

This newsletter is for members and 'Friends' of Plymouth Soroptimists, keeping everyone up to date with our activities and inviting you to join us at our club, social and fundraising events.

News/Events

St George's Day Lunch

Members and a few Soroptimists enjoyed lunch at St Elizabeth House, Plympton, on 23rd April to commemorate St George's Day. This informal event was organised by Hilary and Margaret P. After the meal Margaret P was presented with a beautiful bouquet and card to thank her for all her years of loyal service to our club as she has now left the club for personal reasons.



Annual General Meeting

President Ann was elected to serve a second year in office. Her speech summarising the past successful year highlighted interesting speakers as well as new and old projects and events. Ann had special thanks for the tremendous support she received from Club Secretary Margaret.

Other officers elected include:

- Treasurer - Benji
- Secretary - Margaret
- Programme Action - Jenny supported by Rosalind
- Membership - Terry
- Executive Committee Members – Pam G and Sue

A lovely meal at The Treasury provided a social element to the formal meeting.

Easter Eggs for Ukraine

Club members donated enough money to send 280 Cadbury's Crème Eggs to children in Ukraine, as well as sleeping bags and a huge bag of waterproof and warm clothing. All these items will be taken to Ukraine by PUMA (Plymouth UKraine Medical Aid).



Pamper day

To mark International Women's Day, club members and a team from GHQ ensured that 30 women were well and truly pampered at the Sunflower Centre. Women from the city's Refuge and/or who access the services at the centre were invited to the popular and now well-established special day. The women were offered hair dressing, massages, manicures, pedicures and a choice of donated clothes, footwear and accessories. Lunch provided included sandwiches, crisps, biscuit and fruit and throughout the day teas, coffees and biscuits were available.

Here are some of the comments from three of the women:

"They did my hair and were patient and understanding of my neurodiversity and anxiety. I have not had my hair cut for 11 years, but now my new worker will come to the hairdresser's with me. "

"I had a fantastic time, the people were brilliant, they made me look and feel beautiful. Looking forward to next time!"

"I have been unwell, so to have this pamper day has done me the world of good. Made me feel so much better, more tip top than I have been in a while"



GHQ team who offered hairdressing, manicures and massages





Some of our members at the event



Mother's Day Bags

Ten gift bags full of treats for women were packed in time for delivery to the Refuge to mark Mother's Day. The bags included toiletries, chocolates, biscuits and jewellery.



International Women's Day Event

Five members joined an event in the Crowne Plaza Hotel to mark International Women's Day. The theme of the day was "Rights. Justice. Action." The event was organised by Alexis Bowater of Bowater Communications and the full day included a number of inspirational speakers and networking opportunities.



Care leavers boxes

More care crates have been collected by Social Services for delivery to youngsters leaving the care system and setting up in their own homes. Thanks to Margaret for getting the boxes filled and ready for collection.



Orange cafes

Orange symbolises a brighter future free of violence and is the colour used for the International Day for the Elimination of violence against women and children.



On the 25th of most months throughout the year we hold an 'orange café' in various locations in our area. In January a team of seven members represented our club at the Divino Lounge in Plymstock. The team talked to dozens of diners and shoppers, shared leaflets and helpline cards, and gave away a couple of hundred orange ribbons to women, men and teenagers. Several women joined us indoors to sit for a while and share their experiences of domestic violence. Those of us outside in the shopping precinct were deliberately starting conversations with men, especially

men who had teenage kids with them, and many of them took a leaflet or bookmark to give to a sister, friend or colleague. One mixed group of teenagers were really engaged with it and were spotted walking around a couple of hours later all wearing their orange ribbons

Easyfundraising

Our club has been using 'Easyfundraising ' for a few years and are delighted that to date we have raised over £1,000 using this easy tool to raise funds.

If you shop online, you can help us raise funds for our projects by adding the Easyfundraising app to your phone, computer or laptop and then select Plymouth Soroptimists as your chosen charity. Then when you are shopping, if the company you are using is in the scheme you will get a reminder that you can gain 'commission' just by clicking on the right place. It will tell you how much will be given to Plymouth Soroptimists in your name. It costs you nothing as it is paid by the company that you are buying from and it is that easy!

Every time you use it a few pennies are raised for us to be able to help people who are less fortunate than ourselves.

Future events

Please note that as the Duke of Cornwall is temporarily closed we are unable to meet there. We are trying new venues around the city so please contact Meg before turning up to meetings (contact details below). The cost of the supper will vary according to the venue but for the May supper it will be £20 for buffet and tea/coffee.

The May club and supper meetings will be at the Future Inn, Derriford where there is easy access and free parking. The venue for future meetings will be confirmed closer to the dates

6th May Club meeting

20th May Supper meeting. Topic :Margaret Thatcher: a conversation' with Neill Mitchell, staffer in the PM's private office 1979-1982. This will be a strictly non-political talk full of interesting behind-the-scenes chat and anecdotes. All of our friends and guests are very welcome to join this open meeting. You will need to pay by BACS and book with Meg by **Friday 8th May** as the hotel need numbers well in advance. Please note that once booked the meal must be paid for as the venues will not allow cancellations.

3rd June Club meeting

17th June Supper meeting. Topic: Shelterbox, a non-profit organisation that helps provide emergency shelter for survivors of disasters.

1st July Club meeting

15th July Supper meeting. Speaker: Abigail Witts on Wills, LPAs and Legacies

26th July Prosecco, Pasty & Pudding at Terry's home

5th August Tenpin bowling (in the Barbican Leisure Park)

Click to find us on  or visit our [website](#)

If you no longer want to be included in our 'Friends of Plymouth Soroptimists' group
please email siplymouthclub@gmail.com