

SI Cwmbran 2025

SI Cwmbran club has a variety of local, national and international Programme Action projects. The club has monthly speaker meetings and social coffee mornings which are arranged at a variety of local venues to raise awareness of the work of our Soroptimist club. We hope to improve the life of women and girls through our work. Our charities this year are Cyfannol, Sight Cymru, St. David's Hospice and Noah's Ark Hospital.

Projects

COMFORT CUSHIONS - Marian visited the Tenovus charity shop in Penarth to donate 20 Comfort Cushions which had been made by SI Cwmbran members and friends. The cushions can be used for clients using the Tenovus Mobile Screening Units.



Mr. Vince Tregwell, manager of the charity shop accepted the cushions on behalf of the charity. SI Cwmbran members had heard a very interesting talk by Mrs. Judith Major earlier in the year on the work of Tenovus.



SI Cwmbran donated Breast Comfort Cushions to Tenovus to be given to people using the mobile support units for their personal use. The photo from Judith Major shows the cushions being delivered to the unit who thought they were a good idea.

Comfort Cushions were delivered to Samantha Holliday of Maggie's Cafe, Velindre by Marian from SI Cwmbran.



The cushions have been made by members and friends of Cwmbran club. Maggie's Cafe provides free practical, emotional and social support for people with cancer, their family and friends.

ALZHEIMER'S AWARENESS PROJECT - Club members visited Widdershins

Griffithstown where Age Connect Torfaen are based. We were warmly welcomed by Emma, Laura and Becky who runs the choir. What an inspiring morning! Becky enthusiastically leads the choir and you can feel the joy and happiness in the room it is so tangible.



It was great to visit in Dementia Action week. We were delighted that our member Pat Forward was able to present a cheque for £2,000 towards the funding of the choir. Pat raises the money by selling preloved jewellery. We also donated Comfort Teddies, Twiddle muffs and a knee blanket. We are pleased with the long association we have with Age Connect Torfaen and it was so lovely this morning to see the benefits of a donation we have made in action.

HOPE GB



Comfort teddies and Twiddle Muffs were delivered to Hope GB by club member Pamela. These items have been hand knitted by members and friends of Cwmbran club. Hope GB is a Cwmbran-based autism charity supporting individuals and families.

GRANGE HOSPITAL PROJECT



SI Cwmbran members Marian and Rosemary visited the Grange University Hospital, Cwmbran to meet Jennie Edwards who had taken over as the new hospital chaplain from Carol Taplin. Jennie updated us about items club may be able to donate to patients in the hospital in the future.

LEND WITH CARE PROJECT SI Cwmbran continues invest small amounts of money to support entrepreneurs to empower women, enabling them to make meaningful improvements in their lives. Club has given 13 loans to date lending a total of £360.00 and helping 59 entrepreneurs.

TOOLS FOR SELF RELIANCE PROJECT



Members continue to collect old tools and sewing machines from friends, family, local WI and Probus members which are taken to Crickhowell to be repaired and sent out to Tanzania or sold at local events to raise money to pay for the shipments to Africa.

OLD BRAS Members continue to collect old bras which are taken to be recycled for the charity 'Against Breast Cancer.'

Speakers

May- In 2025, Women's Health Week runs from May 11th to 17th. This annual observance aims to empower women and girls to prioritize their health, both physically and mentally by raising awareness about various aspects of women's health, including physical health, mental health, and well-being. At our Club meeting we chose to observe Women's Health week by taking part in a seated yoga class. Members enjoyed the exercise and the opportunity to focus on their own well-being.



June -SI Cwmbran had a very informative talk by Veronika Brannovic from Blaenau Gwent & Torfaen Local Nature Partnership. She spoke about trying to enhance biodiversity in the area explaining about the 8 local nature reserves in Gwent showing pictures of the changes of the work done by the team. Members were interested to hear about the ancient woodlands and community orchards in Cwmbran where people can pick fruit from the fruit trees. To celebrate the Great Big Green Week June 7th-15th members brought an item for the Garden Swop table.





July Dr Bablin Molik, the CEO of Sight Cymru joined the group on Monday evening to share the history and the ethos of the charity.

Established in 1865, the charity supports the welfare of people who are severely sight- impaired and impaired. The charity is based in Pontypool, and prides itself on being the largest entirely Welsh sight loss agency providing services throughout Wales.



September SI Cwmbran members had a very informative talk at their business meeting by Sammy Jo Jennings from Age Connects Torfaen, Widdershins Centre in Sebastopol. Sammy explained the services provided by the centre to people in the community. These include befriending hubs, clubs and classes, dementia services, health suite, home services, energy advice. Club donated twiddle muffs and comfort teddies to Widdershins clients.

Coffee mornings

May - SI Cwmbran members enjoyed their monthly coffee morning at The Retreat in Llanover today. Soroptimists 'Orange the World' on the 25th of every month to raise awareness about violence against women. Natalie Walden joined members to collect 30 Comfort teddies donated by SI Cwmbran for the special dentist unit at Neville Hall where she works. The teddies will be given to the young children visiting the unit for dental treatment.





June -Lovely monthly coffee morning today at Bar 10 at Llanyrafon Golf Club. Enjoying the beautiful environment while chatting, laughing and sharing friendship.

July – What a lovely venue for our monthly coffee morning. Lots of chatter and laughter and ‘putting the world to right’s’. What’s not to love!



August -S. I. Cwmbran held a very successful coffee morning hosted by member Jen Pryer. Wonderfully organised by Jen, Marian and Mary and the events team especially the beautiful weather after the previous day being a real wash out!

About 40 members and friends attended and were treated to delicious cakes and an abundant supply of tea and coffee. Sales tables and a raffle were well supported.

An amazing £529 was raised for this year’s club charities St. David’s Hospice Care, Sight Cymru, Noah’s Ark Children’s hospital and Cyfannol.

Wales.

We are very grateful to all who attended and all who contributed in any way to the success of this event which was held in such beautiful surroundings on such a lovely day. In true Soroptimist style there was lots of fun and fellowship while helping others.



Spreading the word for Soroptimists-Empower HER Project - Marian met these designers when in Valletta recently. They are part of a Voluntary Organisation project called Empower HER which supports women designers from all over Malta. Their shop showcases locally crafted fashion, jewellery and beauty products. They were interested to hear about our Soroptimist club and our projects involving women and girls.

