



Save our Sanity

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



31 Jan 2024

MK Soroptimists

Newsletter 57

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Editorial Welcome

Soroptimists – Standing up for Women and Girls

Gosh, February already and not long to our planning day where we will be taking the opportunity to look back at what we have done in 2023, review what our charities have told us and look ahead for 2024 to see what can we do to help our community and our charities.

And that is why it was lovely to start our new year welcoming all our charities to the January meeting. Sue from MK Act, Emma from UnityMK, Lorraine from YMCA MK, Viktoryia from Ukraine Appeal and Kelly from Works For Us (part of CAB MK).





It was very interesting to hear their updates on their year and the what they want to do going forward and the challenges they are facing.

And this meeting is always a lovely opportunity to thank them for all their hard work and provide them each with a £200 donation.

And January started perfectly with a warm welcome to Zita our new member. I hope she finds fun, friendship and purpose in the work we do. Let's hope with work we hope to achieve this year we can continue to encourage new members and grow, because the bigger we are the more we will be able to help our charities and communities.



On the 20 January some of us had a lovely evening on zoom talking to our friendship link club SI Krakow. It was really interesting to hear about the continuing work they are doing with the Ukraine Refugees. We were told that whilst there are not so many refugees coming across the border, their work has now moved on to looking at how they can support those now living in Poland. To help them integrate better into Polish society. They are working with mums and their children as well as elderly people. We heard about the group they are setting up to support the elderly against loneliness and adapting to their new country.

Working with the mums and children, one of the projects they are keen to do is to plan a vacation for the Ukraine mums and children. They are also working with the Ukraine Consulate in Poland to help orphaned homeless children. When we asked how we could help, money is the easiest option and also not only helps their refugees but also the Polish economy by purchasing goods in their country. They have a lot of work and we hope that we will be able to help them through our fundraising events.

Make a donation to our
**ELIMINATING CERVICAL
CANCER WEBINAR**

<http://tinyurl.com/yhhn97uz>



SI Wakiso & SI Libertas are fundraising to build a medical centre in Uganda to help treat women with cervical cancer. If you are able to donate, it would be gratefully received.

SOROPTIMIST
WELFARE LINK CLUB

SI Libertas
club

On the 28 January Zita and I joined the SI Libertas and SI Wakiso Zoom Cervical Cancer fundraiser event.

The event started with a video informing us of how Uganda has 2nd highest mortality rate in the world relating to Cervical Cancer. Cervical Cancer is a major issue for women in Africa and especially in Uganda.

SI Wakiso was chartered in March 2023 and SI Libertas has linked up with them as a friendship club. SI Wakiso undertook a survey of the women in their town and the issue of Cervical Cancer came out of the survey as a major issue. The club has decided for its first project to raise funds to build a cervical cancer centre. They already have the land and they have drawings for the centre.

Now they just need to raised funds. The target is £103 Uganda shillings which is roughly £21.5k for the build. You can watch the zoom on line, [click here](#). Donations can be made direct to SI Libertas who will then BACS the money to SI Wakiso and this also gives people the opportunity to gift aid aswell. £10 equates to 3 bricks. To donate [click here](#).



What a lovely lunch we had this month.

As you know Kathy Howard has moved on from Unity MK and it was lovely to welcome her to our lunch, show our appreciation of the work she has done and of being able to work with her. We treated her to lunch and presented a bouquet of flowers. We do hope she will become a Soroptimist in future, once she has enjoyed all the holidays she has planned for this year.

Thank you, Kathy, for all you have done for the homeless in Milton Keynes.

Here are the next few months Dear Diary dates.

Dear Diary Dates	
Sat 17 Feb	Planning Day, 10am to 3pm. Please remember to bring lunch. NEW VENUE LOCATION, MORRISONS AT WESTCROFT
Tue 20 Feb	Branch meeting. 5.30pm , Acorn Training Centre, Westcroft
Tues 27 Feb	Orange Café 10 till 2.00pm MK College, Bletchley
Wed 28 Feb	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Wed 6 March	International Womens Day Afternoon Tea and Cake 3.30pm till 5.30pm at MK Snap, 20 Bourton Low, Walton, MK
Sat 16 March	Soroptimist International London and Chiltern Regional meeting International Women's Day celebration at Knebworth House Details and how to book click here
Tue 19 March	Branch meeting. 5.30pm , Acorn Training Centre, Westcroft
Wed 27 March	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

2024 Regional and SIGBI Conference Dates	
Sat 16 March	SILC Int Women's Day Celebration 12-4.30pm Knebworth House. Details and how to book click here
June	SILC Region Conference TBC
19 Oct	SILC Region Conference AGM/Conference. 10am to 1pm on Zoom. Details to be confirmed
1-3 Nov	SIGBI Conference Edinburgh Details to be confirmed

And now I am looking forward, to our planning day on Saturday 17 February. Please note we have a new venue, now at Morrisons at Westcroft. If we can all be there to start at 10am that will be great and remember to bring sandwiches along. I will bring the tea, coffee and milk. I am looking forward to reviewing what we have done in the last year, what worked, what else we can do, review our charities and discuss what we can do this year. So please everyone get your thinking hats on. Our charities and our community need all the help they can get no matter what size the contribution it is always welcome.

I am looking forward to see what we can do in 2024. Hope you are too.

As always, happy reading everyone.

Soroptimists standing up for Women and Girls
Sue Key, Chair

MK Snap celebrating Pancake Day Tues 13 Feb



MK Snap love a reason to celebrate and Pancake Day is no exception!

The Café Team have been working hard to perfect their pancake skills and are going to have two pancake options available:

- 🥞 Traditional pancakes with lemon and sugar 🍋
- 🥞 Pancakes with banana and chocolate spread 🍌🍫

Available Tuesday 13th February 2024, 9.30am - 12 noon

Please note: These options will be available alongside our usual café favourites 🍷 and there is a great variety of Valentines Day items available to

purchase in our shop too! ❤️ So why not come along and say hello.

MK SNAP Café, Bourton Low, Walnut Tree, MK7 7DE

Soroptimist St Albans next Zoom meeting



Soroptimist St Albans club have a very interesting zoom meeting on Monday 26 February from 7.30pm to 9.30pm. The speaker will be Alex Amos who will be speaking about the Women's Land Army.

The Title of Alex's talk is "The Formation and organisation of the Women's Land Army in WW1" – this is of particular interest to soroptimists because the organisation was founded in 1921, soon after WW1. During WW1, 23,000 women were employed by the Women's Land Army to work full time on the land, taking on the vital jobs in agriculture, forage production and timber cutting necessary to keep the country functioning while the men were away at war.

This even it open and free. [Click here](#) to see overview and [click here](#) to book a space.

YMCA MK Home Ground café reopening



YMCA MK Home Ground Café has reopened. Open Monday to Friday 7.30am to 2pm.

Your visit supports their Young People into brighter futures. [Click here](#) to view their new menu.

Labour vows to install domestic abuse specialists in 999 call centres

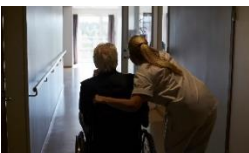


Open University centre in Milton Keynes aims to protect women from online violence.

A new centre is to open to tackle the "epidemic" problem of online violence against women and girls. It will be created at the Open University (OU) in Milton Keynes after research awarded it £7.7 m. The centre will develop research tin inform law, policy, technology development practice to prevent and reduce suffering.

To read the full BBC article [click here](#). (picture Getty Images)

Modern slavery in social care surging since visa rules eased



Modern slavery is surging in social care since minsters relaxed immigration rules to fill thousands of vacancies, with a growing wave of exploitation leading to workers being ripped off opr living in squalor.

To read the full Guardian article [click here](#). (picture Maskit/Getty Images)

“UK prison where baby dies gives women rape alarms to call for help during labour



Pregnant women at a prison in which a teenager gave birth alone in her cell to a baby later found dead have been given rape alarms to carry to summon urgent assistance, the Guardian has learned.

The revelation has led to renewed calls from campaigners to end the incarceration of pregnant women. In 2022-23 there were 44 births in custody in England and

Wales, 98% of them in hospital. To read the full Guardian article [click here](#). (picture Sean Smith/The Guardian)

Growing skincare use by children is dangerous, say dermatologists



The growing trend of children as young as eight using skincare products could leave them with irreversible skin problems, the British Association for Dermatologists has warned.

Some children are asking their parents for luxury items after seeing them used by their favourite influencers on platforms such as YouTube and TikTok. But many of these contain potentially harmful active ingredients intended for adults only, such as exfoliating acids. They can provoke allergies or eczema. To read the full BBC article [click here](#). (BBC images)

Domestic Abuse survivors are living with brain injuries



Researchers at the charity Brainkind spoke to 60 women who were victims of domestic abuse. Of those, some 55 per cent had experienced violence which suggested they had suffered a brain injury, according to assessments performed by the researchers. To read the full BBC article [click here](#). (picture Independent)

How surfing is challenging tradition in a Ghanaian town



Africa – home of surfing. As an article explained it is a centuries old scene, men dragging a board out of the surf. But on a beach in Ghana there is a difference. The group of surfers are girls. And this is a major difference.

One surfer, Vanessa said she went surfing and her mother beat her with a pan. Surfing off the Ghanaian coast is dangerous and lives have been lost. Every few months another body would wash up on the beach.

Parents feared for their daughters with reason but also with discrimination. Whilst they have prevented girls from enjoying the beach, their boys have learned to harness the local waves. Read more how Justice Kwofie, who runs a surfing school is trying to change this. [Click here](#) to read the full BBC Sport article. (Ben Lalande Image)

The Music industry is still a boys club where sexual harassment and abuse are common



“Women sit next to abusers at music industry parties” MPs warn in a report.

The Women and Equalities Committee said the music industry is still a boys club where sexual harassment and abuse are common, where musicians have to sit beside sexual abusers at parties and events due to a culture of silence. The report makes a series of recommendations to tackle the problem of misogyny, but also said that a shift in the behaviour of men is needed. [Click here](#) (pictures Getty Images)

Police Officers mock body-worn video of semi-naked woman

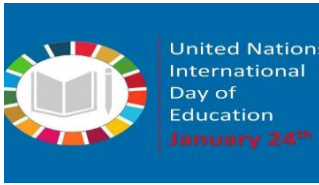


Police officers made “sickening” comments about an assault victim while watching body-worn video showing her groin, the BBC has learned.

The woman’s body was exposed when she was filmed suffering from a seizure. Three Thames Valley Police PC’s later watched the footage without reason.

None of the officers faced a misconduct hearing but a student officer who reported them was later dismissed. [Click here](#) to read the BBC sport article. (picture BBC Images).

SIGBI latest News/blogs



[Click here](#) to read all the latest news articles and blogs. Includes:

- International Day of Education – 24 January
- World Braille Day – 4 January
- Human Rights Day – 10 December

Soroptimist International News and Blogs - read the latest



Read the latest Soroptimist International News articles including:

- International Day of Education 2024
- Visible and Vocal: Celebrating Young Orators
- Our voice at the UN: UNESCO General Conference 2023

[Click here](#) to see all the Soroptimist International blogs, including:

- SI Youth Forum: Young Activists Summit
- A Vision of Education in the service of Humanity and Peace
- Artificial Intelligence and Gender Based Violence

Soroptimist International Voices Webinars and Podcasts



[Click here](#) to listen to the latest SI Voices webinar from the SI Youth Forum, which was set up in 2023 as a way for younger Soroptimists to meet and engage. This webinar is “Green Horizons” looking at how climate change is impacting on your work and advocacy and what are your adaptation or migration strategies.

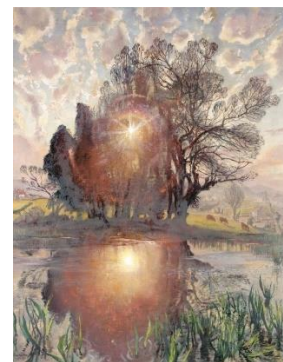
The SI also publish Podcasts. To listen to these Podcasts [click here](#).

Inspiring Women - Be Inspired



Ada Salter 1866 - 1942 (photo from Wikipedia)

Ada Salter was an English social reformer, environmentalist, pacifist and Quaker, President of the Women's Labour League and President of the National Gardeners Guild. She was one of the first women



Setting Sun (mid 20thC) by English painter Laura Knight

In her long career, Knight was among the most successful and popular painters in Britain. Her success in the male-dominated British art

councillors in London, the first woman mayor in London and the first Labour woman mayor in the British Isles. To learn more [click here](#).

establishment paved the way for greater status and recognition for women artists. Brought by WomensArt1, Twitter page link is <https://twitter.com/womensart1>

UN International days and Awareness days - February 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.**

1-7 Feb	World Interfaith 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 Violent Extremism as and when Conducive to Terrorism
13 Feb	World Radio Day
17 Feb	Global Tourism Resilience 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

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

SI:MK support these local charities:

