

COMINGS AND GOINGS

Nottingham Soroptimists were very busy on Monday night by assembling 'Welcome Packs' for Women's Refuges in Nottingham

Deciding to go to a Women's Refuge can take courage and is a very tense time. One Refuge Manager once said "The first night at Refuge is always the worst, so this small gift really does show that someone cares. We provide fresh bedding, the packs give the women a chance to shower and wash their hair, and thus begins for them a fresh start to what is frequently a painful process".

Nottingham Soroptimists replenish these packs twice a year, due to the numbers of women who have to enter the Refuges Each pack contains 15 items mostly donated by members. The end result is 40 packs and a total of 600 items provided for women in need in city Refuges each year.



Moving on packs. This year we have also assembled Moving on packs of common household cleaning items that can be packed in a bucket. These give the women a head start when they move on in to new accommodation.