



# Save our Sanity

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



31 October 2022

MK Soroptimists

Newsletter 43

## In This Issue

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

- Editorial Welcome
- Dear Diary dates
- Dear Diary Dates 2023
- Vow event: Women’s experience of Hate Crime
- Vow event: Violence Against Women
- MK Snap Festive Fayre - 23 Nov
- Mead Centre Xmas Fayre – 26 Nov
- YMCA Soup and Quiz Night – 6 Dec
- UKPAC Spiking Drinks campaign
- 16 Days and 16 Films
- World Homelessness Day 10 Oct
- DA Commissioner report on Migrant survivors of DA
- Light pollution on Migrant Birds
- Cost of Living tips on Supermarkets
- Next stage of Enough Campaign
- Cost of Living impact on DA victims
- SI Europe project to help Moldovan girls
- SI latest Blogs
- SI statement Iran and Sudan
- COP27 Conference
- SI International Day of the Girl article
- Community Action latest newsletter
- [MK Foodbank Reverse Advent Calendar is back](#)
- Inspiring Women - Be Inspired
- UN International Days & Awareness days – Nov
- Our Twitter feed and web page

## Editorial Welcome

### Stony Radio appearance



**After appearing on the Friday Charity Chatty show with Thia on Stony Radio, thank you Rosella, Jean and I were kindly invited to meet the Ukrainian families living here in Milton Keynes. Thank you everyone for your quick response, on 7 October we were able to drop off 5 sacks of winter clothing for them. And now we will be working with them to try to help organize a Xmas event. We will get back to you all soon for your help once we know a bit more.**

## October Music Event



**Our Music event on 8 October at the Mead Centre, Newport Pagnell was a great success.** As a result, we have raised £600 which will be split between Soroptimist International Krakow and their work with Ukraine refugees in Poland, the Ukrainian families living here in Milton Keynes and the Winter Night Shelter. Thank you everyone for all your hard work.

The Ukrainian Appeal charity are looking for donations to help provide emergency relief including medical supplies and assistance, provision of clean water, shelter and food and other necessary items. The charity also support internally displaced persons, host communities and refugees in neighbouring countries. [Click here](#) to view their website and learn more about what the charity is doing to support the Ukraine crisis.



**19 October saw some of our members enjoying a lovely soup lunch at the YMCA Soup Festival to launch their Soup Recipe book.**

The hope is that the #SoupFestival will become an annual event where supporters of YMCA will hold their own #SoupFestival with friends coming round for a soup lunch and raising funds for YMCA. Like a Macmillan Coffee morning event.

You can also purchase the Soup recipe book, including a recipe from a friend of one or our members for £5 with the donation going to YMCA. [Click here](#) to learn more.

**And a big congratulations to one of our founding members, Sally Alexander on becoming CEO and Group Principal at MK College Group.**



**For our Projects during 16 Days of Activism** we are continuing to work with Bletchley and Fenny Stratford Town Council, MK Council and MK Dons with the aim of showing a short video to raise awareness on ending violence against women and girls at the MK Dons home game on 10 December. And we are working to provide an educational presentation for assemblies at Ousedale School. **Let us all help to raise awareness, OrangeMK and Say no to Violence against Women.**



**Congratulations to Soroptimist International St Albans. Their Orange the World project won a SIGBI Programme Action Award at the SIGBI Belfast Conference.**



## 88<sup>th</sup> SIGBI Conference in Belfast

Angie, Mala, Sue and Bethan flew off to Belfast and had a blast, inspired by discussions on many diverse discussions around Climate Change.

**Click here** to go to the SIGBI Belfast pages. Click on each page and the speakers and you will see a summary of the discussions. Looking forward to hearing from the girls and let's hope it will help inspire us for our planning day in January and what we want to do the year ahead.

## Coming up in Nov and Dec

The next few months are going to be busy. There will be the **11 November Remembrance Day** at MK Rose from 10.45am to 11am.

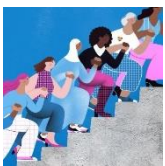
At our **branch meeting on 22 November**, we are lucky to have the **High Sheriff of Buckingham, Debbie Brock coming along to talk to us**. Her year long focus has been on **Knife Crime** and this has led her towards Country Lines and why she has been very supportive of the initiative around the visit of the National Monument against Violence and Aggression (The Knife Crime Angel). I think this will be a very interesting discussion and I hope you can all make it. We will be setting up a Zoom link for those of you who cannot be here in person. Our meeting is prior to the **16 Days of Activism starting on 25 November** and I ask **can you all please remember to wear Orange at the meeting. To show our support of #OrangetheWorld and say no to violence against women.**

We have two craft events on **23 Nov at MK Snap** and **26 Nov at the Mead Center**, Newport Pagnell (same day the Xmas lights are switched on) and if anyone can help out on those days please let Sue P know asap.

For our **Xmas projects** we are:

- **MK Act** – we will provide food vouchers for the families.
- **Winter Night Shelter** – we are providing a buffet to take to them on 6 December. Lorraine circulated a list of food items required and we will confirm details of dropping off the items nearer the day. We are also collecting
- **YMCA xmas lunch** – we have now agreed a date of **Wed 21 Dec** not 10 Dec as previously stated and it will be at their Homeground café. The list of food items will shortly be circulated and we will need volunteers on the day please, if you can let Sue P know. Thank you.

We are also **collecting chocolate bars for both the Winter Night Shelter and MK Act**. Best price to date for 200g bars is Aldis at 89p each followed by Tesco at £1 each. If you can bring some along to the Nov meeting that would be great.



Maya Angelou said the following inspirational words which I think are an inspiring message to us and the work we do for our charities and our community:

*Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women" - Maya Angelou*



**16 Days of Activism starts on**

**25 November – International Day for the Elimination of Violence against Women**  
**Soroptimist International say no to violence against women**

**Sue Key, Chair**

## Dear Diary updates

Dear Diary Dates	
Tues 22 Nov	<b>Branch meeting</b> 5.30 pm for tea with 6.00 pm start. Acorn training room, Westcroft
Wed 23 Nov	<b>MK Snap Festive Fayre 1 – 7pm. We have a stall and need volunteers please to help staff it to raise funds for our charities</b>
Sat 26 Nov	<b>Mead Centre Xmas Fayre 10am to 5pm. We have a stall and need volunteers please to help staff it to raise funds for our charities</b>
Wed 30 Nov	<b>Friendship Lunch</b> 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 6 Dec	<b>Xmas Buffet for Winter Night Shelter</b>
Tues 13 Dec	<b>Xmas Branch Dinner, Swan Revived, Newport Pagnell. 6pm</b>
Wed 21 Dec	<b>Xmas Lunch YMCA for 30 people at YMCA Home round Café.</b>
Wed 28 Dec	<b>Friendship Lunch</b> 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA

## Dear Diary - 2023 dates

Please find below the Branch, Regional, Friendship lunch and special event dates for 2023 to put in your diaries.

Branch Meeting	Regional Mtg	Lunch	Fund raising/Special
<b>Tuesday - 5.30pm</b> Acorn Training Centre, Westcroft		<b>Wednesday,</b> <b>12.30pm</b> Inn on the Lake, Mount Farm Bletchley	
<b>17 Jan</b> – 5.30pm Charities invited to tell us what they need from us		25 Jan – 12.30pm	<b>Sat 28 Jan –</b> <b>Planning Day</b>
<b>21 Feb</b> – 5.30pm,		22 Feb – venue	
<b>21 March</b> - 5.30pm, Acorn Training Centre, Westcroft	Sat 11 March SILC Int Women’s Day Celebration 10-4pm in London <a href="#">Region</a> <a href="#">Programme, Dear Diary and</a> <a href="#">Newsletters   SI London Chilterns  </a> <a href="#">SIGBI</a>	29 March	<b>7 March</b> IWD Afternoon Tea 3.30-5.30pm at MK Snap <b>Wed 8 March</b> IWD 2023
<b>18 April</b> – venue as above		26 April	
<b>23 May - AGM, venue</b> <b>TBC</b>		31 May	
<b>20 June</b> - 5.30pm,	11 June – SILC Region Conference	28 June	Vintage Event Newport Pagnell TBC
<b>18 July</b> - venue as above	<b>SIGBI Day of Action TBC</b> <b>27-29 July SI Dublin Convention</b> <b>“Challenge the</b> <b>Future”</b> <a href="http://sidublin2023.com">sidublin2023.com</a>	26 July	<b>July</b> – Simpson Quiz evening. Date and Venue TBC



<b>22 Aug - Summer Party</b> venue TBC		30 Aug	
<b>19 Sept</b> - venue as above		27 Sept	BFSTC Food & Craft Fayre TBC
<b>17 Oct</b> - venue as above	<b>8 Oct</b> – SILC Region Conference Details TBC <b>27-29 Oct</b> SIGB Conference Belfast “Climate for Change” <a href="http://www.sigbi.org/belfast2022">www.sigbi.org/belfast2022</a>	25 Oct	<b>11 Oct</b> International Day of the Girl Child – How to celebrate <b>14 Oct Music Event</b> –venue TBC
<b>21 Nov</b> - venue as above		29 Nov	<b>11 Nov</b> Wreath Laying Rose Pillar 10.30am <b>25 Nov – 10 Dec</b> 16 Days of Activism/White Ribbon/End Violence Against Women
<b>12 Dec</b> , 5.30pm, venue as above	10 DEC – SILC Region Conference & AGM	27 Dec	Xmas stalls – MK Snap/Mead Centre TBC

## Vow Event - Women’s Experience of Hate Crime



### Women’s Experience of Hate Crime

As part of Hate Crime Awareness Week this event will explore Women's Experience of Hate Crime. **Mon, Oct 10, 0900 - Midday**

Hosted by Milton Keynes City Council and Thames Valley Police

**1 Saxon Gate East, MK9 3EJ**

## VOW event - Foraging for Facts: Violence against Women



### Foraging for Facts: Violence Against Women and Girls

How can we use local knowledge and statistics for advocacy? For novices and seasoned users of stats. **Tues, Oct 11, 1000 – 1500**, Hosted by VOWMK and the Women’s Budget Group, **MKU, Bouverie House, 200 Silbury Blvd, MK9 1LT**

Also available online [click here](#)

## MK Snap Festive Fayre 23 November 1 to 7pm



**MK Snap are hosting a Festive Fayre on 23 November to raise vital funds for their services.**

We will be setting up a stall to raise funds for our charities and so hope you will be able to help out and staff the stall during the period 1 till 7pm.

Can you please let Sue P know what times you can help out on the stall please.

Thank you.

## Mead Center 26 Nov Christmas Fayre



Mead Center, Newport Pagnell is hosting a Xmas Fayre on 26 November from 10am to 5pm, on the same day the Xmas Lights in Newport Pagnell are being switched on. We will be setting up a stall to raise funds for our charities and so hope you will be able to help out and staff the stall during the period 10 till 5pm.

Can you please let Sue P know what times you can help out on the stall please. Thank you. All donations will be helping our charities. So please share this and invite your friends along.

## YMCA Soup and Quiz Night - 6 December



YMCA are hosting a Soup and Quiz night on Tuesday 6 December, 6 to 9.30pm at the Brasserie, MK College, Sherwood Drive, Bletchley Campus, MK3 6DR.

Are you a whizz at a quiz? A master of general knowledge? This will be an evening of fun with the quiz and some lovely soup with donations to YMCA MK.

£10 per person which includes 2 delicious freshly made soups and accompaniments, bar and prize raffle. Tickets are now available [click here](#) to book

## UKPAC Oct #Orange the World campaign- Spiking is a serious offence



Drink spiking is when someone puts drugs or alcohol into a person's drink without their knowledge or consent. It can include putting alcohol into a non-alcoholic drink, adding extra alcohol to an alcoholic drink or slipping prescription or illegal drugs (such as tranquilisers, amphetamines or GHB – liquid ecstasy) into an alcoholic or non-alcoholic drink. It can be difficult to tell whether a drink has been spiked, as substances used for spiking usually have no taste, odour or colour. To read the full article [click here](#).

## 16 Days 16 Films



When we speak  
[Click her to reserve tickets](#)



My Name is Andrea  
[Click here to reserve tickets](#)



My Love Affair with Marriage  
[Click here to reserve tickets](#)



Spanton vs The French Police  
[Click here to reserve tickets](#)

16 days 16 Films is a short film initiative platforming female film makers. Films that explore, emote educate on violence against women. From 26 October to 5 November the four above films are available.

## World Homelessness Day - 10 October



### World Homeless Day is 10 October

In the last year YMCA MK has supported over 400 young people on their flagship campus. They work with MK Homelessness Partnership, a network of organisations working to prevent and end homelessness in Milton Keynes.

[Click here](#) to learn their latest news and more about the work they do.

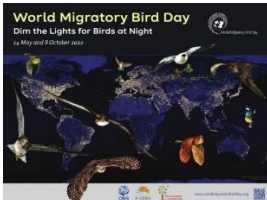
## Domestic Abuse Commissioner report on domestic abuse migrant survivors



Read the Domestic Abuse Commissioner's report about migrant survivors of domestic abuse.

[Click here](#)

## Light Pollution impact on Migratory Birds



Every year, light pollution contributes to the death of millions of birds. Many migratory birds such as ducks, geese, sandpipers and songbirds of all kinds, as well as seabirds, especially those which migrate at night, are particularly exposed to the increase of light pollution

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

## Cost of Living Tip - Cheapest supermarket



### Latest Cost of Living tip to help all households

Which Sept survey found that the cheapest supermarket was Aldi with Lidl a close 2<sup>nd</sup> and followed by Asda in 3<sup>rd</sup> place.

## Next stage of #Enough campaign on violence against women launched



Through our Football United Against Domestic Violence campaign, we know all too well that football players and fans have a vital role in helping change attitudes and responses towards abuse and violence against women.

As a result, The Home Office has launched the next stage of its #Enough campaign with GOAL– developed with Women's Aid – to “raise awareness of football-related abuse towards women in England and Wales” and to

promote the idea that “the responsibility to end domestic violence and sexual harassment against women and girls lies amongst our men and boys.”

By now, you may have heard the oft-repeated statistic that domestic violence increases by 38% when the England team lose, peaking around 10 hours after kick-off.

The campaign is fronted by Josh Denzel, sports presenter who talks about how men can intervene to ensure that sexist attitudes have no place within the so-called beautiful game. There are simple ways to tackle this.

[Click here](#) to read the full article and [click here](#) to go to the official #Enough website to learn more.

---

## Cost of living impact on Domestic abuse services and victims



**Dame Julie Walters, patron of Women’s Aid, in an article with The Sun spoke out about the huge barriers women face** in leaving abusive partners because of the current cost of living crisis and the issue around domestic abuse services facing terrifying bills in order to maintain services.

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

---

## Soroptimist Europe project to help Moldovan girls



**How three Soroptimist European clubs joined forces to support Moldovan girls realise and fulfil their potential in life.**

To read more [click here](#).

---

## Soroptimist International Blogs - read the latest



There are a number of new Soroptimist International Blogs to catch up on.

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

---

## Soroptimist International - Iran and Sudan situation

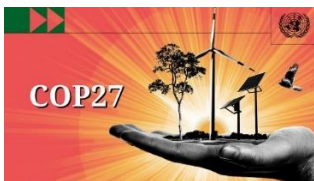


**Read a message from SI President Maureen Maguire regarding the current situation within Iran and Sudan.**

[Click here](#) to read.

---

## COP27 (Conference of the Parties) - 6 to 18 November



**The UN Climate Conference COP27 start this month in Egypt.**

The 27th Conference of the Parties to the United Nations Framework Convention on Climate Change – COP27 – will build on the outcomes of COP26 to deliver action on an array of issues critical to tackling the climate emergency – from urgently reducing greenhouse gas emissions, building resilience and adapting to the inevitable impacts

of climate change, to delivering on the commitments to finance climate action in developing countries. For more information see the website links below

WWF COP27 page [click here](#)

UN COP 27 page [click here](#)



---

## Soroptimist International: Our Voice at the UN latest blog is about International Day of the Girl Child - 10 October



**The International Day of the Girl Child** focuses attention on the need to address the challenges girls face and to promote girls' empowerment and the fulfilment of their human rights.

This year's theme, set by UNICEF is 'Our time is now – our rights, our future'.

Currently, girls aged between 10-18 years of age make up almost 8% of the world's population – they will be the leaders, thinkers and change-makers of tomorrow, and they deserve our time, investment and energy. UN Women recently stated, "Girls are leaders. Girls are change-makers. Girls are driving good and growth around the world. They are a fundamental source of transformational change for gender equality". To read more from Soroptimist International article [click here](#).

---

## Community Action - latest newsletter

**COMMUNITY ACTION: MK**

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

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

---

## MK Foodbank Reverse Advent is back for 2022

**Reverse Advent Campaign**

- Find a box or use one of ours
- Fill it with long life food items and Christmassy treats throughout November
- Deliver it back to us by the 2nd of December
- We will distribute food to people in need in time for Christmas! ❤️

mkfoodbank.org.uk/latest-appeal  
14 Burners Lane, Kiln Farm MK11 3HB  
01908 322800

Find a box or use your own  
Fill it with long life food items and Christmassy treats through out 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



Women's Auxiliary Air Force. Bader was quickly promoted to leading Aircraftwoman. Bader's achievements did not stop once she left the Army; she went on to become a teacher. To learn more about Bader's life visit. [Click here to learn more](#)



Gunner, resistance fighter, POW and later psychologist, Wanda Traczyk-Stawska took part in the 1944 Warsaw Uprising against Nazi occupation. On the 28 October 2020, aged 93, she joined a march for women's rights in Poland. "We have a right to fight for our dignity" [click here to learn more](#)

## UN International days and Awareness days - Nov 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 Nov	<a href="#">International Day to End Impunity for Crimes against Journalists</a>
5 Nov	<a href="#">World Tsunami Awareness Day</a>
6 Nov	<b>International Day for Preventing the Exploitation of the Environment in War and Armed Conflict</b>
9 – 15 Nov	<a href="#">International Week of Science and Peace</a>
13 – 19 Nov	<a href="#">World Antibiotics Awareness Week</a>
14 Nov	<b>World Diabetes Day</b>
15 Nov	<a href="#">Day of 8 Billion</a>
16 Nov	<a href="#">International Day for Tolerance (UNESCO)</a>
17 Nov	<b>World Philosophy (UNESCO)</b>
19 Nov	<a href="#">World Toilet Day</a>
20 Nov	<a href="#">World Day of Remembrance for Road Traffic Victims</a>
20 Nov	<b>Africa Industrialization Day</b>
20 Nov	<a href="#">World Children's Day</a>
21 Nov	<a href="#">World Television Day</a>
25 Nov	<b>International Day for the Elimination of Violence against Women</b>
29 Nov	<a href="#">International Day of Solidarity with the Palestinian People</a>
30 Nov	<a href="#">Day of Remembrance for all Victims of Chemical Warfare</a>

## 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:

