



Save our Sanity

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



31 July 2022

MK Soroptimists

Newsletter 41

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Editorial Welcome

July and I know I am repeating myself again, but the celebrations keep coming.



Happy 30th Birthday to MK Snap and the wonderful work they do for learners with disabilities. Love the wig Angie



Celebrated SIGBI Day of action with SI St Albans and a tour round Great Linford Manor



England Lionesses wining Euro 2022
Largest TV viewing figures. Largest attendance at Wembley, England win after 56 years and it takes
And the first person to be given “Freedom of the City” in Milton Keynes will be Leah Williamson, Captain of the Lionesses and local Newport Pagnell girl. England Lionesses, Proud ambassadors for women and girls going forward and sending a powerful message to all young girls and women across the country and the world that you can do anything

.Be inspired, believe in yourself, you can do anything

July and I know I am repeating myself again, but the celebrations keep coming.



And what about our celebrations this month. We started the month with our **first Fish and Chip Quiz night** since the Pandemic started and it was so good to be able to see everyone in person.

And we must give a big thank you to everyone who attended and organized, especially Miss Quiz. We raised **over £500** and also received quite a number of bags of toiletries, both of which will be passed on to our charities.

Thank you everyone and looking forward to the next Quiz night. **A BIG THANK YOU** to Miss Quiz for organizing the Quiz. She does so many and so far, this year all her quiz's and 3 concerts have raised over £6,500 for local charities.

For those interested here are the dates of Quiz's for the rest of the year

Aug 27 th	Osprey Project	Oct 15 th	Royal National Lifeboat Institute
Sept 10 th	St Giles Church Roof	Oct 29 th	St Thomas's Church Funds
Oct 1 st	Water Eaton Community Choir	Nov 26 th	Transition Town
		Dec 10 th	Christmas Quiz – St Thomas's Church Funds



On the 16 July we met up with our sister club SI St Albans at Great Linford Manor to celebrate the SIGBI day of Action. Friends of the Manor gave us a great talk on the grounds and the work that has been going on in the grounds. For more details [click here](#) for Parks Trust or [click here](#) for more historical information.

The Parks Trust are running and walk and talk Arboretum and Great Linford Manor. [Click here](#) for details.

And we should also wish the Parks Trust a Happy 30 birthday. Thank you for looking after our green open spaces.

Seroptimist International
Great Britain & Ireland

9 Simple Tips To Reduce Single-Use Plastics In Your Life

1. Carry reusable shopping bags
2. Drink your coffee from a reusable cup
3. Avoid pre-packaged foods by choosing bulk or loose food
4. Avoid bottled water
5. Steer clear of plastic straws
6. Avoid single-use plastic dental products
7. Try alternatives to single-use tampons & pads
8. Say no to single-use plastic party decorations
9. Swap liquid soap for bar soaps

#SeroptimistDayofAction

Part of the SIGBI Day of Action was around raising awareness on reducing your use of Single Use Plastics.

We carried out a Twitter campaign on this issue using the **#PlasticFreeJuly** campaign as well and the campaign posters supplied by SIGBI. If you are interested to take up the challenge to try to reduce your use, and I tell you it is quite frightening when you do realise how much single use plastics you use, but if we all did a little thing it would help. **PlasticFreeJuly** website [click here](#) to learn more, they have some great tips.



At our Branch meeting this month we welcomed Sue Burke from MK Act who gave us a great insight into the Orange the World Campaign.

Sue explained to us that the **Orange the World Campaign** started back in 1991, is led by the United Nations and is marked every year on the 25 November, which is **International Day of Elimination of Violence Against Women** and is followed by **16 Days of Activism** and ends on **Human Rights Day on 10 December**.

The 16 Days of Activism raises awareness about violence against women and girls as a human rights issue, focusing on the importance of grassroots work on violence against women as well as providing an international platform for advocacy and campaigning. The dates for the campaign were chosen to link violence against women and human rights and emphasise that gender-based violence against women is a violation of human rights.

The color orange symbolizes a brighter future, free of violence. It also serves as a means of demonstrating your solidarity in eliminating all forms of violence and it is therefore used as the color of the International Day for the Elimination of Violence against Women. **Buildings and organisations all over the world take part in this campaign every year, by lighting up orange in an act of solidarity for the campaign and as a public call to action.** It is an opportunity to raise awareness at a local, national and international level about violence against women and girls.

Here in the UK, this campaign has been joined by the **White Ribbon Campaign**. The White Ribbon campaign engages with **men and boys to end violence towards women**. **White Ribbon Day is 25 November** and MK Council are looking to gain White Ribbon accreditation. We know of Bletchley and Fenny Stratford Town Council have gained this accreditation with the help and support of our previous Chair Amanda Carter Philpott Carter, who was passionate about this issue. To find out more about the White Ribbon campaign [click here](#).

This year, the campaign is continuing its multi-year theme to **Ending femicide**. What is Femicide. According to the World Health Organisation "Femicide is generally understood to involve intentional murder of women because they are women, but broader definitions include any killings of women and girls". [Click here](#) to learn more. And [click here](#) for a further informative website.

Last year SIGBI provided a toolkit for clubs to promote 16 Days of activism on their social media platforms, which covered the following issues:

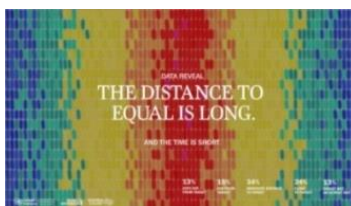
International Day of Violence against women	Violence against women with disabilities
Rape	Child Marriages
Violence against Indigenous women and tribes	International Volunteer Day for Economic & Social Development
Female Genital Mutilation	Violence against Women Canada 1989 Massacre Anniversary
International Women Human Rights Defenders Day	Discrimination against women in rural communities
Trafficking	Sexual Exploitation
World Aids Day	Sexual Harassment
Abolition of Slavery	International Human Rights Day

SIGBI is keen to keep up the momentum each year and for clubs to take part and raise awareness. SIGBI will be providing us with a social media toolkit again this year for clubs to promote the 16 days of Activism campaign.

We thanked Sue for a very informative presentation and after a discussion where we came up with a number of ideas it was agreed that we could do an array of awareness and promotion activities ourselves alongside the SIGBI social media toolkit. We know SI St Albans have an Orange the World Information pack and last year were successful in getting a number of buildings to light up in orange. They have kindly shared this pack with us. If anyone has any further ideas or know of schools or organisations that may be up to lighting up their premises or helping raise awareness please let us know.

And I urge you to read Kay Richmond, SIGBI Programme Director's August message "The Distance To Equal is not Long". It updates us on a recent UN report stating the world is not on track to achieve gender equality by 2030. We have all, wherever we live, experienced the effects of climate change in recent months. This together with other global issues such as conflicts (e.g Ukraine, Syria, Yemen), Violence Against Women and Girls (VAWG) and

other gender inequalities (e.g Widowhood) simply make our purpose of helping women and girls be the best they can be even more difficult to achieve. But Soroptimists around the world can take action. We need justice and equality for all women and girls in all our diversity. Now is the time for raising Awareness, Advocacy and taking Action – our 3 As to help implement our 3 Es (Educate, Enable, Empower). To read the full article [click here](#)



Our next big event before the 16 Days of activism will be our Music Event on Saturday 8 October at The Mead Centre Newport Pagnell, kindly put on by Karen and her friends. Please put this in your diary, we will need all the volunteers we can get and also please tell your friends and encourage them to come along.

I am looking forward to seeing you all at our Summer Party, kindly hosted by Sue our wonderful Secretary. See you all on Tuesday 9 August, 5.30pm at her house. The Theme is Orange the day, don't forget to wear Orange, as I will want to do a group photo. And looking forward to seeing what orange themed food we come up with. See you all there hopefully

Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
Tues 9 Aug	Soroptimist Friendship Summer Party at Sue Paynes house from 5.30pm Wear Orange in support of Orange the World Bring a dish themed on Orange.
Wed 31 Aug	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 20 Sept	Branch meeting 5.30 pm for tea with 6.00 pm start. Acorn training room, Westcroft
Wed 28 Sept	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Sat 8 Oct	SILC Regional AGM/Conference via Zoom 10am to 1pm. Dr Kay Richmond, Programme Director is one of the speakers. More info to follow
Sat 8 Oct	Soroptimists MK Music event at The Mead Centre, Newport Pagnell 6.30pm till 9.30pm. We will need as many volunteers as can help please. More details to follow
Tues 18 Oct	Branch meeting 5.30 pm for tea with 6.00 pm start. Acorn training room, Westcroft
Wed 26 Oct	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

<u>Regional Dates for Diary:</u>	
Sat 8 Oct 2022	– Zoom – SILC Region AGM/Conference
Thurs 27 – Sat 29 Oct 2022	SI Great Britain and Ireland (SIGBI) Conference Belfast "Climate for Change" www.sigbi.org/belfast2022
Sat 10 Dec 2022	10am to 1pm Zoom SILC Regional Conference and Celebration of Human Rights Day
Sat 11 March 2023	SILC Regional Conference Celebration of International Womens Day 10am to 4pm Cecil Sharpes House London
27-29 July 2023	Soroptimist International Convention Dublin "Challenge the Future" sidublin2023.com

Special Days:

World Homelessness Day 10 October

White Ribbon 25 November

16 Days of Activism 25 November to 10 December

New dates and times for Friendship Lunch in 2022

Wed 27 July	Please update your diaries with the new dates and starting time of 12.30pm for our Friendship lunches for the rest of the year. Friendship lunches now moved to the last Wednesday of every month. The venue for our lunches will be at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA at the new time of 12.30pm.
Wed 31 August	
Wed 28 September	
Wed 26 October	
Wed 30 November	
Wed 28 December	

New Abuse is not Love campaign launched



A new global campaign by YSL Beauty in partnership with Domestic Violence charity Women’s Aid has been launched.

The majority of violence against women occurs in close relationships, but most victims of abuse still stay silent about their experiences. This new campaign “Abuse is not Love” aims to highlight the early indicators of Intimate Partner Violence to 2 million people by 2030. To read more of this article [click here](#).

MK Act asking for food vouchers for their families

Domestic Abuse Super Market Voucher Appeal
An appeal by MK-ACT



MK Act are asking could you or a company you know help provide Super Market vouchers to give to victims of domestic abuse who leave their homes and who are struggling to buy food. They would be so grateful for any donations so that they can fund a voucher scheme. Last year MK Act helped over 2000 people in Milton Keynes who were suffering from domestic abuse.

Please share with your friends but also if you know of any company or supermarket that might want to help with a donation please share this with them. They have set a target and to date have received no donations. [Click here](#) to see local giving page

Winter Night Shelter need Sleeping bags and Rucksacks



The Winter Night Shelter still desperately need Sleeping Bags Rucksacks and men’s clothing.

The Winter Night Shelter is currently seeing around 200 people a week at the Unity Park Station for anything from welfare and mental health needs to simply laundering clothes or having a hot meal and they are predicting that the number of guests will rise with the cost of living going up. They are very concerned they will see a drop in donations as a result of the cost of living and so any help we can give is much welcomed. [Click here](#) to see find out more and how to donate.

ECG MK and wemakewell, local health companies working with MK YMCA



ECG MK and wemakewell, local health providers and training clinicians announced this month they are working with MK YMCA to support the mental health services for their residents.

Great to see local organisations helping our charities and our communities.

Soroptimist International Blogs - read the latest



There are a number of new Soroptimist International Blogs to catch up on from transforming education, Zero Hunger to being nominated to sit on the G7 as a Gender Equality Advisor. [Click here](#) to see these blogs.

Age UK MK Family Fun Day 6 Aug



Age UK MK are holding a Family Fun day on Sat 6 Aug at the Lowndes Arms, Whaddon 2pm till late with live music, BBQ stalls, Raffle and more to raise vital funds for the services this local independent charity provide to residents in Milton Keynes.

Please share with your friends.

SIGBI 88th Conference - Belfast 27-29th Oct 2022



SIGBI 88th Conference taking place in person in Belfast 27 to 29 October.

Registration is open. **Early Bird ticket prices extended till end of September.** [Click here](#) to go to the website which will be updated in the coming months as the details are finalised so keep an eye on this.

At present we have 4 people going. If you want details of how to book and hotel details, please contact Sue Payne.

The theme of the Conference is '**Climate for Change**' and SIGBI have four dynamic Keynote Speakers (focusing on Education, Health, Environment/Climate and Women (gender equality)) together with Programme Action and Membership workshops.

Buddy Bag for a child in Women's Refuge.



Buddy Bag Foundation say that £25 can fund a Buddy Bag for a child in a women's refuge.

Children fleeing Domestic Abuse often have to leave home quickly without any belongings. A donation of £25 will ensure that 1 child receives all the essential items they need. Visit their website to find out more. [Click here.](#)

Plastic Free not just July but every day



Whilst **#PlasticFreeJuly** campaign is over that does not stop us from continuing to look at how we use single use plastics in our lives and how we can make changes. Any small changes can make big differences. To learn more and find out ways to reduce your dependence on [#singleuseplastics](#) [click here.](#)

UK has ratified the Istanbul Convention

COUNCIL OF EUROPE



CONSEIL DE L'EUROPE

The UK is the 37th state to ratify the convention (Council of Europe Convention on preventing and combating violence against women and domestic violence) and it comes into force in the UK on 1 November 2022.

Sadly the UK has made reservations limiting the rights of migrant women. [Click here](#) to read more.

First Women's Health Strategy published 20 July



Professor Dame Lesley Regan, the first ever Women's Health Ambassador has now published the ~Women's Health Strategy for the next 10 years. The government say they will publish a report in 2025 on the progress of this first strategy.

[Click here](#) to view the easy read version

[Click here](#) to view the full version.

John Lewis helps refugees from Ukraine find jobs in MK



John Lewis MK set up a special recruitment fair complete with interpreters to help Ukrainian refugees find jobs.

[Click here](#) to read more.

MK Council reaffirms pledge to end rough sleeping



On the 20 July following the hottest day in the UK, the Progressive Alliance on MK Council reaffirmed its commitment that nobody has to sleep rough in Milton Keynes.

[Click here](#) to read the full story.

Foodbanks warn they are struggling to keep up with demand



UK Food banks have seen a rise in demand since the start of the year coupled with a drop in food donations, Radio 4's Money Box research suggests.

Almost all said more people were coming to them for help, while more than half reported fewer food donations. They also said they were supporting more clients for longer and helping more elderly people than ever before. [Click here](#) to read more.

MK Foodbank - I am not a number



And what is our local Food bank telling us. If you want numbers, they are seeing: On average 35 new households per week

19.8% more parcels this year have been given out compared to the same period last year
34.8% increase in adult food parcels. To read more and find out how you can help and see the latest list of food items they need [click here](#)

We are hoping to invite MK Foodbank to our September meeting to tell us about the situation here in Milton Keynes.

MK Safer Streets initiative



MK Council and the Safe MK Partnership have secured almost £750k of national funding towards a Safer Streets initiative specifically targeted at women and girls.

The project will see upgrades to popular pedestrian routes running from Xscape through to the Theatre district and down to the central train station. It will also enhance the provision at the MK Safehub in Xscape to help more women if they feel unsafe. [Click here](#) to read more.

MK Council to invest nearly £100,000 to support young people in MK with work and training



Three new schemes worth almost £100,000 have been launched by Milton Keynes Council to support young people into training and jobs. [Click here](#) to read the full story.

Kate Moss and the dangers of the Fashion industry



On BBC Radio 4's Desert Island Discs Kate Moss opened up about how a photoshop as a teenager opened her eyes to the dangers of the fashion industry.

[Click here](#) to read the full story

VOW - latest monthly newsletter



[Click here](#) to read **VOW's latest newsletter** which includes:

Events coming up

More on the First Women's Strategy

HealthwatchMK talking the menopause and much more. And great to see a link to Soroptimist Milton Keynes web page

Community Action - latest newsletter



[Click here](#) to read the **latest newsletter from Community Action.**

Articles include Macmillan research survey on how different faith groups access Cancer care and health care services in Milton Keynes.

Another article is about "The Mix" - a drop-in service supporting emotional health and mental wellbeing. It encourages people to form new friendships and access support services. No appointment is necessary. It is every Monday 2-4pm at the Unity Park station (the old bus station).

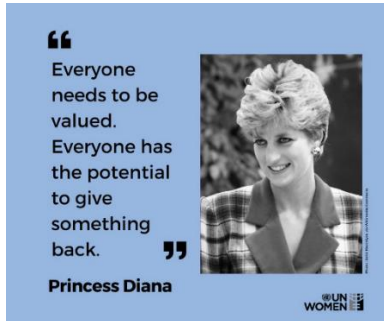
Children in care being illegally placed in unregulated homes



Children in care are still being illegally placed in unregulated homes in England, including narrowboats and caravans, BBC news has learned.

[Click here](#) for the full story.

Inspiring Women - Be Inspired



UN WOMEN



On the 1 July 1961 Diana, Princess of Wales was Born.

This month we remember her kindness, love, humility and charity as they continue to inspire us.

In 1922-23, Lilian Wyles was pioneer in the inclusion of women in the Met Police and for the more sensitive treatment of female victims of sexual assaults, for example by making sure that female police officers took their statements. What she taught us: Use your power to protect those that can't protect themselves.

UN International days and Awareness days- Aug 2022

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.**

1-8 Aug	World Breast Feeding Week
9 Aug	International Day of the World's Indigenous Peoples
12 Aug	International Youth Day
19 Aug	World Humanitarian Day
21 Aug	International Day of Remembrance and Tribute to the Victims of Terrorism
22 Aug	International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief
23 Aug	International Day for the Remembrance of the Slave Trade and its Abolition
29 Aug	International Day against Nuclear Tests
30 Aug	International Day of the Victims of Enforced Disappearances
31 July	International Day for People of African Descent

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](#)

Sl:MK support these local charities:

