

Soroptimist International of Manchester

President: **Sophie Kennedy**

Summer
2026
Issue 92



Dear Club Members,

Welcome to your Summer Newsletter!

Thank you for your contributions – I did have a technical hitch in June when my email Newsletter folder disappeared, so if I've not managed to retrieve and include anything you sent me, then please let me know.

Sue Underwood

President Sophie

As we progress through the extremely hot summer months of our Centenary year, I want to reflect on what has been a very busy, but definitely uplifting and meaningful start to my presidency. In my first message, at the AGM, I spoke about leading with kindness, respect and compassion, valuing every member, and continuing our long tradition of making a difference to women and girls in Manchester and internationally. The past few months have shown exactly what this Club can achieve when we work together with purpose.

It was a privilege to attend the Afternoon Tea hosted by the Lord Mayor of Manchester in honour of our 100th Anniversary. Being welcomed into the Central Library to mark a century of Soroptimist work in our city was a proud moment for me and our Club, and a reminder of the impact Manchester Soroptimists have had since 1926.

Later in May, I attended the South Lancashire Regional Conference at the Novotel Worsley. It was a valuable opportunity to connect with members across the Region, share ideas, and reflect on the strength of Soroptimism in the North West.

Our Hair & Wellbeing Event at Ascend Co Studio was one of the most uplifting days of the year so far. Twelve women supported by the domestic abuse charities we work alongside enjoyed a 90-minute pamper session, refreshments and generous goody bags. For some, it was their first visit to a salon in many years. My thanks go to Naomi Brooks from Ascend and to Liz for her exceptional organisation of the event. We will be submitting this for the Best Practice Awards.

In June, I attended the Manchester Histories event at Manchester Central Library, where our Club was represented as part of the city's wider story. It was inspiring to see so many people come to the stand and see our Centenary recognised within the wider Manchester civic and cultural landscape.

I was delighted to attend the Junior RNCM Prizegiving, meeting many talented young musicians and presenting the **Helen Latto Prize** to Emily, who was thrilled to receive the award. Supporting girls' education and development remains central to our mission, and this event was a wonderful example of that commitment in action.

We continued our Centenary celebrations with a Charter Supper hosted by Fiona. It was a warm, joyful evening of friendship, reflection and pride in our Club's history. Moments like this remind us how important our members are in sustaining the spirit of Soroptimism.

In July, I attended Emmeline Pankhurst's Birthday Party at the Pankhurst Centre. As always, it was a powerful reminder of Manchester's central place in the history of women's rights, and of how our longstanding relationship with the Centre strengthens our commitment to advancing the lives of women and girls today.



Our July meeting featured Heather, an excellent speaker who is the RNCM archivist that we met at the Manchester Histories Festival, offering insight into the city's heritage and the importance of women's stories within it, in particular some of the founding members of our club. It was a thoughtful and engaging session that enriched our understanding of SI Manchester's past.

These first months have shown the strength, warmth and purpose of Soroptimist International Manchester. We have celebrated our history, strengthened our partnerships, and continued to make a difference to women and girls locally and internationally.

Thank you to every member for your support, your energy and your commitment. It is a privilege to serve as your President, and I look forward to all we will achieve together in the months ahead.

President Sophie

Special Delivery to Early Essentials!

Presenting Early Essentials with their 'Centenary Grant Certificate'

Also,

- 7 quilts
- 6 blankets
- 23 hats
- 2 cardigans
- Bootees
- mitts

Fiona Spencer



Our thanks again to all the wonderful knitters & stitchers!

Congratulations!

At the Charter Celebration Supper, President Sophie presented Susan H. and Val with long service award certificates – for 30 and 25 years respectively.



Ashton On Mersey Tigers (formerly Chiefs)

Thanks to a legacy we started supporting **Ashton on Mersey Chiefs** under 11s team in 2024 by sponsoring home and away kits. To avoid a clash with another team they were renamed **Ashton on Mersey Tigers** and are now under 12s.

We are very pleased to be able to continue our support this year by sponsoring new zip training tops and received lovely messages from centre back Scarlett, and Scarlett's mother Amy.

Playing for the U12s Tigers is something that I will never forget. The second I get onto the pitch with the team, all of my worries just disappear. We get to run around, get really muddy, celebrate our wins and learn from our losses. It helps with our physical and mental health.

I have made so many new friends that I feel like I can talk to. We've learned how to work together on the pitch. At this point it feels like a second family. So yeah I LOVE playing for Tigers U12s AOM.

Scarlett

The opportunity to play team sports in such a nurturing environment is super important for girls; and the support from Soroptimist so they can have a great kit to play in has been very gratefully received – Thank you!

Amy, Scarlett's Mum

Carole Swarbrick



Manchester Histories Event

Rachelle organised a table for us at the Manchester Histories Event on 6 June which was held in the Rates Hall. This was a really interesting day with a wide variety of exhibitors showcasing many different aspects of life and activity in Manchester from a historical perspective through to the present day. Chethams Library, The Portico Library, The Police, Pre-historic Stockport, The Co-operative Society, LGBTQ+, The Pankhurst Centre, Arts Groups, Film Clubs, Railway historians, The Royal Northern College of Music and many others were there and the hall was full with people eager to talk about their particular interest and the activities of their groups, their archives and history.

Rachelle and I got together some past and present materials for a new leaflet which was prepared for this event. It was then refined by Fiona and laid out by Neil, Susan Hollick's son with Susan acting as the final editor. Denise then arranged for the printing to be done. A real group effort with a great final result.



Sophie, Susan H, Rachelle, Denise and I then set up the display and table and were on hand to talk to the steady stream of visitors that came through during the day. Only a few people had actually heard of Soroptimism and curiosity about the name and its meaning drew people in and gave us an opportunity to talk about the history but mainly about the work that we are doing now.

This was very instructive and I think that it has given much food for thought about what might attract new members to the club and how we might develop our profile and publicity in the future.

Sue Silk



Junior Royal Northern College of Music Prize Giving



Fiona & Sophie

President Sophie and IPP Fiona attended the Junior RNCM in June to present the **Helen Latto Soroptimist Prize for Singing** to **Emily Richardson**.

Lovely event and well deserved by all attendees and prize winners.

Here is another photo of the last time Sophie attended this event as President, accompanied by Kathleen Beavis, fifteen years ago.



Soroptimist Manchester Arena Award

In the aftermath of the Manchester Arena terrorist attack in 2017 Soroptimist International of Manchester decided to set up an annual award to a performing arts student at Pendleton Sixth Form College. Many young girls attended the concert and were affected by the events of that terrible night.



This year the Performing Arts team nominated **Gwen Flint**.

(Gwen was not there to accept her award)

The award was presented when the class graduated on 25th June by Rose, our club lead for the award. Rose was accompanied by member Liz who couldn't resist asking for a photo with actress Catherine Tyldesley; Catherine was student at Pendleton College and was also presenting an award.

Pat Usher



Climbing Kilimanjaro for Charity: A Mother and Daughter's Journey

Raising funds for The Alzheimer's Society, in memory of my mother

This is our story, mine and my daughter's. It's a story about love, adventure, and a shared promise to do something meaningful, which led us to climb Mount Kilimanjaro together. We were driven by personal loss, and by watching dementia affect our family, especially my father and my late mother, so we took on this challenge for The Alzheimer's Society. It was our way of paying tribute, and we hoped it might give a bit of hope to other families going through the same thing.

Sadly, my own mother passed away before we could make the climb. Losing her was hard, but it also gave us a clearer sense of purpose. My daughter and I decided to go ahead with our plan anyway, and to turn it into a charity climb in her memory. We chose The Alzheimer's Society because of what our family had been through with dementia, and because we wanted to help other families facing the same struggle. The climb stopped being just a personal challenge. It became a way of honouring my mother and turning our grief into something positive.

We landed in Tanzania in mid-June and set off together on the Machame route on the 14th, finishing on the 20th. Machame is known for its stunning scenery, and it didn't disappoint. We started out walking through lush rainforest, full of birdsong and greenery. By day two and three, we'd climbed into cooler moorland, with strange plants and huge open views. As we went higher, the landscape changed again, into a stark, windswept alpine desert where every step took real determination.

The weather kept us on our toes, swinging between sunshine, mist, and the odd shower. But every day brought something different, and incredible views, along with a real sense of camaraderie building within the group.



Stella Point, 5,756m AMSL



None of this would have been possible without our amazing support team. The guides shared their knowledge, encouragement, and local stories, and really helped us through the tougher parts of the mountain. The porters worked so hard, carrying heavy loads and getting camp ready every evening, while the camp managers kept everything running smoothly. The cook and waiter went above and beyond too, serving up meals that gave us the energy to keep going after long days on our feet. There was a lovely sense of togetherness among everyone on the mountain. People encouraged each other, swapped stories, and looked out for one another when things got hard. We found real comfort in the kindness of the support crew, who understood just how much this climb meant to us.

Our Ahsante Tours guides and porters, with Mount Kilimanjaro behind us

Reaching the summit was so much more than a physical achievement, it was an emotional one too. I felt my mother's presence with me, in the quiet moments, in the beauty around us, and in our determination to keep going. The climb became a celebration of our bond as mother and daughter, a way of honouring her strength, and a symbol of hope for other families living with dementia. Standing above the clouds and looking out across the African horizon, it hit us just how much this achievement meant. It was a moment full of challenge, meaning, and memories we'll carry with us forever.

Uhuru Peak, 5,895m, in loving memory of Mrs. Esther Dora Pendaeli

Thanks to the generosity of our friends, family, and supporters, we raised over £1,000 for The Alzheimer's Society. What mattered most wasn't just the amount raised, but the sense of everyone pulling together behind us. We're so grateful to everyone who donated, sent messages of encouragement, and helped make this climb happen.



Want to help us go further? You can still donate at justgiving.com/page/dorothy-edgar-kilimanjaro

If you're considering a challenge like this, our advice is simple: don't let fear or uncertainty put you off. Climbing Kilimanjaro, or any big challenge, is absolutely achievable with the right preparation, a bit of perseverance, and good support around you. Whatever your reason for doing it, whether personal or for charity, it really can change lives, yours included.

If our story has inspired you, please consider supporting The Alzheimer's Society, or a cause that means something to you. Every bit of support, however big or small, makes a real difference. You can donate directly to our climb at justgiving.com/page/dorothy-edgar-kilimanjaro.

This climb was about so much more than altitude. It was about love, loss, and finding the courage to keep going. The memories, friendships, and impact we made together will stay with us forever. In memory of my mother, and in support of everyone still fighting dementia, our climb stands as a reminder of what hope, community, and determination can achieve.

Thank you to everyone who made this possible. We hope our story encourages others to dream big, give generously, and keep going, no matter what stands in the way.

Fii Pendaeli



WomenMATTAs Speaker Hannah Collins 5th May

WomenMATTAs is part of Women in Prison (WIP) are a national charity supporting and campaigning for women affected by the criminal justice system, (CJS) having been founded by Chris Tchaikovsky in 1983, who was angry about what she saw in prisons. As the CJS has been set up by men for men, in the main, it does not consider the needs of women. In June 2024 only 4% of prison population are women, stable figures for 5 years, bearing in mind that 51% population in UK are women.



Women have different offending patterns, mainly non-violent offences with the majority shoplifting or drug related, with short term sentences, so there are gendered routes into offending and gendered crimes. In a survey women were more likely to report mental health worries, physical disability, drug and alcohol problems, money worries and housing problems, domestic and sexual abuse. 17,700 children are separated from their mother per year by prison and only 5% remain in their homes, so the sentence is on the family.

Women seem disproportionately charged with some offences: TV licence evasion accounted for 12% all female prosecutions and 74% of prosecutions for this were female. Similarly, 27% female prosecutions were for theft from shops compared with only 12% of male prosecutions.

Following the Corston report the Women's centre of WomenMATTAs was established in 2010 covering Manchester and Trafford as this needs to be near and accessible to the community. The model is a one stop shop that has a whole system approach to understand the problems for the individual and lend support but ensure trauma informed as the experience of the CJS will have been traumatic. There is also a female offender strategy delivery plan from 2023/4.

So, project worker meets with the woman to understand her problems help them claim benefits to help, link with a foodbank, help prepare them for getting into work e.g. by involving them in volunteering first. All this can also help prevent reoffending as many times it is about women trying to provide for children and not realising where support is available. Re substance abuse they help get them to appointments. Perhaps with travel costs, and to attend probation appointments, with tiny bursaries eg for bus tickets. Currently there are 4 project workers for over 100 women caseloads.

Traditionally 'probation' has been the main bulk of work but now want to change this to 'diversion; to prevent women getting involved in the CJS. So, from first arrest there could be a caution and referral to a women's centre to try to prevent a revolving door problem and get women to engage. Flourish programme is a new forward-thinking project to understand the how and why in domestic violence delivered through a VR headset with 3 fortnightly 45-minute sessions which explains different types of abuse to empower women to understand and goes through reactions. The women are supported whilst on probation so for approximately 2 years, the new 'Diversion' aspect is about 10% of activity currently although they hope this will develop more in future.

What help can we provide? Clothes, shoes, good quality underwear bras and new pants, period products are always needed. Providing Christmas gift packs, as we did last year, is helpful as many of these women will not get any other Christmas gift. Organising this and wrapping gifts is a huge help to overstretched staff and ensure the gift bags happen. They were also very grateful for the many bags of clothes recently delivered from Alison and other members.

Following the talk, we spent the speaker fee on packs of new briefs for their service users.

Our lead for the service is Elaine Loader who had organised for Hannah to update us on their work. Undoubtedly, we all came away with the feeling that we should try to continue to support the Christmas gift bags and think about how we can support them.

Fiona Spencer



The Pankhurst Trust: Speaker Dr Hannah Priest 2nd June

Hannah's enthusiasm and knowledge of the history of the Pankhurst story and the Pankhurst Trust was infectious.

She told us that Emmeline was born in Manchester in 1858 and her home at 62 Nelson Street, Chorlton-on-Medlock was where the suffragette movement started. This is now open to the public as the Pankhurst Trust.

Age 15 Emmeline accompanied her mother to hear Lydia Becker speak at the Free Trade Hall and she was quite enraptured and drawn to the cause of women's suffrage. Age 20 she met Richard Pankhurst, 20 years her elder, a lawyer and together they became a powerful campaigning couple. She was first involved in the Independent Labour Party and the Women's Franchise League. They lived in London where her first child was born and then had 4 more children back in Manchester. Richard died leaving them impoverished as he had supported so many causes without pay, despite having drafted bills for parliament, so Emmeline had to sell the big house on Daisy Bank Road and rented the house in Nelson Street. Emmeline became a paid registrar of births and deaths.



Her daughters Christabel, Sylvia and Adela had been educated at Manchester High School for Girls, but her son Frank died age 4 and her younger son Henry was ill throughout his life, possibly from polio. She encouraged the girls to dance and cycle, and Christabel went to the Victoria University of Manchester to train as a lawyer. She was not allowed to practice as she was a woman. Sylvia was a talented artist at the Manchester School of Art and was commissioned to paint murals commemorating her father at Salford Hall, however women would not then be able to attend meetings in the hall.

Emmeline felt at 40 things were not changing and she had been made empty promises from politicians, but no bill put to parliament for women to gain the right to vote so she founded the Women's Social and Political Union (WSPU) to gain women the vote; coining the term "Deeds not Words". Meetings were held at the house. Christabel and Sylvia were also very involved, Christabel particularly was a very charismatic speaker. Indeed, Christabel was the first suffragette imprisoned, being charged with spitting at a policeman and refusing to pay the fine. This occurred when she, Annie Kenny and Grace Rowe attended the Free Trade Hall with a banner and would not be removed, so the police were called. They felt this as a success as political prisoners in other campaigns attracted attention and support. In 1908 the 'suffragette' name was coined by a Daily Mail journalist in an attempt to imply they were 'little women', however they embraced it pronouncing the gette as get (get the vote).

The choosing of the purple and green colours on white feminine dresses was a symbol, and many shops sold merchandise Liberty made a handbag! Then history records many imprisonments of the suffragettes, hunger strikes and force feeding. A new Act was introduced, the cat and mouse act, where if a suffragette became ill, they were sent home to recuperate, supposedly to be re-arrested after, as no politician wanted to be responsible for a suffragette dying in prison. The campaign of no taxation without representation saw some imprisoned for not paying taxes and then violent action increased including bombing and arson. The First World War saw action stand down to support the war effort and the family had moved to London. They never had a family home together again as Emmeline stayed with supporters to avoid being arrested.

The house in Nelson Street was rented out and fell into disrepair over the years and was due for demolition in the 1970s by the hospital who now owned the site. A campaign to save it was successful and it was renovated after the Pankhurst Trust was formed in 1984. The Trust had to pay rent to the hospital annually the contract stating the payment is a suffragette sash, and still officially this stands today. In 1987 the museum opened to tell the story of the WSPU and the Pankhurst family. The museum explains both sides of the fight for votes and showcases the parlour where Emmeline called for "Deeds not words". Volunteers support being very knowledgeable about the history, one of our members Susan Hollick, is a regular volunteer.

Hannah told us about her involvement with the Trust as first a volunteer and then as engagement officer. They have regular school visits on Fridays, a relationship with the last school Emmeline chartered when she was an education officer, and other organised group visits. There are lunchtime talks on Saturdays, 2 monthly, and have a shop on site. Hannah's enthusiasm was a great advert for the Pankhurst Trust and hopefully we can continue to support them for events such as Emmeline's birthday.

Fiona Spencer

Heather Roberts, Royal Northern College of Music Archive & Museum Manager



Heather Roberts, RNCM Archive and Museum Manager, spoke at our July meeting about the history of the Royal Northern College of Music, with special reference to Hilda Collins and Ida Carrol, both of whom were Manchester Sorooptimists.

Hilda was a piano teacher and founded the Manchester branch of the Matthey School which became the Northern School of Music, merging with the Royal Manchester College of Music to become the RNCM. There is a memorial window in her name in St Ann's Church.

Ida studied piano at the Matthey School, becoming secretary after leaving school and later succeeding Hilda as President.

Met At Manchester Histories event.....After her fascinating talk, we have sponsored Heather Roberts' membership for a year to work with the club on archives and history.

Introducing Zoom's AI Meeting Summary

We've been using Zoom's AI generated summary of our meetings as a base for notes and clarification for the minutes.

Here is the **unedited** AI Summary for Heather Roberts presentation.....what do you think?....does it match your recollection of her talk?

AI Extract Zoom Meeting Summary

Heather Roberts, a professional archivist specializing in Manchester's classical music history, presented a detailed overview of Hilda Collins, one of the founders of the Manchester Sorooptimist Society and a key figure in establishing the Northern School of Music. Heather shared Hilda's background, including her early life, education, and how she overcame a stammer and nervous tick to become a successful music teacher and school founder. The presentation highlighted Hilda's significant contributions to music education in Manchester, including her role in developing the school's alumni network and her sponsorship of orphaned children through Barnardo's, with a particular focus on her perseverance through challenges like World War II and the Manchester Blitz.

Hilda Collins and Music Education History

Heather presented a detailed history of Hilda Collins, who founded the Northern School of Music in 1920, highlighting her significant legacy in music education and her contributions to elocution and drama courses. She explained the evolution of music education in Manchester, describing how the Royal Manchester College of Music and the Northern School of Music operated separately until their eventual amalgamation in 1972 to form the Royal Northern College of Music. Hilary also discussed the challenges of preserving women's historical records and the importance of documenting their contributions to the field.

Royal Northern College of Music

Heather discussed the Royal Northern College of Music's teaching methods, including music psychology techniques used in the 1930s by Hilda Collins that are now commonly applied in supermarkets to influence customer behaviour. She recommended accessing historical resources through Greater Manchester Libraries' digital newspaper archives and suggested connecting with Charlie regarding archiving support for the organization's centenary year. The group agreed to follow up with Michelle about archiving materials and potentially organizing an archiving workshop.

Contact Hostel's Thank You!

Thank you for your support during The Big Give!



CONTACT
Home for now, hope for the future

Dear Our Friends at the Soroptimists

Thanks to the incredible generosity of supporters like you, our Big Give campaign has been a wonderful success. Together, we raised **£10,765 in ONE WEEK** to help vulnerable girls and young women facing homelessness and multiple disadvantages.

Thank you so much for your incredibly generous donation of **£200**, and as part of Small Charity Week, your kind gift was **matched with an additional £200** doubling the impact of your generosity.

Your support means we can continue providing safe accommodation, trusted relationships, and tailored support for girls and young women who are experiencing homelessness, or who are at risk of becoming homeless. It also helps us deliver the practical and emotional support they need to rebuild their confidence, develop life skills, and create brighter, more secure futures.

Every donation makes a real difference, and we are so grateful that you chose to stand with us during this campaign. Your kindness is helping to change lives, and we couldn't do this work without you.

From all of us, and on behalf of the girls and young women whose lives your generosity will touch, thank you.

With our heartfelt thanks, and we hope you are all well 😊

Victoria

Victoria Thomas (*she/her*)

Fundraising Lead

Carole replied:

Hi Victoria

Many thanks for this update.

The amount raised was amazing and of course all of your supporters who contributed are fantastic.

However, nothing would be achieved without the hard work and vision of yourself and your colleagues. The young women and girls whose lives you change are very fortunate to have you all and the success of the fund raising is as a result of your determination to make a difference.

I will make sure club members receive your thanks.

Warmest wishes

Carole and SI Manchester

Carole Swarbrick

Contact is a supportive home helping young women in Manchester move past the 'what now?' of homelessness into what's next for a better life.

Home is a powerful thing. We give young women somewhere to be and belong when they don't have the power of home behind them. Through empathy, practical guidance and genuine belief in their worth, we bring the right care in the moment, at a moment that can change things for good. Protecting young women's potential, one individual at a time.

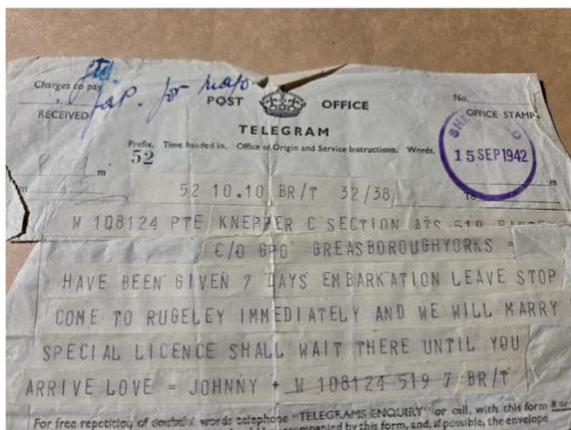
So, while women and girls experiencing homelessness might walk through our door in need of a place to stay, what we give them is real support. And when they leave, it's on their way to a different future.

From <https://contacthostel.co.uk/aboutus/whatwedo/>

My Great Aunt Ivy

My great aunt, Ivy Meenan, was a guest of honour for a celebration of the Royal Air Force Regiment, at the National Memorial Arboretum on 27th June 2026. My mum and me were honoured to accompany her.

Ivy was in the Auxiliary Territorial Service during World War 2. Her main deployment was as a height finder in an anti-aircraft 'Ack-Ack' unit.



Whilst based in Yorkshire she received this telegram from her fiancé, who was in the RAF and then the RAF regiment.

She still has a sharp wit and mischievous sense of humour and has a keen interest in politics and current affairs.

She thoroughly enjoyed her day at the Arboretum and it was a lovely touch that the crowds in Heroes Square sang an early happy birthday (105!) and applauded her as she left.

Elaine Loader



National Memorial Arboretum to become RBL National Remembrance Gardens

From September 2026, the National Memorial Arboretum will become known as the Royal British Legion National Remembrance Gardens, following its integration with the RBL, its parent charity since 2003. The change reflects the evolution of the site over the past 25 years and its role at the centre of RBL's national Remembrance work.

Soroptimist International Great Britain and Ireland has had a plot at the National Memorial Arboretum since 2001.



Lynne Dunning was the Federation President at the time and wanted us to have a presence there as she felt it would contribute to us being recognised as an organisation that works for peaceful communities to advance the lives of women and girls.

In June 2020 SIGBI President Isobel announced that the target of £10,000 for a statue on our plot, had been achieved from Members donations.

The statue was unveiled in September 2021 by SIGBI President Cathy and IPP Isobel



Women's Safety Campaign: Soroptimists say NO to Violence against Women and Girls!

Every day, women and girls across the UK experience abuse, but abusive behaviours can be hard to spot. They are often pretending to be something else. Control is camouflaging as care. Manipulation is mistaken for love. Sinister behaviours can slip by unnoticed.

It's time to see these behaviours for what they are. Abuse.

Do you ever worry that your children or grandchildren might be in an unhealthy relationship?

Every young person deserves a relationship built on respect, trust and safety — free from abuse. Talking openly about what's healthy, reasonable and acceptable is one of the most effective ways to prevent harm before it starts.



Loves me...

- makes me feel safe
- makes me feel comfortable
- listens to me
- values my opinions
- supports what I want to do in life
- is truthful with me
- admits to being wrong
- respects me
- always tries to understand how I feel
- likes that I have other friends
- makes me laugh
- trusts me
- treats me as an equal
- respects my family
- understands my need for time alone or with family
- accepts me as I am

These are the qualities of a healthy relationship.

Take care, these can be misused.

YOU DESERVE A HEALTHY RELATIONSHIP





Loves me NOT...

- is jealous
- is possessive
- tries to control me
- gets violent, loses temper quickly
- always blames me
- is sexually demanding
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others
- hits me
- makes me cry
- makes me feel afraid
- is always "checking up" on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told
- teases, bullies and puts me down



If you recognise even one of these warning signs, you or someone you know may be a victim of abuse.

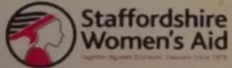
YOU ARE NOT ALONE... CALL FOR HELP NOW!

Staffordshire Womens Aid - 0870 2700 123

Pathway - 01543 676800

National Domestic Abuse Helpline - 0808 200 0247 (24 hr)

Non Emergency Police 101


Soroptimist International Great Britain & Ireland

www.sigbi.org



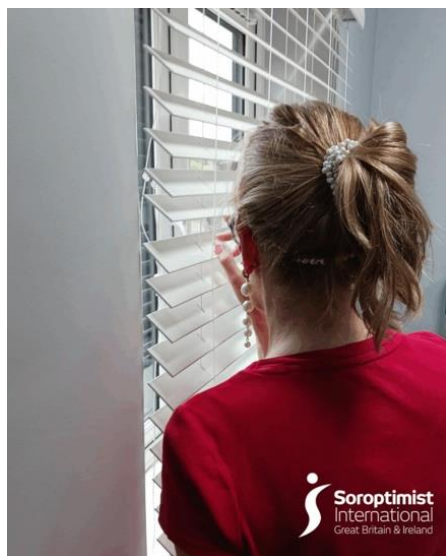
Simple tools can help start those conversations. Resources like the Loves Me / Loves Me Not bookmarks, shared by many Soroptimist clubs in their communities, have become powerful conversation starters for young people and families alike.

Women's Aid has also produced some excellent information on healthy relationships here.

Soroptimists continue to take action to improve women's safety in our communities.

Learn more about our work: sigbi.org/what-we-do/our-work/womens-safety.

#StandingUpForWomenAndGirls #Soroptimists #WomensSafety #HealthyRelationships



Stalking isn't just unwanted attention — it's a pattern of repeated, intrusive behaviour that can leave you feeling frightened, distressed or unsafe.

The Suzy Lamplugh Trust defines stalking as:

A pattern of fixated and obsessive behaviour which is repeated, persistent and intrusive, causing fear, alarm or distress to the victim.

If you think you may be experiencing stalking, you don't have to face it alone. Support is available.

National Stalking Helpline: 0808 802 0300

□ Online tool: suzylamplugh.org/am-i-being-stalked-tool

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#StandingUpForWomenAndGirls #Soroptimists #Stalking #WomensSafety

Experiencing domestic abuse can feel isolating, and finding support isn't always easy.

That's why the UK SAYS NO MORE campaign created Safe Spaces — working with pharmacies, banks, and selected jobcentres across the UK to provide private, secure rooms for anyone experiencing domestic abuse.

Look out for the posters at participating locations. Simply walk in and ask a staff member at the counter to use their Safe Space.

Inside, you can:

- Contact friends or family safely
- Reach specialist support services
- Start your journey to safety and recovery

Safe Spaces offer a discreet and secure way to get help when you need it most.

Find your nearest Safe

Space: uksaysnomore.org/safespaces

Watch this video from Sussex Police: Do the Right Thing

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Learn more about our work: sigbi.org/what-we-do/our-work/womens-safety.

#StandingUpForWomenAndGirls #Soroptimists #SafeSpace #WomensSafety #UKSaysNoMore

Pat Usher via our Website



Charter Celebration Supper



Soroptimist International of Manchester's charter was signed on 16th June 1926. To celebrate the occasion an informal supper was held at Fiona's home with attendees providing the food.



Thanks to Fiona for hosting. Sue S. for co-ordinating the food and Val for running the raffle.



Liz said – *Thanks Fiona and Paul for another lovely evening. Really enjoyed it.*

Susan said - *Thank you Fiona and Paul .. it was a lovely evening sharing it with lovely people.*

Hilary said – *Such a lovely evening, great company, great hosts! Thank you Fiona and Paul.*

Val said – *Thank you Fiona and Paul for hosting. It was such a lovely evening of good food, fun and friendship.*

Now we are officially 100 years old!



Emmeline's Birthday Party

Emmeline Pankhurst was born on 15th July 1858. As in previous years a birthday party was held at the Pankhurst Centre – involving cake, activities, quizzes about the legendary leader of the suffragettes and an opportunity to explore the museum.

Members of Soroptimist International Manchester made and served the cakes while chatting about Soroptimism.

President Sophie, Rose, Susan, Fiona & Val



A Facebook Thank you from The Pankhurst



The Pankhurst

6 August at 10:00 · 🌐



A big thank you to [Soroptimist International Manchester](#) for coming along to our celebration of Emmeline Pankhurst's birthday earlier this month. 💜💙💚

We always value your support and the cakes were amazing! It was a great way to celebrate the suffragette icon and a successful birthday party! 🍰🎉 **See less**



Fight Climate Change With Carbon Initiatives That Transform People's Lives

Why make a Climate-Positive Grant?

Low-income families are already feeling the impacts of climate change. Unpredictable rainfall can cause water shortage, reduce harvests and exacerbate hunger. More extreme weather such as cyclones and hurricanes destroy homes, lives and incomes. More severe droughts kill livestock and threaten crops.

Lendwithcare has started funding grants as well as loans. Grant funding will provide the opportunity to directly support projects which either prevent CO2 emissions from being released into the atmosphere or pro-actively absorb CO2 from the atmosphere while also creating opportunities for low-income-communities.

The grant recipients will receive some equipment for use in their daily life or work e.g. an improved cookstove to use for cooking. This equipment significantly reduces the amount of time women and girls spend collecting firewood. It reduces the use of less solid biomass like wood and dung making them more energy efficient.

In **Rwanda** the improved biomass cookstoves reduce CO2 emission and use fewer pellets due to higher thermal efficiency

In **Chad** solar cookers are used reducing the need for firewood making fewer local conflicts and better safety for women and children. Local production of cookstoves creates employment.

Manchester Soroptimists have used funding in General Charities to grant fund

an advanced biomass cookstove
for Esperance in Rwanda



and a solar cooker
for Bouseina in Chad.

Val Jenkins

LENDWITHCARE

Summer Donation to MASH (Manchester Action on Street Health)

The unusually sultry weather we have experienced in Manchester of late has been difficult and uncomfortable for many of us. Electric fans have been flying off the shelves and more difficult to obtain than tickets for an Oasis concert! For women who sex work and / or are homeless, a heatwave presents even greater challenges than usual and particular difficulties, with increased health risk related to sun exposure and greater need for basic items needed to maintain personal comfort, hygiene and dignity.

Following a “shout out” for useful essentials that may be donated for the women at MASH, numerous club members donated money to the sum of £200, which was used to fund a delivery of the most needed items including protective sun cream, underwear, body wipes, shamoo, conditioner and shower gel. The following messages from Janelle and Vicky at MASH sum up the impact and importance of a donation like this.

“Thank you so much
Soroptimist Manchester.

“The hot weather has
definitely caused an
increase in demand for
toiletries.

“We had completely run
out so this delivery will
massively help women
we meet at MASH”

Vicky, MASH drop-in



“To confirm everything arrived and the team is over the moon! We had actually run out of items so this couldn’t have been better timed. Please do pass on our gratitude to your friends for thinking of women at MASH.”

Cathrine Holland

Facebook Posts



Soroptimist International Manchester

★ Favourites · 30 July at 07:41 · 🌐

A lovely morning at the car boot at Barton Aerodrome raising money for our charities.



Thanks to Rose & John for raising £113!



Soroptimist International Manchester

★ Favourites · 4 June · 🌐



The River Manchester

4 June · 🌐

Thank you Rosemarie from [Soroptimist International Manchester](#) who came to drop off 2 sewing machines for our sewing project. What a blessing!

Clothes for Act4Africa's Kathy's Kindergarten Children

More hand made clothes are on their way to Mayuge, Uganda!



Many thanks to Rosemary and her hairdresser, Michelle.

48 little outfits, sizes 2 to 7 year olds

Here are the photos from last year's gift.....



A Unique Gift for Act4Africa's Kathy's Kindergarten Children

Remember these outfits for the children at Kathy's Kindergarten from our Summer Newsletter

Well, they arrived!

Can't you just feel the excitement?



Delivery to WomenMATTa

Clothing, shoes, and toiletries dropped off at WomenMATTa on 11th August.

They're so grateful for the items, particularly the brand new underwear.

They look forward to our donations as they are such good quality.

Elaine Loader

**Thank you to everyone
who
donated**



North West England's Regional Rose Bowl Challenge

One of my Regional Presidents duties was to judge the North West England's Rose Bowl Challenge.

The challenge set was to make or decorate a hat using only pre-loved or recycled materials to highlight an environmental issue. We had to give marks under the categories

- Clarity of message
- Creativity
- Skill of making

It was not an easy task!

The clear winner was "Let It Bee"



Yes, that is Val Moss, former Manchester member & also Sue Gledhill, South Lancashire's Region President Elect!

Sue Underwood, President of Soroptimist International South Lancashire Region

SI Manchester Enjoys A Day At The Races!

SI Manchester's summer fundraiser arrived in the form of a charity lunch and race day with virtual horse-racing being the order of the day. It was a welcome opportunity for guests to dust off their finest garb and step out in style in support of the numerous charities we support. The event was well attended with members from all South Lancashire clubs in attendance and began with convivial gatherings in the bar, where hats and fascinators were in abundance and friends from different clubs had an opportunity to catch up before the excitement of the racing commenced.



Once settled and following a welcome from President Sophie Gascoigne, the betting rules were explained. There were to be 6 horse races in total with footage from live races projected onto a large screen, some jump races and some on the flat with eight runners in each. Local businesses and individuals had sponsored the races and members of SI Manchester along with family members and friends had sponsored and named individual horses in each race. Bets were to be placed prior to each race and there were no odds, with only the winning horse paying out. 50% of the winnings would be shared amongst winning

punters and 50% would go to SI Manchester in support of our charities. This simplified tote betting system was a relief to our "bookies" who, armed with ticketing machines were able to take bets swiftly and efficiently from the long line of enthusiastic punters keen to part with their cash in the hope of backing a winner. Winning "owners" looked forward to a prize bottle of wine.



Guests enjoyed an excellent starter and main course and there was a buzz of conversation before the room went quiet in anticipation of the starting gun for the first race. After coffee and dessert, a further 4 races followed. As the afternoon progressed and libations flowed, the enthusiastic cheering as the horses jostled for the winning post, became louder. Several horse "owners" appeared to be on a winning streak.



The 8 horses for the 6th and final race were auctioned off. On the dining tables, guests formed syndicates, bidding as a group. The auction room was busy with an air of nervous anticipation as syndicates sought to outbid their neighbouring tables. There was some very generous bidding and occasional concern that an ill-timed gesture in the eyeline of Andy, our auctioneer and race-master, would lead to a further price hike! With all horses successfully acquired and named, the final race took place with those previously unlucky punters, hopeful of winning a few pounds at their final opportunity.



With the racing concluded, raffle tickets were drawn and a fabulous array of prizes given to the winning ticketholders.

The afternoon was a great success and the share of proceeds going to Soroptimist

International Manchester will be used to directly benefit those charities that we support. There was a lot of laughter and friendship on the day, and a great deal of fun was had by all. All of us at SI Manchester are incredibly grateful to everyone who helped to make this event such a success by attending, buying raffle tickets, placing bets, sponsoring horses and bringing along friends to enjoy the fun and friendship.



Cathrine Holland



Dates for Your Diary

Wednesday 26 th August	7pm
Tuesday 1 st September	7pm
Tuesday 15 th September	7.30pm
Saturday 26 th September	From 10am
Tuesday 29 th September	7pm
Tuesday 6 th October	7pm
Tuesday 20 th October	7.30pm
Friday 30 th to Saturday 31 st October	
Tuesday 3 rd November	7pm
Tuesday 17 th November	7.30pm

25th November to 10th December

Saturday 5 th December	From 10am
Tuesday 8 th December	7pm
Saturday 6 th March 2027	
Saturday 15 th May 2027	

Further information & Social events – Watch for emails! - See <https://sigbi.org/manchester/meetings-and-events/>

Programme Action - Zoom
Club Meeting
Executive Meeting - Zoom
South Lancs Region PAC & Council Meeting
Programme Action - Zoom
Club Meeting: Speaker Donna Barber from The River
Executive Meeting - Zoom
SIGBI Federation Conference Cardiff
Club Meeting: Speaker Sarah Newton-Smith, Early Essentials
Executive Meeting - Zoom

16 Days of Activism

South Lancs Region PAC & Council Meeting
SIM Christmas Party – hosted by Fiona & Paul
Our 101st Charter Dinner
North West England & IOM Regional Conference

Copy for the next edition of the Newsletter by **Monday 30th November**, please.

Looking Forward to the Autumn/Winter Edition with articles from each of you

Christmas Greetings in Lieu of Cards:

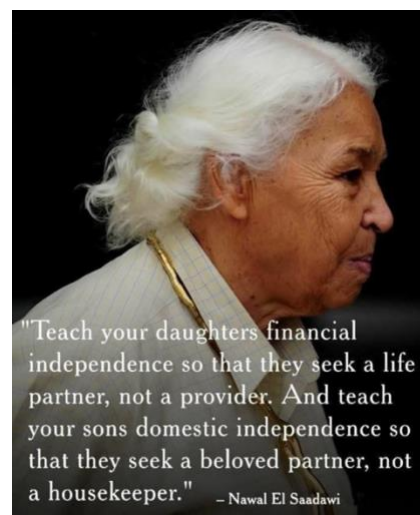
Do you wish to send your **Greetings** via the December Newsletter (and make a donation to Club Charities)?

Please send me your **Greetings** (Maximum 20 words or a photograph) before the **November 30th deadline**

(I will be happy to receive your **Donations!**)

Sue Underwood sueuhome@sky.com

Last Words from Women, Men & a Bear who could/should have been Soroptimists!



"When women participate in negotiations, peace lasts longer. When girls can go to school, entire generations lift out of poverty. When women enjoy equal job opportunities, economies grow stronger. And with parity in political leadership, decisions are fairer, policies are sharper, and societies are more just. Simply put: when women and girls rise, everyone thrives."

António Guterres
UN Secretary-General

