conference, Radisson Hotel, Liverpool Sat 14th May 2016

Several members attended our bi-annual regional conference this year, hosted by Regional President Sandy Taylor. What an excellent and informative day we had! Our first speaker was Doctor Nick Beeching from the Liverpool School of Tropical Medicine. His talk, "Traveller's Tales- where to go and what not to catch", took us on a tour of world hot spots for diseases; from dysentery to malaria, from bird flu to the zika virus. With a number of Soroptimists visiting clubs in other parts of the world, this was an excellent thought provoking talk, although not for the squeamish! He recommends we holiday in Cornwall or Scotland! Our next speaker, Dr Paula Briggs is a consultant in sexual and reproductive health. Her talk was on 'Managing the menopause in 21st century. She spoke of the undeserved reputation of HRT and while not for every woman, it should be widely made available for women who are peri-menopausal. The earlier women receive intervention through the menopause, the fewer symptoms they develop in later years. She recommended the website www.menopausematters.org. The third speaker was Debbie Shelley from the Trussell Trust and she spoke of their work with the foodbanks. She described the reasons why people need them in emergencies. While entitled to three handouts a year, most only take two. Our last speaker of the morning was Dr Melissa Gladstone from Liverpool University. Her talk "Early Child Development in Africa- what can make a difference" was challenging all of us about the importance of interaction with babies, from pre-natal state throughout the first 1,000 days, in order to maximise a child's potential. When babies are faced with poor emotional interaction as well as being malnourished, it has a massive impact on behaviour and potential. She left us to consider the valuable work of *Surestart* in this country and the impact of government plans to withdraw funding. After lunch, Sue Biggs, Federation Vice President spoke about linking our projects to the sustainable development goals of the UN. Teresa Jones spoke of her work with sufferers of dementia and their families before Danielle Thomas sang us to the close of conference with her beautiful voice! Well done, President Sandy and your team!

Dates to note *(nb club meetings are now held at Sefton Park Hotel, 37 Aigburth Drive, Liverpool L17 4JE)*

June 4th, Sat: Coffee Morning, 11-1pm (Pres. Joan's Home)

June 11th, Sat: Regional meeting

June 12th, Sun: Lunch for Federation President Margaret

June 13th, Executive meeting

June 22nd, Wed: Club Meeting at Sefton Park Hotel

July 11th: Executive Meeting

July 27th, Wed: Club Meeting & Speaker June

September 7th, Wed: Charity Lunch at Pruno

September 12th Executive meeting

September 17th, Sat: Regional meeting

September 28th, Wed: Club Meeting