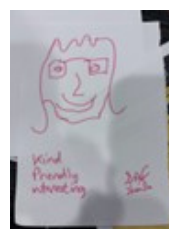


SI SWALLOWS

1ST BIRTHDAY CELEBRATIONS

As our First year ended, just as the year turns it seemed appropriate to have our Final celebration of our First year at the Wheel Restaurant in Wigan, where our Charter was presented to us. We would like to thank all our guests for attending including Sue Underwood, the South Lancashire Regional President, Carole Swarbrick from SI Manchester and Nic Parkinson and her guests from SI St Helens. It was a very enjoyable evening, our guest speaker was the Chubby Northerner, Tom Stocks, who is famed in the local area as a Pavement Poet where he leaves quotes and messages to inspire people—he certainly did that on the evening. Tom, an actor and entertainer, did an activity where we all had to draw the person opposite without looking at the paper, some 'efforts' can be seen below – we then had to describe the person and the main descriptions to come out were kind and friendly, I am sure you would agree that those are perfectly acceptable attributes and certainly summed up the evening.



20 YEARS OF LEWY BODY

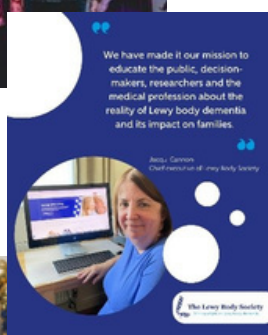


On Saturday 18th April, the Lewy Body Society (Charity 1114579) marked a significant milestone—its 20th anniversary—with a celebration dinner held at Leigh Sports Village.

The evening brought together around 100 people, all united by a shared commitment to raising awareness and supporting those affected by Lewy body dementia. Over the past two decades, the charity has made a profound impact—providing vital support to individuals living with the diagnosis, offering guidance to family carers, and funding essential research to better understand the condition.

The event was not only a celebration of the organisation's achievements but also a reflection of the community that has grown around it. Among those in attendance was the charity's CEO, who is also one of the founding members of SI Swallows—highlighting the strong personal connections that continue to drive the charity forward.

Adding to the celebratory atmosphere, a table of 10 members from SI Swallows attended the evening, marking their own special milestone as they celebrated the group's first anniversary. Their presence symbolised the next generation of supporters, continuing the mission and ensuring the charity's work carries on into the future. Thank you Sue, Regional President, for coming along.



We have made it our mission to educate the public, decision-makers, researchers and the medical profession about the reality of Lewy body dementia and its impact on families.

Andy Green
Chief Executive of Lewy Body Society

The Lewy Body Society
Charity 1114579



RACE NIGHT SUCCESS

We hosted a hugely successful Charity Fun Race Night, raising nearly £2,000 to support women diagnosed with breast cancer in South Lancashire. The event drew fantastic support from local businesses, members and friends, with all eight races sponsored and 64 horses purchased. Winning owners took home a bottle of Prosecco to celebrate.

Our heartfelt thanks go to all race sponsors: Costco, FubHub, Arclin TFS, R. Banks and Son, RADCaT, Highfield CiC, Northwest Printer Solutions, Jacqui Cannon Consultancy and Mint Northwest Ltd. Special appreciation to Sharon for creatively transforming unicorns into racehorses – “If you know, you know!”

We are also grateful to the Cottle family for providing the props table, photo frame and horse-themed quiz, all of which added to the fun atmosphere.

Organisers said the night “raced by” and expressed sincere thanks for the generosity shown by everyone who attended. Your support helps us continue our work with women affected by breast cancer across South Lancashire.

And finally – thank goodness someone forgot the power pack for the blow-up horse and jockey! It later turned up at our next club meeting, to the amusement of many.



SI ST HELENS

HONOURING HER STORY: ST HELENS WOMEN FINALLY TAKE THEIR PLACE IN HISTORY



SI St Helens has been at the heart of a truly meaningful community project, the creation of a new memorial dedicated to the women of St Helens whose wartime contributions have, for far too long, gone unrecognised. The memorial was unveiled during the centenary of the town's cenotaph, making the moment even more poignant.

Former President Linda, who had been involved in the working group from the very beginning, along with other club members, was invited to unveil the memorial. She wasn't alone, joining her were the President of the Inner Wheel, the High Sheriff, the Mayor of St Helens, the Lord Lieutenant and, in a particularly moving touch, a relative of a woman who had campaigned tirelessly for the original cenotaph after losing five of her sons to war. Their presence brought a powerful sense of continuity, sacrifice, and shared purpose to the ceremony.

Linda and several Soroptimist members spent months attending working group meetings alongside the Inner Wheel, the Mayor, and female councillors. Together, they pushed for a memorial that would finally give the women of the borough the recognition they deserved.

The journey wasn't straightforward. The original plan to place the memorial next to the cenotaph met resistance from members of the Royal British Legion. After many discussions and a lot of determination, a new location was agreed: a prominent spot in Victoria Square, right on the grounds of the Town Hall. It's a dignified, visible space with room to grow in the years ahead.

At the unveiling, new President Nicola said "This is a very proud moment for SI St Helens. We have worked with the Mayor and other women's organisations to commemorate the vital contribution women of St Helens made during the war, while also creating a lasting legacy of the work and dedication of SI St Helens. It was heart warming to see our names included on the memorial itself." The new memorial now stands as a lasting tribute, not only to the women who served, worked, and sacrificed during wartime, but also to the women of today who fought to ensure their stories are finally told

BETH'S INSPIRING GUIDING JOURNEY AND A LEGACY HONOURED

Beth brought a spark of energy to our April meeting as she shared her remarkable Guiding journey and her application to become a Queen's Guide. Guiding has long held a special place in the heart of former member Alison Hall, whose dedication and passion left a lasting mark on SI St Helens. Supporting Guiding is our way of honouring Allison's legacy, and it was through this commitment that we were able to help Beth and her fellow Guides attend a skills-building camp. Beth is an extraordinary young woman who has already travelled the world on volunteering expeditions and shows no sign of slowing down. While studying A-levels in maths and sciences, she's setting her sights on becoming a chemical engineer, after another year of volunteering, of course. Young people like Beth give us real hope for the future, and we'd be delighted to welcome her as a Soroptimist one day.



WORLD BOOK DAY



We marked World Book Day by donating 50 children's books to the Millennium Centre in St Helens. The centre, which includes the NHS Walk-in Centre and over 40 support groups for disabled and vulnerable residents, encourages families to take books from its community bookshelf. Demand has been higher than supply, so Soroptimists were asked to help.

Forty books were bought from our charity account, with additional good-quality books donated by members. We will continue to monitor the need and encourage further donations as children outgrow their books. Access to books is vital, especially for under-fives. Research shows that reading with a child for just 10 minutes a day can expose them to over a million words before they start school.

SI WIDNES



HEALTHY HEARTS SWELL

Inspired by the successful Heart Health events undertaken by SI Liverpool and SI Crosby, SI Widnes members decided to hold a similar event for the women of Halton.

The Heart Health event was organised in conjunction with staff from the Liverpool Heart and Chest Hospital (LHCH) and took place on the 14 March 2026 at Widnes, Masonic Hall.

The event comprised of a presentation by the LHCH staff on Heart Health for women, free-health checks i.e. blood pressure testing, heart rate, cholesterol and BMI checks. Free refreshments were made available and having collaborated with several local charities, we also arranged for a number of wellness stalls to be present at the event.

The event proved very successful, 52 women attended the event with the majority of women taking up the offer of free-health checks. Feedback following the event was extremely positive with a high percentage of the attendees, who had completed the post event survey form, rating each of the criteria on the survey form as excellent and very likely to recommend a Heart Health event such as this to other women.



PINK TUK TUK PROJECT REACHES ITS £5K GOAL

In December 2025, SI Widnes gave a presentation at the Programme Action Regional meeting on the club's ambition to raise £5K to purchase a Pink Tuk Tuk for the women of Nepal and for a lady driver to be trained to drive the Tuk Tuk.

We are pleased to report, we have reached our goal and in January this year, donated the £5000 raised to the Rosie-May Foundation charity.

The charity has subsequently purchased a Tuk-Tuk on our behalf and chosen a local lady whom they will train to drive the Tuk-Tuk. The local lady is called Shobha, she is a single mother and has a daughter and disabled son. Shobha provides domestic work to support her family by making and repairing clothes for the household and community use. Her values are closely aligned with those of Soroptimism i.e. she is actively engaged in advocacy work related to child marriage, polygamy, and domestic violence within the community.

The charity is currently waiting for our Tuk Tuk to be painted pink and have the Soroptimist logo added.

The charity will provide members with quarterly updates and photographs and will give a talk to members in January 2027 on progress.

The club will provide further updates at a future Programme Action Regional meeting.



SI LEIGH

INTERNATIONAL WOMENS DAY

On Sunday 8th March, Leigh Soroptimists hosted an event to celebrate International Women's Day, bringing together representatives from a wide range of local organisations to showcase their work, fundraise, and network. There were far too many wonderful moments to fit into the Leader: sand art, crafting activities, well-being massages, jewellery, scarves and handbag stalls, a tombola, and Days for Girls lucky bags. AIM Northwest promoted their Uniformity Project, alongside Funding Futures, Girlguiding, Family Hubs, and—of course—the essential refreshments table complete with plenty of cake. The event was supported by the Mayor of Wigan Borough and several local councillors.

GYNAECOLOGICAL HEALTH SURVEY

We also used this occasion to launch our new project: Women's Experiences of Gynaecological Health Survey. This project was funded by Wigan Borough Community First. We applied to take part and were successfully awarded £2,000 to survey the east side of Wigan Borough as part of a community engagement initiative. We were asked to reach people with mental health issues, those who are socially isolated, individuals in temporary accommodation or experiencing homelessness, and people from ethnic minority communities.

To achieve this, we worked with a wide range of groups—some we already had links with and others we approached for the first time. These included women's refuges, domestic violence services, autism support services, mental health support groups, community centres, family hubs, homeless support organisations, food banks, and more. In total, we contacted 19 organisations, and 16 actively engaged with the project. Funding was shared among those who took part.

To extend our reach further, we also created an online version of the survey, accessible via QR code. Physical surveys were input into the Microsoft Form so that all data could be analysed together.

We had a very short timeframe to complete the project, with a report due by the end of March—but we did it and submitted an initial report on time. A follow-up meeting was held to discuss the findings alongside the other participants from across Wigan. Unsurprisingly, despite different approaches to gathering data, the findings were very similar.

Further presentations of the findings are expected in the coming months to health professionals and NHS Wrightington, Wigan and Leigh.

LONG SERVICE AWARDS

At our A.G.M. in April, our longest serving member Alice Judge presented 30 year certificates to three members, (l-r) Bev Beemham, Alice, Gill Bowyer, Lorraine Skeech. Thank you all for your service.



SI LIVERPOOL

CELEBRATING NATIONAL DAY OF EDUCATION



A wonderful day was spent at the magnificent Liverpool Central Library, showcasing our Soroptibooks project at the Liverpool Year of Reading event and tying in nicely with the National Day of Education.

This project started during the Covid years when Education PAC group collected donated books to distribute to children's organisations and charities who needed them, to date the number of books has reached well over 1000 and still we collect and deliver. Our Lord Mayor has even helped us with our book stock. Visitors to our table at the event were attracted by our reading survey suitable for both adults and children and were happy to engage in conversation about what reading means to them. It was great to be part of this event and listen to music, poetry, book readings and meet local authors and other literary organisations.

BUCKET FOR GOOD



Thanks to ASDA Hunts Cross, we were able to do a bucket collection towards our three charities- Liverpool Heart and Chest Hospital, Merseyside Society for Deaf People and Young Persons Advisory Service. Thanks to YPAS staff who joined us too. It was a great opportunity to advertise Soroptimism too!

99TH CHARTER LUNCH



Congratulations to President Pat and members of SI Liverpool as we celebrated our 99th Charter lunch on Sunday, with Regional President Sue Underwood. Many thanks too, to our daughter clubs whose Presidents and members shared in our celebration! Also thanks to our guest speaker, Dr Clare Appleby from Liverpool Heart and Chest hospital, who gave a rallying call for more women to go for heart specialism. Statistics show that women thrive better when seen by a female cardiologist!!!

MONEY MATTERS

In March 2026, four members of the Economic and Education PA group visited First Step Community where women who have been victims of Domestic Abuse use the service to meet in a safe space and get together regularly for various activities to support them. This was the second visit we have made to help them with Money Matters, the latest visit being around the subject of Savings. Six women attended our session accompanied by members of staff from the organisation. It was a lively session with an agenda that was more or less stuck to, with good conversation around the different types of savings and an informative guide to the benefit of using a Credit Union where one of our Club members is involved. We intend to arrange a further session later in the year and invite a member of staff of a local Credit Union to come and speak to the group and provide further information around borrowing as well as saving.



SI SOUTHPORT

LONG SERVICE AWARDS

At our AGM in April, President Lisette presented service certificates to 5 members of SI Southport, who between them have dedicated 215 years of continuous service to SIGBI. Congratulations to:

Arlene Allan, who joined SI Southport in 1991 - 35 years as a Soroptimist
Joan Lunt, who joined SI Bootle in 1986 and then transferred to other clubs, re-joining SI Southport recently - 40 years as a Soroptimist
Ghislaine Fletcher, who joined SI Southport in 1986 - 40 years as a Soroptimist

And our two 'Golden Girls':

Ann Bryan, who has given 50 years of service, joining SI Southport in 1976
Jean Tweddell, who joined SI Carshalton in 1976 and transferred to SI Southport in 1980

Many congratulations to these awesome ladies, who have contributed so much to the work of Soroptimist International locally, nationally and internationally - and still do!

A NIGHT AT THE RACES

Our last fund-raising event of the Soroptimist year was a fun Race Night, which we organised in collaboration with our friends from Southport Lions. It was a brilliant evening. We had six thrilling races, each sponsored by a local business or organisation. The eight horses in each race were named and 'owned' by members, friends and guests - each took their responsibilities very seriously (especially as the winning 'owner' was awarded a celebratory bottle of champagne). The seventh race was an auction, with the audience bidding for the horses - and the winning owner receiving a proportion of the auction takings! The tote was in full swing all night, with bets placed, hopes raised, and winnings paid out immediately - no stewards' enquiries, one or two photo finishes and good old-fashioned excitement - plus the occasional triumphant cheer.

We enjoyed real race footage on the big screen, which added to the drama, especially when the horse you had confidently backed decided to stop or fall or dislodge its rider. But spirits stayed high, and the friendly competition kept everyone entertained.

Midway through the evening, we paused for a well-earned fish and chip supper - the perfect fuel for the final races and for those determined to win back their earlier "investments".

All in all, it was a lively, laughter-filled night that raised funds and lifted spirits in equal measure. Around 80 people attended and we were so grateful to everyone who came along, placed a bet, cheered a horse, or simply enjoyed the fun. The event was very successful and the Soroptimist share of the proceeds from the evening was allocated to President Lisette's focussed charities for endometriosis research and treatment.

CHANGE OF INSIGNIA LUNCH



Members of SI Southport are delighted to welcome our new President, Carol Hill. Carol received the President's chain from Immediate Past President Lisette Muddiman at a Change of Insignia Lunch at Hesketh Golf Club.

We welcomed Presidents and members from clubs around the region. The toast to Soroptimist International was given by Stuart Fletcher, President of the Rotary Club of Southport and the response was given by our Regional President, Sue Underwood

This is President Carol's second term of office as President of SI Southport and we all look forward to another year of awareness, advocacy and action - combined with fun and friendship



SI STOCKPORT

LONG SERVICE AWARDS



In December 2025 President Sue visited Wendy Horne, who had been in hospital for a few months after a bad fall at home, but had recently moved into Halecroft Grange in Hale Barns.

We had planned to have a club meeting at Halecroft Grange in February as Wendy was missing seeing everyone and attending monthly meetings, but unfortunately the plans were scuppered by an infection at the home, and we had to cancel. We were planning an afternoon with club members to give Wendy her 50 year Long Service Award, but we were unable to do this as Wendy passed suddenly last week.



New President Kate presenting long service awards to secretary Sue Gledhill with 40 years service!



New President Kate presenting long service awards to Sue Wynroe with 35 years service!

THANK YOU SUE!

After 6 years as President, Sue Stringer was presented with gifts from the club by Secretary Sue Gledhill in recognition of being the longest serving president.



SI WIGAN

PINK CAFE RAISES VITAL FUNDS

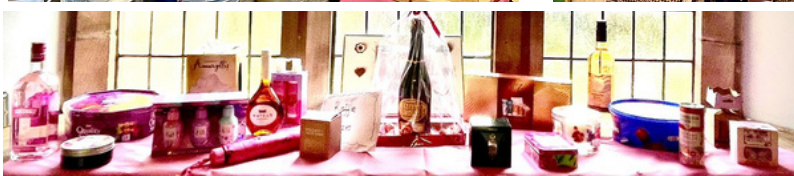


This Spring we held a 'Pink Cafe' to help promote our local hospital's 'Three Wishes - In Pink Campaign.' Our aims were to raise awareness of the importance of attending breast screening appointments (as at present only 7 in 10 women invited actually attend in our locality) and to contribute to a fund based at the local Breast Screening Service in the Thomas Linacre Centre, which is working towards the acquisition of a new ultrasound machine and other important equipment. Ultimately this equipment should help to save the lives of women (and men) across the borough.



Members donated items for the raffle and we sold hand made crafts and a selection of refreshments. Janet Ellison from the charity joined us and brought along information leaflets and small gifts for our members and friends who attended. The total raised was an amazing £313, which was presented to staff at the centre the next day.

It was a wonderful afternoon and we are very grateful to all who supported the event.



SI CROSBY

SMALL CHANGE FOR CHANGE



'Small change bowls' on the tables at monthly meetings provided the local food bank with plentiful provisions. School reading projects have also continued and been extended to include St. Benet's. We now have links with Crosby Community Pantry. After listening to a tear-jerking talk by their speaker at a recent club meeting we realised that there is dire poverty right on our doorstep.

We learned that we can help in many small ways at little or no cost, not just by food contributions.

LUNT MEADOW CRAFTING



There are still crafting sessions every Wednesday morning at Lunt Meadows. Those in March focussed on painting wooden Easter eggs in bright colours for the two egg hunts held on Easter Saturday and Easter Monday. In total more than three hundred people came along. The Easter Bunny made an appearance to give out chocolate eggs to the children. Several Crosby Soroptimists were there each day to offer help and guidance. Crafting has become popular with many members attending these sessions weekly.

ARCAEOLOGY UPDATE

In February we linked up with Museum of London Archaeology (MOLA) to help with their survey of changes in the Sefton coastal area over the past 100 years. Members attended a meeting in Crosby Library in early March. Photographs, maps and memories were exchanged during a very interesting morning. This is an ongoing project.

WOMEN'S WELLNESS DAY



Our Woman's Wellness Day, which we held in March to mark International Women's Day was, in the words of those who attended, varied and interesting. There were speakers on breast cancer awareness, menopause and endometriosis. Cathy Cassidy, a journalist, who had worked on Jackie magazine and is author of several children's books, then recounted her own personal battle with bowel cancer. Bob Stone, who owns the independent bookshop Write Blend in Waterloo, kindly donated several copies of a book to us for the day. This book "The Stories so Far" chronicles the reflections and journeys women have made on their cancer journeys and includes two of Cathy's stories. During the afternoon breakout sessions some chose a leisurely walk through the sand dunes. Others chose yoga or osteoporosis exercises. Sewing, drawing and writing sessions were also on offer. There was something for everyone. The Make Noise Choir rounded off the day with inspirational music. This highly successful event raised several hundred pounds towards the Liverpool Women's Hospital HIPEC Appeal. Women's health is our priority.

CONNECTION THROUGH GARDENING



The now very popular gardening & winter sowing group continued to meet once a month. Their visit to Whitakers Garden Centre in Prescot was a thoroughly enjoyable day which included a scrumptious lunch. One of President Vesna's aims for her Presidency is focus on the environment, so on 30th April Crosby Soroptimists held a Planting for Peace session in Victoria Park, as part of our Better for Bees project. The Gardening group participated, but others joined in, including friends and family. Refreshments and craft activities were available for those who didn't wish to do any weeding or digging. Wildflower seeds were also potted up in preparation for planting at Lunt Meadows in June. The Gardening and Craft groups, together with all our other club activities, keep us active all month every month!

SI CROSBY

ORANGE CAFE



Our Orange cafe meetings continued. The new venue, Elefante, is perfect for informing locals about the horrors of gender based violence. In April we brought this forward to Wednesday 22nd April to incorporate time at Lunt Meadows. It is vital to try to counter VAWG which sadly appears to be increasing in light of the recent rise of the 'Manosphere'.

BENCH TREASURE

As a result of the Little Crosby Treasure Hunt held last year, we were able to replace their 'old-unfit-for-purpose-fallingapart' bench by the Village Cross with a sturdy new one.



RE-ENGAGE - MOTHERS PRIDE

Over the past few months, we have continued to give service at The Plaza for Flicks and Friends, together with Re-engage (aka Age Concern Crosby). These films are recent releases, popular and well attended. The April film was Mother's Pride which boasted a star-studded cast including Martin Clunes, Mark Addy and Josie Lawrence.

SI RAMSBOTTOM

A WARDROBE OF KINDNESS FOR STROKE PATIENTS

A chance encounter at hospital, resulted in a long conversation about ladies in the long stay Stroke Unit who had no relatives.

So, Ramsbottom Soroptimists decided to lend a hand. We cleansed our wardrobes of any elasticated waist trousers and skirts and then added some sparkly tops for the Christmas season along with Christmas cards for all the ladies. Joint President Maureen Sampson and Programme Action Officer Glennys Nicholls delivered the clothes at the beginning of December on the worst rainy day.

Our second delivery of much needed trousers and some tops was delivered in April together with lots of Birthday cards for the staff to fill in with the correct patient name, thus was delivered by PA Glennys.

We had great help from Grace as part of her Duke of Edinburgh Award Scheme, who wrote out all the Christmas and Birthday cards for us. This was brilliant and gave the club members time to sort out the delivery of lighter weight trousers and tops.

We are currently waiting for the Stroke Unit to tell us sizes (very large) and what else they may need.

The pictures show members with the first delivery, the second delivery shows Glennys with the Stroke Unit Staff members.



16 August 2026
NOVOTEL, WORSLEY

SI Manchester Charity Lunch & Race Day

27 February 2027
CROWN PLAZA LIVERPOOL

SI Liverpool Centenary Dinner

15 May 2027
BROCKHOLES, PRESTON

NORTH WEST Conference