

At this time of year many of us are putting the finishing touches to preparations for SIGBI's annual [Conference](#) in Malta in November, and the Programme Team is no different. We have been working hard in the background, organising the Programme Action sections of the Conference and reviewing all the work on the [database](#).



Malta Hilton - conference venue

We are looking forward to seeing and hearing about the work of selected clubs, presenting awards for best practice and of course meeting up with friends old and new.

Conference is a time to recharge the enthusiasm of project work; we will hear inspirational speakers and learn about work that is being done throughout the Federation.

October can be a busy month in the Soroptimist calendar with [Mental Health Day](#) on 10<sup>th</sup>, [Day of the Girl Child](#) on 11<sup>th</sup>, [World Food Day](#) on 16<sup>th</sup> and [Anti-Slavery Day](#) on 18<sup>th</sup>, as well as it being [Breast Cancer Awareness Month](#) and I know that many clubs, Regions and National Associations will be carrying out projects to support these themes.

Our work is intrinsically linked to the [Sustainable Development Goals](#) whether local, national or international. Ending poverty, eradicating hunger, providing education for all, preserving the environment – all the goals we aim for in order to support our main theme of [Educate, Empower and Enable](#)

We have much to celebrate in what we have achieved, but there is always more we want to do and I look forward to reading about your projects on the [database](#).

**Barbara Dixon**  
Programme Director



### Orange the Day

Throughout 2016 the United Nations' Secretary-General's campaign: [UNiTE to End Violence Against Women](#) proclaimed the 25<sup>th</sup> of each month as "Orange Day", a day to raise awareness and take action to end violence against women and girls. As a bright and optimistic colour, orange represents a future free from violence against women and girls.

Orange Day calls upon activists, governments and UN partners to mobilise people and highlight issues relevant to preventing and ending such violence, not only once a year, on 25<sup>th</sup> November, the [International Day for Elimination of Violence Against Women](#), but every month.

You may remember on 25<sup>th</sup> November 2015, two members of SI Yorkshire Region and members of SI Midland Arden mobilised an "Orange Ambridge" event at the BBC studios in Birmingham, where the story line of domestic violence was developing in the radio programme, *The Archers*.



SI Chennai held a workshop on Awareness and Gender Equality. The women came sporting orange sarees and salwars to celebrate "Orange Days", creating awareness and advocating the need to stand up against violence.

What will your club be doing on the 25<sup>th</sup> November this year?

Still time to plan something in your community to raise awareness of the need to end violence against women and girls.

Starting this year, the Sustainable Development Goals - a set of 17 global goals that applies to all countries - has begun to guide global policy and action. These goals include gender equality and women's empowerment as a key priority and includes specific targets to end violence against women and girls.

As well as raising awareness and taking action to end gender-based violence, Orange Days have highlighted specific Sustainable Goals as they relate to violence against women and girls. You can check the themes for each month, action ideas and messages on the [UN Women's](#) website. As I am writing this issue, the UN's theme for September is *Violence Against Women and Access to Food*. The global goals are for everyone, and to fully achieve them, everyone has a role to play in ending gender inequality and violence.

From 25<sup>th</sup> November through to 10<sup>th</sup> December - [Human Rights Day](#) - the [16 Days of Activism](#) against gender-based violence aim to raise public awareness and mobilise people everywhere to bring about change.



**Jan Hemlin - APD Violence/Conflict Resolution**



### Breast Cancer Awareness Month - Think Pink!

October is the month when, each year worldwide, thousands of organisations campaign to highlight the importance of breast awareness, education and research.

Worldwide, breast cancer is the top cancer to occur amongst women; the incidence in developing countries is increasing as life expectancy increases and the adoption of western lifestyles takes place. In the UK around 60,000 women are diagnosed each year: that means one in eight women will be diagnosed during their lifetime. Nearly half of the cases occur in women between 50 and 69 years. The good news is earlier detection, increased knowledge and understanding and better treatments means survival rates are improving - 80% of women survive beyond five years. However, an estimated 11,600 still die from breast cancer annually.

Key Message from the WHO (World Health Organisation): early detection, in order to improve breast cancer outcome and survival, remains the cornerstone of breast cancer control. [Breast Cancer Now](#) tells us to 'Love Your Breasts, Be Breast Aware'. Touch your breasts. Can you feel anything unusual? Look for changes. Is there any change in shape or texture? Check anything unusual with your doctor. Find more information on [Wear it Pink](#) and [Breast Cancer Care](#).

So ladies let's continue to do our part and raise awareness and Think Pink. Don't forget, if you are coming to the Malta Conference to Pack Pink ready to Make a Pink Splash at 8.30am by the pool on Friday 11<sup>th</sup> November.

Food Security remains one of the biggest issues related to climate change, hence the United Nations' message for this year on 16<sup>th</sup> October, [World Food Day](#) is: *Climate is Changing: Food and Agriculture Must Too.*

The world aims to achieve Zero Hunger by 2030; at the moment that seems a big ask. Good health starts with good nutrition; without the security of a daily nutritious diet we cannot live, learn, or lead a healthy productive life. It is essential that food is safe and in sufficient quantities. Heavy workloads, combined with poor diet and frequent pregnancies, severely weaken women's health. The [UN Food & Agriculture Organisation](#) has made the nutrition of women and girls a priority, with an emphasis on promoting awareness - especially in rural areas.



### World Food Day

Malnutrition is the single largest contributor to disease in the world with almost half of all child deaths linked to it. Globally, food-borne pathogens account for 420,000 deaths each year with an estimated 1 in 10 people falling ill due to eating contaminated food. Children under five are particularly at risk of food-borne infections: it accounts for 125,000 child deaths every year.



Our global population is increasing; by 2050 it is expected to reach 9.6 billion. To feed the worldwide population we need to grow produce in a much more sustainable way by adopting changed practices that maximise production using natural resources. Over one third of food produced, worldwide, is wasted or lost; that equates to 1.3 billion tons of food per year. Methane emissions from rotting food are 25% more potent than carbon dioxide. Food losses must be reduced - both before and during the retail stage - by better harvesting, storage, packaging, and transporting; better infrastructures and market mechanisms - plus robust legal frameworks.

*Rita Beaumont - APD Food Security/Healthcare*

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