



# Save our Sanity

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



28 February 2023

MK Soroptimists

Newsletter 47

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## Editorial Welcome



**We had a great meeting this February, as we welcomed Viktoriya Shatenko, Co founder of the Ukraine22 Appeal as our newest linked charity.**

It was quite inspiring to hear about their work in sending out vital support back to the Ukraine but also the work they are doing here in Milton Keynes to help and give advice to all the mums and children. Viktoriya updated us on the new after school, called Sunflower school now running on Saturdays at present and located at Summerfield School. It provides supplementary lessons on language, culture art and educational games. It is hoped to extend it but they do need materials and funding.

Viktoriya mentioned that they are desperately looking for a logistics firm to help them get goods back to the Ukraine, especially medical items. She has had hospitals contact her to say they need all types of medical equipment and medicines.

As a result, Rosella has already been round a number of charity shops and now has a car load of crutches to give to Viktoriya and is speaking to a local Pastor who may know of a Logistics firm who might be able to help.

But if anyone knows of any de commissioned medical supplies please let Viktoriya know as we can see from the news, the war is getting worse.

And Viktoriya concluded her talk to us by saying her long term project is to have a Rehabilitation centre. I hope we can help the Ukraine Appeal charity in whatever way we can. I came away from our meeting inspired by her energy, her can do and positive attitude to find ways to help both the Ukraine community here and back home.

Please put these reminders of events in your diary the Ukraine Appeal have planned and I hope we can support:

- March – Art Exhibition at Central Library for refugees and children.
- April – Easter event Musical performance by refugees.
- Halloween and Xmas



It was a great privilege to attend and show our support at the memorial service at Christ the Cornerstone Church on 25 February to mark one year of the Ukraine War. This situation will not end soon and we may be a small group but whatever help we can give whether it is funding, supplies and through friendship all will help. That's what we Soroptimists are good at.



Last month we reported that we couldn't believe how many SOS toiletries we had to sort through in January and it was lovely to see our charities faces when they saw how many smellie items we delivered to them.

We will be getting together every quarter to sort and distribute these to our charities so please do continue to encourage your friends to donate any unused toiletries to us. And if you know of

any where who will be willing to take on a box at their premises for people to drop toiletries into please let us know. We are grateful to our current sites at Red House GP surgery, Great Linford Parish Council offices, The Mead Centre and MK Snap.

**This February saw MK Community Foundation publish their latest Vital Signs report, which I would strongly recommend everyone to have a read of it as it helps us with looking at our projects and how we can support our community**



With a population growth rate of 15% between 2011 and 2021 MK is one of the fastest growing places in the UK. And compared with the average in the UK the city continues to have a high proportion of young people and the proportion in older age groups is growing rapidly.

Violence crime has risen since 2013. These are just a few interesting facts for us to think about when we are looking at what work to do in our community. [Click here](#) to see the long and short reports.

In the month of March, we have International Women’s Day. I want to leave you with the following words on Why do we celebrate International Women’s Day? This article was written by Ivete Hunt from Soroptimist Bristol and I hope you find it as inspiring as I do.



There is a wonderful image that comes to mind when we imagine women all over the world supporting each other and celebrating each other’s achievements, not only on International Women’s Day, but throughout the year. Imagine... just imagine how much more we can achieve when we join forces with other women and become a powerful influence for good!

We know that women are very important in the prosperity of the world and for this reason it is imperative that they are offered quality levels of education. Education for women and girls is a human right that is being eroded in many parts of the world today. Today, it’s terrifying to see the talents and abilities of so many women being stifled. Clearly, it’s a very short-sighted attitude which must not go unchallenged.

Gender inequality is not only a pressing moral and social issue but also a critical economic challenge, as women’s economic empowerment depends on their ability to participate equally in the existing markets. Women’s education will facilitate gender equality.

It is widely accepted that when there is women’s involvement the likelihood of peace being achieved is much greater and in so many areas of the world today there is a pressing need of peaceful intervention. Women can achieve that if they have the opportunity to contribute.

Soroptimists have an important voice on women’s issues at the United Nations through the Commission on The Status of Women, which is also taking place in March and on which we have representation. We can lobby. We can advocate. We can influence change. The whole idea of a ‘sisterhood’ as we find between Soroptimists merits strong promotion in order to attract women of all ages and backgrounds who can join us and who can positively contribute to improve the lives of women and girls in their communities and around the world.

Together we can and together we will empower women. The time is now. Become a Soroptimist! Encourage your friends.

It is a good time to talk about becoming a Soroptimist. May, Membership Month will soon be upon us. Please could you all have a think about and let’s discuss how we can get more members. Where can we put posters to recruit members and what should they say? Should we hold some coffee/tea events? If you are part of another group, how do they get more members, what has been successful for them and could it be for us. Please consider and come along to our next meeting with ideas. I leave you below with some of the new SIGBI posters to start you thinking.





Happy Women's Day to you all, together we are empower each other, we support each other

Sue Key, Chair

## Dear Diary updates

Dear Diary Dates	
<b>Tues 7 March</b>	<b>International Women's Day Fund Raising Event. Afternoon tea and cakes. 3.30pm to 5.30pm at MK Snap. Details to be confirmed</b>
<b>Wed 8 March</b>	<b>International Women's Day – watch out for local events</b>
Sat 11 March	<b>SI London and Chilterns Region Meeting Conference</b> and celebration of International Women's Day
Tues 21 March	Branch meeting. 5.30pm, Acorn Training Centre, Westcroft <b>Speaker Ben Thomas, Director MK Citizens Advice</b>
Wed 29 March	<b>Friendship Lunch</b> 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 18 April	Branch meeting. 5.30pm, Acorn Training Centre, Westcroft
Wed 26 April	<b>Friendship Lunch</b> 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

## Ukrainian Art Exhibition - 11 March - 11 April



Ukraine Appeal and the Chernobyl Relief Foundation in the UK are staging a Ukrainian art Exhibition called "PeaceHopeUkraine" from 11 March to 11 April at Milton Keynes Central Library.

The exhibition aims to mark a year since Russia's invasion of Ukraine. It will feature art work by refugee Ukrainian artists and children. Please try to pop in and see the work.

## 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.

## Women to be inspired by - First Woman Commons Speaker



The first female Speaker of the House of Commons Betty Boothroyd has died aged 93.

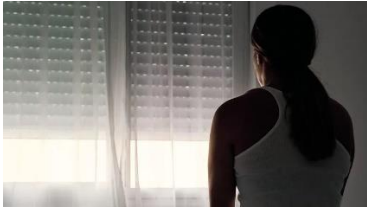
She served as Speaker from 1992 to 2000, before going on to become a baroness in the House of Lords from 2001.

The current Speaker Sir Lindsay Hoyle described her as "an inspirational woman" who was known for her "no-nonsense style".

To read the full article, [click here](#).

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## DA - Most dangerous offenders to go on sex offenders register



In February the Government is proposing a law change, which will see the most dangerous Domestic Abuse offenders go on to the sex offenders' register.

Police will be required to treat violence against women and girls as a national threat ministers state.

To read the full article [click here](#).

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## MEL B: I wouldn't call Police over Domestic Abuse



Pop Star Melanie Brown has said she would not call the police to report domestic abuse because it might not be taken "seriously".

Mel B, one of the Spice Girls, told BBC Newsnight she would only report it if "the whole entire system" of justice was reformed by the government.

She became a campaigner for domestic abuse victims after leaving what she described as an abusive relationship.

To read the full story, [click here](#)

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## Domestic Abuse Commissioner - Mapping Data Report



This month the Domestic Abuse Commissioner, reported that the Mapping exercise they have just completed enabled her for the first time in her career to say that this research evidences the big picture of the gaps of services and the postcode lottery in Domestic Abuse services.

To read the report [click here](#).

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## 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.

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## Govt to create equal school sport opportunities for girls



After helping England win Euro 2022, defender Lotte Wubben-Moy led calls for all young girls to be given the opportunity to play football at school.

To coincide with International Women's Day the Government has pledged a £600m programme to create equal school sport opportunities for girls. Read Lotte Wubben-Moy letter about her journey and campaign. [Click here](#).

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## 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.

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## 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.

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## Ask for ANI (Action Needed Immediately)



The Government launched the Ask for ANI (Action Needed Immediately) domestic abuse codeword scheme to help victims access emergency support from the safety of their local pharmacy.

This month The Home Office has launched a new post code checker to help you access more quickly the nearest pharmacy with a safe space. To learn more [click here](#).

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## Healthwatch MK - Big changes for specialist referrals in MK



Some fairly big changes are on the way for specialist referrals from your GP in Milton Keynes.

Residents in Milton Keynes are set to benefit from quicker access to tests, checks and scans as two new Community Diagnostic Centres (CDC's) are planned for MK in 2023. [Click here](#) to learn more.

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## Heritage Open Days - celebrating women on IWD



March is Women's History Month – and Heritage Open Days celebrates the vital role of women in history.

From suffragettes and explorers to the woman who electrified Salisbury Cathedral and the queen of the tea towel, you can dip into some of their inspirational Extraordinary Women Blogs. To learn more [click here](#).

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## As part of IWD - Check out SIGBI/UKPAC VAW Blog



Check out this month's SIGBI/UKPAC blog on Violence against Women - Murder of Women written by Christina Rollason.

Murder, Domestic Abuse, Femicide, honour killings – the murder of women ... the murder of women by men. In the UK a woman is killed by a man every three days.

To read the Blog in full, [click here](#).

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## Soroptimist International Blogs - read the latest



Read the latest Soroptimist International Blogs including:

- Update on the Economic and Social Council Partnership meeting in January
  - Blog on the governance of social media to counter gender disinformation
  - Is it possible to be hungry in 2030
  - How to address the Food Crisis
- Reflections from CSW67 (Commission on the status of Women) including achieving gender equality and empowerment through innovation, technology and education.

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

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## SIGBI - Latest Blogs and News issues



Articles include why do we celebrate International Women's Day, Membership Director's March message on how to get more members to information on Cervical Cancer Prevention week 23-29 January.

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

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## Minimum marriage age rises to 18 in England and Wales



**A new law increasing the legal age of marriage to 18 has come into force in England and Wales.** Previously people could get married at 16 or 17 if they had parental consent and there was no law against ceremonies for younger children which were not registered with local councils. The new legislation also covers non-legally binding ceremonies. [Click here](#) to read the full story.

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## Sally Alexander and What Women's Day means to MK College



Sally Alexander, CEO and Group Principal of MK College Group for March 2023 International Women's Day said she is of the firm conviction that education is the most important factor in driving equality.

On this, International Women's Day (IWD), our focus is on women in our societies, be they local, national or international. To read her full Blog [click here](#).

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## Vow MK Latest newsletter



[Click here](#) to read March's newsletter from VOW MK including VOW's latest "Learning to Listen project" listening to women of Milton Keynes voices about MK what their thoughts and needs are.

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## There are 52 indicators against the 17 UN SDG Global Goals



Across all the 17 Global Goals (SDG's) there are 52 indicators related to women and girls.

For example, under Goal 5, Gender Equality there are fourteen indicators such as the 'proportion of women in managerial positions and the 'proportion of individuals who own a mobile telephone, by sex.'

But gender equality is not confined to Goal 5.

These 52 indicators are reminders of the intersectional impact of gender equality. That's 52 reminders that gender equality means less poverty, more climate justice, better health, stronger economies, and so much more.



And here's a reminder of 52 times that women's power changed the world for everyone, not just women and girls.

[Click here](#) to read about those 52 times women's power changed the world for everyone.

## Sandi Toksvig calls for CofE bishops to be removed from Lords over same-sex marriage



**Humanists UK Patron Sandi Toksvig, an advocate for women leading their best lives, has called for Church of England bishops to be removed from the House of Lords, over its opposition to conducting same-sex marriages.**

There are only two countries in the world where representatives of the state religion automatically get a seat in the legislature. They are the UK and Iran. A curious and indeed uncomfortable club of two to belong to. 26 bishops from the Church of England, selected by the Church, sit as a matter of right in the House of Lords.

Not bishops from Scotland, Wales, or Northern Ireland, not leaders of our many other beliefs: Muslims, Catholics, all other Christian faiths, Hindus, Jews, Sikhs, humanists, Buddhists, and so on. None of them have an automatic right – just Church of England bishops. To read the full article [click here](#)

## Inspiring Women - Be Inspired



In 2021, Paula Reimer was named Current Archaeology's Archaeologist for the Year, for her research to increase accuracy of radiocarbon dating. In 2013 she won the Geo Society Lyell Medal for exceptional research and this January she was awarded an OBE. To learn more [click here](#).



Contemporary UK printmaker Annie Soudain. To learn more about the artist, [click here](#).

To learn more about inspiring women artists go to <https://twitter.com/womensart1>

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

1 March	<a href="#">World Seagrass Day</a>	
1 March	<b>Zero Discrimination Day</b>	
3 March	<b>World Wildlife Day</b>	
5 March	<a href="#">International Day for Disarmament and Non Proliferation Awareness</a>	
8 March	<b>International Women's Day</b>	
10 March	<b>International Day of Women Judges</b>	
15 March	<a href="#">International Day to Combat Islamophobia</a>	
20 March	<b>International Day of Happiness</b>	<b>French Language Day</b>
21-27 March	<b>Week of Solidarity with the People Struggling against Racism and Racial Discrimination</b>	



21 March	<a href="#">International Day for the Elimination of Racial Discrimination</a>	
21 March	<a href="#">World Poetry Day</a>	<a href="#">International Day of Nowruz</a>
21 March	<a href="#">World Down Syndrome Day</a>	<a href="#">International Day of Forests</a>
22 March	<a href="#">World Water Day</a>	
23 March	<a href="#">World Meteorological Day</a>	
24 March	<a href="#">World Tuberculosis Day (WHO)</a>	
24 March	<a href="#">International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims</a>	
25 March	<a href="#">International Day of Remembrance of the Victims of Slavery and the Transatlantic Trade</a>	
25 March	<a href="#">International Day of Solidarity with Detained and Missing Staff Members</a>	
30 March	<a href="#">International Day of Zero Waste</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](#)

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

## SI:MK support these local charities:

