



Save our Sanity

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



30 April 2023

MK Soroptimists

Newsletter 49

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Editorial Welcome

Soroptimists – Standing up for Women and Girls



A big thank you to our Soroptimist special friend Rowena, who presented us with 16 of her gorgeous handmade quilts. Mala and Jean had the lovely privilege to attend the YMCA MK Community Lunch this April and to present the quilts. These quilts will be handed out to residents in the first stage of supported living, and will stay with them as they progress and are supported at the YMCA to learn new skills and to get back into employment and into living their own independent lives. We wish them well. It was also a lovely way for Mala to start her linked officer work with link with them and see how we can help them.



And this month we were very kindly invited to a Thank you event held at the Winter Night Shelter.

The event was to thank volunteers for all their hard work in staffing the night shelters during the 2022/23 winter period. 403 incredible volunteers helped to serve 4,318 meals, make 1,218 beds and helped 65 guests of which 58 were moved into more secure accommodation.

And it was nice to be thanked for our continuing support. What ever form support comes in it is vital and does help.

Whilst April has been slightly quieter with regard to events, we had a great branch meeting and there is lots going on and coming up. Mala has had her first meeting with YMCA and is already looking at how we can find a business sponsor to help us donate sanitary towels and pants to the young women at the YMCA. And in the mean time we are all asked to help with baby clothes for YMCA residents who are pregnant and to see if any of our friends can help too.

Mary is hoping to be able to visit MK Act in the next few weeks to start talking to the families and to work with them to develop a part of the garden where they can grow their own food, to help in this cost of living crisis.

And we have had a meeting with Viktoryia from the Ukraine Appeal. They would like to help out with support for setting up a group to support pregnant Ukrainian women here in Milton Keynes.

On 3 June the Soroptimist International London and Chilterns Northern Region meeting is taking place in Redborne and it should be a good event. Hopefully we will have an update on the Domestic Violence Courts review and what the next stage will be.

And then another of our favourite fundraising events is on 19 August, our Fish and Chip Quiz night at Simpson Church. Please do put in your diary and encourage your friends to come along for a great night of fun and good food. Details of ticket prices etc will be out soon.

Plans are moving apace with our Violet Awards 2023, 8 September at MK Snap, to recognize volunteers at our linked charities who have gone above and beyond. And we will be asking for helpers in setting up and helping out on the night, so another date for your diary.

We are busy bees and in ending this editorial this month I again think about our membership. We may be a small group working hard to support our linked charities, but if we can encourage more members, just think how much more we can achieve. Milton Keynes is a growing city and we need to think about how we can reach more women to join us in our important work to help vulnerable women and girls to better lives and to achieve to their potential.

I wish everyone a lovely May, I am looking forward to our AGM on 23 May and our meal afterwards. A time to reflect on a year just gone of significant achievements and also an exciting year ahead for us. There is still so much to plan for with the Domestic Violence Courts project, our Music event, Violence Against Women 16 Days of Activism which I have not spoken about this time. Always something to look forward to.

Soroptimists standing up for Women and Girls

Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
Tues 23 May	AGM Branch meeting. 5.30pm, Acorn Training Centre, Westcroft
Wed 31 May	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 20 June	Branch meeting. 5.30pm, Acorn Training Centre, Westcroft
Wed 28 June	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
3 June 2023	SILC Northern Region Meeting, 10-2pm, Redbourn Village Hall, 63 High St, Redbourn, AL3 7LW. Click here.
Tues 20 June	Branch meeting. 5.30pm, Acorn Training Centre, Westcroft
Wed 28 June	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

MK Foodbank: The Big Help out - 8 May 2023



MK Foodbank reported this March has been the busiest month since 2020 with 2,700 Food parcels going out alone.

It means their shelves are looking very sparse again and ask if you can help with a tin or two, you can really make a difference.

Click here to see their shopping list of items they desperately need.

To celebrate the Coronation Weekend MK Foodbank are joining The Big Help Out national event, this is where you can support your community to help MK Food Bank with much needed

food donations! Collect Donations at your Street party/house/event, email helpline@mkfoodbank.org.uk for your Big Help Fundraising Pack which will include posters and shopping lists! MK Food bank will collect donations from your house Monday 8th May 2 -4pm! Please spread the word.

Great Big Green Week: 10- to 18 June 2023



The Great Big Green weekend started in 2021 and is the UK's biggest ever celebration of community action to tackle climate change and protect nature.

In the UK and abroad we are seeing the impacts of floods, fires and storms alongside. There are solutions out and each and everyone of us can make changes which will can help and not be too expensive. Their website has a useful tool to help give ideas of what you can do or if you want to take part in an event you will be able to find one near you.

International Festival MK - 21-30 July 2023



International Festival MK is back this year from 21 – 30 July 2023.

Concerts and events for all age groups. To find out more and book events.

Click here.

Our Fish and Chip Quiz Fundraising evening - 19 Aug 2023



Don't forget everyone to put the 19 August in your diary. It is our great Fish and Chip Quiz night. 7pm at Simpson Church, Simpson.

Another of our annual favourite fundraising events. Please share with friends and try to encourage them to come along to help raise funds for our good causes. More details will follow in future newsletters.

Heritage Open Days - 8 to 17 September 2023



Heritage Open Days is England's largest community led festival of history and culture, involving thousands of local volunteers and organisations. Every year in September it brings people together to celebrate their heritage, community and history. Stories are told, traditions explored, and histories brought to life. It's your chance to see hidden places and try out new experiences – and it's all FREE. To find out more, [click here](#).

Heart and Music Choir Event - 14 October



Heart and Music have kindly agreed to take part in our Music fundraising event on 14 October at The Mead Center, Newport Pagnell.

Please put this in your diary and share with your family and friends as we want to get as many people there as possible to raise funds for our charity/projects but to make it a great and a joyful evening.

SIGBI 2023 Conference - London 3-4 November 2023



Here is a date for your diary.

SIGBI 2023 Conference will be taking place in London on 3 to 4 November.

At the moment the Theme is Climate for Change. More details will follow. [Click here](#) to keep an eye out for updates on this conference.

Labour's mission to halve VAWG within a decade



Labour is considering plans to educate boys to curb violence against women and girls in an effort to tackle the epidemic.

Keir Starmer believes "prevention" is extremely important and will play a crucial role in ensuring his party achieves its mission to halve VAWG within a decade. To read the full article [click here](#).

Soroptimist Milton Keynes now set up on Easyfundraising



Milton Keynes Soroptimists are now registered with easyfundraising, FREE donations for us every time you and your friends shop online.

There are over 7,000 brands who will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!

These donations will make a **BIG difference** to our charities and I hope you are able to take a moment to sign up, support but also share with all your family and friends and ask them to

support us when they are shopping on line. It's completely FREE and only takes a moment. **Click here** to go to the link to sign up. I am happy to help you sign up, just let me know.

CAB April Newsletter



In the fourth edition of the CAB newsletter, it was lovely to read about two very important women, Matilda Kessler and Margot Kettle, who played significant rolls in setting up the CAB in Milton Keynes. Can you believe that was 50 years ago.

And lovely that we got a mention too. To read the newsletter in full **click here**.

What counts as workplace bullying?



Dominic Raab has resigned as Deputy Prime Minister after a report investigating bullying allegations against him was handed to the Prime Minister.

As an employee, how do you know your being bullied at work and what can you do about it? As an employer, they must try to protect staff from bullying in the workplace, but sometimes it is hard to know what to do about the problem. **Click here** to read the full article.

Abuse by Persons in positions of Trust



For Orange the world Day this 25 April, Soroptimists highlighted the abuse of women and girls by persons in a position of trust.

Pam Robertson, has written a SIGBI blog on those abusing this trust, so that they can exercise emotional, mental, financial or physical and sexual control. To read the blog in full **click here**.

Women's Aid Annual Audit Report



Safe housing denied to 10,000 women in England fleeing domestic abuse. Lack of shelters may be forcing victims to return to their violence partners or leaving them homeless is one of the findings from the Women's Aid Annual Report.

Their Annual Audit 2023 shows that 62% of refuge referrals were declined and 40% of services were running an area of support without dedicated funding. [Click here](#) to read the article.

Soroptimist International latest Podcast: Gender and Climate



The work of Soroptimist International is all about empowering women and girls worldwide. Listen to their latest SI Voices podcast on Gender and Climate: In conversation with Katie Tobin. [Click here](#).

First woman in 104 years to Head GCHQ



Anne Keast-Butler to be the first female director at GCHQ. GCHQ has appointed a female director for the first time in its 104 year history.

Anne Keast-Butler, who is currently serving as deputy director general at MI5, starts the role in May. To read the full article, [click here](#).

SIGBI President's May 2023 Message and latest blogs



This month our President looks at the current situation relating to the UN's Sustainable Development Goals and achieving the targets by 2030.

[Click here](#) to read her full May message.

[Click here](#) to see the latest blogs.

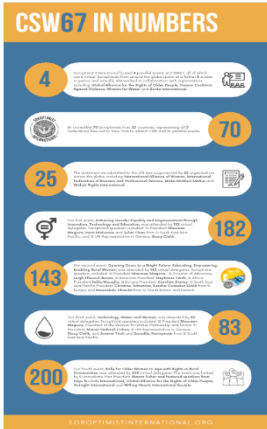
Food Waste Day 2023 - 26 April 2023



In the UK 69% of food waste comes from households – that's 7.1 million tonnes per year – which would fill Wembley Stadium 9 times over!

So we can make a real difference as individuals and households. Read Nichola Balmer, SI Lichfield and UKPAC Environment Group Lead, Blog and see what you can do.

Soroptimist International Blogs - read the latest



Read the latest Soroptimist International Blogs including:

- Looking back on 61st Commission on Social Development and its priority theme to create productive employment and decent work for all as a way of overcoming inequalities.
 - CSW67 in Numbers – just what did Soroptimists achieve at the latest CSW-
 - Its Important to Regulate Digital Platforms
 - CSW67: Agreed Conclusions
 - Rally for Older Women to Age with Rights in Rural Communities
 - Violence against Women in Leadership
 - Technology, Water and Women
 - A Century of Innovation for Increased Access to Education for Women and Girls.
- [Click here](#) to see all the blogs.

Soroptimist International April Global Voice Newsletter



Soroptimist International Global Voice Newsletter for April is out and full of updates from this year's Commission on the Status of Women (CSW67). To view and read more [Click here](#)

SIGBI HUB - regular digest of what's happening



Just a reminder everyone signed into the new SIGBI Hub. You will now be receiving a Hub regular digest of what is happening twice a month on the 7th and 21st. In your 21st email there is a link to an easy guide to navigate around the Hub and I would recommend you having a look.

Inspiring Women - Be Inspired



In 1951, the Peak District was designated the UK's first National Park, due in great part to Ethel Haythornthwaite. In her honour, every hill over 400m in the Peak is called an Ethel — incl Mam Tor & Kinder Scout, plus some lower icons eg



The Seated, 2019, by Kenyan born artist Wangechi Mutu who has become the first artist to fill the New York Museum of Art's alcoves with four female sculptures. To learn more about her work [click here](#).

Thorpe Cloud. To learn more about her inspirin life [click here](#).

Brought to us by WomensArt1. See link to their Twitter page below

<https://twitter.com/womensart1>

UN International days and Awareness days - May 2023

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	World Tuna Day
3 May	World Press Freedom Day
5 May	Vesak, the Day of the Full Moon
5 May	World Portuguese Language Day (UNESCO)
8 May	Time of Remembrance & Reconciliation for Those Who lost their lives during WW2
10 May	International Day of Argania
12 May	International Day of Plant Health (FAO)
13 May	World Migratory Bird Day (UNEP)
15 May	International Day of Families
16 May	International Day of Living Together
16 May	International Day of Light (UNESCO)
17 May	World Telecommunications and Information Society Day (UNESCO)
20 May	World Bee Day
21 May	International Tea Day
21 May	World Day for Cultural Diversity for Dialogue and Development
22 May	International Day for Biological Diversity
23 May	International Day to End Obstetric Fistula
25 – 31 May	Week of Solidarity with the Peoples of Non Self-Governing Territories
29 May	International Day of UN Peacekeepers
31 May	World NO-Tobacco Day (WHO)

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](#)

Sl:MK support these local charities:

