



Save our Sanity

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



30 November 2022

MK Soroptimists

Newsletter 44

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Editorial Welcome



**Hoping you all
Have a wonderful Festive season
and
wishing you all much
Happiness, Health and
the very best for 2023**

Remembrance Day



It was a privilege to lay a wreath on Remembrance Day to remember those women who served and died in the forces and the factories, those nursing our fallen and those women and girls who have lost their lives in conflict. May they never be forgotten.

Thank you, learners of MK Snap, for a beautiful wreath which was also biodegradable and received many compliments. I hope you can join us next year as we make this part of our annual calendar of events. .

Help Ukraine Appeal



The first of 2 car loads of blankets and duvets and winter coats to ~Help Ukraine Appeal.

It's snowing in the Ukraine and there are continuing power cuts. The first vans which went out on 5 Dec have reached the Ukraine but they still need more donations and have another van going out on 28 Dec. Please share with your friends.

And after our discussions with them they now have a Twitter account to get their message further. @BAMK_uk

[Click here](#) for their website

Branch meeting with the High Sheriff Buckinghamshire and Detective Superintendent Kelly Gardner



What a great way to start this year's Orange the World 16 Days of Activism at our November meeting with speakers Debbie Brock the High Sherriff of Buckingham and Kelly Gardner Detective Superintendent Domestic Abuse and Stalking.

Debbie spoke about her role in supporting the police, emergency services, councils, and all aspects of crime prevention particularly against young people. During her year she has been concentrating on modern day slavery which can lead to knife crime and has been involved in bringing the Knife Angle to Milton Keynes which will be at the StadiumMK from 3 December for the month. The Knife Angle is made from 100,000 bladed weapons.

Kelly spoke about her role with Domestic Abuse and stalking across Thames Valley. This November Thames Valley Police published their new strategy on Violence Against Women (see article later in this newsletter) and Kelly has provided us with a copy of the Domestic Abuse and Stalking Strategy.

The High Sheriff of Buckingham for 2023/24 will be Dame Ann Limb, one of our founding members, and she has said she wants to concentrate on violence against women in her year. I think it would be lovely if we could team up with her on her theme. And so, for xmas reading I hope you are all able to have a read of these new strategies and we can discuss at our planning meeting in January.

Christmas Fayres at MK Snap and Mead Centre Newport Pagnell



And two craft Fayres in one week.

On the 23 November MK Snap held their first Xmas fayre and we had a lovely time. The learns sung carols and there was a great atmosphere. Thank you Angie and we hope your hold one next year too, we are up for it. On the Sat 25 Nov we had a xmas stall at the Mead Centre in Newport on the day they were swithcing on the xmas lights.

Thank you, all our sewers and volunteers, over those two days. We raised over £200 for our charities, best ever to date and we had a great time too.

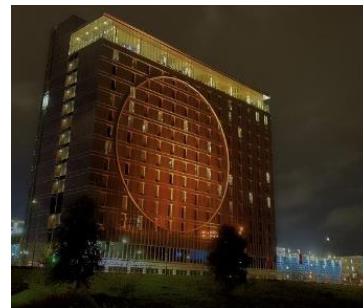
16 Days of Activism to Orange the World



On 25 November International Day for the Elimination of Violence Against Women and also White Ribbon Day really pleased to be invited by MK City Council SaferMK team to promote the day and raise awareness with council staff on ending violence against women and girls. And that was just the start. Each day on our Twitter account along with a number of other Soroptimists clubs we have raised the issues of the 16 Days of Activism and ending violence against women.



On the 25 November, VOWMK with SaferMK and Bletchley and Fenny Stratford Town Council held a vigil at MK Rose which was televised on BBC Look East.



And not sure if this was as a result of our letter to Hotel La Tour MK, but the hotel did appear Orange during the 16 Days of Activism so let's hope we can achieve this each year.



On the Big screen on 10 Dec at MK Dons home match, during the interval, the screen presented shots of a MK Dons male and woman player promoting White Ribbon, which we had a part in helping to achieve.



And all last week at the Ousedale school our school presentation raising awareness on Violence against women, the 16 Days of Activism, Orange the world and White Ribbon campaigns and useful contact details was presented to their school assemblies. We will be looking forward to the feedback on this and how we can improve for next year and take forward. Another idea to discuss at our planning day this coming January.

What more can we do in 2023? I have mentioned working with the new High Sheriff of Buckingham. But we can do more. Looking at other Soroptimist clubs, here are some ideas for us to consider. Poster in all shops, GP's. etc with information and contact details; sew lots of orange hearts and hang in the CMK Church with an info

display, information display in CMK library; Orange the buildings in MK; information stand at MK Hospital raising awareness of services; carol service at CMK Train station to raise funds and awareness; take part in CMK xmas tree and do an orange the world xmas tree; orange the world disco or quiz. Here are just some ideas, let me know what you think and any new ideas you think we can use.

YMCA and Winter Night Shelter donation and Clean Buckets



Jean and I were pleased to be able to pop in to the Winter Night Shelter at the beginning of December to hand over a cheque for £300, as a result of previous fund-raising events and present them with this month's Clean Start Buckets. Emma Johnson, the new manager there thanked us for both and for all the help we provide throughout the year.

It was a busy day for Jean and I. After popping to the Winter Night Shelter, we were off to the YMCA, with more Clean Start buckets, provided with the continuing help of Dunelm UK. Penny said they are always in short supply and she also mentioned they are always short of coat hangers, single duvets and duvet covers and smellies including toothpaste and brushes. As a result as part of the YMCA Xmas meal we are going to put together little xmas bags of toiletries with these items and hope you can help with this.



Winter Night Shelter Xmas Buffet



Rosella, Laraine, Sue and Jean helped to set up the Xmas buffet at the Winter Night Shelter on 6 December and they had a great time. There was a lovely atmosphere there, everyone enjoyed themselves and loved the buffet selection and the WNS also put on a disco bingo as well. Feedback so far is more sandwiches pies and of course the bars of chocolates went down well.



And all the £20 food vouchers have now been purchased and these will be our Xmas donation to the families at MK Act, Women's Refuge this Xmas. Thank you everyone for helping us.

What a busy November and December and we have still not finished. There is the YMCA lunch on 21 December, but also our own xmas dinner this coming Tuesday and I look forward to seeing you there.

We have had a busy year and when I look back through our newsletters at just what we have done, I am so pleased with how much we have achieved and hope that we can go from strength to strength in 2023. We have our branch meeting on 17 January when we hope to have most of our charities come along and talk to us about their year and looking forward. This will certainly inform us for our planning day on 28 January. I hope this editorial has also given you something to think about and am looking forward to all your ideas on what we can do in 2023.

On that note, may I take this opportunity to thank you one and all for all your hard work and support to all our charities and causes. You have all been marvelous and let's do it again in 2023. May I wish you all a Happy Festive period and Happiness and Health for 2023.

Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
Tues 6 Dec	Xmas Buffet for Winter Night Shelter
Tues 13 Dec	Xmas evening meal The Swan Revived at Newport Pagnell 6.00pm
Wed 21 Dec	Serving Xmas Lunch at MK YMCA for 30 people at YMCA Home round Café.
Wed 28 Dec	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 17 Jan	Branch meeting with speakers from our charities. 5.30pm, Acorn Training Centre, Westcroft
Wed 25 Jan	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Sat 28 Jan	Planning Day Details to be confirmed
Tues 21 Feb	Branch meeting with speakers from our charities. 5.30pm, Acorn Training Centre, Westcroft
Wed 28 Dec	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

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.

Queen Consort holds event to raise awareness on the pandemic of violence against women



Camilla, the Queen Consort, has warned of a "global pandemic of violence against women" and called for an end to these "heinous crimes".

This week the Queen Consort held her highest profile event on one of most personal causes, saying survivors of domestic abuse need to be "listened to and believed", said the Queen Consort. [To read more click here](#)

Street Harassment to be made a crime



Sexual harassment on the street will be made a crime with jail sentences of up to two years, the government has said.

Catcalling, following someone and blocking their path will be criminalised in England under plans backed by the Home Secretary. [Click here](#) to read full article.

Violence against women: The families demanding change



Families whose mums, sisters and daughters were killed by men are calling for changes to the way police and authorities deal with violence against women. They want changes to how killers are sentenced and to the way the NHS and social services respond.

According to the latest official crime statistics - between April 2020 and March 2021 - 177 women were murdered in England and Wales. Of those, 109 were killed by a man, 10 were killed by a woman, and in

58 cases there was no known suspect. The latest figures also show 1.7 million women experienced domestic abuse last year. The bereaved families have formed a new campaign group, called Killed Women, to campaign for more to be done to protect women and ensure justice for victims. [Click here for the full story.](#)

Soroptimist International - Statement on the rights of women and girls



Soroptimists International released a statement on 4 November, linked to the growing protests across Iran continue in response to the death of the young woman, Mahsa Amini. Soroptimist International is deeply concerned that this is just one example of the human rights of women and girls being suppressed in many countries across the globe. Soroptimist International rigorously opposes such violations of human rights and calls on the Iranian Government and all other Governments to cease state-

controlled violence against unarmed women and girls immediately, and to comply with international laws protecting the right to freedom of expression and elimination of gender discrimination. [Click here to read full statement.](#)

2 Dec - End Modern Day Slavery - County Lines



County lines' is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into one or more importing areas within the UK, using dedicated mobile phone lines or other form of "deal line".

They are likely to exploit children and vulnerable adults to move and store the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) and weapons.



[Click here](#) to read the story of Nicole and her story of joining a drug running gang at the age of 11 and her question "why did nobody save me?"

16 Days 16 Films

16 days 16 Films is a short film initiative platforming female film makers. To see the 16 days 16 Films being shown during this year's [#16DaysOfActivism](#) [Click here](#) to see all to date.

Cost of Living: The women doing sex work to make ends meet



Violence has always stalked the streets where sex is bought and sold and sometimes just taken. So why, according to a number of charities, are more women taking up street prostitution?

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

Local TVP Crime survey out for completion



This survey is an opportunity for Thames Valley residents to share their experiences and have a say in how policing services are shaped in the Thames Valley (Berkshire, Buckinghamshire and Oxfordshire). The information you provide will help inform the Office of the Police and Crime Commissioner (OPCC) on any gaps or improvements that could be made in the future. Please complete to help shape requirements in our area and especially around keeping women and girls safe. [Click here](#) to complete survey.

Women's Equality - Women's abortion rights being undermined

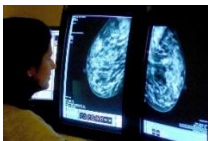


Abortion rights in the UK are under threat... again. When the government announced that they were going to make access to early at-home abortions permanent Women's Equality were elated. Since 2018, they have campaigned for early at-home abortion pills to be made accessible to anyone who needs them and this was a significant win for women in the UK. However, following

the third reshuffle of 2022, the new cabinet have threatened to limit women's access to safe abortions. In a recent leak, it was revealed that abortion providers have been instructed to limit access to at-home abortions to those without a registered address - this doesn't include refuges, hotels, hostels, or even family homes. This new rule will disproportionately affect the most vulnerable women in our society, and could force women seeking sanctuary from domestic abuse back to their abuser's home. This is not only nonsensical, but a direct attack on our reproductive rights. According to an email sent by the Department of Health and Social Care to abortion providers, the *fifty* year old Abortion Act is being used to restrict the rights of marginalised women and reverse the progress made this year.

Women's Equality say we must not let these perpetual attempts made by anti-choicers in Rishi Sunak's cabinet turn the clock back on our reproductive rights

Landmark Breast Cancer drug could save thousands of lives



'The treatment is far less debilitating than chemotherapy and I've been given the gift of a longer life,' says one patient. A targeted drug for those with advanced forms of the disease reduced tumours as well as doubling the length of time patients have before their disease develops.

A phase III clinical trial of capivasertib alongside hormone therapy suggests the combination could become the new treatment for patients with advanced forms of the most common type of breast cancer.

The findings, presented at the San Antonio Breast Cancer Symposium on Thursday, are relevant for around seven in 10 of all new breast cancer cases.

Domestic Abuse Commissioner report on domestic abuse migrant survivors



Read the Domestic Abuse Commissioner's report about migrant survivors of domestic abuse. [Click here](#)

Winter Night Shelters now open - Volunteers needed



The Winter Night Shelter Xmas Night Shelters are now up and running and are even more vital in this very cold snap we are having.

But to run them they need volunteers. [Click here](#) to learn more and how to volunteer. Please share this with friends and raise awareness. Thank you.

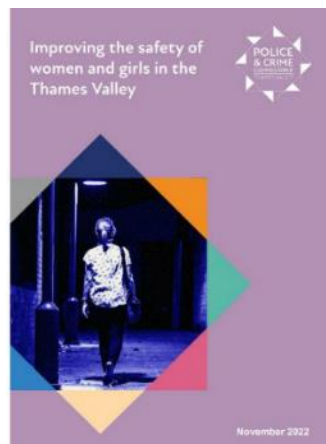
Sustainable Warmth Grant



The Government Sustainable Warmth Grant programme could help vulnerable residents across Milton Keynes struggling with rising energy bills and facing impossible choices to try and keep warm right now and worrying about winters to come.

The Sustainable Warmth Programme helps to fund home energy improvements for households struggling with energy bills. Milton Keynes City Council is helping to raise awareness of this government grant - which could see households receiving up to £25,000 of home energy improvements at no cost to them. To learn if you can apply [Click here](#).

Thames Valley Police Commissioner announces new VAWG strategy



Matthew Barber has announced a force wide strategy aimed at improving the lives of women and girls.

The Thames Valley Police and Crime Commissioner announced on 22 November a new strategy to make streets safer for women and girls across the Thames Valley area.

He says Violence against women has been brought into sharp focus by recent tragic and high profiles cases within the force.

Announcing the strategy, Matthew Barber said: "The risks to both women and girls in our communities can take many different forms, from domestic abuse to public place harassment, stalking to sexual violence. Therefore, it is important that a variety of responses are in place to ensure the Thames Valley is a safer place for all women and girls. [Click here](#) to read the above full strategy.

In addition to the above, after our wonderful evening with Debbie Brock and Kelly Gardener, Kelly has kindly forwarded to us the following documents:

Thames Valley Police Domestic Abuse and Stalking Strategy 2022 – [Click here](#) to read

New Police Team in Thames Valley to focus on rape and sexual abuse investigations



A dedicated team of specialist detectives are supporting investigators across Thames Valley Police in rape and sexual offences criminal investigations.

The team will provide practical help and advice to officers, detectives and investigative staff across the force and bring national best practice into Thames Valley Police to ensure effective and comprehensive investigations to bring offenders to justice. [Click here](#) to read full article

NHS Healthy Start



Please share this information.

Any families on low incomes in our community can apply via the NHS Health Start for vouchers to help buy milk and food.

There seems to be a low take up on this scheme so please spread the word. [Click here](#) for more information.

Soroptimist International Blogs - read the latest



There are a number of new Soroptimist International Blogs to catch up on, including blogs linked to 16 Days of Activism.

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

Soroptimist International - Iran and Sudan situation



Read a message from SI President Maureen Maguire regarding the current situation within Iran and Sudan.

[Click here](#) to read.

Voices of Women MK - latest newsletter



Articles include voices from the End Violence against women, community news, new Thames Valley strategy on Violence against women and girls and upcoming events.

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

Community Action - latest newsletter



Articles include continuing response to the Ukraine War and Refugee response, Be on the lookout for scams and upcoming events.

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

MK Foodbank Reverse Advent is back for 2022 and latest list of Food donations needed



Find a box or use your own
 Fill it with long life food items and Christmassy treats throughout November
 Deliver it back to MK Foodbank by 2 December
 MK Foodbank will distribute food to families in need for Christmas

[Click here](#) to see list of items needed

Inspiring Women - Be Inspired



Remember
 All women
 you, me, everyone
 we can all help each other
 we can all achieve
 Just believe in yourself and be you



In 1902 Annie Turnbo Malone—millionaire entrepreneur & inventor—opened her first shop in St Louis, America selling haircare products for Black women. In 1918, she established Poro College, a cosmetology school, whose franchises created jobs for 75,000 women. [Click here to learn more](#)

UN International days and Awareness days - Dec 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 Dec	World Aids Day
2 Dec	International Day for the Abolition of Slavery
3 Dec	International Day of Persons with Disabilities
4 Dec	International Day of Banks
5 Dec	International Volunteer Day for Economic and Social Development
5 Dec	World Soil Day
7 Dec	International Civil Aviation Day
9 Dec	International Day of Commemoration and Dignity of the Victims of the Crime of Genocide and the Prevention of this Crime
9 Dec	International Anti Corruption Day
10 Dec	Human Rights Day
11 Dec	International Mountain Day
12 Dec	International Day of Neutrality
12 Dec	International Universal Health Coverage Day
18 Dec	International Migrants Day
18 Dec	Arabic Language Day
20 Dec	International Day Human Solidarity

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:

