



Save our Sanity

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



30 June 2023

MK Soroptimists

Newsletter 51

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Editorial Welcome

Soroptimists – Standing up for Women and Girls



What a lovely branch meeting in June, celebrating our 8th Charter Anniversary with a wonderful cake baked by Barbara, thank you so much, and we welcomed two new members in Draha and Angela. We hope they get as much enjoyment and purpose from being a Soroptimist as the rest of us do.

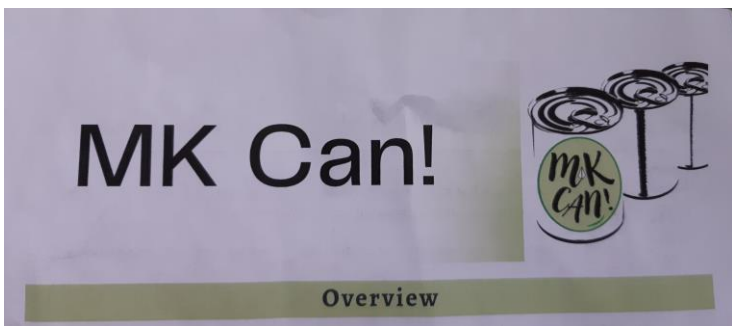


This month saw the long awaited for report on Specialist Domestic Abuse Courts (SDAC) which we as a group are proud to have taken part in.

We have already sent this report to both MP's and are in discussions with Dr Ann Limb, the current High Sherriff of Buckinghamshire who is organizing a conference on 24 November to hear the voices of 3 women who have experienced the Domestic Abuse Courts. We are hoping that this report will be mentioned at this conference because it will back up the messages from the women and because the list of invitees includes the Police, Law makers and support services.

Please do take the opportunity to read the Executive summary and the full report [click here](#).

It was great to hear the progress being made towards our Violets Awards on 8 September. A very big thank you to Jan Flawn from PJ Care who provide age appropriate care for people with the onset of dementia. This will make our second Violet Awards even more special. Our Charities have now been contacted to nominate staff, volunteers or allies who have gone above and beyond. And we are very privileged to have Zoe Raven, CEO and founder of Acorn Early Years Foundation as our speaker. Judging will take place in August and arrangements are coming together. We are all really looking forward to this event.



And just a reminder everyone that we have now signed up to the MK Foodbank Guinness Book of Records attempt on Monday 16 October to make a 10km continuous line of tinned cans of food.

We have a 25 meter line we need to fill with 350 cans. If you can all ask your family and friends if they would happy to help and donate tins of food that will be great.

All tins of food need a long sell by date please. Tin size should be 395 to 400g please and they are in need of the following:

Tinned Meat	Tinned Veg
Tinned Fish	Rice Pudding
Tinned Pulses	Soup
Tinned Tomatoes	Custard
Tinned Pasta (Hoops/Ravioli etc)	Baked Beans

We are setting ourselves a deadline of 30 Sept to ensure we can see if we have got the 350 or need to chase up friends. Sue, myself and Jean are happy to store cans at our garages. Please, contact us if you want us to come and pick any up. We will need volunteers on Monday 16 October, in the morning to help set up and in the afternoon, the public will be allowed to walk the line and that will be the time when we have the opportunity to tell people about Soroptimists and what we do and maybe get some new members. And do let Sue or me know what times on the 16th you can volunteer. Many thanks



We invite you, your children and friends to the "Thank you, Britain!" event. 🇬🇧❤️🇺🇦 22 July at summerfield school, Downley avenue Bradwell common from 1 to 3.30pm

The event is dedicated to expressing the warmest and most sincere thanks to Britain and the government for supporting Ukraine and providing shelter to Ukrainians. 🇬🇧❤️🇺🇦 We call on the Ukrainian diaspora in Milton Keynes and the surrounding area to join the action and express our most sincere thanks by writing a postcard with warm words of gratitude ❤️. The authors of the best 5 postcards receive prizes. 🎁 All letters will be delivered to 10 Downing Street, from Ukrainians with love. The event was organized by the joint efforts of "Ukraine Appeal" and "Friendship Zone". There will be a variety of entertainment for children, yummy foods and drinks, bouncy castles, a variety of entertainment, a quest game and a lot of interesting things. Hope you can make it.

I must apologise for the lateness of this month's newsletter. I don't know who allowed the Editor to have holiday and then of course there was Wimbledon and what a finals weekend that was, I did not move from the sofa. The start of a new era. It just highlights there is always change and we must keep up with the times and be flexible to help meet our charities ever changing needs.

I hope we all enjoy this summer, we have our summer Quiz on the 19 August and our summer party at Jeans, thank you Jean, on the 22nd of August. Hope you can all make both or one of those, will be great to see everyone and have a relaxing time as we have a busy last quarter of the year coming up.

I will sign off by saying 30 July is International Day of Friendship and the United Nations says the following:
Our world faces many challenges, crises and forces of division — such as poverty, violence, and human rights abuses — among many others — that undermine peace, security, development and social harmony among the world's peoples.
To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship.
Through friendship — by accumulating bonds of camaraderie and developing strong ties of trust — we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

Soroptimists are all about Friendship and helping others. Let's keep up the good work. Happy reading everyone.

Soroptimists standing up for Women and Girls
Sue Key, Chair

Dear Diary updates

	Dear Diary Dates
Tues 18 July	Branch meeting. 5.30pm, Acorn Training Centre, Westcroft
Wed 26 July	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Sat 19 Aug	Fish and Chip Quiz Night , 7.00pm, Simpson Church, Simpson
Tues 22 Aug	Summer Party from 5.30pm , at Jean's House, 1 Willowford, Bancroft Park, MK13 0RH
Wed 30 Aug	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

Age UK MK Garden Party: 23 July 2023



Age UK MK are celebrating their 45th birthday with a garden party at Chicheley Hall.

Imagine this is you and your friends Sunday 23rd July at Chicheley Hall. The live band is playing and you are tucking into an Afternoon tea, there is the sound of laughter and the sound of music fills the air around you whilst you celebrate Age UK MK 45th birthday.

To book a ticket [click here](#)

International Festival MK - 21-30 July 2023



International Festival MK is back this year from 21 – 30 July 2023.

Concerts and events for all age groups. To find out more and book events. [Click here.](#)

Our Fish and Chip Quiz Fundraising evening - 19 Aug 2023



Don't forget everyone to put the 19 August in your diary. It is our great Fish and Chip Quiz night. 7pm at Simpson Church, Simpson.

Another of our annual favourite fundraising events. Please share with friends and try to encourage them to come along to help raise funds for our good causes. More details will follow in future newsletters.

Winter Night Shelter events in Aug and Sept to look out for



Two lovely summer events are being held to raise much needed funds for the Winter Night Shelter. They are:

MK Fun Fest – 19 August 10 till 5pm at the Tattenhoe Sports Pavilion

Varied acts, live DJ's rides, trampolines, face painting, food and beverages

Family Fun Day Sun 3 Sept 11am to 3pm at Middleton Pavilion

with food, drinks, fairground attractions, games, stalls, football tournament.

Heart and Music Choir Event - 14 October



Our Heart and Music event is on 14 October at The Mead Center, Newport Pagnell from 7pm.

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



JUST A REMINDER EARLY BIRD BOOKING ENDS 31 JULY

SIGBI 2023 Conference in London on 3 to 4 November at Friends House.

The Theme is Climate for Change. Two speakers confirmed so far are Adam Henson from BBC Country File and Tracey Horner, CEO of Lend with Care. [Click here](#) to learn about these speakers.

More details will follow. [Click here](#) to keep an eye out for updates on this conference.

To register [click here](#).

VOW MK - latest newsletter



The July edition of VOW MK newsletter is here. It includes items on Empowering women in Security, can you help the local health service and upcoming events and news clippings. To read the full newsletter [click here](#).

Articles include Women in Local government: this year's MK elections; Healthwatch MK Annual Report'; A British standard to support menstrual health in the workplace.

Women in certain jobs may be more prone to ovarian cancer



Researchers have found that women who worked in accountancy for a decade were twice as likely to develop ovarian cancer, while construction workers were almost 3 times as likely.

Hairdressers, beauticians and accountants could be at a higher risk of developing ovarian cancer, a new study suggests. To read the full story [click here](#).

Menopause & periods guidance is a magnificent step forward



Dame Vera Baird, former Victims Commissioner was interviewed by Channel 4 concerning a UK first. New guidance to support women with periods or going through menopause has been described as a "magnificent step forward".

In June an Inquest jury found that a domestic abuse victim, driven to suicide by coercive control, was unlawfully killed by the perpetrator. Dame Vera said the challenge is to get the CPS to bring a manslaughter prosecution. A Third of all UK female suicides follow domestic abuse.

To hear the interview of Dame Vera Baird, [click here](#).

Mothers could have missed out on £1b in state pension



Mothers may have been underpaid about £1b in state pension owing to information missing from their national insurance (NI) records.

Since 1978 the system has included credits for parents who took time out of employment to bring up children. Until 2010, this was known as home responsibilities protection (HRP), but it may be missing from some NI records. [Click here](#) to read the full report. (Getty Images)

Female workers made to strip over used sanitary pad



Three people have been arrested after employees at a Kenyan cheese factory were allegedly forced to undress to check who was on their period.

A manager at Brown's Food Company assembled female workers to find out who had thrown a used sanitary towel in an incorrect bin. She made women strip after attempts to get a confession were unsuccessful. Three people are now facing indecent assault charges over the incident. [Click here](#) to read the article. (Getty Images)

Sex education must engage boys to tackle harassment - MPs



The MPs Women's and Equalities Committee recommends compulsory relationship lessons in sixth form. The Inquiry says lessons must engage boys and young men in order to tackle a scourge of sexual harassment and violence in schools. They found that some schools were still acknowledging the problem of violence against women and girls, while many lacked funding and time to deliver relationship, sex and health education effectively. [Click here](#) to read the full article.

Scotland's top law officer goes to court to change rape rule



Scotland's top law officer is seeking a change in the rules on evidence which could allow far more prosecutions to be brought in rape cases.

In a rare legal move, Lord Advocate Dorothy Bain has asked the appeal court to overturn a ruling made by five judges in 1997. [Click here](#) to read the full article.

Forces failing women over police sex misconduct claims, BBC finds



Police forces are failing vulnerable women who say they have been sexually exploited by officers, the BBC has learned.

One woman says a detective pursued a sexual relationship in texts and repeatedly visited her home.

Police sexual misconduct is under the spotlight like never before following the rape and murder of Sarah Everard by serving officer Wayne Couzens and the uncovering of serial rapist David Carrick.

The BBC has learned that individual forces are failing vulnerable women in botched or delayed investigations which are taking years to complete and rarely leading to misconduct sanctions or criminal charges. [Click here](#) to read the full article.

Domestic abuse needs to be the business of all employees



More and more companies recognise they need to look after their staff's mental health. But survivors of domestic violence want to extend that duty of care.

[Click here](#) to read the story of Sarah Livermore's experience coming out of work one day and how she has now set up Domestic Abuse Education to go into workplaces to help employers understand domestic abuse and support employees who have experienced it.

Mexico - Women at War



Since 2006 a bloody war between Mexican authorities and the drug cartels has raged claiming the lives of 300,000 people. Every year, 3,000 women are murdered. That's 10 a day, or one every two and a half hours. An estimated 24,000 women and girls are missing.

The escalation of violence against women and girls in Mexico has reached critical levels. It has been normalised or so long that it risks being made invisible. [Click here](#) to read this story.

44 Eye watering Zero Waste Fun Facts



The zero waste movement has been becoming popular in many parts of the world.

If we don't want to leave a world for our next generations that will have a lack of resources and mountains of wastes, there is no other way than maintaining a zero waste lifestyle. [Click on this article](#) to learn 44 zero waste facts for the would-be zero waste practitioners.

SIGBI latest News/blogs



This month our President talks about our Specialist Domestic Abuse Courts report. There are articles on International Plastic Bag Free Day, International Day on the Elimination of Sexual Violence in Conflict.

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

SIGBI HUB - Please sign in, update your details to receive regular digest of what's happening



Just a reminder. Please can everyone make sure you have signed into the new SIGBI Hub and updated your details. A

And the regular Hub digest will provide you with up to date details of what is happening. This will be sent out to you twice a month on the 7th and 21st.

International Plastic Bag Free Day - 3 July



International plastic bag free day is celebrated worldwide on 3rd July. It was originally established in 2010 by the Bag Free World organisation with the goal of highlighting the increased usage of non-renewable, single-use plastic throughout the world and to encourage people to reduce plastic usage.

To learn more and how you can help [click here](#)

Soroptimist International Blogs - read the latest



Read the latest Soroptimist International Blogs including:

- UN Report: Inequalities cause Hunger, Change is needed
- The United States obtained their Reintegration into UNESCO, 5 years after their departure
- Hunger Hotspots and early warning on acute food insecurity
- Together let us shape the global framework on culture and arts education
- Sisterhood on the road: How a coach trip made the Dublin convention a breeze
- Harmonising Menstrual Hygiene with caring for the environment
- Environmental advocacy and impact
- Climate change in the making: Asia Pacific Country commitments and challenges
- Looking back on 61st Commission on Social Development and its priority theme to create productive employment and decent work for all as a way of overcoming inequalities.
- CSW67 in Numbers: just what did Soroptimists achieve at the latest CSW

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

Soroptimist International Voices Webinars and Podcasts



Soroptimist International Voices of webinars commenced in 2020, established to recognised 100 years of our global organization. [Click here](#) to listen to the latest SI webinar from SI President Maureen Maguire on “Empowering Women in a changing world”.

The SI latest Podcast is on Gender and Climate. To listen to this and previous Podcasts [click here](#).

Inspiring Women - Be Inspired



This month we celebrate Jamie Aarons, who in June set a new time record for scaling all the mountains in Scotland higher than 3,000 feet (914m), collectively known as the Munros. Jamie did this in 31 days 10 hours and 27 minutes, breaking the previous record by more than 12 hours. To [learn more click here](#).



In 1942 painter Thelma Johnson Streat (1912-59) was the first African American woman to exhibit work at the Museum of Modern Art, New York. The artist was also threatened by the Ku Klux Klan for her themes in challenging and exposing racism in the US. Brought by WomensArt1, Twitter page link is <https://twitter.com/womensart1>

UN International days and Awareness days - July 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 July	International Day of Cooperatives
3 July	International Plastic Free Bag Day
7 July	World Kiswahili Language Day (UNESCO)
11 July	World Population Day
12 July	International Day of Combating Sand and Dust Storms
15 July	World Youth Skills Day
18 July	Nelson Mandela International Day
20 July	International Moon Day
20 July	World Chess Day
25 July	World Drowning Prevention Day
28 July	World Hepatitis Day (WHO)
30 July	International Day of Friendship
30 July	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:

