



Save our Sanity

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



31 January 2023

MK Soroptimists

Newsletter 46

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Editorial Welcome

What a lovely start of the year with our January branch meeting, welcoming our charities, Sue from MK Act, Penny and Lorraine from MK YMCA and Kathy from Winter Night Shelter.



It was very interesting to hear all about their last year, their challenges and to look forward and hear ideas from them on how we can help them going forward. They certainly gave us some interesting ideas for our planning day.

It was fantastic to hear how pleased all their families and clients are with their Clean Start Buckets.

And it was great, on behalf of our club, to be able to present each charity with their start of the year annual donation.



Thank you everyone for a great Planning day. Great pictures of us continuing to show our support to Stop Violence against women and girls now and every day. And we must not forget our 158 hearts we and our friends made to say thank you for to the NHS and their staff during the covid pandemic. Those hearts have not been forgotten and appear here on the Milton Keynes Hospital Charity Impact report 2021-22. It just goes to show the little donations count just as much as large donations.

We must say and acknowledge a very well done to all our members, to all our Soroptimist friends and supporters. It was amazing to realise that in 2022 we donated over £17k to our charities and projects. That is a great achievement for a small club and let's hope we can continue our good works. Just think what more we could do if we were able to encourage more members to join us. That will be one of our big challenges over the next few years and I hope we can all do our bit to encourage new members. And I am really excited and looking forward to our year ahead to deliver on our great programme of works and support the UN Sustainable Development Goals (Global Goals).



At our Planning day we realised a lot of our work and actions support People and especially ending poverty, zero hunger, good health and wellbeing, quality education and gender equality.

This year's SIGBI conference in November (see page 5) will be on Climate Change and so how we can support the **SDG Global Goal 13 - Climate action** to help save our planet.

We talked about a charter on environmental awareness but we could take action by making green pledges as a club and as individuals. I have noticed there are a couple of other Soroptimist clubs who have gone down this route.

Why don't we come up with a list of green pledges we can all do as a club and as individuals. To kick start this off, here are my green pledge ideas:

1. Never buy plastic bags - use for life bags, make own out of recycled materials or using natural fiber lifetime bags
2. Walk to the local shops or local places to reduce the use of the car where possible
3. Eat a meat free meal at least once a week
4. Never buy plastic bottles of drinks, but use a recycled drinks container
5. Limit shoes and clothes purchase to only buy when necessary
6. Recycle everything possible, including clothes, books, DVD by giving to MK Charity shops and buying from them.

I hope we can discuss this at our February meeting and agree a set of Green Pledges. So please come along with your ideas.



And, thank you Debbie, for this green suggestion. **Ecosia is a search engine which has made the promise that by using them to search the web, they will use their profits to plant trees.**

How it works - you search the web via Ecosia, which you can download onto your IT or phone. Search ads generate income for Ecosia and they will use their profits to plant a tree. To learn more and down load [click here](#).



We couldn't believe how many SOS toiletries we had to sort this January – this helps us with SDGs end poverty, good health and wellbeing and climate action.

A big thank you to all friends and to our Red House GP surgery users, Great Linford Parish Council parishoners, The Mead Centre users, MK Snap families for a bumper collection of SOS toiletries and of course our friends.

These will now be delivered over the next couple of weeks to our charities MK Act, MK YMCA and the Winter Night Shelter.



International Women's Day 2023 theme is "DigitAll: Innovation and technology for gender equality".

This theme aligns with the priority theme for the upcoming 67th session of the Commission on the Status of Women (CSW67), "Innovation and technology change, and education in the digital age for achieving gender equality and the empowerment for all women and girls.

To read the full **article click here**

Celebrate International Women's Day

Soroptimist International Milton Keynes
 Invite you to
 Afternoon tea, sandwiches, cake and scones
 To raise funds for Ukraine families in Milton Keynes and Soroptimist International Krakow Ukraine Project
 There will be a talk by Debbie Brook, High Sheriff of Buckinghamshire and Viktoriya Shtanko from the Ukraine families in MK



Tuesday 7 March, 3.30pm to 5.30pm
 At MK Snap, 20 Bourton Low, Milton Keynes, MK7 7DG

Tickets £15 per person
 Why not bring friends and reserve a table for 4
 Order form and tickets available by emailing us at soroptimistsmk@gmail.com



And just a reminder our International Women's Day Afternoon Tea event is Tuesday 7 March, 3.30pm to 5.30pm at MK Snap.

The High Sheriff of Buckinghamshire will be speaking as will Viktoriya Shtanko from the Ukraine families here in Milton Keynes. Funds raised will be donated to the Ukraine families in MK and to SI Krakow and the projects they are carrying out with the Ukraine refugees.

We have 28 confirmations out of the 40 places. Please share this with family and friends and let's see if we can get a full house. We had a great time last year.

We will also need volunteers so if you can help, please let Sue know as soon as possible.

Thank you

We have certainly had a busy last three months, helping our charities to celebrate Christmas and now planning for the year ahead. And what a year we have planned, let's hope we can continue our good work, support our charities as well as supporting each other and having a good time.

I hope everyone has been able to log on to the new SIGBI Hub alright. If not please do let us know.

I am looking forward to seeing you all at our branch meeting on Tuesday 21 February, hope we can make our green pledge. A quick reminder we have Ben Thomas, Director from MK Citizens advice coming to our March meeting. Hope you can all some along to that and please bring a friend. Thank you everyone.

Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
Tues 21 Feb	Branch meeting. 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. 5.30pm, Acorn Training Centre, Westcroft Speaker Ben Thomas, Director MK Citizens Advice
Wed 29 March	Friendship Lunch 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	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

Ukraine MK Memorial Service - 25 February



Ukraine families here in Milton Keynes are holding a Memorial service on Saturday 25 February at Christ the Cornerstone at 12 noon to commemorate the victims of the Ukraine war.

Please share this and hope you are able to attend and support the families.

MK Community Fund IWD event - 8 March 2023

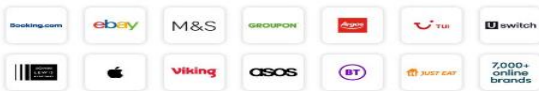


MK Community Foundation and Women in Enterprise are partnering to hold the IWD 2023 event on Wednesday 8 March, 10am at MK Theatre.

This International Women's Day focus is #EmbraceEquity – Equity refers to fairness and justice. Equity recognises the need to adjust imbalances, given that we all have different starting points in life

To register to attend please [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.

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.

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.

6 Feb - International Day of Zero Tolerance to Female Genital Mutilation



Female genital mutilation (FGM) comprises all procedures that involve altering or injuring the female genitalia for non-medical reasons and is recognized internationally as a violation of the human rights, the health and the integrity of girls and women.

Girls who undergo female genital mutilation face short-term complications such as severe pain, shock, excessive bleeding, infections, and difficulty in passing urine, as well as long-term consequences for their sexual and reproductive health and mental health.

Although primarily concentrated in 30 countries in Africa and the Middle East, female genital mutilation is a universal problem and is also practiced in some countries in Asia and Latin America. Female genital mutilation continues to persist amongst immigrant populations living in Western Europe, North America, Australia and New Zealand

In 2012, the UN General Assembly designated February 6th as the International Day of Zero Tolerance for Female Genital Mutilation, with the aim to amplify and direct the efforts on the elimination of this practice. This year, the **UNFPA-UNICEF Joint Programme** on the Elimination of Female Genital Mutilation: Delivering the Global Promise launched the 2023 theme; "Partnership with Men and Boys to transform Social and gender Norms to End FGM".

Rape Crisis - Step Out in Solidarity Challenge



Starting on the 6th February 2023, which is the start of Sexual Abuse and Sexual Violence Awareness Week and ending on the 8th March 2023 (International Women's Day), the Step Out in Solidarity challenge asks that you step out every day in a way that works for you to raise much needed funds for a rape crisis centre near you.

[Click here to learn more.](#)

February is Show the Love - Climate Coalition



People across the country and around the world are feeling the impacts of climate change and spiraling costs of living, but are united in wanting to see a safer, greener future.

We need to support the people hardest hit across the world by the impacts of climate change. We need to protect and restore nature

And we need support to stop our homes wasting energy and to quickly move towards cheaper and cleaner renewables that bring down household bills and give us reliable, secure energy the nation can be proud of. This February, the Climate Coalition asks you to raise awareness through the **#ShowtheLove** for our planet campaign using the green heart and to write to your MP using their digital letter tool. [Click here](#) for more details.

UN Climate Action



People worldwide have logged over 10 million Climate Action activities as part of the UN's #ActNow campaign.

World leaders should follow in their example and address the climate emergency with the urgency and ambition it deserves.

Join the movement. [Click here](#) to learn more.

Children as young as nine exposed to pornography



Children are being exposed to online pornography from as young as nine, according to a study for the children's commissioner for England.

A quarter of 16-21-year-olds first saw pornography on the internet while still at primary school, it suggests. By the age of 13, 50% had been exposed to it.

The findings have been linked to low self-esteem among young people and harmful views of sex and relationships. [Click here](#) to read full story.

WE are taking action against police misogyny



It has been over three weeks since former police officer David Carrick pled guilty to over 40 rapes, whilst in service, making him one of the worst sex offenders in modern history.

Since his guilty plea, police misconduct cases have continued to make headline news right across the UK. Greater

Manchester Police admitted almost 100 officers are being investigate regarding sexual misconduct allegations.

Womens Equality (WE) are taking action which you can participate in online on the evening of Monday 6 February. [Click here](#) to access their website.

Soroptimist International Blogs - read the latest



There are a number of new Soroptimist International Blogs to catch up on, including blogs linked to invest in people, prioritise education and 16 Days of Activism.

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

SIGBI - Latest Blogs and News issues



Articles include information on Cervical Cancer Prevention week 23-29 January, Human Trafficking and the Membership Director's January message.

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

Schools - it's #Abouttime things change



We're facing a national crisis of sexual violence and harassment at school.

Girls and young women are facing sexual harassment and assault on an alarming scale. Almost a third of girls surveyed A new survey by EAW Coalition don't feel safe from sexual harassment in school and 80% of girls think schools need to do more to tackle this and support young people's sex and relationship education.

[Click here](#) to read the full article and watch a video made by young girls.

Bright Sky App - to help those experiencing Domestic Abuse



The Bright Sky App is a safe and easy to use app and website that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse or who is worried about someone else.

Launched in 2018 in partnership with Hestia (Life beyond crisis), Vodafone Foundation and Thames Valley Police Partnership, the app hosts a UK wide directory of specialist support service and officers users assessment to help you spot the signs for someone experiencing domestic abuse.

Do not reduce UK's modern slavery protections - Theresa May warns



Theresa May has warned government efforts to tighten modern slavery laws must not mistakenly make it easier for criminal gangs to hold onto victims.

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

Inspiring Women - Be Inspired



On 20 May 20178 Kanchhi Maya Tamang recached the Everest summit. Formerly a traficked sex slave in Egypt, she used this climb to raise awareness of forced migration. “We must empower girls – give them a rope, show then a rock, then ask them to climb it. To learn more [click here](#).

Imbolc is a Gaelic festival marking the beginning of spring, held on 1 Febraury. A time of celebration and ritual often honouring Brighid, the goddess of the hearth.

This painting is by Mary Delany, Galanthus Nivalis Snowdrop, 1777

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

UN International days and Awareness days - February 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.**

1-7 Feb	World Interfaith Harmony Week
2 Feb	World Wetlands Day
4 Feb	International Day of Human Fraternity
6 Feb	International Day of Zero Tolerance to Female Genital Mutilation
10 Feb	World Pulses Day
11 Feb	International Day of Women and Girls in Science
12 Feb	International Day for the Prevention of Violence Extremism as and when Conducive to Terrorism
13 Feb	World Radio Day
20 Feb	World Day of Social Justice
21 Feb	International Mother Language 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](#)

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SI:MK support these local charities:

