



Save our Sanity

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



30 June 2022

MK Soroptimists

Newsletter 40

In This Issue

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

- Editorial Welcome
- Dear Diary dates
- New Friendship Lunch dates
- MKSnap Tennis on the Terrace – 7 July
- Fish and Chips Quiz night – 9 July
- SIGBI Programme Directors June Message
- UN Ocean Conference – 27 June – 1 July
- MK Snap Alternative Photograph Exhibition
- SIGBI Blog on Elimination of Sexual Violence in Conflict
- Winter Night Shelter Family Fun Day – 17 July
- Winter Night Shelter need sleeping bags
- Soroptimist South East Asia Pacific
- Soroptimist International – the latest Blogs
- Community Action Ukraine war and Response
- SIGBI 88 Conference – 27-29 Oct 2022
- MK Act talking to MK Com Foundation on emergency funding and how it helped
- SEND and Family Support event in MK
- Take the challenge – Plastic Free July
- Mental Health affecting UK Students
- Beware NHS scam for bank details
- PJ Care offer home and work to Ukraine Refugees
- Duchess of Cornwall speech on Sexual Violence
- England’s New Strangulation Law
- New Women’s Health Ambassador
- The Mead Centre, Newport Pagnell
- YMCA Green Roof
- Inspiring Women - Be Inspired
- UN International Days & Awareness days – July
- Our Twitter feed and web page

Editorial Welcome



Thank you, Vanessa, for hosting our wonderful Platinum Celebration & Pre-Loved Clothes sale



Wonderful food and a lovely day



Kathy of Winter Night Shelter receiving toiletries & Clean Start bucket



Getting into the spirit of our Platinum celebrations

June and we are still celebrating with our **Platinum celebration and Pre-Loved Clothes sale.**

Thank you everyone for coming and bringing along your friends. We raised an amazing £450 plus to go towards our charities. A big thank you Vanessa for being our amazing host and to everyone for contributing pre loved clothes and lovely food for the evening. We still have some clothes and if everyone is in agreement will be donating these to Age UK MK to sell in their shops to raise much needed funds for the vital services they provide to our community.



At our branch meeting we **welcomed Sue Graham, Chair and Denise Stygal Watson, Executive Director from Age UK MK.** Denise, explained they have had a couple of difficult years with management and budget issues and her first year has been spent working with the team to provide a united way forward. 2nd year is now about growth and development.

Age UK MK is an independent charity although affiliated to the national charity whose media they have to use as well as offer information and advice to people over 50 in MK.

Key aims

- Reduce social isolation and loneliness
- Empower people to maintain independence and improve the standard of living for those living in poverty
- Enhance self-respect, improve confidence and self-worth – driving emotional and physical resilience
- Enhance wellbeing , encourage growth for the life ahead and the next stage

Over 70% of the clients they work with are white women. Services currently delivering, include:

Chargeable services which are subsidised - shopping, cleaning, toe nail, handyman gardening relief

Hospital Aftercare – facilitate discharge, transport patients’ home, settle at home, admission support, practical support or 6 weeks after discharge

Social prescribing – no medical support, social emotional and practical help, work with GP’s reduce GP appointments, improve well being

Supported services - befrienders on short walk, Telephone befriending, befriending visits, mobile phone /lap top support

Day service - Friendship clubs, meal delivery service (£5.50 a day), maintenance with cognitive and stimulation therapy

Free services - Information/advice

Age UK Mk have 7 retail shops, Stony Stratford, Wolverton, Kiln Farm, CMK, Peartree Bride Woburn Sands and Bletchley which they rely on heavily for raising funds to cover the services they provide.

They have 19 full time staff and 300 volunteers. At present they are at least 100 volunteers short of their previous levels and will need more with the growing population they serve.

It was a very interesting evening especially as none of us realized that they are an independent local charity and do rely on the help of the community to donate in order to provide the services they do. We shall keep in touch and see in what ways we may be able to help in future.



Pleased to report that this month, with the thanks of Vodafone, we were able to donate **150 mobile SIM cards to young Afghan people in Milton Keynes** via MK Council Social Care team. This will help the youngsters to communicate with family, friends and access the internet/social media to help them catch up on their educational needs. Thank you, Sue Payne, for organizing.



We saw our third **Save Our Toiletries (SOS)** donation station at the Red House GP Surgery get back up and running this month after the pandemic period. Really pleased. We now have SOS donation stations at Great Linford Parish Council offices, Mead Centre, Newport Pagnell and the Red House Surgery.

If members know of any other GP surgeries or community centers that might help us to gather **SOS** donations for our charities, please let us know.

And here is the proof for another celebration, Soroptimists did not stop working during the pandemic and look what they achieved well done to all Soroptimists clubs in the UK and Ireland



Here is just a quick reminder, come on girls I need your **#ImASoroptimistbecause** quote because as I said last month, I want to continue to post these on our website and twitter to encourage more women to join us and help us with our valuable causes. Barbara has just given me her quote *“I want to support women and their families in our community and further afield. A small group of women working together can achieve small wonder in this world”*

Who will provide me with the next **#ImASoroptimistbecause** quote? Please send to me thank you.

And now looking forward. First up is our Fish and Chips Quiz on Sat 9 July at Simpson Village Hall from 7pm. We need to set up from 6pm so if people can come along then to help out that would be great. 2 tables of 8 are booked. If anyone else is coming please can you let Sue Payne know asap in order to book places on a table. Miss Quiz has sent out the email so tickets could be selling fast.

Notes for your diary. Karen and her friends have kindly agreed to stage another Music event on Sat 8 October. It will be at the Mead Centre Newport Pagnell. Please tell your friends and encourage them to come along. Starting 25 November to 10 Dec is the annual 16 Days of Activism and SIGBI is keen for clubs to take part and raise awareness. How do we want to do that? Here are some links to websites for you to read and please start to think about some ideas. We are hoping to have a speaker at our July meeting to discuss this further. Hope you can all make our July meeting. <https://16dayscampaign.org/> <https://www.womankind.org.uk/16-days-of-activism/>

Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
Sat 9 July	Quiz Night Fundraising event Simpson. 7.00pm Simpson Village Hall. Volunteers required.
Sat 16 July	With our Regional Club A walk in Great Linford followed by lunch at the Nags Head.
Sun 17 July	Cranswick Family Fun Day 12-4pm at Milton Keynes Pavilion raising funds for Winter Night Shelter
Tues 19 July	Branch meeting 5.30 pm for tea with 6.00 pm start. Acorn training room, Westcroft
Wed 27 July	Friendship Lunch 1.00pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 9 Aug	Soroptimist Summer Party at Sue Paynes house. Further details to follow.
Wed 31 Aug	Friendship Lunch 1.00pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

Regional Dates for Diary:	
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 Friendship Lunch dates 2022 for your Diary -

Wed 27 July	<p>Please update your diaries with the new dates for our Friendship lunches for the rest of the year.</p> <p>We have now moved our Friendship lunches 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 1.00pm.</p>
Wed 31 August	
Wed 28 September	
Wed 26 October	
Wed 30 November	
Wed 28 December	

MK Snap Tennis on the Terrace- 7 July 2022 Have you booked



MK Snap’s popular Tennis on the Terrace is back.

Come along and enjoy the Wimbledon Ladies semi final games. Tickets are now on sale. £25 per person. Tables of 2, 4 or 6.

Click here to book your tickets.

Tickets include a welcome glass of fizz & afternoon tea with strawberries; served by SNAP learners & volunteers. Please come and join the fun ‘afternoon out’ at MK SNAP helping raise funds and awareness for the vital work of the charity.

Fish and Chip Fund raising Quiz Night - 9 July



Not long now till our Fish and Chip Quiz Night.

Hope you have been able to share and encouraged family and friends to come along. All in a good cause. We are hoping to raise at least £300.

7pm Simpson Village Hall. Tickets available from missquiz@sky.com

We have two tables of 8 booked at present. Bee plus 1; Chris; Lorraine; Jean; Sue K plus 1; Vanessa plus 3; Mary; Sue P and Barbara plus 6. If anyone else is planning to come, can you please let Sue P and Jean know asap so that we can book another table.

SIGBI Programme Directors June Message

Read our SIGBI Programme Director’s June Blog.

Covering issues from Climate Change, the Ukraine issue, Human Rights and the 16 July Day of Action. Always an interesting read. [Click here](#) to read the full blog.



UN Ocean Conference - 27 June - 1 July 2022



The Ocean covers 70% of the Earth's surface:

It is home to up to 80% of all life:

Generates 50% of the oxygen we need.

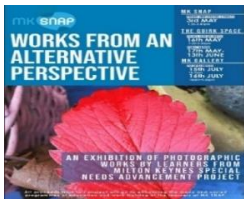
Billions of humans, animals and plants rely on a healthy ocean, but rising carbon emissions are making it more acidic, weakening its ability to sustain life underwater and on land.

Plastic waste is also choking our waters, and more than half of the world's marine species may stand on the brink of extinction by 2100.

But it is not all bad news. According to the UN [Secretary-General's Special Envoy for the Ocean](#) Peter Thomson, momentum for positive change is building around the world, with people, especially youth, mobilizing to do their part to reverse the decline in ocean health.

The [UN Ocean Conference](#) which will take place from 25 June to 1 July, in Lisbon, Portugal and will provide a critical opportunity to mobilize partnerships and increase investment in science-driven approaches. [Click here](#) to read more.

MK Snap Learners Alternative Exhibition



Don't miss the "Works from an Alternative Perspective", a fantastic new exhibition of photographs from the learners at MK Snap now taking place at The Quirk Space in Olney till the 13 June before moving to MK Gallery from 15 to 16 July.

Please share with friends and go along.

SIGBI Blog on Elimination of Sexual Violence in conflict



Ayushi Kundu, APD Partnerships talks about **sexual violence in times of conflict**.

As Soroptimists, our actions must be aimed at intervening during and after conflict situations, to meet the specific needs and demand of women and girls that arise out of such situations. We must seek to implement in practical ways its commitment to peace, security, and justice for all people with special attention paid to the particular needs of women and girls. To read the full blog [click here](#).

Cranswick Family Fun Day 17 July for Winter Night Shelter



Cranswick Convenience Foods are putting on for a second year their Family Fun Day raising money for the Winter Night Shelter.

Sunday 17 July, 12 till 4pm at Milton Keynes Pavilion. Jamie Klinger wrote about losing myself; and what it took for me to come back from the brink. Hard to write, hard to do; but I am so pleased that I had the space and opportunity to turn my life around. [Click here](#) to read this article

Winter Night Shelter need Sleeping bags and Rucksacks



The Winter Night Shelter desperately need Sleeping Bags Rucksacks and mens 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.

The Clean Start buckets are very much appreciated and any help with clothing and food parcels would also be welcome. help. They also have a “Wolverton Project” to launch in 2023. We shall find out more about this project and get back to you on how we can help this charity more going forward. [Click here](#) to see find out more and how to donate.

Soroptimist International South East Asia Pacific



Maureen Maguire, Soroptimist International President announced on 28 June that Soroptimist International South East Asia Pacific is now officially the new name for the Federation previously known as Soroptimist International of the South West Pacific. This Federation now has membership covering thirteen countries. [Click here](#) to read the full article.

Soroptimist International Blogs - read the latest



There are a number of Soroptimist International Blogs to catch up on from thoughts on the latest Stockholm+50 A Health Planet, a blog on End sexual violence in conflict, World Refuge Day and Living in harmony with nature. Just a great illustration of what we Soroptimists are interested in and what we get involved in. [Click here](#) to see these blogs.

Community Action Ukraine War and Response

COMMUNITY ACTION: MK

Supporting the Crisis in Ukraine | Supporting Refugees in Milton Keynes. Community Action are continuing to support the local VCSE groups and organisations in Milton Keynes who are involved in assisting those arriving in the region from Ukraine.

They have recently launched a page on their website dedicated to resources and information for people arriving from Ukraine and the hosts and organisations providing support. To view the information please [click here](#). If you would like information or support in relation to the war in Ukraine and supporting people in Milton Keynes, please email support@communityactionmk.org.

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



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

Registration is now open. [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 there around 5 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.

Listen to MK Act talking to MK Community Foundation on how emergency funding helped them



Sue Burke, CEO of MK Act talks to MK Community Foundation about how emergency funding supported them to adapt their services so that they could keep supporting families during the pandemic.

[Click here](#) to listed to the podcast. It is the second one down from the top.

Special Educational Needs and Disability Family Support event in Milton Keynes



PACA MK (Parents and Carers Alliance MK) organised an event in June where over 150 people attended a special event for families of young people with additional needs in Milton Keynes this month. To read more [click here](#).

Take the challenge - Plastic Free July



Nearly 300 million tonnes of plastic waste are produced every year globally.

50% of all plastics produced each year are single use (Source: Seed Scientific)

Plastics Free July involves reducing the amount of single use plastic. Take the challenge [click here](#) to learn more and take part.

Mental Health negatively affecting almost half of UK students



Universities need "immediate improvements" so students get the mental health care they need, according to a new survey.

Out of 7,200 students surveyed by charity Humen, nearly half felt mental health difficulties negatively impacted their university experience.

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

MK residents warned of text message scam that could steal bank details



The NHS has warned of a new text message scam which is telling recipients they need to buy a COVID test.

The National Health Service (NHS) has issued a statement warning people of a new phishing scam which is fraudulently telling targets that they have been exposed to the Omicron variant of COVID-19. The scam tells the recipients to 'order a test' via a phishing link. [Click here](#) to read the article in full.

PJ Care offer accommodation & jobs to Ukraine Refugees



Milton Keynes care provider, PJ Care, is offering jobs and accommodation to people fleeing the war in Ukraine. The specialist provider, which runs two care centres in the town, wants to welcome up to 10 people of working age.

Organisations wishing to help or individuals who would like to find out more should contact Arun Bassral at recruitment@pjcare.co.uk. [Click here](#) to read more.

Duchess of Cornwall speech on sexual violence



Duchess of Cornwall gives one of her strongest speeches on sexual violence.

The Duchess of Cornwall has called for action and "solutions" from Commonwealth nations in one of her strongest speeches to date on sexual violence against women, telling member states they must "remember that we are seeking rights, not favours".

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

England's new strangulation law and why it is needed



The Non Fatal Strangulation Offence – why is it needed? Yvonne Roberts speaks to The Guardian about why this new legislation is so important for survivors of domestic abuse. [Click here](#) to listen to the pod.

England's new strangulation law and why it is needed



Findings from an early mapping exercise show only 28% of Domestic Abuse survivors were able to access the community based support they wanted. [Click here](#) to read the full article.

Dame Lesley Regan appointed Women's Health ambassador



Dame Lesley Regan will be working to support the implementation of the upcoming women's health strategy for England. The strategy aims to tackle the gender health gap and ensure services meet the needs of women throughout their life.

Dame Lesley Regan is a Professor of Obstetrics and Gynaecology at Imperial College, London. To read more [click here](#).

The Mead Centre Newport Pagnell

Newport Pagnell COMMUNITY LARDER

What is a community larder?
A membership programme that provides:

- Access to surplus food
- Local business discounts
- 1 free larder club
- Access to other services and support
- Meet new people in a handy environment

Who can join? Anyone who wants to prevent food waste and save money. It is not means tested.

Where does the food come from? A District based charity, providing surplus food, training and opportunities for young people and organisations.

One OR £10 Joining Fee + **£3.50** (includes membership) + **£7** (includes membership)

An individual membership provides up to 10 items of food per week, plus a selection of fruit and vegetables. (Family membership is double that)

Want free food and a bunch of other benefits? **Sign up today!** www.mead.uk.com

New Community Larder at the Mead Centre

COFFEE MORNING AND CONNECTIONS
POP IN EVERY MONTH ON THE SECOND SATURDAY

10am-12pm

FANCY A CHAT? FEEL IN NEED OF COMPANY?
This has been a very difficult two years for everybody and the pandemic has left many of us feeling isolated and anxious about getting out again. CONNECTIONS is a group that offers a place to have a cuppa, a chat and if you like, a chance to play some board games and have some fun. We offer a warm welcome, with no pressure, to anyone who wants to join us. See you there...

Through the arch opposite Superdrug!

New Coffee mornings to help people get out and make connections

Musica Charity Choir 888
www.musica888.uk

"Soprano" "Fantasia" "Beethoven's 3rd one day later"
"I just wanted to hear more and more" "So serene"
"A highly professional performance"

Mead Centre Summer Concert
Music in all styles, something for everyone

7.30pm
Saturday 23rd July 2022
The Mead Centre, Newport Pagnell
Tickets: £10 (under 16s £5.00)
(Adults over 16s should take part in one of our other projects)
(Special thanks to The Mead Centre)

Tickets from community@thameadcentre.co.uk
07762 944740
In aid of The Mead Centre Community Projects

Musical evening Sat 23 July 7.30pm

YMCA new Green Roof



Earlier this month YMCA Green Roof project was unveiled. Situated on the 8th floor of the campus it will not only provide environmental benefits but will also offer an enjoyable safe space for YMCA residents, staff and visitors.

And YMCA MK are giving the local community 4 opportunities to go and visit their unique green roof. To find out the dates and how to book [click here](#).

Inspiring Women - Be Inspired



1883, The umbrella, by Ukrainian born painter Marie Bashkirtseff who lived and exhibited her work in Paris. She supported feminist ideas of her age, writing articles on women's rights. To learn more [click here](#).



In 1914, 15-year-old French player Suzanne Lenglen won the World Hard Court Championships, becoming the youngest ever major tennis champion. World No 1 1921-1926, she won 8 Grand Slam singles titles, including five Wimbledon's in a row. She became a global sports celebrity. [Click here](#) to read more

UN International days and Awareness days- July 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.](#)

2 July	International Day of Cooperatives	
11 July	World Population Day	
15 July	World Youth Skills Day	
18 July	Nelson Mandela International Day	
20 July	World Chess Day	
25 July	World Drowning Prevention Day	
28 July	World Hepatitis Day (WHO)	
30 July	International Day of Friendship	World Day Against Trafficking in Persons

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:

