



Save our Sanity

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



30 September 2022

MK Soroptimists

Newsletter 42

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Editorial Welcome

A tribute to Her Majesty Queen Elizabeth 2



Some of our members on behalf of the club paying **tribute to Her Majesty Queen Elizabeth II at MK Rose on 12 Sept.**

May she now rest in peace after 70 years of dedicated service.

A truly inspiring woman

A very big Thank you Rowena, our Soroptimist friend. This month she gave us 11 beautiful handmade quilts which we donated to YMCA MK. These quilts will be given to residents in the Supported Living Stage 1 of the 3 stages YMCA have to help people.

Stage 1 are new residents who will be given advice, help and new skills to start them back on their journey to getting back into employment and a place to live. These quilts help them get their dignity back and to know they are cared for and will go with them on their journey.



At our September branch meeting it was lovely to be able to officially welcome Rosella to our group. I hope she enjoys the friendship we share and also the work we do to help our charities and our community. Welcome Rosella.

And our September meeting also included Louisa Hobbs, Operations Manager from MK Foodbank, thank you for such an inspirational talk. We learned that the foodbank provides two services:

Emergency support – people can be given two emergency parcels only 6 times a year. The foodbank has seen in the last year a 30% increase in requests.

Top Up Shop – this service is for people to buy things cheaper. 10 items for £10 and also provides help with debt support. 1000 people currently signed up.

They have seen a drastic reduction in donations and are now looking at developing a mobile door collection service as well as a mobile top up shop.

So please everyone share this news with all your friends and ask if they can donate what ever will help others.



On the 30 September we were on the Stony radio station with Thia promoting our Music Concert on 8 October and also a little bit about Soroptimists. Well done Rosella for enabling this opportunity and well-done Jean. Yet another bow Jean to your continuing new skills you are notching up as a Soroptimist. In fact, Jean did so well we have been invited back on 7 October to speak some more about Soroptimists and what we stand for and do. So, listen out for us on the lunch time show at 1pm.



SIGBI are supporting a project set up by Dame Vera Beard, the ex-Government Victims Commissioner, to carry out some research as to the effectiveness of domestic violence courts.

We have been observing local domestic violence courts in Milton Keynes along with SI colleagues from Aylesbury.

Between us all we have observed 12 different sessions observing a variety of cases, some in their entirety and mostly part cases. We have completed the questionnaires which are being collated with those from other Soroptimist clubs across the UK and which will eventually mean a report of the findings will be presented to the government and local authorities /court authorities. We learnt a lot from this experience and reported a lot !

Thanks to Vanessa, Jean, Mala and Sue P for their contributions to this research.

Click here to see report from West Midlands work in this area.



On 1 October some of our members had the privilege of attending a zoom meeting with Soroptimist International Krakow to find out how they have been supporting refugees from Ukraine. Karina Mostowik, President of Soroptimist Poland welcomed everyone from around the world (Australia, New Zealand, Belgium, France, Italy, UK but to name a few) to the meeting. She told us that 6.5 million refugees had come to Poland. Of the 3m plus that had stayed, 50% were children and young people up to 18 and of the adults 95% were women of which 10% were older women. The stories they were told were horrific and showed a picture one of the children had drawn of their experience. Anna WSZELACZYŃSKA, Soroptimist Krakow updated the meeting on the 2 main projects they undertook with the help of all the donations to support these refugees.

They set up two main projects to support the refugees as they arrived. This included feeding, clothing and providing advice, support and housing on their arrival. Taking food packages down to the train and bus station and helping to get them medical support and advice. The other project concentrated on providing educational, medical and psychological support. You will see a picture above of a picture drawn by one of the children, you can not imagine the impact on that child's life. They set up language lessons for the adults and children, get them drawing and playing and got them to take part in a play. They linked up with a charity to give support to the pregnant mothers, which included birthing classes, breastfeeding classes, psychological support and workshops.

Anna WSZELACZYŃSKA, Soroptimist Krakow, thanked all donors. But she said this is a long term issue. Just recently they received a letter from a Hospital in the Ukraine asking for medical supplies. And the people they have here need long term support, to acclimatise to a new culture and get support to be able to get jobs and a home. If people can still donate they will be able to continue their work.

“Never forget about Humanity”, one donor said, SI Krakow were a shining example of how they had picked up the challenge and were working at the coal face to help these people. And we thank them and hope that our Music event can raise some more vital funds for them.



Not long now till International Day of the Elimination of Violence Against Women and the start of 16 Days of Activism, which is supported by Soroptimists around the world, through the Orange the World campaign. There is also the White Ribbon Campaign which **engages with men and boys** to raise awareness and educate them to end violence against women and girls.

White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity. The

campaign began in Canada in 1991 and is now present in over 60 countries around the world.

The White Ribbon Promise

Central to the campaign is to encourage people, especially men and boys, to wear a White Ribbon and to make the White Ribbon Promise: **never use, excuse or remain silent about male violence against women and girl.** White Ribbon UK is the leading charity that works with men and boys, campaigning and educating to change the cultures that lead to abuse and stop violence before it starts and was one of the voluntary sector organisations that contributed to the development of the new national communications campaign – ‘**Enough**’ – launched by the Home Secretary on 1 March 2022– to raise awareness of the different forms of violence against women and girls and the simple acts that anyone can take to challenge perpetrators of abuse.

The 2022 White Ribbon Campaign theme is **#The Goal** because the 25 November falls in the same week as the launch of the FIFA men's World Cup. There has never been a better time to focus on the good that can come from

unifying and supporting one common cause. **#TheGoal** does just that, it brings men and boys together to think about how they can make a positive difference to achieve equality and safety for women and girls.

Anthea Sully, Chief Executive of White Ribbon UK shared, "This year we are addressing how informal rules about 'how to be a man' and 'how to be a woman' can restrict the way men, women, girls, and boys are expected to live. These behaviours can be harmful and create environments that normalise violence against women and girls.

#TheGoal highlights eleven traits that men and boys can nurture, each representing a player in a football team.



1. Caring
2. Empathetic
3. Reflective
4. Gentle
5. Courageous
6. Resilient
7. Reliable
8. Hopeful
9. Principled
10. Supportive
11. Ally

It calls on the need to shift expectations that violent and abusive behaviour and attitudes are normal and cannot be changed. All men and boys can commit to equality and safety for women and girls to live the lives they want to lead without fear of violence. This is always #TheGoal.

The White Ribbon UK team launched the 2022 #The Goal campaign at the Calder High School, where they were welcomed by the Head Teacher and members of the school's football teams. To read about the launch and the reaction from the girls and the boys football players [click here](#).

We are talking to and hoping to work with Bletchley and Fenny Stratford Town Council, MK Council and MK Dons to see what campaigns we can run over this 16 Days of Activism to raise awareness of this important issue, so watch this space. And we hope Milton Keynes Council is successful in applying for and achieving White Ribbon Accreditation.

The Winter season shall soon be upon us which means putting in place our Xmas projects from us to our charities. We are hoping to provide Xmas lunch at the YMCA for the 30 supported residents on Sat 10 December and are still in discussions so will let you know as soon as the details have been finalised. For the Winter Night Shelter we are planning a buffet to take on 6 December. And we will let you know what MK Act want this year but our thoughts are to provide food vouchers for the families. I hope we will all be able to help in whatever way we can with our annual xmas projects.

But before then, our next fundraising event is our Music Event on Saturday 8 October at The Mead Centre Newport Pagnell, kindly put on by Karen and her friends. We are hoping to raise funds for both the Winter Night Shelter and also the Ukraine Crisis. As reported a little earlier, Sue P and a few members attended an amazing zoom meeting with SI Krakow to learn how donations received from a number of SI clubs around the world had helped and what more help they need as this crisis continues to devastate the country and its people.

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. And 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 about her plans for work with violence towards women. I hope you will all be able to make that meeting as it sounds like it will be very interesting and a great way to start off the 16 Days of Activism. 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. And of course the **16 Days of Activism starting on 25 November**, the International Day of Elimination of Violence against women. Let us all help to raise awareness, OrangeMK and Say no to Violence against Women. Thank you everyone for all your hard work.

Sue Key, Chair

Dear Diary updates

Dear Diary Dates	
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.
Tues 18 Oct	Branch meeting 5.30 pm for tea with 6.00 pm start. Acorn training room, Westcroft
Wed 19 Oct	YMCA MK #SoupFest Launch at 12 to 1.30pm, venue is YMCA MK 1 North Sixth Street Milton Keynes MK9 2NR
Wed 26 Oct	Friendship Lunch 12.30pm at the Inn on the Lake, Mount Farm, Bletchley, MK1 1PA
Tues 22 Nov	Branch meeting 5.30 pm for tea with 6.00 pm start. Acorn training room, Westcroft
Wed 23 Nov	MK Snap Festive Fayre 1 – 7pm. We have a stall and need volunteers please to help staff it to raise funds for our charities
Sat 26 Nov	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
Wed 30 Nov	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 and International Day for the Elimination of Violence Against Women - 25 November

16 Days of Activism 25 November to 10 December

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](#)

YMCA #SoupFest Launch - 19 October



YMCA MK are bringing out a #SoupFest Recipe book, which includes a soup recipe from our Soroptimist friend Alison in Scotland. Thank you, Alison.

We have been invited to attend the Community Lunch launch of this SoupFest recipe book, which is kick starting off their Winter Fundraising campaign. The launch is taking place on **Wednesday 19 October** at the YMCA MK building in the city centre and the Mayor of Milton Keynes will be attending. All the details and how to book a free place can be found by [clicking here](#).

The plan is that if it goes well this could become an annual event along the lines of the Macmillan coffee morning. They would ask people and local charities to have a #SoupFest event inviting friends round to have a soup, tea and chat and either purchase a recipe book or make donations. The recipe book is £5.

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.

MK Community Foundation - September Spectacular -



MK Community Foundation will double your donation to your chosen charity on their list.

Both MK Act and the Winter Night Shelter are taking part in this event.

To donate simply [click here](#) which will take you to their local giving page and scroll down the list of charities and click on the donate button next to your chosen charity.

Soroptimist International Blogs - read the latest



There are a number of new Soroptimist International Blogs to catch up on from:
 Save the Ocean, Protect the Future
 World Day against Child Labour
 World Humanitarian Day
 Population, Education and Sustainable Development
[Click here](#) to see these blogs.

SIGBI Blog: International Day of Awareness of Food Loss and Waste



How to feed millions of people who have lost everything in the devastating floods? How a morsel of food becomes so precious? Every plate of food is elevated almost to the level of a treasure discovered suddenly. Pakistan is a poor country, so wastage of any kind is deplored and discouraged. Everything is recycled. Everything! Food wastage is something that is really looked down on.

To read the full article [click here](#). To view the latest Blogs [click here](#).

Soroptimist International: Our Voice at the UN



Soroptimists have a place on the UN to raise Awareness, Advocate and take Action.

[Click here](#) to read the latest Blog update from our UN activity.

Mel B, MBE at 2022 Tory Conference to appeal for more support for Domestic Abuse victims



Spice Girl Melanie Brown has spoken at a Conservative Party conference event to appeal for more support for domestic abuse victims. To read the full article [click here](#).

Tips to help with the Cost-of-Living Crisis

Cooking Appliance Usage				
	£/Minute	£/Hour	£/Year	£/Use
Electric Cooker	£0.042	£2.55	£335.57	£1.81
Dual Cooker	£0.039	£2.10	£278.04	£1.50
Gas Cooker	£0.015	£0.91	£121.06	£0.65
Slow Cooker	£0.002	£0.09	£63.35	£0.34
Air Fryer	£0.015	£0.91	£55.91	£0.30
Microwave	£0.009	£0.52	£31.85	£0.17

Courtesy: USIB3 Energy



We are all seeing the cost of living crisis impacting on our daily living and the stress this is causing everyone and so it is good to share any tips we pick up. Mary found this interesting table on cooker appliance usage to help you. Martin Lewis does a Money Saving Expert weekly email to help you find those best deals or tips to save money. [Click here](#) for his website and how to get those emails.

Modern Day Slavery shoots up by 10 million in five years



Modern Slavery is a growing challenge thanks to a mix of armed conflict, climate change and the global pandemic a new UN report says. [Click here](#) to view the BBC article.

UKPAC have issued in Sept an update note on Modern Slavery, to read click below



Report of ModernSlaverySept22.pdf

International Older People Day - 1 October



Did you know that over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050 and 80% of them will be living in low- and middle-income countries.

Click below on some interesting links to this issue.

United Nations – [Click here](#)
WHO – [Click here](#)

Soroptimist report into Domestic Violence Courts in 2020 with West Midlands PCC



Soroptimists in Midland Chase and Midland Arden Regions took part in the DV Court cases observations and worked in partnership with police in West Midlands, Staffordshire and West Mercia forces and court personnel at Birmingham, Cannock, Hereford, Newcastle-under-Lyme, Redditch, Telford and Wolverhampton. [Click here](#) to read the full report

Women trapped with abusers because of cost-of-living crisis



The cost-of-living crisis is forcing victims of domestic abuse to remain with their abusers, charities have warned, while women's Refuges are struggling to remain open amid spiralling energy bills.

Across England and Wales, more than 2 million people experience domestic abuse each year. Now Women's Aid survey of victims found that in two thirds of cases, abusers are using the cost-of-living crisis and concerns about financial hardship as a tool of coercive control. [Click here](#) to read more.

Reuse Reduce Recycle - What to do with clothes you no longer wear



According to WRAP (Waste and Resources Action Programme) some 921,000 tonnes of used textiles end up in our general waste every year, which is then either incinerated or sent to landfill.

Read this interesting article from Model Ellie Joliffe on how shocked she was on the amount of waste in the industry and what some young women are doing about it.

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

MK Community Foundation - Cost of Living Crisis Appeal

MK Cost-of-living Crisis Appeal



Ian Revell, CEO at MK Community Foundation says the demand on community groups supporting vulnerable families has increased dramatically in recent months.

For example, “84 phone calls, 300 emergency parcels and 26 brand new families” said Louisa Hobbs, MK Foodbank Operations Manager and that was one week and it was only Wednesday.

Donations to the Cost-of-living fund will enable community groups to continue their vital work across MK City. To make a donation, [click here](#).

VOW - latest monthly newsletter



[Click here](#) to read **VOW's latest newsletter** which includes:
Events coming up
All about Girls Pack and what they do

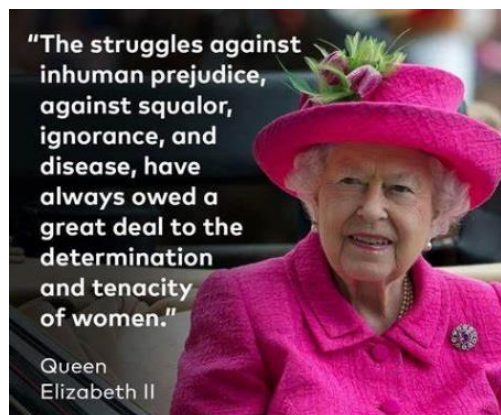
Community Action - latest newsletter



[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.

Inspiring Women - Be Inspired



On the 8 September 2022, Queen Elizabeth II passed away.

May she rest in peace and always be remembered for her dedication to her people, country and the world.



In 1892, Emily Ward opened the pioneering Norland Institute in London, the 1st educational establishment to train professional nursery nurses. Today the curriculum of Norland Nannies ranges from nutrition and theatre to advanced driving and self-defence. To learn more [click here](#)

UN International days and Awareness days - Oct 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 Oct	International Day of Older Persons
2 Oct	International Day of Non-Violence
3 Oct	World Habitat Day
4 -10 Oct	World Space Week
5 Oct	World Teachers Day
7 Oct	World Cotton Day
8 Oct	World Migratory Bird Day
9 Oct	World Post Day
10 Oct	World Mental Health Day
11 Oct	International Day of the Girl Child
13 Oct	International Day for Disaster Risk Reduction
15 Oct	International Day of Rural Women
16 Oct	World Food Day
17 Oct	International Day for the Eradication of Poverty
24-31 Oct	Global Media and Literacy Week
24-30 Oct	Disarmament Week
24 Oct	United Nations Day
24 Oct	World Development Information Day
27 Oct	World Day for Audiovisual Heritage
31 Oct	World Cities Day

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:

