
SOROPTIMIST INTERNATIONAL

OF MANCHESTER

PRESIDENT

Sandra Woodhead

TREASURER

Joan Davis-Rice

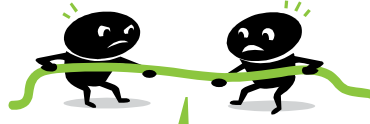
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Dear Club Members

I must begin by apologising that this Newsletter is a month late. Busy schedules were so tight that there was not even room for a small one-day window when Maureen and I were both available. (How's that for business speak!) The truth of the matter is that the crucial member of this partnership chose to spend time in foreign parts, preceded by a visit to family and immediately followed by a much needed holiday in Abersoch. I forgive you, Maureen.



This is the first Newsletter of a new Club year and as we welcome in a new team we must thank the outgoing President and Committee for steering us through a somewhat unsettled period. The start of a new year is surely the time for resolutions so let us all determine to play our part in making 2012 to 2013 a happy, successful and fulfilling year for S I Manchester. To take the theme from a past Conference "Together We Are Strong", NOT



MESSAGE FROM THE PRESIDENT



When I agreed to be Vice President, becoming President seemed a long way off and now the day has arrived I'm not so sure at all.

First of all I would like to thank Val for her year of office and friendship as well as encouragement and wish her well as I am sure I can count on her continuing support.

We must look to the future of the Club as we are all aware that all organizations are struggling for survival, and try new ways of attracting members. I feel it may mean we must be prepared to change our ideas. The recent focus group meeting brought out our need to work as a team and wherever possible to support new initiatives and communicate better with one another. I should like to focus more on PAC meetings and have two opportunities to meet each month: one formal and one informal, using Speaker Meetings and PAC meetings alternately.

The Club has decided to celebrate our Charter with a luncheon rather than a dinner and also to mark International Day at lunchtime this year as an experiment to improve attendance. So in many ways it will be a trial year. Nothing ventured, nothing gained.

As a start, I have decided to hold the July meeting at my home: a short business meeting followed by Pimms, coffee, supper, a social meeting when we can mingle, natter and discuss our social evening plans or anything relevant or irrelevant for that matter.
President Sandra



75TH JOINT REGIONAL CONFERENCE

As a result of the ever increasing costs and the current economic climate, it was decided to substitute a one day conference for the usual Friday evening to Sunday lunchtime programme.. Overnight accommodation was available for those who did not wish to make a very early start on the Saturday or who wished to avail themselves of the opportunity to socialise with Soroptimists from other clubs.

About half the delegates chose to arrive on the Friday and after settling in, gathered for an enjoyable "Friendship Dinner" followed by two innovative quizzes in which the tables of ten competed against each other .Much cross-table discussion ensued and a good time was had by all.



The Conference opened with two "in-house speakers: SIGBI President, Maureen Maguire, who addressed delegates on current issues of concern such as decreasing membership and increasing costs and Hilary Ratcliffe, the new International Programme Director. Hilary gave a well structured presentation on the new international theme replacing the Quadrennial Appeals. It was felt that a more on-going (10 year) project would achieve more and help to raise the profile of Soroptimism.



The theme of the conference was Teamwork and after the coffee break Anne Holt, President of Girl Guiding North West England, spoke about Guiding today and how the two organisations could work together to achieve common goals. This was followed by a Question and Answer session for the Morning Speakers.

There were three speakers in the afternoon. Benn Mott, a Registered Mental Health Nurse who works as nurse manager in a specialist dementia care home in Southport. He hopes to use his experience to create an environment where people live ordinary lives whilst adjusting to the differences dementia can bring. This can only be achieved by sensitive team work.

Delegates were obviously moved by the next speaker, Fiona Murphy, a nurse at the Royal Bolton Hospital Trust leading the Bereavement Support Team of five people supporting patients who are dying and their families. In addition to relating the work done by her team she encouraged people to sign up to organ donation. Fiona won the Nursing Standard "Nurse of the Year "award for 2011 and was named "Lancashire Woman of the Year 2011".

The final speaker was Dave Guest, Chief Reporter on BBC North West Tonight. He gave us a light-hearted and amusing view of his job and how crucial team work is if things are to go well.

After Question Time with the afternoon speakers, the conference was brought to a close. It had been a somewhat exhausting but a stimulating and fulfilling day. The organising committee are to be congratulated.

Kathleen Beavis

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## TOMBOLA AT ALDERLEY EDGE MAY FAIR

On Saturday the 19<sup>th</sup> May members of SI Manchester manned a tombola stall at the Alderley Edge May Fair. The Fair was organised this year by President Elect Christine Munro and a hard working team of local residents.

Money raised on our stall will be used to support the Pankhurst Women's Centre, which is situated near to Oxford Road in Manchester in the listed building that was once home to the Pankhurst family. The Centre gives support to women in need and has recently started a choir called the Pankettes.



The money will be used to purchase material for choir robes to be worn for performances in the local community. The Pankhurst Centre will have been established for 25 years this autumn and SI Manchester is planning a celebration event.  
Val Moss

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A VISIT TO THE PANKHURST CENTRE

On 24th May, at the invitation of Yvonne Edge, the Manager of the Pankhurst Centre in Manchester, a group of us paid a visit to see and hear the newly formed choir, 'the Pankettes'.

It was a hot day, unusual for Manchester, and we were able to sit out in the garden with a cold drink and talk to some of the ladies. There were volunteers and many of the regular ladies who make their way to the Centre every Thursday. Those who sang in the choir were really excited at the prospect of having a uniform to wear. It was their intention, once they had these robes, to entertain and to offer their singing as a way of helping others.

"Can we have black?" they asked. It is *slimming colour* and many of the ladies were well, er well nourished and wanted something not too fussy but appropriate to their style of singing and which would enable them to feel good. We agreed. The Suffragette colours would be added to the black material in the form of a ribbon. The Centre would organize the ribbon for us.

We went inside when the lady volunteer with a lot of singing share. Professionally she is a time to encourage and to restore self confidence and We were all surprised at the confidence and a great team This impressed us greatly. vulnerable the girls were, were there. Everyone knew the nobody knew where to get it or became involved when I felt day...



conductor arrived. She, too, is a experience which she wanted to student and gives some of her free develop the choir. Singing helps ranks high on the feel good scale. result. We witnessed joy, spirit, to say nothing of the music. The management, knowing how proud as they sensed the potential robes would cost money and whom to approach. The Club drawn to pick up the phone one

We are planning a celebratory anniversary of the re-opening of the occasion well (well, she remembers the occasion) when the late Barbara Castle officially opened the renovated building and Manchester Soroptimists were present. We have approached the Manchester High School for Girls, where the Pankhurst girls were educated, and the School has agreed to host this event at which the choir will sing.

To be continued....
President Sandra

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### NEW HOPE, ORISSA

The following is an extract from the Spring/Summer newsletter of the New Hope Rural Community Trust, which is sent to all its sponsors and supporters.

"Thank you so much for your wonderful response to our Winter appeals and for your on going response to the Hope Eternal catalogue. I have really been looking forward to letting you know the list of all you have achieved over just the past 3½ months, so here goes!

- 141 cataract operations
- 7 wheelchairs for senior citizens
- 2 prosthetic limbs for a vocational training student
- 8 children funded through school



- 37 text books for senior students
- 1 student's first year of nurse training
- Water pump in Jhan Jhur Leprosy colony repaired
- 8 senior citizen's homes re-plastered and washroom doors repaired in the colony
- Concentrated feeding programme for malnourished Tribal mothers and babies
- 3 crutches
- Batch of chickens

"All the people directly benefitting from this list have had their futures changed thanks to your support - and for the orphaned HIV+ children and malnourished Tribal mothers and babies you have helped – you are the difference between life and death. It is difficult to know what words can adequately convey such thanks. In our last issue we promised you a report from volunteers who went to work with the children and staff of Nameste House in Muniguda and we are delighted to include their report in this issue. We hope you enjoy this newsletter and are inspired by the dedication of these remarkable people.

Volunteers at Nameste House, Muniguda, Orissa (New Hope's school for children with special needs)

"Inspirational. Humbling. Life-changing. These simple words sum up our recent experience at New Hope in Muniguda, Orissa. We could add noisy and dusty but these paled into insignificance compared to the joy of being greeted warmly each morning by students and staff. We still miss the chorus of "good morning Aunty/ Sister", accompanied by wide, cheeky smiles. On our first morning we had no idea what was ahead of us or how much we would come to adore all the children.



"Our goal was to help set up a programme of education and physiotherapy for the special needs students and we sincerely hope that we have, at the very least, started the process. Chris worked with staff on the educational side and by combining hands-on teaching with teacher training, the staff were able to plan stimulating lessons for the group and follow bespoke activities for individual students.

"We arranged creative experiences for the children such as hand massage, chapatti making and milking a cow! Future activities will include looking after the chickens and goats and going on a shopping trip to Muniguda - all of these help the students with their development. One of the first new approaches we introduced was Makaton, a simple sign language commonly used in special schools in the UK. The students seemed to enjoy this and picked it up very quickly; we are hoping that staff will continue to use and develop this as it is essential for the non-speakers in the class.

"Several older students have very poor posture and flexibility with contracted joints and sitting cross-legged makes this much worse, but is culturally what everyone does. We needed to think carefully how this could be changed and adapted for the students. Some students needed to use wheelchairs within the classroom so they could participate more independently. Other students were able to join in more fully if they were seated in chairs or sat at a table. So changing the seating, and sitting positions was top of Helen's list as well as introducing regular opportunities for movement activities, such as directed play at break time. We brought in lots of new games using balls, hoops and skipping ropes which helped their motor skills and taught them to participate with more group cooperation.

“For physiotherapy, each child was seen individually to focus on their specific needs. After this session it was important to prioritise their treatment and teach the staff caring for the children to carry out and co-ordinate their therapy. Different specialist equipment such as leg splints were needed to help the children. Some could be made by the staff and other items needed to be bought in. Standing frames at the school and chairs needed to be repaired and, for one very special child, Santoshi, a reclining chair needs to be made by a local carpenter. So there is still a lot of work in progress as treatment and exercise plans need to be progressed and changed with each child.



A very special thank you must go to Eliazar and Ruth who were absolutely wonderful; their dedication and compassion are really quite remarkable. None of us had heard of New Hope before we were asked to go over to Muniguda and do this work but we are amazed at the sheer range of fantastic work the charity does in India. We really do hope that this is just the beginning of a journey for us and look forward to supporting the work of New Hope.

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EXCITING DATES WHICH REQUIRE YOUR SUPPORT – so PLEASE enter them in your diary NOW !

Garden Party with a Mad Hatter’s theme

Sunday, 19th August, 1pm-4pm, at Woodbank, Light Alders Lane, Disley, with buffet lunch.
Games outside if fine
Raffle and stalls - prizes gratefully received.

Friendship Evening

Wednesday, 10th October, 6-9pm at Manchester High School for Girls
This will be a joint celebration with the Pankhurst Centre.



Membership News

We know that in the last few months several of our members have suffered illnesses and various health problems. We wish them well and trust that everyone is making a good recovery.



Birthday Greetings to the following members, each of whom celebrates her birthday in the next three months.

Phyl Warrior	6 th June
Pam Harris	10 th June
Sophie Kennedy	30 th June
Hilda Swindells	1 st July
Maureen Heywood	18 th July
Sandra Woodhead	31 st August
Christine Munro	11 th September



OTHER DIARY DATES

Sat	7 th July	-	Sewing session for Plankettes gowns at Sandra’s home, 10am.
Sat	15 th Sept	-	Regional PAC and Council Meeting at Leigh Sports Complex. 10am for 10:30am PAC; followed by lunch (bring own) and Council Meeting.
Sun	23 rd Sept	-	S I Ashton Lunch followed by Library Theatre Touring Company performing “Fanny Hill”.
Fri	28 th Sept	-	MacMillan Coffee Morning at the home of Susan Hollick

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| Thurs | 27 th –29 th Oct | - | SIGBI Conference, Belfast. 25 th -27 th October. “Facing the Future Together”. |
| Sun | 18 th Nov | - | S I Ashton Craft Fayre at Audenshaw where we will have a table selling greetings cards – proceeds for St Ann’s Hospice. |
| Sat | 8 th Dec | - | International Day – details later |

STOP PRESS !!!

Whilst putting together this Newsletter, I have just received an e-mail announcing that “63” has been awarded the AA Gold Star Award for 2012-2013. It is great that “63” has now reached a standard where it wins awards. Pay it a visit and see for yourself.



Last date for copy for the next Newsletter 25th August. Do share your views and holiday experiences with the rest of us.

Kathleen Beavis and Maureen Heywood