



Save our Sanity

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



31 Aug 2024

MK Soroptimists

Newsletter 62

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Editorial Welcome

Standing up for Women and Girls

August is traditionally a quite month for us, a chance to recharge our batteries, have time with our families and friends before we get into the autumn/winter months of more fund raising. But it was not too quiet.

August is our month to have a relaxed branch summer party meeting, and we must thank Jean for being such a fantastic host. Pink was our theme. Pink means kindness, femininity, peace. All values Soroptimists support. We provided food and drink in pink, dressed in pink, although I think the Chair went a bit mad with the pink wig. Held a little quiz. This was my favourite question. What started out as a stew in

the middle ages and ended up a pink dessert by the 17th century and a school dessert? Answers on a postcard or find at the end of the newsletter.



And we held a raffle and **raised £102 to go to the Anlung Pi Free school in Cambodia**, who Scottie raises funds for to help provide extra education to the children who live on the biggest dump in that country.

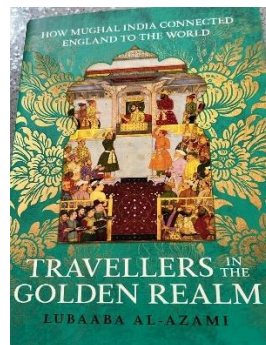
August is also the month of Ukraine's Independence and it was a wonderful occasion to attend. The event was to take place at The Rose MK, but the weather forecast was not good and so it was relocated to the City Church. It was lovely to join in with the Ukraine families and celebrate their country as well as remember the sacrifices that are taking place. Every time we attend this event I am inspired by their courage, by their positive attitude, their can do. And as you can see below, **we were able to present a box of medical supplies, kindly donated by our soroptimist friend Pat.** Pat, they are so very grateful, thank you.



We were joined by our YMCA colleagues Lorraine and Megan on the 27 August at Dobbies for our Orange Café. They just wanted to come along and help us out to say a thank you to us for all we do for them. That was very much appreciated. Megan has just joined YMCA and is their new Fundraising Officer.

We had a good morning and as you can see we were able to display our new Orange the World banner.

Our next Orange Café will be at MK College, Chaffron Way on Tuesday 24. The day will be from 9am to 4pm and we do need volunteers to help us. We would like to have a rota of 2 people per couple of hours. Please let Sue know if you can help.



We were busy on 31 August. It was lovely to be invited by the High Sheriff of Buckinghamshire to a book launch at the Cowper Museum in Olney. We were there to see the launch of the book "Travellers in the Golden Realm" by Lubaaba Al Azami, a local lady from Bletchley.

This book brings the Mughal world of the seventeenth century to life in all its complexities. Lubaaba Al-Azami tells the story of how the English tried to navigate the dazzling wealth, power, and cultural dynamism of the Indian subcontinent, though rarely with success. If any members would like to read this book, we have a copy, just let me know. You can also find this available online, via Amazon and other suppliers. To find out more about the book [click here](#) to read a Times article.

A big thank you to Miss Quiz and all the quiz contestants at our Fish and Chip Quiz night on 31 Aug. We had a great night, raised £562 to be distributed amongst the charities we support and one of our tables scored 90 points, does that count as one of our 90 Challenges, I think so.

We are already looking at a date for 2025 and will let you know as soon its agreed. In the meantime, here is a list of quiz's coming up, they are great fun and all are raising funds for local charities. If you like quiz's, good food and great company why not try one of these:



Sat 5th Oct "Fields of Gold" Concert in Simpson Church. 7.00p.m. Bring & Share Supper

Sat 12th Oct Quiz in Simpson Church for Church Funds

Sat 26th Oct – Quiz in Simpson Church for the Royal National Lifeboat Institute (RNLI)

Contact Mis Quiz to reserve places. Email <mailto:missquiz@sky.com>.

Just a reminder with regard to the Modernisation Proposals, there are 3 dates planned this September to give members the opportunity to for a Q & A session.

The dates are on:

Tuesday 17 September 2024 at 19.30

Wednesday 18 September 2024 at 19.30

Sunday 29 September 2024 at 13.00.

You can register via the events section of the Hub. The links to each meeting will be sent out just prior to each meeting but I have also included the link, [Click here](#) to register for one of these dates



And just a quick reminder that the Ukraine Art Exhibition at Central Milton Keynes Library is open to all.

This exhibition presents British and Ukrainian arts, craft works, historic documents, books and artefacts, sculptures, and demo installations and aims to highlight the dramatic journey of Ukraine to democracy, freedom and independence in the past, its present

and its hopes for a peaceful future. The displays reflect the unity between both nations with gratitude to the supporters of Ukraine during the dark and tragic times of war.

The show is running from 6 to 28 September.

Opening times:

Mon to Wed, Frid 9am to 6pm

Thursday 9am to 8pm

Saturday 9am to 5pm

Sunday Closed

This month as promised here are some photos of the Zimbabwe Heritage/Culture/Landmarks Showcase event held at MK City Library in July and that Angela took part in. The vision of the show was to show the Zimbabwean way of life and to carry on the legacy of their fore-fathers. The show hopes to teach the young people, growing up in the dispora about the Zimbabwe culture and norms. Zoom panel discussions regarding the Zimbabwe culture/ heritage were also held. There were also two events on 7 and 8 September. To learn more and get in touch with the community, there is a website, [click here](#)



Don't forget, if anyone has any interesting articles, they think the rest of us would like to learn about please send to me or if you want write an article for the newsletter, that would be most welcome.

Soroptimist International Milton Keynes
Presents an evening
of musical entertainment with
Musica Charity Choir MK

Musica Charity Choir MK

**Saturday 14 December 2024,
7pm at
The Mead Centre, High Street, Newport Pagnell**

Refreshments, Raffle and a silent auction for a Handmade Quilt during the interval as well as a craft stall for those Xmas bargains

Tickets £12.50 per person

Contact soroptimistsmk@gmail.com to reserve a place

MKfact **UnityMK** **Work365** **YMCA**

Parking spaces including disabled through the arch (limited spaces) or behind the Medical centre in Silver Street and opposite the Fire Station.

And before I go, we were really saddened to cancel our 2nd Afternoon Tea scheduled for 18 September but all our friends are such busy people. However, Afternoon Tea celebrating International Women's Day will take place on Wednesday 5 March 2025. Details to be confirmed. Please put in your diary and bring as many friends with you as you can.

Another date for everyone is our Music event presenting Musica Charity Choir MK on Saturday 14 December, 7pm at The Mead Center, Newport Pagnell. Please share this with all your friends. We really hope you can come along; it will be a great musical evening. There will be refreshments, a raffle and a silent auction of one our quilts made by our members.

As always, happy reading everyone.

Soroptimists standing up for Women and Girls Sue Key, Chair

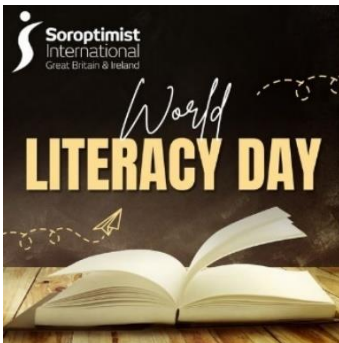
Here are the next few months Dear Diary dates.

Dear Diary Dates	
Tue 17 Sep	Branch meeting. 5.30pm , Westcroft Morrison Community Room (back of Café), Westcroft
Tues 24 Sept	Orange Café, 9am till 4.00pm, MK College, Chaffron Way, Woughton
Wed 25 Sept	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tue 15 Oct	Branch meeting. 5.30pm , Westcroft Morrison Community Room (back of Café), Westcroft
Thurs 17 Oct	YMCA Community Lunch, 12 till 20pm at YMCA, CMK Soupfest theme

Thurs 17 Oct	Theatre Trip, Cabaret, MK Theatre with meal before
Tues 22 Oct	Orange Café, 10 till 1.00pm, Dobbies, Fenny Stratford, Bletchley
Wed 30 Oct	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tue 19 Nov	Branch meeting. 5.30pm , Westcroft Morrison Community Room (back of Café), Westcroft
Sat 23 Nov	MK Snap Xmas Fayre, 1 to 5pm, MK Snap
Mon 25 Nov	MK City Council White Ribbon Event, 12 till 2pm, Room 1.02, Civic Offices
Tues 26 Nov	Orange Café, 10 till 1.00pm, Dobbies, Fenny Stratford, Bletchley
Wed 27 Nov	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Sat 30 Nov	Xmas Fayre, 10.00am to 5pm, Mead Center, High Street, Newport Pagnell
Sat 14 Dec	MK Musica Charity Choir Fundraising event, 7.00pm Mead Center, High Street, Newport Pagnell
Tues ? Dec	Members Christmas Dinner. Date and venue to be confirmed

2024 Regional and SIGBI Conference Dates	
12 Oct	SILC Region Conference AGM/Conference. NOTE CHANGE OF DATE AND VENUE 10.30am to 4.30pm, Lancaster House, 35 Craven Terrace, London, W2 3EL
1-3 Nov	SIGBI Conference Edinburgh Details to be confirmed

World Literacy Day



8 September is World Literacy Day. Literacy empowers and liberates people. Beyond its importance as part of the right to education, literacy improves lives by expanding capabilities which in turn reduces poverty, increases participation in the labour market and has positive effects on health and sustainable development.

As Soroptimists, we know that women powered by literacy have a positive ripple effect on all aspects of development. They have greater life choices for themselves and an immediate impact on the health and education of their families, particularly the education of girl children." **Read SIGBI new blog written by Soroptimist Mary Hession in full, [Click here](#)**

SIGBI latest News/blogs



Click here to read all the latest news articles and blogs. Includes:

- World Literacy Day – 8 September
- Trafficking in Persons – 30 July
- Friendship – 30 July
- World Elder Abuse Awareness Day – 15 June 2024

Soroptimist International News and Blogs - read the latest



Read the latest Soroptimist International News articles including, [click here](#):

- Our Voice at the United Nations – Nairobi, UNCSC
- Annual Report 2023 – SI Foundation Focus
- Annual Report 2023 – Global Impact Focus
- Annual Report 2023 – Global Policy Focus

Click here to see all the Soroptimist International blogs, including:

- Human Rights Council Discussion: AI, Tech and Human Rights
- Safeguarding Education in Conflict Zones
- Opening session for the 56th Session of the UN Human Rights Council
- Uniting For Impact: Dialogue between UNESCO and Partner NGOs
- UNCSC 2024: A Crucial Platform for Global Dialogue
- Global Challenges, Unified Solutions: Reflections for UNCSC 2024
- The Future We Want: Youth Take center stage
- The World Programme for Human Rights Education
- Artificial Intelligence: New Scenarios

Blake Lively: My domestic abuse film is tragic and inspiring



For many young women, there have been very few film adaptations as hotly anticipated as Colleen Hoover's *It Ends With Us*.

The 2016 book became an internet sensation a few years ago - it took TikTok's #booktok by storm with more than one billion tags and sold 20 million copies as the number one New York Times bestseller.

While on the surface the film appears to be a standard romantic comedy, it comes with a dark twist. Starring Gossip Girl star Blake Lively, it tells the story of Lily Bloom, a young woman who grew up witnessing domestic abuse and winds up in the same position years later. **Click here** to read the full BBC article. (GETTY Image)

Police inbox for victims of violence not monitored



A woman who was held at knife point by her former partner has said it is disgraceful a police email inbox for reporting incidents of violence and abuse was not monitored for nine months.

Sadie Hopkins, 50, from Shrewsbury, Shropshire, sent a message to West Mercia Police's violence against women and girls inbox after a chance encounter with her attacker, but did not get a response.

A BBC investigation discovered the inbox had not been checked, with 26 messages going unread. To read the full BBC article **click here** (BBC News Image)

Simone Biles - an Inspiration



They called her weak, a quitter, a disgrace to her team and country. Simone Biles came back not just to become the greatest gymnast of all time but she has taught the entire world a very important lesson:

That success doesn't have to come at the cost of your health & safety. That your greatest achievements come when you do take care of yourself, physically, mentally & emotionally. **THANK YOU Simone Biles for being a pillar of strength and the example our society has needed. To read more about Simone Biles, her ups and downs her fight against abuse in the gymnastic world. Click here** to read the full Wikipedia page. (BBC Image)

Alice Milliat – the mother of the Olympics



Alice Milliat (May 1884 – May 1957) was a pioneer of women's sport. Her lobbying on behalf of female athletes led to the accelerated inclusion of more women's events in the Olympic Games.

And this year the Paris Olympics was the first since the Olympics commenced in 1896 to provide places equally to female and male athletes. In 1900 the Paris games were

the first to allow women to compete. Of the 997 athletes back then, just 22 were female. 124 years later, Paris made history again by being the first ever Olympic games to achieve numerical gender parity. [Click here](#) to read learn about Alice Milliat and [Click here](#) to read an article on How Paris 2024 became the first gender-equal games in Olympic history (Wikipedia Images)

Love should be respected - Geyse on homophobic abuse



Manchester United and Brazil forward Geyse vowed to “not remain silent in the face of prejudice” after being the target of homophobic abuse, as a result of sharing pictures online with her female partner. She said the “deeply hurtful” messages “reflect a mentality that is not in line with the values of respect and empathy that we should all promote as a society. To read the full BBC Sport report [click here](#). (GETTY Image)

Heritage Open days - near you



This year’s Heritage Open days are up and running. There are hundreds of venues across the country open to visit and explore.

Just click on the event directory and find somewhere to visit, whether its whilst you are on holiday or local to you. [Click here](#) to view the event directory and explore where you could visit.

Locally this includes the Ukraine art exhibition at CMK Library and their Poetry event.

Woman wins payout after “sexsomnia” rape case dropped



A woman has received £35,000 in compensation after her rape case was dropped amid claims she could have had an episode of “sexsomnia”.

Jade Blue McCrossen-Nethercott, contacted police in 2017, telling them she thought she had been raped while asleep. She said she had woken up half-naked, finding her necklace broken on the floor. [Click here](#) to read the full BBC article. (BBC Images)

Ex-PM’s daughter picked as youngest ever Thai leader



Thailand’s parliament has picked Paetongtarn Shinawatra, the daughter of billionaire tycoon and former leader Thaksin, as prime minister.

At 37, she will be the country’s youngest PM and the second woman in the post, after her aunt Yingluck. Ms Paetongtarn faces the difficult task of reviving Thailand’s stalled economy and avoiding the military coups and court interventions which have deposed four previous administrations led by her party. [Click here](#) to read the full BBC article (GETTY Images)

The Guardian view on Femicide: why we count the women who die



At least 50 women in the UK have allegedly been killed by men so far this year. This violence must be acknowledged – and acted upon.

It is around half a century since the idea of femicide was introduced by feminists. It is “a term that specifically points to and politicises the sexist, patriarchal, misogynistic killing of women and girls by men”, wrote one of the key developers, activist and scholar Diana Russell.

The point was not merely to identify a problem: it was to challenge people to recognize and act upon it. [Click here](#) to read the Guardian article. (picture Steve Taylor/SOPA Images/REX/Shutterstock).

Leah Croucher's family warn system needs to change



The family of a teenager abducted and killed by a wanted sex offender believe other families will suffer the same “soul crushing consequences” unless the probation system changes.

Leah Croucher, 19, disappeared while walking to work on 15 Feb 2019. Her remains were discovered in Oct 2022 in a house in Milton Keynes – less than half a mile from her home. The coroner at the inquest into her death called for a review of the monitoring of sex offenders in the community after failings were identified.

[Click here](#) to read the BBC article. (picture Milton Keynes Coroner's Court/PA Images).

Technology Facilitated Domestic Abuse - TFDA



What is Technology Facilitated Domestic Abuse? TFDA is rapidly becoming the norm rather than the exception. It is where perpetrators misuse technology to track locations, monitor partner's online activity, damage their personal relationships/character, cause harm emotionally, physically, psychologically etc.

TFDA is intricately linked with coercive control. Technology allows domestic abuse perpetrators an enhanced level of access to information about their partner and children.

The SIGBI Safeguarding team have put together a very informative presentation. If you go to the Hub, click on Library, click on Governance, click on Safeguarding then click on Safeguarding Topics-presentations and look for Safeguarding – Technology Facilitated Domestic Abuse presentation. There are some useful guidance tips to help protect yourself.

Afghan women to finish medical studies in Scotland



Nineteen female medical students banned from attending university in Afghanistan are to complete their studies in Scotland.

They were forced to give up medicine after the Taliban retook control of Afghanistan three years ago and clamped down on women's rights.

Lewis based charity the Linda Norgrove Foundations worked with the UK and Scottish governments to arrange visas and places at medical schools. [Click here](#) to read the full BBC article (PA Media Image)

Woman, 102, becomes Britain's oldest skydiver



A woman has become the oldest skydiver in Britain after she jumped out of a plane aged 102. Manette Baillie has previously taken on other challenges including when she drove around Silverstone in a Ferrari at 130mph for her 100th birthday.

Manette says “I just want other people who are getting towards 80 and 90 not to give up anything. Just keep going.” [Click here](#) to read the full BBC article (UK Parachute Services Ltd/Goldster Image)

As a GP, I don't match people's idea of a domestic abuse victim. I'm confused how I got here too.



“I don't believe someone with your professional background could have been in an abusive marriage for 15 years.”

I had just met the person sharing this abrupt assessment at the first function I attended after ending my marriage. I had not confided in them about the relationship: they heard this from others. I wish I'd been sufficiently emboldened at the time to re-educate them but I wasn't. Instead, I felt small and ashamed, and mumbled something about it not making sense.

[Click here](#) to read the full BBC article (PA Media Image)

Pink Quiz question



Pink blancmange is the answer.

It dates from the 14/15th century and was a stew initially with ingredients including: milk/almond milk, shredded chicken/fish, rosewater, rice. On festive occasions colour agents would be used. Saffron for reddish gold, herbs for green. By the 17th century it had become a dessert and I am sure a number of us remember it from school meals. Especially being able to turn your bowl upside down and it stayed in the bowl.

Inspiring Women - Be Inspired



Cecilia Payne
1900 - 1979

A British-American astronomer and astrophysicist. In her 1925 thesis proposed that **stars** were composed primarily of hydrogen and helium. Her groundbreaking conclusion was initially rejected, because it contradicted the science of the time, which held that no significant elemental differences distinguished the Sun and Earth. Independent observations eventually proved she was correct. Her work was foundational to modern astrophysics. To learn more [click here](#).

Picture Wikipedia.



Mary Morton goes out into the parks and streets of Edinburgh to repair the clothes of passers-by for free. The 67 year old has built an army of volunteer street stitchers who work across the city.“

Brought by WomensArt1, Twitter page link is <https://twitter.com/womensart1>

UN International days and Awareness days - Sept 2024

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.**

5 Sept	International Day of Charity		
7 Sept	International Day of Police Cooperation	World Duchenne Awareness Day	International Day of Clean Air for Blue Skies
8 Sept	International Literacy Day		
9 Sept	International Day to Protect Education from Attack		
12 Sept	United Nations Day for South - South Cooperation		
15 Sept	International Day of Democracy		
16 Sept	International Day of Science, Technology and Innovation for the South	International Day for Interventional Cardiology	International Day for the Preservation of the Ozone Layer
17 Sept	World Patient Safety Day (WHO)		
18 Sept	International Equal Pay Day		
20 Sept	World Cleanup Day		
21 Sept	International Day of Peace		
23 Sept	International Day of Sign Languages		
26 Sept	World Maritime Day	International Day for the Total Elimination of Nuclear Weapons	
27 Sept	World Tourism Day		
28 Sept	International Day for Universal Access to Information		
29 Sept	International Day of Awareness of Food Loss and Waste		
30 Sept	International Translation Day		

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](#)

SI:MK support these local charities:

