



Save our Sanity

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



31 December 2022

MK Soroptimists

Newsletter 45

In This Issue

[click on one of the following titles to take you to the article](#)

- Editorial Welcome
- Dear Diary dates
- SI London and Chiltern 11 March Regional meeting
- SIGBI 2023 London Conference
- Local Thames Valley Police Crime survey
- TVP new VAWG Strategy
- SI latest Blogs
- SIGBI – Latest Blogs
- SIGBI Dec 2022 Magazine out now
- Inspiring Women - Be Inspired
- UN International Days & Awareness days – Jan
- Our Twitter feed and web page

Editorial Welcome

This is a **good time of the year to reflect back on our year and what we as Soroptimists** have been able to achieve because in January, we will have our branch meeting with our charities to learn from them what they want going forward and our planning day on Sat 28 January to discuss amongst ourselves what we want to achieve in 2023. To start us preparing for our Planning Day, below is the Vision and Mission of SIGBI.

We are part of an international women’s voluntary organisation working to improve the lives of women and girls at a local, national and international level.

Vision - Women and girls will achieve their individual and collective potential, realise aspirations and have an equal voice in creating strong, peaceful communities worldwide.

Mission - Soroptimists transform the lives and status of women and girls through education, empowerment and enabling opportunities.

Our Mission is: *SI:Milton Keynes seeks to improve the lives of women and girls by initiating, supporting and promoting programmes leading to social and economic empowerment*



Our Values:

We are
Caring, Determined, Committed,
Loyal, Friendly
and Inclusive

Our Vision:

Women and girls in Milton Keynes' area have the resources and opportunities to reach their full potential and live their dreams

2022 Calendar Year in Pictures

At our January meeting we welcomed our charities MK Act, YMCA MK and the Winter Night Shelter, to hear about their year, challenges and how we can help them. Each charity was presented with a £100 donation and a "Clean Start bucket" for those residents about to make a new start in life.



Our February Planning day and showing support for IWD 2022 campaign theme "BreaktheBias"

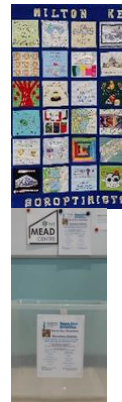


March was a busy month. We held our wonderful International Women's Day tea and cakes, with our speaker Kay Smith from

MK Community Foundation telling us all about the work of their Women's Fund. This event raised £800 which was split between our charities and £400 going to **SI Krakow to help with the Ukraine Crisis**. We appeared on BBC Look East to promote **International Women's Day**. Donations this month included Bras to Smalls for Us, Clean Start buckets to our charities and the Winter Night Shelter also received 3 single duvets, 4 pillows, 6 duvet sets. March finished off with our first craft stall at Bletchley and Fenny Stratford Town Council raising £80.



April saw Bee land our first project sponsor with Dunelm now providing each month essentials for our Clean Start Buckets project.



April also saw us joining in to celebrate the 10th anniversary of #LoveMK Posting our quilt celebrating Milton Keynes on our Twitter Feed



May is Soroptimist Membership Month and we were pleased to welcome two new members, Rosella and Carol.

And in May we celebrated setting up two new Toiletry collection points at the Mead Centre Newport Pagnell and at the Red House Surgery Bletchley.



June and more celebrations with our Platinum Jubilee and Pre Loved Clothes sale which raised over £450. In June we welcomed Age UK to our branch meeting for a fascinating talk and **donated 150 SIM cards to young Afghan people** staying here in Milton Keynes.



July continued with more celebrations – MK Snap 30th birthday, the Lionesses winning the world cup. We celebrated SIGBI day with our sister club St Albans and a lovely walk round Great Linford to look at the wonderful trees. And held our 1st Fish and Chip Quiz night after Covid raising over £500. Thank you Miss Quiz.



September saw the club pay tribute to Her Majest Queen Elizabeth 11 at MK Rose on the 12 Sept. A truly inspiring woman. And our true friend Rowena made 11 handcrafted quilts we donated to YMCA MK

It was lovely to welcome MK Foodbank to our Sept meeting and I know we were much inspired by Louisa Hobbs and the situation here in MK. On 30 Sept we made the first of 2 appearances on Stony Radio to promote ourselves and also our Music event. This was when we were first introduced to the Ukrainian families living in MK. And Sept also saw us taking part in the Victims Commissioner research into the effectiveness of Domestic Violence Courts. Thank you those able to support this project.



On 1 October some members had the privilege of attending a zoom meeting with Soroptimist International Krakow to find out how our donation was used to support their work with refugees from Ukraine. After appearing on Stony Radio last month, on 7 Oct we were able to donate 5 sacks of winter clothing to the Ukrainian families staying in MK. We invited the Ukrainian families to our Music event this month, which raised over £600. This donation was split between the families here and SI Krakow for their continuing work with the refugees in Poland. October saw the launch of YMCA Soup Festival initiative and we helped by supplying a recipe from our friend Alison. The month ended with some of our members attending the SIGBI conference in Belfast to meet up with other soroptimist sisters.



In November It was a privilege to lay a wreath, made by the wonderful learners of MK Snap, on Remembrance Day to remember all those women who served and died in war conflicts.



The 2 car loads of blankets, duvets and winter coats were donated in November to the Help Ukraine Appeal, based in Blakelands, MK. Two vans went out to Ukraine on 5 Dec and 28 Dec.



At our November meeting we made a great start to this year's Orange the World 16 Days of Activism with speakers Debbie Brock the High Sherriff of Buckingham and Kelly Gardner Detective Superintendent Domestic Abuse and Stalking. On 25 November International Day for the Elimination of Violence Against Women and White Ribbon Day, SI MK took part in MK City Council SaferMK team event to promote the day and raise awareness with council staff on ending violence against women and girls. And that was just the start. Each day

on our Twitter account along with a number of other Soroptimists clubs we raised the issues of the 16 Days of Activism and ending violence against women.



And to finish November off we held two craft Fayres in one week.

On the 23 November MK Snap held their first Xmas on Sat 25 Nov we had a xmas stall at the Mead Centre in Newport on the day they were switching on the xmas lights. Thank you, all our sewers and volunteers, over those two days. We raised over £200 for our charities, best ever to date and we had a great time too.



December started with Jean and I popping in to the Winter Night Shelter to hand over a cheque for £300, as a result of previous fund-raising events and present them with this month's Clean Start Buckets. Emma Johnson, the new manager there thanked us for both and for all the help we

provide throughout the year. We then popped into the YMCA with a couple more buckets.



And at last after Covid we were able to get back to providing the traditional xmas treats for our charities we have done in the past. **A buffet for the Winter Night Shelter, Tesco food vouchers for MK Act and a full xmas turkey lunch for the supported living residents at YMCA.**



On the Big screen on 10 Dec at MK Dons home match, during the interval, the screen presented shots of a MK Dons male and woman player promoting White Ribbon, which we had a part in helping to achieve. And at the Ousedale school for a week our school presentation raising awareness on Violence against women, the

16 Days of Activism, Orange the world and White Ribbon campaigns and useful contact details was presented to their school assemblies.



How we're working towards this goal:
 We are supporting those people in greatest need in the UK to eat well and have access to good food.

How we're working towards this goal:
 Our work supports greater access to high quality nutritious meals for all, produced through a fair and sustainable food system.

How we're working towards this goal:
 We are preventing diet related ill health and supporting farming systems that are much better for the health of farm workers through reduced exposure to pesticides.



How we're working towards this goal:
 We promote, support and deliver education on healthy and sustainable food and farming.

How we're working towards this goal:
 We enable gender equality by encouraging greater uptake of Fairtrade produce, which actively supports gender equality.

How we're working towards this goal:
 We enhance access to drinking water, encourage water saving, and support farming systems that reduce contamination.

How we're working towards this goal:
 We support and encourage organizations to save energy and make use of renewable energy.

How we're working towards this goal:
 We support local economic growth through good procurement practices and connecting farmers and food businesses with access to local markets, creating social value and supporting local jobs.



How we're working towards this goal:
 We facilitate farmer-led innovation which helps to future-proof the food systems.

How we're working towards this goal:
 We work to a vision of Good Food for All. Everyone has access to good food, wherever or wherever you are.

How we're working towards this goal:
 Our work promotes and facilitates economic, social and environmental networks and partnerships through good food.

How we're working towards this goal:
 We support responsible management of natural resources through our schemes.

How we're working towards this goal:
 We deliver and promote food and farming practices that strengthen resilience against and help to mitigate the climate crisis.



How we're working towards this goal:
 We support marine conservation through responsible sourcing, and help develop more sustainable models for aquaculture.

How we're working towards this goal:
 We facilitate sustainable farming and forestry that supports healthy soils, wildlife, and the natural world.

How we're working towards this goal:
 We hold institutions accountable to mandatory standards around food and democratic and citizen lead approach to action around food.

How we're working towards this goal:
 We work in partnership with other organisations and share learning where possible through international projects, connections and conferences.

All of this work will get reported back to SIGBI through Programme Action Reports. The Programme Action reports are set up to enable clubs and SIGBI to show how we are working towards achieving the **UN's Sustainable Development Goals (SDG's)**. There are 17 UN SDG's and they are grouped under the 5 P's:

- People – SDG's 1-5
- Prosperity – SDG's 7 – 11
- Planet – SDG's 12 – 15
- Peace – SDG 16
- Partnership – SDG 17

We work through Education, Empowerment, Enablement (3 E's) supported by Awareness (raising), Advocacy and Action (3 A's).

All our work is linked to the Sustainable Development Goals whether it's local, national or international.

Here are some links for you to read prior to our January meetings.

SIGBI – What we do [Click here](#).

SIGBI - Our Projects. [Click here](#)

SIGBI – People [Click here](#) Prosperity [Click here](#) Planet [Click here](#) Peace [Click here](#) Partnership [Click here](#)

We have our branch meeting on 17 January to hear from most of our charities about their year and looking forward. This will certainly inform us for our planning day on 28 January.

I hope this editorial has given you something to think about and am looking forward to all your ideas on what we can do in 2023.

We have had a busy year and I hope like me you feel we have been able to support our charities as best we could and I hope that we can go from strength to strength in 2023. On that note, may I take this opportunity to thank you one and all for all your hard work and support to all our charities and causes. You have all been marvelous and let's do it again in 2023. May I wish you all a Happy New Year and Happiness and Health for 2023.



Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
Tues 17 Jan	Branch meeting with speakers from our charities. 5.30pm, Acorn Training Centre, Westcroft
Wed 25 Jan	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Sat 28 Jan	Planning Day Details to be confirmed. Venue Acorn Training Centre, Westcroft
Tues 21 Feb	Branch meeting with speakers from our charities. 5.30pm, Acorn Training Centre, Westcroft
Wed 22 Feb	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 7 March	International Women's Day Fund Raising Event. Afternoon tea and cakes. 3.30pm to 5.30pm at MK Snap. Details to be confirmed
Wed 8 March	International Women's Day – watch out for local events
Sat 11 March	SI London and Chilterns Region Meeting Conference and celebration of International Women's Day
Tues 21 March	Branch meeting with speakers from our charities. 5.30pm, Acorn Training Centre, Westcroft
Wed 29 March	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

SI London and Chilterns Regional Mtg - 11 March 2023



SILC Region Meeting/Conference and Celebration of International Women's Day – Sat 11 March 10am to 4pm in person Lancaster Hall Hotel <https://www.lancaster-hall-hotel.co.uk/> 35 Craven Terrace, London W2 3ELM More details will be available nearer the time.

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.

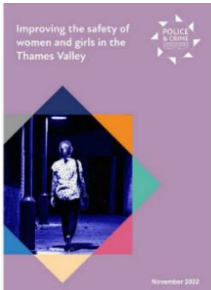
Local TVP Crime survey out for completion



This survey is an opportunity for Thames Valley residents to share their experiences and have a say in how policing services are shaped in the Thames Valley (Berkshire, Buckinghamshire and Oxfordshire). The information you provide will help inform the Office of the Police and Crime Commissioner (OPCC) on any gaps or improvements that could be made in the future.

Please complete to help shape requirements in our area and especially around keeping women and girls safe. [Click here](#) to complete survey.

Thames Valley Police Commissioner announces new VAWG strategy



Matthew Barber has announced a force wide strategy aimed at improving the lives of women and girls.

The Thames Valley Police and Crime Commissioner announced on 22 November a new strategy to make streets safer for women and girls across the Thames Valley area.

He says Violence against women has been brought into sharp focus by recent tragic and high profiles cases within the force.

Announcing the strategy, Matthew Barber said: “The risks to both women and girls in our communities can take many different forms, from domestic abuse to public place harassment, stalking to sexual violence. Therefore, it is important that a variety of responses are in place to ensure the Thames Valley is a safer place for all women and girls. [Click here](#) to read the above full strategy.

In addition to the above, after our wonderful evening with Debbie Brock and Kelly Gardener, Kelly has kindly forwarded to us the following documents:

Thames Valley Police Domestic Abuse and Stalking Strategy 2022 – [Click here](#) to read

Thames Valley Police VAWG Strategy Plan 2022/23 – [Click here](#) to read

Soroptimist International Blogs - read the latest



There are a number of new Soroptimist International Blogs to catch up on, including blogs linked to 16 Days of Activism.

[Click here](#) to see these blogs.

SIGBI - Latest Blogs and News issues



Articles include latest Blog from SIGBI Membership Director; International Migrants Day, Human Rights Day Webinar.

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

SIGBI News - Dec 2022 issue out now



This issue focusses on the SIGBI Conference which was held in Belfast in October. Plus there is Club News and a welcome to our first e-Club, SI Libertas.

[Click here](#) to read on SIGBI website.

Inspiring Women - Be Inspired



**Remember
All women
you, me, everyone
we can all help each other
we can all achieve**

Just believe in yourself and be you



Georgina Frost was denied from succeeding her father, who worked as petty sessions clerk in Co. Clare, Ireland, when he retired. Her case was heard in the House of Lords in 1920, by which time the Sex Disqualification (Removal) Act 1919 meant that she was duly appointed.



1920

Georgina Frost
The first woman in the United Kingdom to hold public office

UN International days and Awareness days - January 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.**

4 Jan	World Braille Day
24 Jan	International Day of Education
27 Jan	International Day of Commemoration in Memory of the Victims of the Holocaust

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:

