



Newsletter

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Soroptimist
Weston-super-Mare

President Shelagh Jeacocke Year 2015-2016



Our speaker, Nicky Hutchinson, on children's body image and self esteem.

20TH MAY 2015

Ms Hutchinson worked for many years with Bristol Local Education Authority as a teacher and specialist behaviour advisor. She now works nationally as a behaviour consultant and therapist, training and advising schools, parents and other professionals on all aspects of children's psychological and emotional development.

Nicky has co-authored practical guides for child care professionals to identify and support young children with challenging behaviour, one of which won an all parliamentary award; one of the first ever Body Confidence Awards. This award celebrated inspirational and deserving efforts to promote body confidence and the acceptance of broader beauty ideals. Nicky has advised the government on children's body image, and how young people cope with the pressures of our society, and aims to address all aspects of children's social, emotional and behavioural development.

Young people and children as young as 7 or 8 are becoming more distressed and anxious about appearance. We live in a culture of celebrity, and a judgemental, looks obsessed society and media, and children are not sufficiently sophisticated to filter marketing methods and messages. This can lead to anxiety, depression, low self esteem, self criticism, all of which is reflected in their behaviour. This often manifests as disordered eating, inappropriate behaviour, low achievement or development. They can have difficult relationships with those around them.

1.6 million children in the UK have been diagnosed with eating disorders, 1 in 10 are male.

The third largest reason for loans in the UK is for cosmetic surgery. Two thirds are dissatisfied with the results. 99% of images in the media are airbrushed. Further research results shows: 40-50% of 6-12 year olds are dissatisfied with their appearance; 40% of children under 10 worry about their weight.

The anonymity on social network sites encourage bullying which is having a huge impact on the current



generation of children. Sexualised pop videos, music channels and the sale of adult style clothes in children and baby sizes are all influencing young people.

Warning signs can be recognised: negative self talk, low self esteem, not taking part in physical activities, disordered eating habits, avoiding social situations, excessive or abnormal exercise routines, or depressive symptoms.

Healthy body image can be encouraged - parents are children's earliest role model, but many don't know how to deal with this situation. We need to educate for good role models, to be critical of magazines and advertisements; to take bullying seriously; to provide happy and relaxed mealtimes - not a time of stress and pressure; and to limit screen time. We need to encourage exercise as fun and enjoyable, to praise qualities and skills not just appearance.

School staff can involve parents, be mindful of attitude, be aware of dangers of teasing, consider lunchtime atmosphere, take children's concerns seriously and listen.

Ms Hutchinson illustrated her talk with many examples of media manipulation, and weight critical images, statistics and research findings. It was very informative, interesting and provoked many questions and discussion.

Nicky asked for her fee to be donated to the Nepal Earthquake appeal, this will be sent to Kay Turner for WaterAid

TUESDAY 17TH JUNE 2015

Dr Phillippa Jeacocke's update on the Foundation For Women's Dignity and her time in Kerala working with Pallium India.



Phillippa was speaking at this meeting to update us following a revisit to the FOWODI Project (**F**oundation for **W**omen's **D**ignity) and tell us about her time in Kerala working with Pallium India.

The FOWODI Project is a Ugandan project which we as Soroptimists helped with fundraising. Phillippa explained that when women give birth and have an obstructive labour, a fistula can form which can cause urinary and faecal incontinence. It used to affect people even in this country and is due to poor health systems. The women who have these fistulas do not have the funds for getting to hospital for treatment and quite often were then not accepted into their community as it was believed they were "cursed".

The project itself involved providing livestock in the form of pigs and chickens to women to rear which in turn then produced more livestock; a proportion was given to the women, a proportion sold; with the aim of the women being able to support themselves - using the money this generated for hospital care or to do what they considered beneficial. Phillippa advised us that £4800 was raised, and in the first round helped 35 women, then went on to help a further 9 women with the progeny of the livestock.

Some problems were identified with this though – the flooding recently caused swine flu etc, livestock was lost and women had to sell some livestock due to the risk of infection, but at the time of Phillippa's recent visit 20 women were remaining in the Project.

Phillippa's talk was supported by slides and one in particular showed 3 women – the first lady still has a fistula, a complex variety which involves high healthcare costs. She received chickens which provided funds for hospital check ups, surgery, food whilst in hospital etc. One problem she encountered was the high maintenance of the livestock, the feeding and the housing of the chickens which meant she couldn't pass on so much money. The second lady had a successful repair, her husband though had left her due to their cultural beliefs, but once she was given the piglets and invested the money and rented land she grew cotton and still had the pigs and miraculously the husband returned! The third lady also had a successful repair and had chickens from the 2nd batch but these were not profitable so bought ducks instead which were successfully reared and she then could fund her children's school fees. All these people were really grateful for the help they received.

Phillippa found that there were some questions raised regarding this Project in that perhaps it was not as good as originally envisaged for the following 2 reasons –

1. The Project itself is quite high maintenance i.e. shelters for the livestock, their food, risk of disease and extreme weather conditions and
2. The idea was that the Project would snowball but only managed a small degree due to the points mentioned in (1) above

and that it was a lot to expect FOWODI to monitor it as it was run by volunteers who themselves were not well off and didn't have much time to dedicate to it (distances involved, rough terrain) It is not as simple as Phillippa had originally thought but she was still positive.

Phillippa wondered about the next steps for this Project – i.e. focus on FOWODI themselves with their small maize production that funds the office and a nurse who visits and identifies women with fistulas and provides education, and try to increase their income, OR in the future choose something less risky or high maintenance. Phillippa ended by asking for questions and various questions were asked in the form of –

- whether the children involved stayed with their mothers or original family, (mother usually).
- Before their pregnancy were the women working and if not, was there too much strain in them suddenly having to run a business (PJ unsure of answer but considered this to be a good point)
- How many women had surgery (FOWODI do not have structure for this monitoring, only in the first year, the outcomes are unknown)
- Is this ongoing, i.e. is money still going in (late 2013/early 2014 only)
- Regarding other ideas to raise money, we were told by Heather that recently she heard a play about an Indian who invented a machine to make sanitary pads which then escalated to machines going to India and Africa. Another suggestion was of crafts, making things to sell to raise funds.
- Are fistulas common? (Sue Yorkas googled this, the answer was 140,000 in Uganda alone). They are common, with the

younger women particularly at risk as they have small frames and are married to older larger men.

Phillippa did say that the computer that FOWODI had was broken, and she would like to look into getting another out to them.

The second half of Phillippa's talk was regarding **Pallium India** where she spent 3 months between March and June in Kerala. This is palliative care centred in Kerala and which provides a minibus with a nurse to visit more remote areas providing catheters, dressings, cannulas all from the back of the van to manage patients who are unable to get to hospital which is very difficult if terminally ill. We were shown slides of the landscape involved which a lot of the time is no more than tracks through trees. The aim is to visit the patients regularly, from between weekly, twice weekly or one to two months apart. We heard how one volunteer, Mr Naseer got involved in this because he felt he had let his wife down by not being properly trained when she died 10 years previously of cancer, so is now able to take blood pressures, wound management, identify patients, carry out the learning through the reading of various medical books – whenever he comes across something he doesn't know, he reads up on it.

Phillippa explained that the Pallium remit is for any cancer patient, anyone who can't leave home, i.e. through stroke or chronic disease or elderly. It was explained to us that morphine was difficult to get hold of in India due to fear of addiction etc and that doctors were not trained in its use, together with the bureaucracy and legislation.

Skirting Science

June 2015



Article from Weston Mercury

Girls encouraged to give science a go in annual presentation day



One group learning from Airbus staff about aircraft cabin design.



Another group learning about separating blood, thanks to the University of Bristol.

BUDDING young female scientists of the future were shown a glimpse of life in the industry at an annual event at a Weston school this week.

Broadoak Mathematics and Computing College played host to the seventh Skirting Science day run by Soroptimist International, and aims to encourage girls who are soon to

make their GCSE choices towards choosing science subjects at university or as a career path.

