



Newsletter

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Soroptimist
Weston-super-Mare

Year 2016-2017

A year without a President

For the first time in its history, the club has run a successful year with a monthly Chairman. We are grateful to Olly Parsons, our secretary, and Shelagh Jeacocke, our Immediate Past President, who have given their utmost support, as well as our monthly "Presidents" who agreed to take on the role.

PROGRAMME – 2016 - 2017

BUSINESS AND SPEAKER MEETINGS AT WESTON GOLF CLUB

2016

- May 3rd Business meeting
- May 17th Social event and Food – visit to Cook Shop in Wells
- May 24th New members evening at Weston Golf Club
- May 31st Friendship Gathering at the home of Ronnie Murrin
- June 7th Business meeting
- June 21st Speaker meeting – NHS Research and Development Team
- June 23rd Skirting Science at Broadoak Mathematics & Computing College
- June 28th Social event – Visit to Willow Centre, Somerset Levels
- July 5th Business meeting
- July 19th Social event – Walk and surprise supper
- August No meetings
- Sept 6th Business meeting
- Sept 20th Speaker meeting – Refugee Law – Laura McCarthy
- Oct 4th Business meeting
- Oct 18th Speaker meeting TBC – Cocoa Libre – Louise Harrison
- Nov 1st Business meeting
- Nov 15th Speaker meeting – Diney Costeloe – Author
- Dec 6th Business meeting
- Dec 20th Social event – Christmas meal at Weston Golf Club

2017

- Jan 17th Social event - Meal at Weston Golf Club followed by job talks
- Feb 7th Business meeting
- Feb 21st Speaker meeting – TBC
- Mar 7th Business meeting
- Mar 14th Fashion Show at **Weston Football Club**
- Mar 21st Speaker meeting - TBC
- April 4th Business meeting
- April 18th AGM Dinner at Weston Golf Club

OTHER SOCIAL EVENTS

2016

- Skittles evening at the Red Cow pub with SI Bridgwater - TBC
- Friendship Day Out with SI Thames Valley – TBC
- Sept 13th Coach Tour of Portbury Docks followed by lunch at The Priory
- Visit to Wiseman Dairies, Somerset TBC

2017

- Friendship lunch – TBC

REGIONAL MEETINGS

2016

- June 25th Regional AGM and Conference, Bradford-upon-Avon
- September 24th Regional Meeting - Taunton
- November 27th Regional meeting – Taunton

2017

- March 25th Regional meeting – Taunton

FEDERATION CONFERENCE

- 2016 NOVEMBER 9TH – 13TH Malta

**An email received from Nisha Ghosh
after receiving our previous
newsletter**

Dear Ladies of SI Weston ,

Thank you for sending me this newsletter- indeed activity filled. Congratulations for all the great work you are doing. I'm also very impressed with the proposed plan of a Monthly President- it must keep everyone on their toes. ! Well all the best and I'm grateful to you all for the interaction with me as Friendship Link Coordinator. It gave me lots of copy for the newsletter. Thank you all, and as I said I've enjoyed this role, made heaps of friends and now I move to a new role as APD and hope I 'll get your co-operation as before. With friendship and peace,
In Soroptimist service

Nisha Ghosh
Friendship Link Coordinator
SIGBI Federation



They are - on the left of the photo Rachel Mansfield of Weston Hospicecare - and on the right Kylie Gallagher of Children's Hospice South West.

Shelagh presented each of them with a cheque for £400 for their respective charities (from the money raised at the 2016 Fashion Show).

24th May 2106

Membership evening



21 JUNE 2016

Research and Development Team from Weston General Hospital

Tonight's meeting was chaired by Melanie David.

Melanie welcomed our Speakers from the Research and Development Team from Weston General Hospital led by Harvey Diamond.

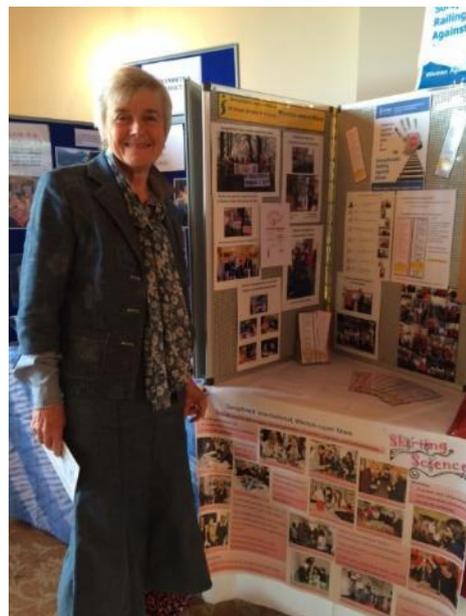
Harvey gave us an overview of the national and local perspective briefly making points as follows:

- In England 99% of Trusts are involved in research, not only on drugs but also on protocols, devices etc.
- From 2000 there were large studies involving cancer and quality to change practice, not only at Weston Hospital but multi-centre studies funded by e.g. Cancer Research and Arthritis UK.
- It costs approximately £1 billion to bring a new medicine onto the market. In India there is an incentive to put children into studies as healthcare is then paid for the first 5 years
- Weston General Hospital also includes Drove Road and The Barn at Clevedon and is the smallest acute hospital in the country. We now have treatment and studies locally not just Taunton and Bristol, e.g. cancer – radiotherapy regimes, drug studies, and rheumatology – cognitive behavioural therapy, fatigue management plus the SCOOP trial – reducing risk of hip fractures post menopause etc.
- Campaign – OK to Ask – GP, hospitals etc. re screening studies.
- Funding - not only is the money for research but also it involves staff and additional cost to NHS i.e. more X-rays/CTs/dispensing drugs/extra visits to hospital and it all takes time to develop protocols, new research.
- Cancer Research UK (largest charity in country) raises money locally which is spent in Weston, e.g. recent prostate cancer study.
- Harvey mentioned that he started nurse training in the 80s but things are now different in that there is a better relationship with the medics, working with

each other re the studies.

- Regions compete with each other, mostly at a national level and the best ideas are funded.
- Question raised from the floor re how patients are chosen and he explained they have a protocol but only eligible patients are chosen and if none are eligible then a mistake has been made, i.e. population/design of study etc. Most patients like to take part in studies
- Also lifestyle research/studies – e.g. looking at what people eat/drink etc.

He then went on to the fun part of the evening! – we were all involved in a Clinical Trial – chocolate versus carob. We were divided into A or B, and each group given a blind trial of chocolate or carob and happiness measured. Briefly chocolate produced more happiness! (There were also a lot of groans regarding the taste of the carob!)



25th June 2016

Melanie at the Regional Conference.

19th July 2016

Induction of new member Christine Ramshaw on 19 July 2016.



On the same day, a group of Soroptimists enjoying the evening sunshine on Knightstone island before joining others for a cheese and wine (and summer pudding!) supper at the seafront home of Janet Jones, now an honorary member of the club.



25th July 2016 - Super Reader



For the third year running Weston Soroptimists donated and presented “Super Reader” awards to children at Windwhistle school. One child in each class was chosen as the most improved reader of the year and was presented with a book to match his/her interests. As well as the book these pupils received a certificate and a chocolate medal.

One little girl was heard to say that she had always wanted to read the book she received about Malala.

CHURCHILL ACADEMY

Women's group sparks girls' science interest

A women's organisation in Weston has set up a science programme to inspire young girls.

Soroptimist International's Weston branch has created the Sparking Science programme, which aims to generate interest in science among girls at primary schools.

The professional women's group aims to improve the lives of women and girls at home and internationally.

Sixty year four pupils from four primary schools took part in multiple science sessions and experiments using the facilities at Churchill Academy in the past month.

The experiments included examining snail slime, discovering lung capacity and creating a clock using cups and water.

A spokesman for the organisation said: "Teachers have been



■ The girls took part in a number of experiments.

saying to us by the time girls arrive in secondary school they already perceive science to be a boys' subject.

"We wanted to counter this

gender stereotyping and to empower girls by using older girls to teach younger pupils, thus cascading the knowledge down the age groups."

SOROPTIMIST INTERNATIONAL



■ Soroptimists with Mayor and Mayoress Alan and Jackie Peak in the Mayor's Parlour.

Civic date for members at Mayor's Parlour

The mayor and mayoress, Alan and Jackie Peak, kindly invited the Soroptimists of Weston to a cream tea at the Mayor's Parlour in Grove House.

Following a sumptuous tea, club members viewed the mayoral regalia, trophies, and silverware kept in a display cabinet.

Civic officer Chris Millard

imparted his encyclopaedic knowledge of the civic history of Weston.

Soroptimist International has more than 75,000 members across 132 countries working at a local, national and international level to educate, empower and enable opportunities for women and girls. Projects take place all over the world, focus-

ing on issues such as violence against women, safe sanitation, displacement and education.

The Weston branch is a friendly and sociable group which has been running for 77 years.

It meets on the first and third Tuesdays of the month to discuss SI business and listen to speakers on various topics.

August 2016

Soroptimists invade the Mayor's Parlour!

The Mayor and Mayoress, Alan and Jackie Peak, kindly invited the Soroptimists of Weston to a cream tea at the Mayor's parlour in Grove House. Following a sumptuous tea club members viewed the mayoral regalia, trophies, and silverware kept in a display cabinet. Civic Officer, Chris Millard, imparted his encyclopaedic knowledge of the civic history of Weston. The painting in the background of the photo shows the installation of the first mayor.

September 2016

Weston Soroptimists enjoyed a fascinating visit to Portbury and Avonmouth docks, travelling on a coach accompanied by a representative of the Bristol Port company who recounted the history of the port and explained what we were seeing.

It was surprising to hear that 95% of all goods imported into the UK come through a port and, thanks to the formation of the privately owned Bristol port company, Avonmouth and Portbury docks together comprises one of the UK's major ports. It is the only deep water port with both road and rail links in all directions. It covers 2,600 acres and is responsible for over 10,000 jobs in the area.

Interesting facts:

- 27% of Heathrow's aviation fuel requirement is delivered from Portbury and is pumped there through underground pipes.
- Each year the docks handle over 600,000 cars and other motor vehicles and there can be 96,000 on site.
- 25% of all animal feed imports are

handled and stored in vast grain silos, through one of which the coach drove.

- The European Juice Terminal deals with concentrated orange juice from Brazil
- Scrap metal is broken down, exported and returned as car components.



18th September 2016

Visit to Castle Combe with SI Thames Valley



15 September 2016

Filling Backpacks for Mary's Meals – view from a new Soroptimist

On Thursday 15 September, I had the most enjoyable day helping to fill backpacks for Mary's Meals at Ronnie Murdin's house.

The Mary's Meals Backpack Project is an initiative to provide backpacks to the children that contain the equipment they need to attend school, comprising:

- Tee-shirt & shorts/dress + flip-flops
- Towel, soap, toothbrush, toothpaste, & spoon
- Pens, pencils, crayons, eraser, ruler and pencil sharpener in a pencil case
- Notebook
- Tennis ball

When Shelagh, Melanie, Anne and I arrived at Ronnie's house, we encountered a scene of superb organisation. Ronnie had arranged all of the items on tables and all the backpacks had already been packed with the clothes and flip-flops appropriate to the age/gender of each child (marked on a label attached to each backpack) the previous evening by Pat and Ollie. This part of the process is quite tricky as the flip-flops are not marked up with sizes.

Filling the backpacks was such a rewarding



experience. As I picked various items for each backpack, I could imagine the little girl or boy receiving it with great excitement. These backpacks are often the only possessions that the children have ever had. I just wanted to send a hug and kiss with each pack!

Once we'd filled the backpacks, we re-checked the contents of each to make sure we hadn't forgotten items or doubled up – easy to do when having fun and conversation! We then loaded the backpacks into large sacks with supporting paperwork and carried them all to the garage ready for collection.



With this consignment, Weston-super-Mare Soroptimists have sent a total of **385** backpacks!
2013: 101 backpacks
2014: 104 backpacks
2015: 104 backpacks
2016: 77 backpacks to date with another packing session planned before Christmas

And that wasn't all. Once we'd finished and tidied up, Ronnie treated us to a very tasty lunch of home-made soup followed by summer berries and coffee in her beautiful garden. Thank you Ronnie!

More information about the wonderful work undertaken by Mary's Meals can be found at:



<https://www.marysmeals.org.uk/>

October 2016

When Louise Harrison found that her son was allergic to dairy products she looked for a chocolate product that she could give him as a treat.

She was disappointed with the taste and appeal of what was on offer and determined to do something about it. She set up a bain-marie in her back bedroom, got some cocoa butter and set to work. Two and a half years later she has a flourishing business, her Cocoalibre chocolate is being sold by Holland and Barrett and Sainsbury's, she has moved into a small industrial unit and employs 5 people. She uses rice milk and flavourings like mint and orange. Her chocolates are totally allergen free.

Weston Soroptimists were fascinated to hear Louise's story, her problems along the way and her achievements so far.

Needless to say, they also enjoyed tasting the samples she had brought along and heartily concurred with the vote of thanks given by Dinah Jakiro, current Chairman.



November 2016

SOROPTIMISTS OF WESTON

Railing Against Abuse at protest march

On November 25 Soroptimists will be Railing Against Abuse in recognition of the UN International Day for the Elimination of Violence against Women.

Soroptimists from all over the South West will be travelling by train to arrive at Bristol Temple Meads station. From there we will be marching to the Lord Mayor's chapel on Park Street, distributing 'loves me, loves me not' bookmarks as we go, sponsored by Sidcot School.

Soroptimists wish to thank Sidcot School very much indeed for their donation.



■ Soroptimists with the campaign bookmarks.

CAMPAIGN FOR END TO VIOLENCE AGAINST WOMEN

March taken against abuse

A group of Weston women united to take a stand on domestic abuse with a march in Bristol.

The Weston Soroptimists took part in the railing against abuse event, where they gave out bookmarks on the train with advice on domestic abuse.

They then took part in a march for the United Nations' day for the elimination of violence against women, before listening to a talk by Lucy Lord, from Women's Aid.

Soroptimist Melanie David said: "This is the second time Weston Soroptimists have held this event and it is hoped each year more women will join in and more awareness will be raised of this hidden abuse which leads to two women every week being killed by their partner or spouse."



■ The Weston Soroptimists

March 2017

Fashion Show at Weston Golf Club

Hundreds of ladies were able to buy high street brands at charity shop prices at a fashion show. The Weston Soroptimists raised more than £800 for the Weston Hospital Scanner Appeal



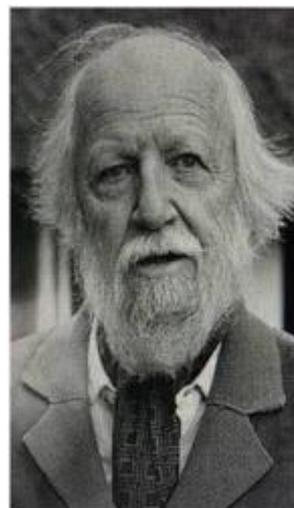
March 2017

Weston Soroptimists were treated to a fascinating talk by Elizabeth Blake of technology company, Micrima, about a revolutionary new method for detecting breast cancer.

Using radiowaves to safely and painlessly scan the breasts, it compares well with current scanning modalities and performs better than mammography in dense tissue. It also has the potential to be able to differentiate benign and cancerous masses.



At present this machine called MARIA, is undergoing clinical trials around the UK.



William Golding
British Novelist, Playwright & Poet
1911 --1993

I think women are foolish to pretend they are equal to men. They are far superior and always have been. Whatever you give a woman, she will make greater. If you give her sperm, she will give you a baby. If you give her a house, she will give you a home. If you give her groceries, she will give you a meal. If you give her a smile, she will give you her heart. She multiplies and enlarges what is given to her. So, if you give her any crap, be ready to receive a ton of shit!