

Extinction Rebellion (XR) Climate Crisis Rally

From 21st – 24th April Extinction Rebellion (XR) and 200 other organisations held a huge Climate Crisis rally outside the Houses of Parliament. “The Big One” was barely covered on the news, even though tens of thousands of people from Greenpeace, Friends of the Earth, Trade Unions, Just Stop Oil, faith groups and lots of community groups. There were tiny tots and seniors and everyone in between, with a very strong presence of medics and scientists.

In a departure from their more Suffragette inspired actions, XR organised the event in conjunction with the police. There were no arrests and there were plenty of cheers for the marathon racers.

We can't be sure what our Emmeline would think of this, though we do know the views of her great-grand-daughter.



“Environmentalists of all forms have the moral high ground. I have absolutely no doubt that in 100 years’ time they will be seen as the real heroes. Those who ignored the warning bells will be – nay, already are – on the wrong side of history.”

See here for the full article by Helen Pankhurst.

<https://www.theguardian.com/commentisfree/2022/nov/15/suffragette-grandmothers-heroes-climate-protesters-activists-traffic>

Elaine Loader

Emmeline Joins In For Earth Day



When Elaine sent me this photo and the ‘Walk & Talk’ had taken place of ‘Earth Day’ I realised that I knew very little about ‘Earth Day’ so I Googled it!.....

Earth Day, or International Mother Earth Day, is celebrated on April 22 every year. The day is observed to spread awareness about issues, including the rampant increase in pollution, global warming, and deforestation, which harm the environment and result in the destruction of the planet. Countries from all over the world come together to raise awareness about the dire need to protect our environment.

The theme of World Earth Day 2023 is "Invest in Our Planet", calling for businesses to shift towards sustainable practices, a continuation of the successful 2022 campaign. This movement is expected to change the business climate, the political climate, and how to take the action on the climate.

"Now is the time for the unstoppable courage to preserve and protect our health, our families, and our livelihoods"

<https://www.earthday.org>

This statue of Emmeline Pankhurst that overlooks Parliament was upgraded to ‘Grade II Listed’ to commemorate the

centenary of women’s suffrage in the UK and the election of the first female MP. (Only a small number of women’s statues have Grade II listing including Queen Victoria, Lady Godiva & the Virgin Mary)

The Representation of the People Act in 1918 gave women over aged 30 and over the right to vote. In 1919 Lady Astor became the first woman to take a seat in Parliament.

Sue Underwood



One thing about climate crisis protests, is the time, thought and effort put into the banners. Like this one from this group of Cheltenham Grandparents, I saw at The Big One environmental protest in London in April 2023.

I love a good banner, and this is a great one!
Elaine Loader



Pankhurst Centre Visit

We had a very interesting, informative meeting at the Pankhurst Centre.

Manchester Women's Aid has greatly expanded its services over the past few years. As well as running the five refuges, there are two houses to help support women fleeing domestic abuse.

Counselling services are provided but more are needed and we were pleased to be able to give a donation for a session.

Members also enjoyed a tour of the Heritage Museum.

Thank you to Susan for arranging the visit and refreshments.
Rose Marginson



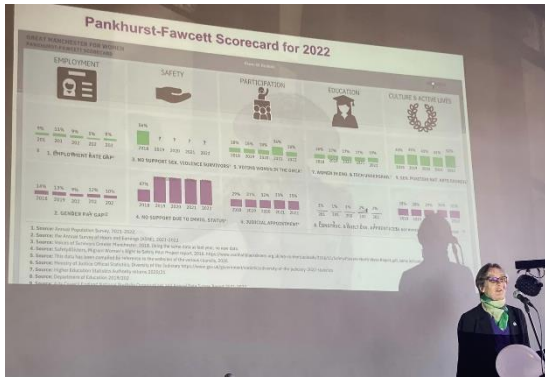
"Very moving in the Parlour where it all began"
Rosemary Steven

"Lovely place to visit"
Hilary Dodd

"The photos say it all"
Malgorzata Kmita



Some of our members were delighted to attend the event.



Unfortunately the data reveals only small progress in many areas of the 5 areas they look at - employment, education, safety, culture and participation. COVID did not help Women's progress .

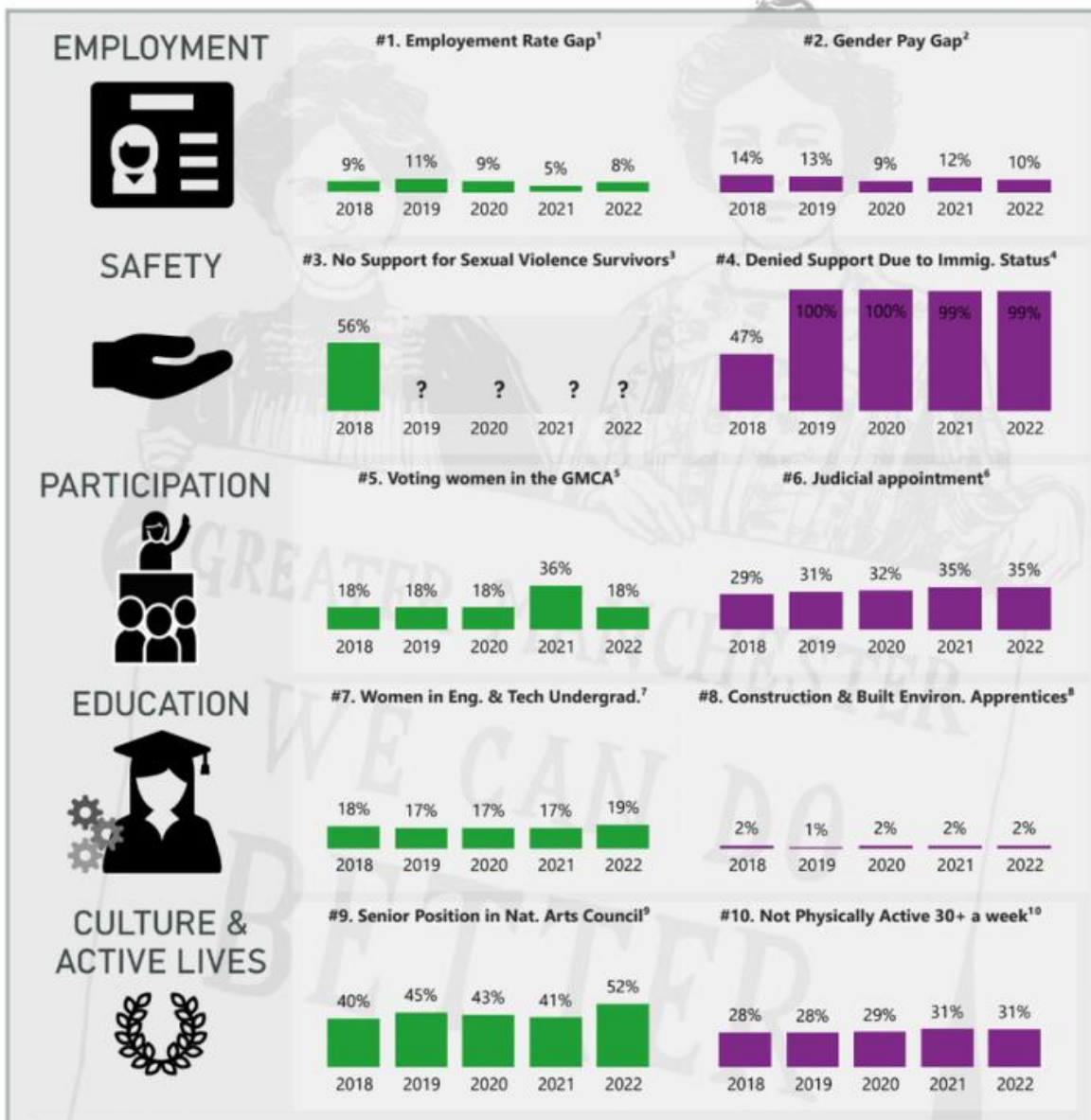


Moving forward we hope this will change . It was great to be in the room with so many enthusiastic women wanting increase in Women's equality and safety .

Rose Marginson

Here is the 2023 Scorecard – you can find the 2021 Scorecard in the Spring 2021 Newsletter for comparison. A comprehensive 2023 Delegate Pack detailing the results can be found on the organisation's [website](#).

**GREAT MANCHESTER FOR WOMEN
PANKHURST-FAWCETT SCORECARD**



A Couple Of Nights Away In Harrogate

Harrogate is a Victorian spa town that is ideal for taking a couple of days out of a busy schedule in order to relax and recuperate.

Thanks to a dinner, bed & breakfast deal on Groupon, my friend Mukta (whom a few of you have met at previous events) and I decided to head to Harrogate and stay in The Crown Hotel. The hotel was lovely, the staff were accommodating, and the room was very large.

On the first day we headed to a Thai restaurant called The Giggling Squid and enjoyed a light lunch before walking around the centre of Harrogate, heading to some of the Parks and Gardens which were already showing the signs of Spring. The weather was dry and sunny and when wrapped up it felt nice and warm. We managed to get to Bettys for a nice cup of tea by late afternoon and stayed until they closed. We had to resist the beautiful cakes as we had dinner in the hotel booked for 7pm. The Groupon package came with a 3- course set menu which looked ok but there wasn't a lot of choice so they kindly offered us a £50 voucher towards the A La Carte menu so we had squid and prawns to start and both had stuffed chicken.



The next day we headed to the Turkish baths, which date back to 1897, and were frequented by Victorian Royalty. The experience took 3 hours as you follow the ritual of heating, cooling and cleansing, moving through the varying heat chambers including the Tepidarium (warm), the Calidarium (hot) and the Laconium (hottest). Then you can complete the experience by cooling down in the Plunge Pool (where we were told to please try to refrain from screaming when you get in, it was that cold!!), and also visiting the Steam Room or relaxing in the Frigidarium.

We decided that one night wasn't enough and so spoke to the hotel

and managed to stay an extra night in the same room. This meant we could partake of more beautiful food as we dined at The Ivy, the whole experience was superb. The service was second to none and the food was a delight. I had steak tartare and Lemon Sole which were both perfect.

We spent the last day enjoying a bit of retail therapy around the charity shops where we both got some fab outfits.

All in all a very good couple of days away, highly recommend!!

Sophie Kennedy



& Sophie's next trip was.....



Sweet Lamb Adventure Bike Academy!!

Superb training enabling us to complete some very technical trails.....brilliant company, fab food & we were very lucky with the weather!

Sophie



Sophie's Walking for the Alzheimer's Society

Sophie Kennedy is walking 26 miles in aid of Alzheimer's Society.....

"On the 21st October 2022 my Mother-in-law suddenly and very unexpectedly passed away. This was very quick for her and so fortunately there was very little suffering, but it was a great shock to all her family and friends and most importantly her beloved husband, my Father-in-law, Ivan.

Ivan was diagnosed 7 years ago with Alzheimer's disease and his wife was his carer. This meant that overnight he not only lost his wife, but also his house and car, as he is not able to live on his own, and he also moved overnight from Derby, where he had always lived, to live with us in Manchester.



I'm pleased to say that he has settled in well and he seems content, with a great sense of humour and cheekiness. We have outside help coming in to help with personal aspects of his care and we hope that we can maintain this living arrangement for as long as possible.

Having first hand knowledge of how Alzheimer's affects the minds of 1 in every 14 people over 65 in the UK; I have decided to embark on a 26 mile sponsored walk to help raise much needed funds to be used for research into the cause of and hopefully cures for the disease.

If you think this is a worthy cause, please can I ask you to sponsor me for as much or as little as you can afford. Any amount would be very gratefully received. Thank you very much xxx"

If any of you wish to support Alzheimer's Society via Sophie's Just Giving page please click the link below:

<https://www.justgiving.com/fundraising/sophie-kennedy6...>

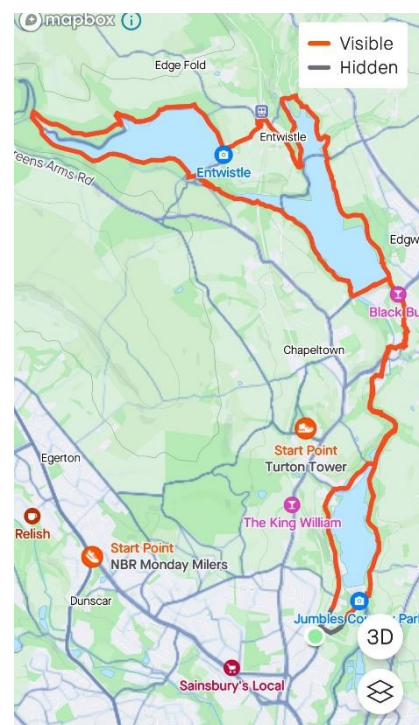
The walk will be Trek26 Lake District, 26 miles, on June 10, 2023.

The story so far

.....April 16th, 11 miles walked.



.....Finding the best shoes..... I've searched the wardrobe and think I may have to go shopping for some hiking boots, don't think these are suitable!! 🙄



Sophie Kennedy (Gascoigne)

Act4Africa's Celebration...

.....120 more strong mothers emerge from the Adolescent Mothers programme (adding to the 125 last year!)
Always amazed by what you at Act4Africa achieve!.....Glad 'our' tents helped!



The day was full of excitement, faces covered with smiles immersed with tears of joy during the pass-out ceremony of the 120 young mothers after completing a one-year training under the Adolescent Mothers Program.

Key areas covered included lessons on Mental and Reproductive Health and vocational training in tailoring, hairdressing, catering etc.

Congratulations! It's time to celebrate all the hard work and dedication, best wishes as you explore skills learnt to prosper and become self-reliant.

[#mentalhealthsupport](#) [#Act4Africa](#) [#TransformingLives](#)



jAct4Africa – Kathy’s Kindergarten’s End of Term

Term 1 of the academic year 2023 has come to a close today (27th April)

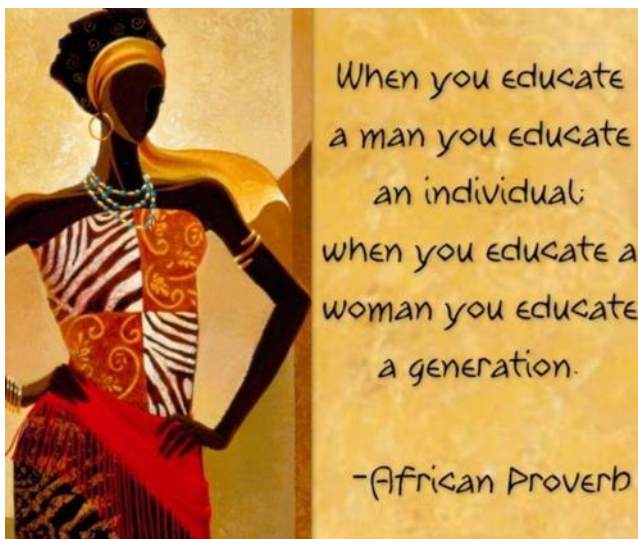
A roller coaster, it was a lovely term full of thrilling activities.

Our pupils of Kathy’s Kindergarten deserve congratulations for excelling in academics and extracurricular activities.

Everyone, the parents, guardians, and stakeholders, deserves special recognition for your unwavering support.

Without you, we could not have advanced this far.

Happy Holidays!



When you educate
a man you educate
an individual;
when you educate a
woman you educate
a generation.

-African Proverb



LUNCH OVER ZOOM

WE MIGHT BE SMALL BUT WE HAVE BIG ASPIRATIONS.

WE AIM TO REDUCE POVERTY AND TRANSFORM
COMMUNITIES IN UGANDA.

REDUCING GENDER INEQUALITY IS CENTRAL TO OUR
WORK.

JOIN US AT ONE OF OUR LUNCHES OVER
ZOOM MEET OUR TEAM AND FIND OUT
MORE ABOUT WHAT WE DO.