More than 180 students from Weston, North Somerset and Bristol attended and were treated to classes from a variety of professional groups including Airbus, Rolls Royce and the James Dyson Foundation.

Ann Kesteven, part of the organising team, said: "In the seven years we have been doing this we have always had some good names coming along. We want to give girls an interest in choosing science as a career path.

"One of the speakers we had in said she hadn't had any experience

of seeing female scientists when she was the age of these guys, and all her science teachers were male.

"There's no reason why girls shouldn't get an awful lot from a career in science."

The girls took part in exercises like separating blood, building their own robots and saving a hardy Lego

man from drowning in his cup and skewer house.

One of the pupils present, 15-year-old Georgia Tucker, said after the event: "I liked the variety of topics and seeing the differences. It influenced me in my college choice. I found some jobs I didn't know existed."

Message from Ronnie about Mary's Meals reaching one millionth meal

Update 24 May 2015

Hi, please can you circulate this – THEY HAVE DONE IT!
Ronnie.

From Mary's Meals:- 'Celebrations are taking place today across the globe to mark some wonderful news – Mary's Meals is now feeding more than ONE MILLION of the world's poorest children with a nutritious meal every school day! And it's all thanks to supporters like YOU!

The biggest party to celebrate this momentous milestone is in Malawi, where Mary's Meals first began feeding 200 hungry children in 2002. Our founder and CEO Magnus MacFarlane-Barrow is at Chirimba Primary School, in the country's Machinga district, to join with the local community in recognising the impact of the school feeding programme.

The millionth child to receive Mary's Meals is 13-year-old orphan Patuma who attends Chirimba Primary School. She said:

"I am so happy that Mary's Meals has come here. Before I would get dizzy, have headaches, and my legs would shake. But the porridge makes me full and I am a very happy girl! The walk to school is easier and I can focus on doing well in class. My dream is to become a nurse. I know what it's like to be sick, and I want to help sick people get better."

Magnus said: "It's remarkable to think that 1,035,637 children, like Patuma, are now eating Mary's Meals every school day in some of the world's poorest countries. More than anything, it makes me feel even more strongly that this vision of ours – that every child receives a daily meal in school - is possible. While we should celebrate and feel good about this landmark, 57 million children are still out of school, so in some ways our work has only just begun. Let's go on so we can reach those other children with Mary's Meals. Thank you again from all of us."

Skittles evening at the Red Cow with SI Bridgwater

June 2015



Garden Design by Lesley Heggarty

September 15th, 2015

At a recent meeting Soroptimists heard a fascinating talk on garden design from Lesley Heggarty who did training in horticulture and garden design following careers in the Navy and as a stockbroker. She now runs a successful garden design business with partner, Robert Webber.

After showing photographs of beautiful gardens open to the public Lesley explained that four aspects need to be considered when designing a garden – functionality, movement and flow, practicality and the spirit of the garden. She then outlined in detail the process of a commission from considering the environment of the site to the finished harmonious design and discussed making a garden look attractive in every season.

Club members appreciated the opportunity to ask questions and found her talk inspired them to go home and have a new look at their own gardens.

What defines the way we approach risk and Public Protection in our communities?

By Sally Lewis

October 20th, 2016

In her absorbing talk last week Sally Lewis, once Head of the Avon and Somerset Probation Service, discussed risk and how we perceive it. She pointed out that these days risk is seen as a negative - what bad thing might happen? - whereas in the past it was more positive - might win some money gambling! Two settings where risk is regularly calculated are in insurance - actuarial risk, and in medicine - clinical risk. Impact has to be balanced against likelihood.

Sally currently chairs the Children's Safeguarding Board in Bristol and she talked about this, noting that if safeguarding is done well nothing happens, there is no news story, and the Board's success may not be appreciated. Children themselves worry more about cyberbullying than being abducted by a paedophile.

Finally Sally discussed the new science of victimology, mentioning that most victims' prime concern is to receive an apology.

Club members felt that Sally's talk, tailored for Soroptimists, had given them plenty to think about.



LITERACY

September 2015

Weston Mercury Report

Books sent to Sierra Leone

Report by **BRIANA MILLETT**
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WESTON'S branch of Soroptimist International has been collecting books to be sent to Sierra Leone in celebration of International Literacy Day.

The organisation works to transform the lives of women and girls across the world and a library is currently under construction in Taiamia, in the Kori chiefdom.

Waterstones in Weston has donated books to the club, which will be taken to stock the library in Sierra Leone and a representative from the bookshop will be sent to visit the library.

Weston Soroptimists also distributed posters to libraries and notice boards in the Weston area to draw attention to the literacy day, which took place on September 8.



October 2015

Shelagh with Regional President



■ **SOROPTIMISTS:** Soroptimists of Weston were delighted to welcome Kay Turner, President of the South West and Channel Isles region to a business meeting of the club.

President Kay is nearing the end of her term of office and has been endeavouring to visit all the clubs in the region.

She said that this was the first business meeting she had attended and congratulated Weston Soroptimists on their award winning project Skirting Science.

President Kay's charity for her year has been WaterAid and more than £2,000 has been raised which will go to help communities in Nepal affected by the devastating earthquake in the region.

Awareness of Violence against Women November 2015

On that day Soroptimists from Weston together with members from Bridgwater and Bristol travelled on a train from Taunton to Bristol Temple Meads with more women getting on the train at each station. We were carrying banners and distributing Loves me, Loves me not bookmarks. We were also contributing to the UN Orange the World campaign by wearing orange and/or orange wigs.

As well as distributing bookmarks on the day we had previously passed them to schools and bookshops in the area. They are also used by the support group for the local women's refuge.

On arrival in Bristol we marched from the station to the HQ of WomensAid where the national Domestic Abuse helpline is based.



Rotary Christmas Fayre November 2015

Loves Me...

Signs of a loving relationship

- Makes me feel safe
- Makes me feel comfortable
- Listens to me
- Values my opinions
- Supports what I want to do in life
- Is truthful with me
- Always tries to understand how I feel
- Likes that I have other friends
- Makes me laugh
- Trusts me
- Treats me as an equal
- Respects my family
- Understands my need for time alone or with family
- Accepts me as I am

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Loves Me Not...

- Tries to control me
- Gets violent, loses temper quickly
- Always blames me
- Is sexually demanding
- Keeps me from seeing my friends and family
- Makes all the decisions
- Embarrasses me in front of others
- Hits me
- Makes me cry
- Makes me feel afraid
- Is always 'checking up' on me
- Takes my money and other things
- Threatens to leave me if I do not do as I am told
- Teases, bullies and puts me down

If you recognise any of these signs you may be a victim of abuse.

You DO NOT have to suffer alone.



NATIONAL DOMESTIC ABUSE
FREEPHONE HELPLINE:
0808 2000 247

Weston Soroptimists had a stand at the Rotary Club Christmas Fayre and we continued to hand out bookmarks, including one to John Penrose when he came up to our stand.

The Suffragettes

November 17th, 2015

President Shelagh welcomed our speaker Lucienne Boyce and her husband, Gerard. Lucienne was born in Wolverhampton and had gained a degree from the Open University in English. She is a novelist specialising in 18th Century fiction and historical novels.



Accompanied by a computer slide show, she informed us of the activities of the Bristol and Weston suffragettes, how they attended meetings, lobbied MPs, organised petitions etc. She spoke about Emmeline Pankhurst who was the founder of the Women's Social and Political Union together with her daughter, Christabel. Another Emmeline was Emmeline Pethwick who was based in Weston in Trewartha but in 1890 went to London due to the "petty life of a second rate seaside resort"! In London she met Frederick Lawrence who she then married – surname now Pethwick Lawrence. Due to her various actions she went to prison, and as did many suffragettes, went on hunger strike. She left WSPU in 1912 and in 1913 was arrested. We were told about how another suffragette, Annie Kenney, was sent to Bristol to establish the Bristol and West of England Branch in 1907. They held meetings in the docks, on the Downs, raised money by making and selling cakes etc. There was even WSPU merchandise much as we have today. Their base in Bristol was vandalised. MPs were often the target of suffragette attention - being heckled campaigning at by-elections with demonstrations and deputations to the House of Commons. The suffragettes as a whole were treated as common criminals and not political activists. When the War came, the

militant campaign was over, women were released from prison and handed out white feathers to those not fighting. Many women worked in munitions etc, joined the Peace Movement and hinted that militancy may resume after the War. By 1918, all men over 18 and women over 30 who were property owners, were given the vote. Eventually, in 1928, all women over 21 were granted the right to vote.

Smuggling

By Mark Bullen

February 2d, 2016

Last week Soroptimists of Weston were treated to a fascinating and lively talk about smuggling by Mark Bullen, himself a retired Customs and Excise officer. He gave the club a brief history of smuggling, explaining that Customs duty applies to items being brought into the country and Excise tax to home produced goods. On the way he mentioned Howard Marks who smuggled drugs both for money and for the excitement, and Window tax, one of the first excise taxes, which replaced Hearth tax (it is easier to count a property's windows than hearths). At one time excise tax applied to bachelors! Customs and excise were not merged until 1909.



In the 18th century the important smuggled goods were salt, tea, candles, soap, tobacco and silk. Along the south coast brandy was smuggled from France in barrels weighing 50lb each when full. Mark then took club members through the factors involved in planning and committing one such smuggling plot - more complicated than we had imagined.

All agreed with Dr Susan Long who said in her vote of thanks that rarely had she heard such a talk - equally informative and funny.

Annual Lunch

February 2016

*Toast to Soroptimist
By Steve Williams*



*President Shelagh
with Regional President*



*The Loyal Toast
By Susan Long*



*Vote of thanks
By Melanie David*



*Toast Mistress:
Mandy Brown*



Fundraising 2015/2016

This year we decided to focus on International Meals as a way of fund raising and this was also supported by Anne Woolley hosting her delicious English Cream Teas. We had four £1.00 Stalls, and of course our Annual Fashion Show.

Anne Woolley's Cream Teas.....£185.00
 President Shelagh's South African Meal.....£110.00
 Danielle's French Meal.....£80.00
 Linda's English Sixties Meal.....£130.00
 Dinah/Devika's Sri Lankan Meals.....£140.00
 (Devika is my Sri Lankan Sister-in-law who did the cooking)
 The Total for Teas and Meals came to.....£645.00
 During the year we held four £1.00 Tables (Accessories/gifts)and these raised..... £88.40

Last month we held the annual Fashion Show, and thanks to the generosity of members in donating raffle prizes, the Raffle raised £188.00. Together with ticket sales the total amount raised from the Fashion Show that night was £750.00 The proceeds from the Fashion Show will be shared between Weston Hospicecare and the Childrens Hospice, Southwest.



Beautiful bargains at charity fashion show

Fashion fans flocked to a catwalk show at Weston Football Club, which was hosted by the town's Soroptimists International group in aid of Weston Hospicecare and Children's Hospice South West. The show took place on March 15 and is one of the group's major annual fundraising events. The event has been running for the past 10 years and was organised by Dinah Jakiro.

The total amount raised by the Club from all these events was..... £1,477.40.

Before Christmas the Government announced it would match any funding sent out to certain Charities overseas. President Shelagh used the £110 raised from her Meals and the £165.00 raised from Anne's Cream Teas (totalling £295.00 and added £5.00 to make it £300.00) to forward to Marys Meals.(Feed a Schoolchild for a year) This was topped up by the Government to make a total of £600.00 to be received by Marys Meals.

New Banner 2016

This banner was used for the first time at our Fashion Show in March 2106.

Soroptimist International
Great Britain & Ireland

"I want to make friends and have fun"

"I want to make life better for women and girls"

"We enable girls to reach their full potential"

"I'm helping women and girls all over the world"

"I want to contribute to my local community"

Ask Me Why I'm A Soroptimist

Join today www.sigbi.org

