



# Save our Sanity

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



31 May 2022

MK Soroptimists

Newsletter 39

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## Editorial Welcome

### May – Congratulations and Celebrations



On our 55 Designated year anniversary Milton Keynes became a CITY as part of HM The Queen’s Platinum Jubilee celebrations



Congratulations to Amanda Marlow, 50<sup>th</sup> Mayor of Milton Keynes and the 1<sup>st</sup> female mayor for 10 years



Congratulations to Her Majesty the Queen on her Platinum Jubilee and Thank you

**May has seen Milton Keynes start the celebrations early** with Milton Keynes, in the 55<sup>th</sup> year of its designation, we celebrated becoming a city.

Congratulations and welcome to Amanda Marlow, who in May became Milton Keynes 50<sup>th</sup> Mayor and first female Mayor for 10 years. And congratulations to Debbie Brock our High Sheriff of Buckinghamshire this year. And in this Platinum Jubilee year at the end of May we kick start off the celebrations of 70 years of loyalty and dedicated service by Her Majesty the Queen and say thank you. This is a year of Women to be inspired by and to inspire us.



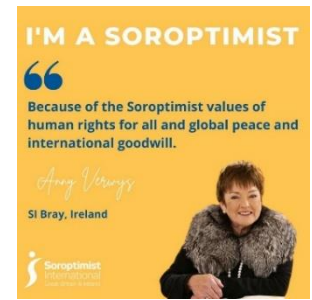
Our celebrations continue this month. On the 16 May we opened a new **Save Our Toiletries (SOS)** donation station at the Mead Centre, Newport Pagnell to help vulnerable women and girls get their dignity back.

With our SOS donation station at Great Linford Parish Council offices, this now makes 2 stations back up and running.

The Red House GP surgery has just confirmed they are happy to continue receiving donations and we will shortly be setting up a new donation station there.

If members know of any other GP surgeries or community centers that might help us to gather **SOS** donations for our charities, please let us know.

May is **SIGBI's annual Membership month** – the month to try to encourage new members. This year the campaign was called **#ImASorptimist** and asked members to say in their own words I'm a Soroptimist because. Below are some of the members included in the SIGBI campaign on Twitter and Facebook to see more [click here](#) to view SIGBI twitter or [click here](#) to view our twitter feed:



In this May month of Membership it is with great pride that I welcome Rosella Williamson and Carol Subadan. I hope they find friendship, support and a purpose in being a part of our small but merry band of women working hard to help our community. We have also had to say goodbye to a couple of members and I wish them all the very best and hope that they will be able to come back to Soroptimism in the future. I just want them to know we are always here for them.

As one Soroptimist member said as an individual you can only do so much but as part of a group you can achieve so much more. And with that I would encourage all our members to promote who we are, what we do and let's see if we can attract more new members. We always get asked what does Soroptimist mean? Using one of the examples above, here is my take and I hope this might help you when trying to encourage someone to join us:

<b>S</b>	<b>Supporting women and girls. An</b>
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<b>O</b>	Organisation of volunteers
<b>R</b>	<b>Raising the profile of women's and girls' issues and</b>
<b>O</b>	Opportunities
<b>P</b>	<b>Providing support and donations to our charities and</b>
<b>T</b>	Together transforming lives by
<b>I</b>	<b>Inspiring, Educating, Empowering and Enabling to</b>
<b>M</b>	Make a difference
<b>I</b>	<b>Internationally, nationally and working in our community we are a</b>
<b>S</b>	Sisterhood providing support and friendship to all and
<b>T</b>	<b>Together we can HELP WOMEN AND GIRLS TO BETTER FUTURES</b>

I would like to each month on our Twitter feed put a **#ImASoroptimist poster** and also set up a page on our website highlighting why we are soroptimists to try to encourage new members to join. And so, I ask our members to provide me with a few words to say why you are a Soroptimist and a picture of yourself. To kick start us off here are a few we have already published on our Twitter feed. If you can let the Chair have your contribution with a picture of yourself by the end of June that would be much appreciated.



And our celebrations continue in June. I am really looking forward to our Pre Loved Clothes sale and Platinum tea celebration. I can't wait to see who has the best red, white and blue outfit but also to how much we can raise for our charities. And then in July we will be having our Fish and Chips Quiz Night. Please do tell all your friends and encourage them to come along to a night of good food, a laugh and competitive spirit.

I sign off this month reflecting that each month one of these newsletters goes out I never fail to be impressed by what we do but also by what Soroptimists all around the world do, all the many and very varied ways we find to help people out and in doing that also help ourselves in giving us purpose and making us feel all the better for it.

**Sue Key, Chair**

## Dear Diary updates

Dear Diary Dates	
Tues 7 June	<b>Platinum Tea and Pre Loved Clothes Sale Fund raising Evening Event. 5.30pm Bramble Bank, 2 Saddington, Woughton Park.</b>
Sat 11 June	<b>Face-to-Face – SILC Region Conference Hosted by SI Slough Windsor and Maidenhead Club Details <a href="#">Click here</a> to go to article below with more details.</b>
Tues 21 June	<b>Branch meeting</b> 5.30 pm for tea with 6.00 pm start. <b>Acorn Nursery Training Centre, Westcroft.</b>

Wed 29 June	<b>Friendship Lunch</b> 1.00pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Sat 9 July	<b>Quiz Night Fundraising event Simpson. 7.00pm Simpson Village Hall. 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>
Wed 27 July	<b>Friendship Lunch</b> 1.00pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

<b>Regional Dates for Diary:</b>	
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>

<b>Special Days:</b>
World Homelessness Day 10 October White Ribbon 25 November

## New Friendship Lunch dates 2022 for your Diary -

Wed 27 July	<p><b>Please update your diaries with the new dates for our Friendship lunches for the rest of the year.</b></p> <p>We have now moved our Friendship lunches to the last Wednesday of every month. The venue for our lunches will be at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA at 1.00pm.</p>
Wed 31 August	
Wed 28 September	
Wed 26 October	
Wed 30 November	
Wed 28 December	

## 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)

## 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 invite you to Tennis on the Terrace- 7 July 2022



### MK Snap's popular Tennis on the Terrace is back.

Come along and enjoy the Wimbledon Ladies semi final games. Tickets are now on sale. £25 per person. Tables of 2, 4 or 6. [Click here](#) to book your tickets.

Tickets include a welcome glass of fizz & afternoon tea with strawberries; served by SNAP learners & volunteers. Please come and join the fun 'afternoon out' at local disability charity MK SNAP helping raise funds and awareness for the vital work of the charity. Dressing up is optional; having a fun time for a good cause is mandatory!

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## Fish and Chip Fund raising Quiz Night - 9 July



### Please share with family and friends our July Fund raising event is back – it is the Fish and Chip Quiz Night. We need to reserve tables soon.

7pm Simpson Village Hall. Tickets available from [missquiz@sky.com](mailto:missquiz@sky.com)

A chance to get together with your friends enjoy Fish and Chips and test your general quiz knowledge and have a good laugh at the same time. And whilst doing that knowing you are helping to raise donations for our charities. It would be great if we can fill Simpson Village Hall and make it a good night for ourselves and our charities.

If you can let us know asap who is coming and if you are bringing friends, we can get a table or 2 reserved for us before they all go. Can you come back to Sue Payne asap that would be great.

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## MK Snap Learners Alternative Exhibition



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## SIGBI President June Blog



On 5 June Soroptimists will be highlighting UN World Environment Day with the campaign theme of “Only One Earth” as 2022 marks 50 years of UN environmental diplomacy.

To read more of our SIGBI President’s June Blog [click here](#).

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## SIGBI Day of Action - 16 July 2022



Sat 16 July is SIGBI’s Day of Action on climate action with the focus on single use plastics. Their continued use in the food, drink and fashion industry are damaging to our environment and thus contributing to species loss and climate harm. What can we do about it? [Click here](#) to visit the UN Environment Programme website for some ideas.

How much plastic do you use – [click here](#) to read this interesting BBC article



Here is one example. Save all your medicine blister packs. Take them to the Superdrug store in Central Milton Keynes, where they will recycle them to help charities. This is another bag of blister packs delivered to the Superdrug store last week. [Click here](#) for Fact Sheet Single Use Plastics.

Other examples include ensuring you have your own tote bags so that we don’t use single use carrier bags. Try to reduced your use of single use plastic items like plastic cups and cutlery, buy fewer clothes, try to reduce your carbon footprint.

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## Volunteers Week: 1 - 7 June



**All our charities are telling us they need new volunteers.** If you know of anyone who can give up some time, please encourage them to volunteer either for our charities or for any of the hard-working charities in Milton Keynes. We know charities are having to stretch their resources even further as they see significant increases in demand. If you know of anyone who might volunteer please share this message.

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## Winter Night Shelter need Sleeping bags and Rucksacks



**The Winter Night Shelter desperately need Sleeping Bags and Rucksacks** for their homeless community. Kathy has handed out nearly 300 sleeping bags this year and has now completely run out and these are very important to the homeless people. Please ask any of your friends and family if they have these they can donate either direct to the shelter or to you? Kathy asked that the sleeping bags need to be the square type not the mummy type because only the square type enable the homeless people to store all their goods inside with them. Winter Night Shelter have a Amazon Wishlist which includes examples of the sleeping bags if anyone wants to donate that way. [Click here](#).

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## You can change at any age - Be inspired



Jamie Klinger wrote about losing myself; and what it took for me to come back from the brink. Hard to write, hard to do; but I am so pleased that I had the space and opportunity to turn my life around.

[Click here](#) to read this article

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## Crisis latest report on Homelessness



A new report recently published by Crisis UK "I thought there would be more Options" found that the housing crisis is forcing councils to leave people without a safe and stable home, despite laws that are meant to protect them from homelessness. [Click here](#) to read the full report.

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## Growing understanding on Menstruation effects on female athletes



"There is a growing understanding of the effects of menstruation and premenstrual syndrome on female athletes."  
To read more [click here](#)

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## Menopause and miscarriage funds for working women



Government funding to support working women suffering from health issues such as the menopause and pregnancy loss has been welcomed by charities.

[Click here](#) to read more

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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 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.

Registration is now open. [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 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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## One year on from the Domestic Abuse Act



As we mark the first year of the Domestic Abuse Act, The Domestic Abuse Commissioner reflects on the legislation and going forward.

[Click here](#) to read her blog.

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## Mel B receiving her MBE for service to charities and vulnerable women



Mel B dedicates MBE to 'all the other women' facing domestic abuse. The Spice Girl, 46, dedicated her award to "all the other women" who are dealing with domestic violence. Brown, who made her name as Scary Spice in the 1990s, became a patron of the charity Women's Aid in 2018 after leaving what she described as an abusive relationship. [Click here](#) to read the full article.

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## Guide to help women feel safe online



1 in 3 women experience online abuse or harassment. A coalition of experts have created a set of guidelines they want adopted into the Online Safety Bill to prevent and respond to this pervasive problem. [Click here](#) to read more

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## SI Europe statement on Women's health rights



Soroptimist International of Europe released a statement at the beginning of May supporting a human rights-based approach to sexual and reproductive health because protecting women's rights is protecting their health. [Click here](#) to read more.

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## Soroptimist International - Global Voice Newsletter



The latest issue of Global Voice brings you some of the highlights from an action-packed Commission on the Status of Women.

SI Advisor to Advocacy, Beverly Bucur, takes a closer look at women and the environment, and we begin the countdown to the SI Convention in Dublin, Ireland in 2023. [Click here to read Global Voice](#)

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## Inspiring Women - Be Inspired



UK sculptor known as Anna & the Willow creates nature-inspired sculptures made from rods of willow.



In May 1993, director Jane Campion became the first woman to win a Palme D'or award at the



Anna Cross is a Willow Artist based near Ripon, North Yorkshire. Her beautiful sculptures are inspired by British wildlife & the surrounding countryside; She loves animals. She studied Zoology at University, combined it with her creativity and started making willow sculptures. To learn more [click here](#).

Cannes Film Festival for the film “The Piano”. This year she took a director’s Oscar for her film “Power of the Dog”. To read more [click here](#)

## UN International days and Awareness days- June 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.**

1 June	<a href="#">Global Day of the Parents</a>	
4 June	<a href="#">International Day of Innocent Children Victims of Aggression</a>	
5 June	<a href="#">World Environment Day</a>	<a href="#">International Day for the Fight against illegal Unreported and Unregulated Fishing</a>
6 June	<a href="#">Russian Language Day</a>	
7 June	<a href="#">World Food Safety Day</a>	
8 June	<a href="#">World Oceans Day</a>	
12 June	<a href="#">World Day against Child Labour</a>	
13 June	<a href="#">International Albinism Awareness Day</a>	
14 June	<a href="#">World Blood Donor Day</a>	
15 June	<a href="#">World Elder Abuse Awareness Day</a>	
16 June	<a href="#">International Day of Family Remittances</a>	
17 June	<a href="#">World Day to Combat Desertification and Drought</a>	
18 June	<a href="#">Sustainable Gastronomy Day</a>	
19 June	<a href="#">International Day for the Elimination of Sexual Violence in Conflict</a>	
20 June	<a href="#">World Refugee Day</a>	
21 June	<a href="#">International Day of Yoga</a>	<a href="#">International Day of the Celebration of the Solstice</a>
23 June	<a href="#">UN Public Service Day</a>	<a href="#">International Widows Day</a>
25 June	<a href="#">Day of the Seafarer</a>	
26 June	<a href="#">International Day against Drug Abuse and Illicit Trafficking</a>	<a href="#">UN International Day in Support of Victims of Torture</a>
27 June	<a href="#">Micro, Small and Medium sized Enterprises Day</a>	
29 June	<a href="#">International Day of the Tropics</a>	
30 June	<a href="#">International Asteroid Day</a>	<a href="#">International Day of Parliamentarism</a>

## 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](#)

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## SI:MK support these local charities:

