



# Save our Sanity

SI:MK founded in 2015 with support from MK Community Foundation



30 April 2022

MK Soroptimists

Newsletter 38

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## Editorial Welcome

**Amanda Carter Philpott – A Remarkable Lady who will always be remembered**





It is with great sadness that I write this Editorial this month. We have lost a very Remarkable woman, Friend, Previous Chair and Soroptimist in Amanda. She passed away very suddenly over the Easter weekend. When her passing was reported there was shock amongst all her friends in the suddenness. I was totally shocked. I had not known Amanda that long but was immediately inspired by her, by her passion to always help others, by her energy and tireless devotion, to her constant energy to come up with inspiring ideas. And we mustn't forget her sense of humour. Amanda thank you for letting me be a small part of your life. You will always be remembered.

Let us take this moment to celebrate Amanda. Here are some remembrances from Members.

Vanessa was co-chair with Amanda and says:

"I first met Amanda when she was at the Probation Service and I was representing Works for Us at exploratory meetings about a women's centre for MK. Amanda was forthright and passionate, balls-y even and I liked her immediately.

In the intervening years our organisations became neighbours in Norfolk House and then when SI:MK established we both found ourselves as members, in fact, Co-Chairs in 2018/19.

We both cared passionately about fairness and opportunity and it is no coincidence that Amanda has died as a serving member of the Women's Equality Party sitting on her home council of Bletchley & Fenny Stratford.

An activist until the very end, you made me laugh Amanda and I am proud to have been able to join you on your journey". Vanessa

Jean our Treasurer says "I first met Amanda when I joined Soroptimists, it was a pleasure getting to know her especially discovering we had the same wicked sense of humour. She was a remarkable woman, an inspirational role model who fiercely fought for any cause that she took on. The amount of work she took on would put others to shame. She was a lovely lady and friend and will be missed by all her knew her. The world will be a sadder place without her, a truly one off". Jean

Helen Byrne from SI St Albans and last year's Regional Resident wrote to say "I was shocked to hear the sad news about Amanda. She was such a lovely and inspiring lady and a shining example of what a Soroptimist can & should be. She will be sorely missed within the Region. Sending my condolences to you and to Amanda's family and thinking of you all." Helen Byrne, SI St Albans.

Sue our Treasurer said "Amanda was an extraordinarily strong woman - I learnt lots from her and will always value her for her contributions to promote those who were not always able to promote themselves. Even in busy times she made 1,000s of lockdown cakes for the refuge! Thank you, Amanda."

And Angela, our first President and one of our founding members said "Anyone who ever met Amanda would immediately remember her; she was a vivacious and forthright woman with a filthy laugh and a big heart. Amanda never let her disability stop her from being involved with anything; in particular anything that she was passionate about. Her friends noticed that she was part of a loving team. Her devoted husband Ian would tenderly lift her into her wheelchair; quietly supporting her. Whizzing around in her wheelchair and long shiny boots she'd let you know if you were in her way and had a formidable reputation for making sure she was at the heart of any discussions.



Amanda with MK Ladies Dons at our 2016 Regional Conference

She was a diminutive woman who cared HUGELY about people and would feistily champion those who were marginalised or disadvantaged. Amanda was incredibly proud to be part of MK and loved being photographed with MK Dons Women’s Football team when they attended our conference in 2016 and joined in the fun playing a role in our play ‘100 Years of Soroptimist History’ in 2021. As an active member of SI Milton Keynes, she provided wisdom and leadership; taking on the chair position with her usual gusto. She liked to challenge and provided plenty of opportunities for members “think differently” about our work with women and girls. Amanda embraced our values as soroptimists; believing absolutely in the need to be inclusive in our work. She will be remembered for her friendship by us all and sadly missed”.

[Click here](#) to read announcement made by Bletchley and Fenny Stratford Town Council.

## Amanda – A Remarkable Lady, Passionate, Inspiring, Tireless Champion for our community



This month we also saw the sad loss of Councillor Carole Baume. She was a Milton Keynes Councillor, representing the Woughton and Fishermead Ward. Since May 2020, she had been a member of the Cabinet, with a portfolio covering Economic Development, Regeneration, Culture, Leisure & Sport and the Voluntary & Community Sector. Carole was always passionate about helping people to reach their full potential through education.

She had worked in higher education, including the Open University and was an advocate for the arts and charitable sector, and had been a member of the board of the world-renowned Halle Orchestra.

She was a Trustee board member of MK Gallery and of the MK Community Foundation. She will be sadly missed by her family and the community she supported.

There is some good news to report this month.



A big thank you, Bee.

Bee has got our first Project Sponsor in Dunelm, here in MK. They have agreed to provide 3 buckets per month for a year towards our Clean Start Buckets project, helping those people leaving our charities to finally set up their own home. Our charities told us one of the essential things to help their residents when they leave is cleaning materials as they have not got the resources at the start to purchase all these items. Dunelm have now agreed to help us. Well done Dunelm and well-done Bee.

Amanda would say things to do, people to help. Let us remember her with a smile and let her inspire us to continue the work we do to support our local charities and people in our community.

### Sue Key, Chair

## Dear Diary updates

Dear Diary Dates	
Tues 17 May	<b>AGM Branch meeting</b> 5.30 pm for tea with 6.00 pm start. Great Linford Offices.
Sat 21 May	Domestic Abuse Conference Online hosted by SI Yorkshire. <a href="#">See details below.</a>
Sun 22 May	<b>Windmill Hill Golf Course Craft Stall Fayre</b> 12 pm till 4pm. <b>Volunteers required</b>
TBC	<b>Friendship Lunch</b> – 1.00pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 7 June	<b>Platinum Tea and Fashion show Fund raising Evening Event. Details to be confirmed.</b> <a href="#">See article below</a>
Sat 11 June	<b>Face-to-Face – SILC Region Conference Hosted by SI Slough Windsor and Maidenhead Club Details</b> <a href="#">Click here</a> to go to article below with more details.
Tues 21 June	<b>Branch meeting</b> 5.30 pm for tea with 6.00 pm start. <b>Venue to be confirmed.</b>
Sat 9 July	<b>Quiz Night Fundraising event Simpson. Details to follow. Volunteers required.</b>
Sat 16 July	<b>With our Regional Club A walk in Great Linford followed by lunch at the Nags Head.</b>
Tues 19 July	<b>Branch meeting</b> 5.30 pm for tea with 6.00 pm start. <b>Venue to be confirmed.</b>

<u>Regional Dates for Diary:</u>	
Sat 8 Oct 2022	– Zoom – SILC Region AGM/Conference
Thurs 27 – Sat 29 Oct 2022	SI Great Britain and Ireland (SIGBI) Conference Belfast "Climate for Change" <a href="http://www.sigbi.org/belfast2022">www.sigbi.org/belfast2022</a>
Sat 10 Dec 2022	10am to 1pm Zoom SILC Regional Conference and Celebration of Human Rights Day
Sat 11 March 2023	SILC Regional Conference Celebration of International Womens Day 10am to 4pm Cecil Sharpes House London
27-29 July 2023	Soroptimist International Convention Dublin “Challenge the Future” <a href="http://sidublin2023.com">sidublin2023.com</a>

### Special Days:

World Homelessness Day 10 October  
White Ribbon 25 November

## Diary Date: Domestic Abuse Conference: Zoom on 21 May 2022



[www.sigbi.org/yorkshire](http://www.sigbi.org/yorkshire)

**IT COULD BE YOU!**



**Domestic Abuse Conference**

Saturday 21<sup>st</sup> May 2022

Event opens 9.30am B.S.T.

Starts 10.00 closes 12.30 B.S.T.

**ON ZOOM**

Cost £ 6.00

Proceeds to the Charities speaking

Domestic Abuse Conference **IT COULD BE YOU!** to be presented by SI Yorkshire on 21st May 2022 will now be held on line. Zoom tickets for the event are available via EventBrite [click here](#) link below.

The theme is Exploration of the varying facets pertaining to Domestic Abuse, Help and Support, Specialist Services, Women’s Justice and Prevention. Speakers include

- IDAS is the largest specialist charity in Yorkshire supporting anyone experiencing or affected by domestic abuse or sexual violence.
- EVA Women's Aid is a woman-only organisation, independent of the criminal justice system, statutory agencies and other private companies, working with women and children who have been affected by domestic abuse and sexual violence at any time in their lives.
- Justice for Women. Justice for Women was established in 1990 as a feminist campaigning organisation that supports, and advocates on behalf of women who have fought back against or killed violent men.
- White Ribbon White Ribbon UK is the leading charity engaging with men and boys to end violence against women.

Hope you will be able to attend this.

## UN International days and Awareness days- May 2022

International days/weeks are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity.

**UN International Days** - Just a few dates for your diary. **Click on each subject to learn more about each of these UN Days/Weeks via the UN Website.**

2 May	<a href="#">World Tuna Day</a>	
3 May	<b>World Press Freedom Day</b>	
5 May	<b>World Portuguese Language Day (UNESCO)</b>	
8 May	<a href="#">Time of Remembrance and Reconciliation for those who lost their Lives during WW2</a>	
10 May	<b>International Day of Argania Tree</b>	
14 May	<b>World Migratory Bird Day</b>	
15 May	<a href="#">International Day of Families</a>	
16 May	<b>International Day of Light</b>	<b>Vesak, The Day of the Full Moon</b>
16 May	<a href="#">International Day of Living Together in Peace</a>	
17 May	<b>World Telecommunication and Information Society Day</b>	
20 May	<b>World Bee Day</b>	
21 May	<a href="#">International Tea Day</a>	<b>World Day for Cultural Diversity for Dialogue and Development</b>
22 May	<b>International Day for Biological Diversity</b>	
23 May	<a href="#">International Day to End Obstetric Fistula</a>	
25-31 May	<b>Week of Solidarity with the Peoples of Non Self Governing Territories</b>	
29 May	<b>International Day of UN Peacekeepers</b>	
31 May	<a href="#">World No Tobacco Day</a>	

**Awareness Days** – dates for your diary.

	<b>Dear Diary Dates</b>
1-30 May	<a href="#">International Skin Cancer Awareness Month</a>
1-30 May	<b>Local and Community History Awareness Month</b>
1-30 May	<b>National Walking Month</b>
1-30 May	<a href="#">Make May Purple / Action on Stroke Month</a>

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## Platinum tea & Pre Loved Clothes Fundraising Show - 7 June



### Date for your diary for a Celebration

Bring your friends along, celebrate the Queen's Platinum celebration, have a drink, a lovely time with friends and find some pre loved clothes, accessories (Shoes, bags and scarves and jewellery) for your summer wardrobe but most of all

Help to raise funds for all our charities and our annual project to help those victims of Domestic Abuse and Homelessness who have no recourse to public funds.

We will be having a Platinum celebration on

**Tuesday 7th June at 5.30 at Vanessas (Bramble Bank, 2 Saddington, Woughton on the Green, MK6 3EH).**

**Tickets are £5 per head which will include a raffle ticket supper and drinks.**

**Please dress for the era or dress in Red, White and Blue.**

Can you please let Sue P know if you are coming and how many friends you will be bringing along? You can either pay direct into our bank account or pay on the night but it would really help us, re catering to know by 31 May how many will be coming. Would be great if we can reach the number of 30 people please.

For supper can everyone bring a dish of something nice to share. Vanessa, thank you, is donating the wine and drinks. To date we have a Fruit Platter from Jean, Salad from Barbara, Carrot Salad from Bee, Chicken dish from Chris and Choc Brownies from the Chai. If you could let Jean know by the 17 May meeting what you are bringing so we don't have too many of the same.

Lastly, we need your preloved items to sell, can you bring them on hangers, if possible, to the 17th May branch meeting or let us know if you can't, with info on how much they were originally to help us price them. Thanks for your help, sure it will be a great evening. All donations raised will be for our charities but it is also a chance to have our annual celebration.

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## SILC Regional Conference - Sat 11 June



**Sat 11 Jun 2022 – Face-to-Face, together again! SILC**

**Region Conference** in Ascot Berkshire 10am-4pm

£20 including lunch and refreshments

Hosted by SI Slough Windsor and Maidenhead Club.

Speakers include Alzheimer's Society and Dr Kay Richmond

SIGBI Programme Director.

Booking information and directions by car and public transport has been sent to Clubs – if not received please email [silondonchilterns@hotmail.com](mailto:silondonchilterns@hotmail.com) Click here for more details [www.sigbi.org/london-chilterns/jun22](http://www.sigbi.org/london-chilterns/jun22)

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## SI St Albans 23 May - Love Food Hate Waste evening



**Mon 23 May – 7.30pm – 9pm Zoom – Love Food, Hate Waste?**

Join SI St Albans to find out about the damage food waste causes & some simple changes you can make to cut your impact.

Hear from David Birley, Waste Aware Co-ordinator, Herts Waste Aware Partnership and Louise Palmer, St Albans' Recycling and Waste Officer. **For more info including how to**

**book see [www.sigbi.org/st-albans/food-waste](http://www.sigbi.org/st-albans/food-waste)**

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## Soroptimists around the world planting trees



Soroptimists around the world planted trees as part of the Centenary celebrations.

We can now report the target of 100,000 planted trees has been exceeded. Congratulations to all clubs.

As at 31 March 2022 it was reported that 124,611 trees had been planted by Soroptimist International Great Britain and Ireland (SIGBI) throughout the world, which exceeds the target set by President Cathy over 2 years ago. In addition, 679 trees have been planted by Ecosia as a direct result of Soroptimists using their browser, making 125,290 trees in total. Well done to everyone who helped – Soroptimists helping to [#SavethePlanet](#)

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## SIGBI 88<sup>th</sup> Conference - Belfast 27-29<sup>th</sup> Oct 2022



**SIGBI 88<sup>th</sup> Conference will be taking place in person in Belfast 27 to 29 October.**

The conference will be held in the improved and extended ICC, Belfast. This will be the first physical face-to-face conference since Bournemouth 2019 and SIGBI hope everyone will be pleased to get together again. And Belfast is just the city to do that.

**Click here** to go to the website which will be updated in the coming months as the details are finalised so keep an eye on this.

The Conference Committee is busy planning a vibrant Conference to enthuse and excite everybody. The theme of the Conference is **'Climate for Change'** and SIGBI have four dynamic Keynote Speakers (focusing on Education, Health, Environment/Climate and Women (gender equality)) together with Programme Action and Membership workshops.

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## UN Ocean Conference - 27 June - 1 July 2022



**The Ocean covers 70% of the Earth's surface:**

**It is home to up to 80% of all life:**

**Generates 50% of the oxygen we need.**

Billions of humans, animals and plants rely on a healthy ocean, but rising carbon emissions are making it more acidic, weakening its ability to sustain life underwater and on land.

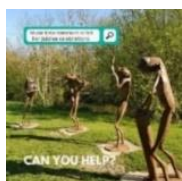
Plastic waste is also choking our waters, and more than half of the world's marine species may stand on the brink of extinction by 2100.

But it is not all bad news. According to the UN [Secretary-General's Special Envoy for the Ocean](#) Peter Thomson, momentum for positive change is building around the world, with people, especially youth, mobilizing to do their part to reverse the decline in ocean health.

The [UN Ocean Conference](#) which will take place from 25 June to 1 July, in Lisbon, Portugal and will provide a critical opportunity to mobilize partnerships and increase investment in science-driven approaches. **Click here** to read more.

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## MK Snap are looking for Music entertainment for their Jubilee celebrations



MK Snap are looking for someone to entertain their learners at their centre in Walnut Tree on Friday 27 May for 2 to 3 hours to help the learners to celebrate the Jubilee.

Ideally this would need to be voluntary.

If you know of anyone, please let Angie know.

Please share with friends. Thank you.

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## Soroptimist Programme Director April Blog - Where is Home?



Home – where is that? A key question for us as we move forward is ‘where is home’? As soroptimists we have been conscious of and advocated against the migration and trafficking of women for many years. Stimulæ for this mass movement have been poverty, conflict, climate change, Covid and, currently, the war in Ukraine.

To read more [click here](#)

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## VOW UK on a mission to listen to women in MK



VOWMK have recently put out this poster asking any women’s groups if they have any sessions running where they can go and visit and talk to women.

VOWMK want to reach out, listen, collect voices and what the issues are to explore how meaningful change can be enacted.

Please share this poster with any women’s groups you know of.

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## YMCA kickstarting residents’ careers through training



Training and apprenticeships provider Babington recently supported a group of YMCA MK residents as they completed the Level 1 Customer Service Practitioner course.

Catch up with Paula Sinclair to find out more about how Babington is supporting young people into employment. [Click here](#) to read the article.

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## Sexual offence victims face longest ever court waits



Serious sexual offences are taking the longest time on record to go through Crown Courts in England and Wales.

Exclusive data compiled by the BBC found such cases averaged nine months to complete in 2021. [Click here](#) to read the full article.

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## Homeless charity The Bus Shelter reaches a major milestone



In March the Bus Shelter MK reached a major milestone with its 100<sup>th</sup> guest. The charity also provides support to help its guests find work and a new home.

[Click here](#) to read more and to learn how to donate.



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## W/C 25 April - National Stalking ~Week



This year, the campaign, led by the Suzy Lamplugh Trust, is called Bridging The Gap. It highlights the vital role of advocates helping victims of stalkers navigate the criminal justice system. The Suzy Lamplugh Trust have published the findings of its 'Bridging the Gap' report, which can be viewed by [clicking here](#).

Stalking is illegal. It is a pattern of repeated, unwanted behaviour that may or may not be threatening, but causes the person distress. It can include being followed or constantly harassed by another person, such as receiving unwanted phone calls, texts, and messages, and you should **report it**.

National Stalking Helpline 0808 802 030 or go to [the Suzy Lamplugh Trust](#) website

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## Join in June and raise donations for British Red Cross “Miles for Refugees”



Every refugee matters. And this June, every mile counts. Join British Red Cross Miles for Refugees and stand with people who need us most. Raise donations.

Raise your £150 fundraising target and help refugees in the UK and around the world to find safety, rebuild their lives, and reunite with their loved ones. Choose how you'll collect your miles – walk the dog, log your weekend runs, cover laps in the pool or get your mates together to cycle. Choose from six distances, from 22 miles to over 500. Each distance represents a journey that people have been forced to take to find safety. [Click here](#) to learn more. **Please share with family and friends.**

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## The difficulties of reporting Rape



During a crime interview on MKFM, a local Councillor revealed a member of her family had been gang raped at home and discussed the difficulties women face of reporting rape to the Police.

The family member has spoken with women's groups and the event has changed the way she thinks about things. "The women she speaks to say they won't report it as it's too damaging to them as a female". [Click here](#) to read more.

Below are charities, groups and organisations that can also provide specialist information and support:

- Victims First - Supporting male and female victims of rape and sexual assault – visit the Victims First website or call 0300 234 148.
- **Rape Crisis** - A national charity offering confidential help, advice and a range of Rape Crisis Centers around the UK.
- **Galop** - A national charity providing advice and support to members of the LGBT community.
- **Survivors UK** - A national charity supporting men who have been raped or sexually assaulted.
- **Crimestoppers** - A national charity with a free helpline for reporting crime anonymously.
- **Refuge** - Refuge supports women, children and men with a range of services, including refuges, independent advocacy, community outreach and culturally specific services.
- **Women's Aid** - Women's Aid is a national charity working to end domestic abuse against women and children.
- **Men's Advice Line** - 0808 801 0327 Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members)

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## Investment announced to help break the cycle of reoffending



The Office of the Police and Crime Commissioner has secured investment to fund a 12-month pilot programme called “Restart Thames Valley”. This pilot will work with partners across the region to develop solutions to key challenges faced by people released from prison. The 12-month pilot programme will support specific groups, including women and people on short term sentences. To learn more [click here](#).

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## Health and Care partnership covering MK launches local Green Plan



Health and care partners in Bedfordshire, Luton and Milton Keynes mark Earth Day, April 22 with the launch of a Green Plan.

The Green Plan is in place to support the NHS's ambition to become the world's first net zero carbon health service by 2040. The plan, over the next 3 years (and beyond), includes practical steps such as greening the area around the hospital sites, reducing the distance people travel to appointments, increasing the use of online services for patients and green social prescribing, which encourages people to take up nature-based activities to improve their health and protect the environment. [Click here](#) to learn more.

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## #LoveMK 10<sup>th</sup> Anniversary - 28 April



Destination Milton Keynes (DMK), the official tourism organisation for MK, asked the people of Milton Keynes to help celebrate the 10th annual #LoveMK Day on Thursday 28 April 2022; it's the biggest one-day social media celebration of all things MK! For the last ten years, #LoveMK Day has aimed to promote Milton Keynes as a leisure and business destination whilst also asking people to harness the pride that many have in the place, they call home.

Well, you can see from the above pictures that MK Snap's Blu got out and about to do just that and celebrate #LoveMK, stopping off at MK Gallery and getting a bird's eye view from the top of the new Hotel La Tour, lucky Blu.

And our Twitter feed joined in too. We posted our Quilt, celebrating all things Milton Keynes and tweeted:

Happy #LoveMK everyone.  
@SIMiltonKeynes #LoveMK for its green open spaces of nature,  
its diverse community and its vitality go-getting pioneering spirit.

And does anyone remember the last picture, it should take you back. The famous Red Balloons at MK Bowl in 1984, part of the campaign promoting MK as a place to come live and work. Who remembers seeing this?

Let's all hope we will have something even bigger to celebrate this year. Keeping our fingers crossed that The Queen bestows 'city statuses' as part of her Platinum Jubilee celebrations in June. And how shall we celebrate next year members, let me know what ideas you have for us.

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## Hand on Heart Charity delivering essential packs to rough sleepers in MK



It is the single biggest campaign from the Hand on Heart, Watford based charity and will cover 25 key locations throughout the UK, which includes Milton Keynes

Each pack contains 14 items – a polo shirt, t-shirt, underwear, socks, oral hygiene kit, face masks, wet wipes, deodorants, shower gel, hand sanitisers, first aid plasters and a drawstring bag.

Hand on Heart has partnered with Beta Charitable Trust and 22 charities, including homeless shelters and food banks.

It's co-founder Afzal Pradhan BEM said “we are seeing increases in rough sleepers on the streets – which is expected to worsen with Covid related support ending and the significant rises in the cost of living such as heating and the cost of groceries. Since 2019, the group has evolved and now provides essential items and vital services to rough sleepers in many different areas. [Click here](#) to learn more about this charity.

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## Inspiring Women - Be Inspired



Middle Point, 1995 painting by artist, singer, musician Joni Mitchell. Think of Joni Mitchell and you think primarily of her incredible career as a singer, songwriter, musical innovator and trailblazer. Much less has been written about her life as a painter but she has been painting all her life. Her best loved works are her lyrical depictions of other musicians, such as Bob Dylan and her paintings of the Canadian prairies.



April 22 – In 1967 Cicely Saunders—founder of the modern hospice movement—opened the first Hospice at St Christophers Hospice in London, assisted by Dept of Health's medical officer Albertine Winner. Among the first staff was nurse Florence Wald, who took the hospice concept to the US. To learn more [click here](#)

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## Our Twitter feed and web page - don't forget to have a look



[Click here to see our Milton Keynes Soroptimists Twitter feed and what we are currently talking about](#)



[Click here to see our Milton Keynes Soroptimists web page and what we are currently talking about](#)

[Click here to go Back to the top](#)

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## SI:MK support these local charities:

