



**Soroptimist
International**

Perth & Kinross

NEWSLETTER

April 2015

Welcome everyone to our April Newsletter. What a lot of fun and friendship we have managed to pack into the last six months. For me the time has flown by and just when I feel I am getting a handle on the office of President, it's time to hand over the reins to Jean. I couldn't have managed without my Executive Committee guiding me along the way and all your support. You have done as I asked at the beginning of the year; you have 'Cared and Shared'. So a huge thank you to one and all.

Jean, I wish you well in your role as President and I am sure you will have a successful year with SI Perth supporting you all the way.

*In friendship,
Lesley*



*Photograph: left to right
Lilian Murchison, Jean Campbell, Pat Carruthers and
Mary Wallace.*

Several members of the Perth Soroptimist Club attended a Scottish-wide conference recently, at which 90 Soroptimists' awareness was raised of the plight of women in prisons; of the need to reduce women's imprisonment; of the plight of the families of men & women in prison and of the new Women's Prison being built in Scotland.

Although a difficult subject, we all came away having learned a lot.

Harrogate Conference November 2014



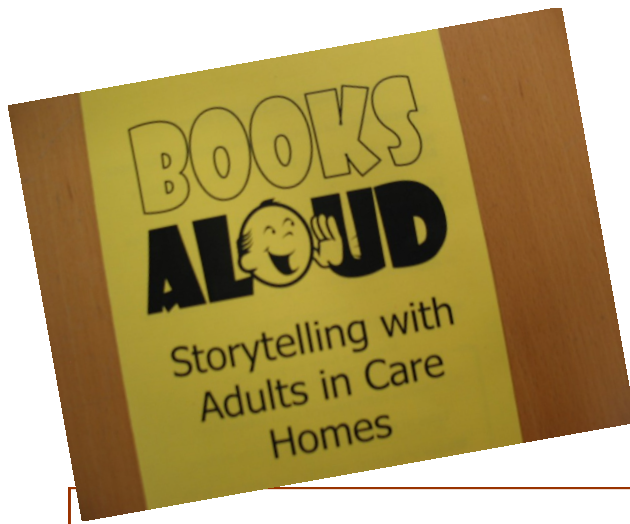
Smiles from SI Perth



Celebrating Lesley's Birthday
during the Conference



Catherine with Nisha Gosh from SI Pune Metro East
at the Conference Friendship Lounge



Books Aloud

Remember
this?



The start of Books Aloud in 2008! Seven years and we are still going strong! And not just Care Homes in Perth but also in Auchterarder, Birnam, Blairgowrie and Coupar Angus now too.

This Spring, residents in 12 different care homes have reminisced and chatted about the way we used to shop, how we travelled about and how we enjoyed listening to the radio (the wireless!) and going to the cinema (the pictures!).

Just last week, one lady was brought along to the sitting room in her wheelchair and she wasn't happy! She complained of a really bad headache, said she hadn't slept all night, didn't know why she was there, and made the staff promise they would take her back to her room after a few minutes. But once we started talking about the programmes on the wireless and the films we had seen, she had plenty to say and lots of memories to share and she was the last to leave - and departed still chatting on happily to the staff without a mention of any problems she might have!

So we *are* making a difference, even if only for an afternoon.

A gentleman at the same session, when asked for a comment for our evaluation form, came up with:
"an enjoyable blast from the past"!



WoW IT Project

We are visiting two Care Homes and five Sheltered Housing complexes where there is increasing demand from residents who have their own computers and want help to use them.

At one of the Care Homes we spent the afternoon 'visiting' The Palace of Versailles. We toured the wonderful palace rooms, each named after a mythical god, and learned a little about the history of the many incredible paintings, frescos, and painted ceilings. Then we looked at all the marvellous fountains which are to be found in the expansive, well-manicured gardens. Both the ladies very much enjoyed the tour and are looking forward to the next visit to do more of the same.

At one of the Sheltered Housing one of the gentlemen had bought himself a Hudl tablet from Tesco and was having difficulty finding music he liked e.g. Dean Martin. He was absolutely thrilled and astounded when we showed him how to tap the microphone picture and then just say 'Dean Martin songs' and lots of links to You Tube songs came up without him having to type anything. He did not have quite the same success when he asked for Collieries in Fife as it did not understand Fife and came up with all sorts of odd ideas but the music was a great success!

You are never too old to enjoy seeing where the internet can take you....and sometimes we have to go where our clients take us!

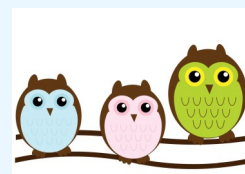
One lady of 90+ has been an enthusiastic internet surfer ever since we started WOW in her sheltered housing complex two or three years ago. However she recently had to move to a care home but was determined to continue enjoying her 'window on the world', so now we have started sessions at her new residence!



President's Charity 'Accept and Respect' Young People's Health Team

We worked with Perth and Kinross Community Health Partnership and provided funding for this project in which the girls and young women took part in a 12-week programme of sessions and developed a workshop programme to engage with young women on topics such as team building and conflict resolution, exercise and mood and mind body and soul. The girls have now gone on to develop a campaign to pass on the knowledge gained to their peers through posters and presentations. Stagecoach agreed to put the posters up on local buses free of charge!

Owls Project (One Stop Women's Learning Service)



We started working with Owls on Tuesday 9th September helping the ladies with various crafts and continued alternate Tuesdays until December. We resumed these sessions on 17th February and will finish on 26th May for the summer break. These are 2-hour sessions and we have been involved in helping the ladies with scarf making, various crafts, bunting making, sweet making, and a great deal of Christmas decorations. More recently the ladies have been making lots of cushions (many with an owl theme) to help furnish their new premises. At Christmas time we collected a large amount of toiletries for the ladies.

The group are to move to new premises soon at the old Mill Street Library, and Sybil has been liaising with others to help paint the windows. This should happen fairly soon and one or two others will be involved too.

Pamela Banks (Ritchie) who runs the group, wants to work with the Freedom From Fistula Group having heard Karen speak at the Club. She is keen for her group to help knit squares and we now have five volunteers "signed up" for when this starts.

At present nine of us are helping with the Tuesday groups.

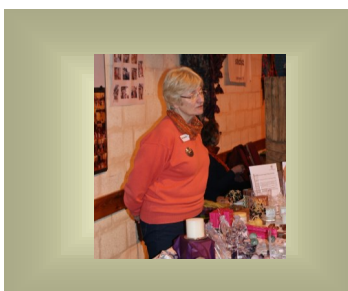
Dundee collected £142 from a recent meeting about Women's Issues and have passed it to OWLS. Margaret and Alison wish to thank all concerned for their talents, time and generosity in our work with OWLS. Pamela tells us her ladies are very appreciative of our interest.



SI PERTH CRAFT FAIR

7th March

Picture
Gallery



GOING FOR GOLD

We have had a request from Susan Little at Live Active Leisure for help with this year's 'Going for Gold' event.

It will be held in Bell's Sports Centre on Tuesday 16th June.

'Going for Gold' is an annual event for care home residents where teams get involved in various activities. It is a fun day and we have helped out with the events for the past few years.

Please get in touch if you would like to volunteer this year!

Support for Two Young Women in Perth

We are giving funding to one local woman who is going to Cambodia to teach for a year and also helping with funds for equipment for another young 14-year old who is attending a Cheerleaders' Competition in America as part of the Scottish team.

International President's Appeal

In December, we collected £223 for SI President Ann Garvie's 'See Solar, Cook Solar Project'

Thanks to Avril for the work she has put into producing a great newsletter

President Lesley