

Presidents Message

I am very proud to be President in this our celebratory 70th anniversary year. Since 1948 members have been working together on:



- Hands-on projects that help our community (e.g. Friendly Club, refurbishment of a local park & railway station, Women's Refuge)
- Fund raising for charities:
 - o Locally (e.g. SNAC, Hafal children's project, Age Cymru, CRUSE);
 - o Nationally (e.g. Air Ambulance, Blood Bikes)
 - o Internationally (e.g. Life for Limbs; Toilet Twinning, TFSRC, Meru Garden project)
- Advocacy -raising awareness (e.g. Female genital mutilation, Domestic violence, Modern day slavery)
- See website & history for more details

Has the Club changed in this time? Most definitely! Early photos show ladies in gloves, hats & fur stoles. Minutes reflect the formal structure & nature of the time. Over the intervening years things have become more relaxed and less formal - not a hat, glove or stole in sight! The committees have been replaced by Club members together developing our annual programmes of work & fun.

What hasn't changed in this time is the drive to improve the lives and status of women & girls, to strive for equality.

Our 70th year started with a bang with our annual Fashion Show & Craft Fair at the Orangery in Margam Park. The weather was hot & sunny & everyone present declared it to be the best ever. Club members modelled the clothes beautifully. We raised £1750 for the charity Blood Bikes.

Our charities evening followed shortly when the money raised by the Club was distributed to local charities. We heard of some of the amazing projects that we help to support.

On a very hot Sunday many of us travelled to the Grove, Narberth. where we spent the afternoon wandering the gardens picking flowers, being taught how to arrange them into a bouquet followed by High tea. Some members were excellent bouquet makers -the rest of us? well, we enjoyed the tea, company & laughter.

Ursula Martin was our July speaker. She kept us spellbound as she recounted her response on finding that she had ovarian cancer and her subsequent journeys around Wales raising awareness of this silent disease. She completed a book signing "One Woman walks Wales" & told us about her next challenge to walk the countries of Europe raising awareness of this cancer. SI PT club will be tracking this walk as it unfolds.

As our summer break comes to an end we have much to look forward to before Christmas. 1st September was the Heart of the Valley Show which we & our sister club Swansea attended to raise funds for the Meru Garden project & Blood Bikes. The 8th September we had lunch, with a Liverpool theme, at Peggy's – the winners of the fancy dress were dressed as Cilla and the other as a Liverpool Football player!! October will see many of us at the SI Conference in Liverpool.

As a Club we are proud of the work we do, the friendship and support we give each other and the fun we bring to it all.

In Friendship

Sue Evans

Hello from the Immediate Past President Judith Morgan.

It is a great pleasure to be able to pen a welcome to our newsletter. On Thursday 26th April, I was delighted to hand over the presidency of our club to President Elect & Programme Action Officer Sue Evans. I had been president for 2 years. I really enjoyed my time, and thanks to Sue Evans had an easy ride. Sue, as Programme Action Officer, had changed the way that our club functioned. We have a rolling programme of club events such as our fashion show, international women's day breakfast, coffee morning, hospital fete and stall at hearts of valley show for which individuals or groups take responsibility & the lead for organising these events and so I had very little to organise. I am also blessed as members in our club are all active and so responsibility was shared. I had a great couple of years and we achieved well in programme action. Other notable changes that were made were the introduction of a wireless voice amplifier which made a huge difference to members who are hard of hearing. We also commenced a revision of our club history almost 2 years ago. I am delighted to report that this version has now been completed and in the very near future will be available on our website. The other thing that changed was our club sashes which one of our members made. We wear these at all our major events and we are now noticeable from the other side of the field when we attend shows. This year I am our Programme Action Officer, as well as our meetings secretary. The newsletter includes my first Programme Action Report which I hope you enjoy reading. I love quotes and one of my favourites is by Helen Keller "*Alone we can do so little; together we can do so much*" and this certainly is my experience of our club of which I am honoured to be a part.



Our Soroptimist International Port Talbot History by Mrs Pamela Jones

The first part of our history document was produced by Pam Jones to celebrate our fiftieth anniversary. A postscript was added on the occasion of our sixtieth. Just over two years ago President Judith suggested combining these two documents and adding another ten years for our seventieth in 2019. Judith and Pam have worked together on this project with additional material from Club members and embellishments by Judith. We are grateful to Margaret Poston for the numerous checks she has made.



STALLS OF INTEREST

We provided three Soroptimist stalls, Julia's Jewels, Maureen's Christmas Crafts and Soroptimist's Cakes. We also had Dillon's Cards, hand made creations from Pembrokeshire Beach Tree and Karen's clothes & accessories. All of which were well attended. We would like to thank Beth & Rhian from Swansea club for bringing cakes to



Another Great Success

Absolutely delighted to report another successful coffee morning with attendance greater than anticipated. Luckily the Aberavon Beach Hotel had extra tables to accommodate.

We raised well over £900 for our charities which is great news.



Our President Sue Evans challenged everyone to consider our sisters who have had significant achievements and have gone unnoticed—and there are many.

She asked if anyone knew the name Diane



Leather? Diane had ran the first sub 5 minute mile in 1938, within weeks of Roger Bannister, success. Roger Bannister became world renown as breaking a world record by running the first sub 4 minute mile. 23 days later Diane had broken the first women's 5 minute mile but this was only recognised as a world best by the International Association of Athletics Federation (IAAF) as this was not a recognised distance for a women; the distance was not recognised for a further 15 years.



EMPOWERING & EDUCATING

We fulfilled two of our aims which is to educate & empower Women.

Our President Elect Julie Morse, dressed in period costume, gave an inspirational talk on Suffragists and which included a focus on the suffragist movement in Wales. Julie was able to highlight how there is still gender inequality in the UK and the world and how the work of soroptimist is as important today as it has always been. She challenged us to take action.

Ann Baker, specialist Breast Care Nurse provided a breast care awareness stall which aimed to help women to identify symptoms of breast cancer so that an earlier diagnosis can be made. Ann was also able advise women on how to size





Enable: Every month, members donate food, monies and menstrual products to the Food Bank. Giving food provides families with sustenance. Giving money allows families to buy petrol to enable travel. Donating menstrual products hits at the very heart of female poverty, where in Wales school girls are unable to attend school due to a lack of sanitary protection and schools are unable to donate more than a day of the products due to concerns that their mothers will share the products and the girls will again loose school. By giving these products to the food bank, this enables women and girls to continue yearlong activities. *This meets Global Goals for Sustainable Development: 3 Good Health and 5 Gender Equality* as women then have freedom of activities as do their male counterparts.



Educate & Enable &

Empower: 1/9/18 accompanied by SI Swansea, members provided a bottle stalls at the **Hearts of the Valley**

Show. It was a glorious day, sunny and we thoroughly enjoyed raising awareness of Soroptimist International, giving out flyers which informed about our club's work and raised awareness of Modern slavery. Participants paid £1 for a raffle ticket and won on even numbers, Donations were equally divided between Blood Bikes Wales and our national project in Kenya: The 3 year Meru Women's Garden Project which aims to

create sustainable gardening techniques and tools enabling women to become mentors and pioneers of agricultural sustainability within the community. They also educate girls on their rights, empowering them to stand up to damaging cultural practices like FGM. We raised £150, £75 per charity. This meets with *Global Goals for Sustainable Development 1: no poverty, 2: zero hunger, 3: Good Health & well-being, 4. Quality education, 8 decent work and economic growth*



Educate: 12/07/18: Held '*An Audience with Ursula Martin;*

'One Woman Walks Wales'. Ursula informed the audience of her discovery of having ovarian cancer at the age of 31y and what signs and symptoms indicate that ovarian cancer may be present – this educating the female audience, many of whom are in the age group to get ovarian cancer. Ursula did this in a very sensitive way, she then went on to discuss her decision to go on a walking journey that included walking to her hospital appointment in Bristol from Machynlleth and her travels to walk 3700 miles around Wales along the length of its rivers and coast over a 17-month period. During her walk, she has pamphlets that she distributes to raise awareness of ovarian cancer; she also fund-raises for Target Ovarian Cancer. *The book is an excellent read.*



During the evening Ursula sold copies of her book, from which part of the proceeds went towards Target Ovarian Cancer; We were also able to donate £150 from ticket Sales.

Any day now Ursula will be going on her travels again. She is going to walk across part of southern Europe, still raising awareness for women of ovarian cancer and collecting monies for Target Ovarian Cancer (<https://www.facebook.com/search/top/?q=one%20woman%20walks>).

This work is at the heart of Soroptimism as Ursula is educating women about women's health and may be responsible for some ladies discovering that they have cancer early enough so that a full recovery is enabled. This meets with *Global Goals for Sustainable Development 3: Good Health.*

We follow Ursula on her new venture of walking across Europe = see planned route below.



Enable: 14/5/18 Our club held its very successful **Annual Fashion Show** and craft fayre at the Orangery, Margam Abbey. Besides seeing the fashions from Klass and having a 2-course luncheon, guests and members bought raffle tickets. The £1700 raised from the event was donated to Blood Bikes Wales. The donation enables Blood Bikes Wales, who work out of hours, to fund co-ordinator and biker volunteers to transport hospital items, such as blood, breast milk, clinical notes and other items for NHS front line care. For every £1 they receive, they will save the NHS an estimated £5. *This meets Global Goal for Sustainable Development: 3 Good Health*





Enable: 16/06/18 We held our annual bottle stall at the **Neath Port Talbot Hospital Fete**. Having a presence, raised the profile of Soroptimism as well as raising and donating the proceeds of £272 to Friends of Neath Port Talbot Hospital. The league of friends use the money raised to purchase equipment for patients in wards and clinics areas. This meets *Global Goal for Sustainable Development: 3 Good Health*



collect old, unwanted hand tools & sewing machines; they clean, repair & sharpen them, & send to grass roots community groups in Tanzania.

Empower: 09/06/18: Collection of Equipment for Tools for Self-Reliance Cymru

(<https://www.tfsrcymru.org.uk/>). We worked closely with our partner TFSRC to advertise the date and venue of our tools collection. The tools are refurbished and sold to provide transportation costs or are sent to Tanzania. The tools include garden tools, tools for tradespeople, sewing and knitting machines as well as collecting knitting needles and wools. We collected 20 sewing machines as well as some rare and interesting tools. These tools empower communities to start and maintain their own businesses, so that they become self-sufficient. This directly impacts on the *Global Goals for Sustainable Developments: 1 No Poverty, 2 No Hunger; 8 Good Jobs & Economic Growth; 9 Innovation & Infrastructure*.



Enable 10/3/18 held our annual successful International Womens Day & Fair Trade Breakfast.

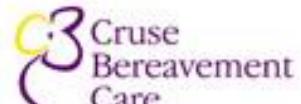
The speaker this year Elvira Moseley. Elvira spoke on her Early Days in Patagonia. Monies raised from the raffle was given to the speaker's chosen charity. Having heard of the chosen charity of our speaker in 2017, she too decided to give the £200 from our raffle to a Street Children's Restaurant in Phnom Penh, Cambodia (LRDE). Today

LRDE feed & help some 200 – 250 children daily. This meets Global Goals for Sustainable Development: 2 No Hunger; 3 Good Health; 4 Quality Education. Fuller detail will be provided at the meeting.



Enable: 22/2/18 We held our annual fun event.

Sister members from Bridgend and our Cluster Club Swansea attended. The rolling whist drive and buffet was a great success. From sale of tickets and raffle we raised and were able to donate £100 to donate to Cruse and at the end of the year found another £100 to donate to the Cruse's Hope Again Charity that supports young people living after loss. This meets Global Goals for Sustainable Development: 3 Good Health.



*Somewhere to turn
when someone dies*



18/10/17 Empower Held our annual coffee morning at the Aberavon Beach Hotel. Angela Gorman, Founder of Life for African Mothers was our guest speaker. Through the Raffle we managed to raise £350 monies as well as providing knitted toys, hats, vests and blankets to send to expectant mothers across Africa. This initiative could be argued to empower as well as enables African mothers to take control of their birth and prevent their own demise through the provision of medication to prevent post-partum haemorrhage and eclampsia. This directly impacts on *Global Goal for Sustainable Developments: 3 Good Health*



Enable: 02/09/17: Heart of Valley Show: we held a joint event with our Cluster Club Swansea. We manned a bottle stall and provided information on Soroptimism, Hafal, Meru Garden Project. We raised £70 for the charity Hafal in Port Talbot. Hafal provide an early intervention in psychosis service for younger people aged 14 to 25 who are experiencing early signs of psychosis. This meets *Global Goal for Sustainable Development: 3 Good Health*

Annually we fund raise and donate to many local charities which enables their work. This year the charity donations included: Bloodwise £100, British Heart Foundation £50; Neath Port Talbot Cancer Challenge £100, COPS £50; Macmillan £20; Mission to Sea Farers £100; NSPCC Baglan £100; Royal British Legion £30; Target Ovarian Cancer £100.

International President's December Appeal

Donated £50 to president's appeal.