



100 YEARS' OF SOROPTIMISM

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The question is :

WHAT CAN WE DO in lockdown, self-isolation, social distancing?

The answer is :

- support our communities
- fight food poverty
- fight violence against women & girls
- support ourselves and each other
- 100 for 100 Challenge – 100 X 91 activities so far!



LET'S CELEBRATE – WHAT WE WANT TO DO
BUT THEN - MARCH 2020 PANDEMIC!



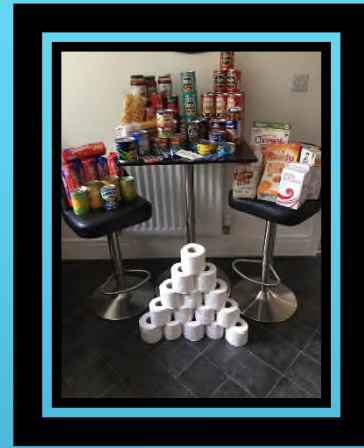
- FROM POPPIES displayed in windows in November
TO KNITTED BABY BLANKETS & HATS to neonatal units
- FROM HAND CREAMS to care home staff
TO GIFTS OF KNITTED ANGELS to retirement homes
- FROM FOUR #WHOISSHE SUCCESSES – Dame Vera Baird QC; Edith Base;
Florence Kirkby MBE & Dr Dorothea Sinton
TO A COMMEMORATIVE PLAQUE for WW1 surgeon Ruth Nicholson



SUPPORTING OUR COMMUNITIES



- FROM ESSENTIAL DONATIONS TO FOODBANKS – money; tins; packets; sanitary products & toilet rolls
TO CHRISTMAS DINNERS & EASTER TREATS
- FROM #PLANTTREES – 1,224 tropical food trees – Food & Climate Emergency (SIGBI Centennial Site & Google Maps Project)
TO PACKETS OF SEEDS to the gardeners of the West End Women and Girls' Centre



FIGHTING FOOD POVERTY

- FROM HOODIES for Domestic Violence School Champions
TO TRAUMA TEDDIES for children in police interventions
- FROM NEW START BAG ITEMS for exploited women
TO CHRISTMAS GIFTS to women in homeless shelters



FIGHTING VIOLENCE AGAINST WOMEN & GIRLS

- FROM OUR FASHION SHOW (you've seen it today)
TO DOG WALKS
- FROM LOSING WEIGHT
TO READING & KNITTING
- FROM PLANTING BULBS
TO GAMES OF SCRABBLE
- FROM PHOTOS (trees, animals, skies)
TO SIT UPS & HOME GYM SESSIONS



SUPPORTING OURSELVES & EACH OTHER



WE'VE CELEBRATED 100 YEARS' BY STAYING IN TOUCH & BY MAKING SURE THERE'S SOMETHING FOR EVERYONE : WE'VE...

- zoomed & welcomed back those previously unable to attend meetings
- chatted on the phone with those unable to zoom
- sent out a newsletter regularly (with all the good bits in)
- got to know each other more than we ever did before
- worked together (but at home) & enjoyed doing things for others
- had some socially distanced walks
- celebrated successes together, worried together & laughed together
- looked after our own & each others' wellbeing



Because COVID

- destroys social connections
- destroys routine
- promotes fear, is unending & uncertain

But Soroptimism

- retains & nourishes social connections
- provides routine, structure & purpose
- gives meaning & makes us grateful



THIS PANDEMIC WE'VE BEEN DOING SOROPTIMISM & WE FEEL GOOD!
HOW DID IT ALL BEGIN? GO TO OUR CLUB HISTORY ON THE SIGBI WEBSITE
HERE'S TO THE NEXT 100 YEARS!

COVID VERSUS SOROPTIMISM