TUES 9TH OF MAY 13:00

SUN 9TH OF JUL 13:00

SAT 9TH OF SEP 13:00

THUR 9TH OF NOV 13:00



JOIN
US!

BOOK VIA EVENTBRITE

ACT4AFRICAZOOMLUNCH
.EVENTBRITE.CO.UK

WWW.ACT4AFRICA.ORG

Support From Tesco in Sale

Thanks to Liz's efforts, Laura at the Sale Tesco store has arranged for donations of various goodies to us to be distributed to our charities.
On a recent visit Liz learned that Laura is leaving so she passed on our thanks.....

On behalf of SI Manchester I would like to extend our sincerest gratitude to Tesco Sale for the ongoing support and donations, this time in the form of Easter Eggs and Toys which we will deliver to Emmelines Pantry.

*I understand Laura is leaving ☹️
I would like to express our thanks to Laura for her interest in our work supporting vulnerable women and their families in the community.
Laura's friendly manner, people and communication skills has made working with her an absolute pleasure!
I'm sorry to see her go! I Wish her All The Very Best for the Future!*

I sincerely hope Soroptimists International Manchester can continue to have a positive engaging relationship with Tesco , Sale!

*Many thanks
Kind regards
Liz Aniteye
Soroptimist International Manchester*

The Easter eggs and some suitable toys have already been passed on to Emmeline's Pantry but there are many summer toys still to be distributed.



The 'African Women's Health Forum' Donation.

Liz Aniteye was part of the African Women's Health Forum and when they were wound up a few years ago they still had some funds left for distribution (£668.97) Liz and the other Trustees would like the club to distribute the funds. Liz has confirmed that there are no formal restrictions on this request. However, they would prefer local women's groups rather than international groups and have expressed a wish for it to go to charities dealing with the outcome of Domestic Abuse.

Liz carried out the research and due diligence with the help of the Programme Action Committee and decided that it should be divided between 3 organisations, one in Trafford, one in Salford & one in Manchester.



TDAS Trafford Domestic Abuse Service were delighted to receive the cheque. Kirsty explained that they were hoping to restart the 'Craft & Coffee' style groups for their service users to get to know and talk to each other. These Women's groups were very popular before COVID but they hadn't had the funds to bring them back. TDAS are in the process of moving to new premises and now, thanks to these funds from the African Women's Forum, the Women's 'Craft & Coffee' groups can be reinstated.

Lydia Chan, founder of The River Manchester was delighted to receive the donation from the African Women's Forum. Lydia said "It will be used to support our advocacy services for vulnerable women who have fled domestic abuse who have little financial resources" Donna later gave more detail about 'Living Life to the Full' courses, CBT based, to help with low mood and give strategies when people are having life struggles. Also 'Mindfulness Crafts' groups. Both are support groups for talking and sharing.

Research continues for a suitable Salford based organisation.

President Sue with Liz Aniteye





BUYING PLANTS TO MAKE BEES HAPPY Healthy AND HONEY FOR ALL. Ruth went to a nearby Nursery with all senior girls and they came back with an auto load of high 'nectar' plants. One for the Bees!

The Roellis Garden is being upgraded and with drip irrigation and new shade shelter over hives. Passion fruit too - as creeper over bee frames for shade and fruit.

Great project and great involvement with all the children
Eliazar & Ruth



New Hope - Pavithra's Story

Bio Data Pavithra in Eliazar's words:

A family divided – 'Cause' - Man died of AIDS. It's not unusual for us, sadly. The small town where the family lived became aware that the husband in the story was HIV+. Everyone assumed they must be infected. They were socially ostracized. The mother stood at the end of the 2 hours a day water supply tap. Government rationing system. His death came soon after the social ostracization but it meant that his wife and two children were evicted from the rented 2 room 'low cost no bathroom house. The story in short – they ended up at New Hope. We then, by clinical testing realized mother and daughter are HIV+ but the eldest boy negative.



After a few years when the uncle of the boy came to know the boy is not positive, took him home. It was a hard decision for mother and sister but they saw the long term. Later as Pavithra's mother came under treatment she, like a network of such women, found a job as an 'apartment cleaner' in the city. Pavithra stayed with us. Her mother saved and rented a small room near the city and so for short holiday Pavithra goes to stay with her. Her brother unbeknown to the uncle visits them in school holidays. One might say 'life'.

Pavithra and her brother – who through the family situation saw very little of each other growing up. Except when by 'chance' her brother would simply, quietly come to visit.

Our joy is that Pavithra has passed 10th class and is in 4th year high school. She is now on her way to completing an ANM – it stands for an 'old' designation - Auxiliary Nursing Midwife. It's a basic Nursing course to work in Hospitals and First Aids Clinics. She was admitted after a long discussion due to her being HIV+ but on medications and showing 'no viral load'. The District Medical Officer supported her application because they are desperate to have 'nurses' working in situations where the patients are HIV+. It's ironical that the LONG TERM benefit for New Hope is that Pavithra will return to work as one of our Nurses in OUR Clinic.



In the last 2 years this has really been Pavithra. She went to

art and skipped

singing as it took time to practice. Her whole spare time was to 'learn difficult English words. English in written form is not easy for Indians as our main mother tongues are straight phonetic ka kaa – da daa **NO Know or Knot.**

Walking back and forth from house to office I can see into the First Aid Room Clinic and many times I saw her there with the Nurse in charge.

Like almost all the young people they enjoyed throughout their education a 'second Saturday of the month Arts and Crafts time. A social break together. But Pavithra skipped it in the last 2 years

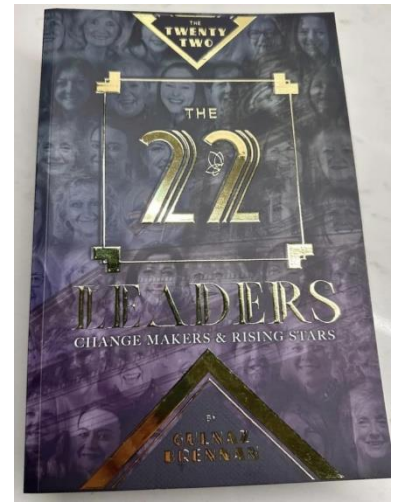
I can humbly say it took a lot of convincing for us to get her enrolled in this Nursing Aid course as her medical certificate shows HIV+ But with their understanding that she is on medication and will work with us when qualified they basically had to agree. More so now that we are a recognized ART medication for HIV+ registered persons.

Eliazar T Rose



Our Carole's in '22 Leaders, Change Makers & Rising Stars'

You will remember a few years ago Sue Underwood featured in the book '100 Women 100 Stories'. I was surprised but delighted to be included in the follow up book '22 Leaders, Change Makers and Rising Stars'. (it was conceived in 2022) I am under no illusion I was probably chosen as I am a fully paid up member of the Bolton family having been a former Mayor, supporter of the university and several local high profile charities.



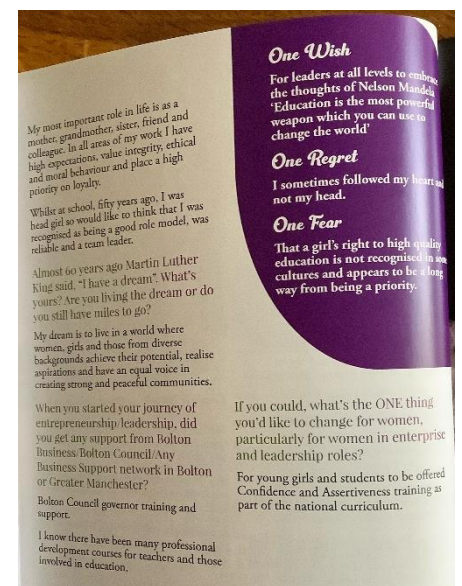
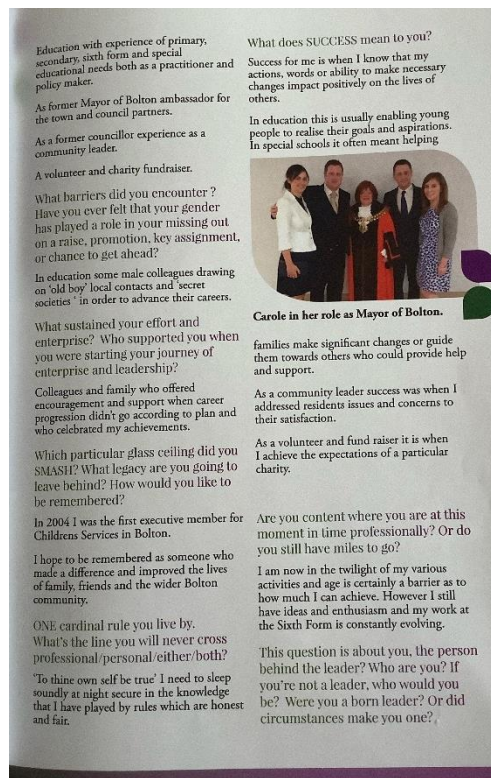
Some of my details have changed in that I am now a member of S I Manchester but still retain informal links to the Bolton club.

This year I shall once again follow in Sue's footsteps as I become President Elect and then president in 2024.

I shall be watching Sue's next move closely as there seems to be a pattern emerging.

Please no sky diving Sue !! *
Carole Swarbrick

(*Carole, it's a deal!....but I did get a medal for running last year!?! Sue)



(Here are Carole's pages in the book, I hope you can achieve sufficient magnification & clarity to read with ease....Sue)

Soroptimist International of Manchester, Our 98th Year Has Begun!



At our recent AGM & Change of Insignia, President Elect Carole presented President Sue with spring flowers from the Club to thank her for the past year & welcome her to another year as President.

Thank you Carole for your kind words including "feeling gratitude and not expressing it is like wrapping a present and not giving it"

President Sue

Vice President Fiona joined on zoom....

I resisted the temptation of attempting to position the chain around VP Fiona's neck!

President Sue



Then we managed a group photo of our new Executive Committee....



President V

Again it is an honour and my privilege to attempt the role of President.

Let's celebrate our Soroptimism! Our history, our legacy and our achievements.....share our 'That's why I'm a Soroptimist' moments and laugh at our 'Remind me why I'm a Soroptimist' times ... then look to the future in the spirit of the 3 F's, 'Food, Fun and Friendship!

As your President I appreciate that I am totally reliant on the Executive and every member of our Club, but we also have friends and 'Soroptimisters' who support us. Who knows how things will turn out?

Members of SI Manchester, let us strive to enjoy our Soroptimism.....with Kathleen's words in mind

"Success in all your service. Always remember to ensure that Manchester leads the way in these times of change!"

President Sue

Dates for Your Diary

Tuesday 2nd May	6.30 for 7pm	Club Meeting – Speaker Nicola Sansom from SALVE
Saturday 13 th May	All Day	North West England & IOM Regional Conference
Tuesday 16 th May	7pm	Executive Meeting
Wednesday 31 st May	7pm	Programme Action Meeting on Zoom
Tuesday 6 th June	6.30 for 7pm	Club Meeting
Saturday 10 th June	10 for 10.30am	Region Programme Action & Council Meeting. (A4A Table)
Tuesday 20 th June	7pm	Executive Meeting
Tuesday 4 th July	6.30 for 7pm	Club Meeting
Tuesday 18 th July	7pm	Executive Meeting
27 th -29 th July		Soroptimist International Convention – Dublin
Tuesday 1 st August	6.30 for 7pm	Club Meeting
Tuesday 15 th August	7pm	Executive Meeting

Further Social events are being planned – See <https://sigbi.org/manchester/diary-and-events/> - Watch for emails giving details

Copy for the Summer edition of the Newsletter by **Sunday 30th July**, please.

Remember the Challenge! – An Article from Each of You!

Share your Coronation stories and celebrations

Tell your story! ... Your 'journey' to ManchesterNewer Members please introduce yourselves!

Share your **S-O-R-O-P-T-I-M-I-S-T** words

Anything else you would like to share?

Sue Underwood suehome@sky.com

Last Words from a Man, Women and a Dog, who could/should have been Soroptimists!

