



*East Grinstead
January 2017*

Dear Friends,
In January each year we have *an Evening of Reflection* to check on our development as a club. In 2016 we had the problem of no President so split our members into three groups and each had the responsibility to run for a third of the year. The 2017 meeting has agreed that this has been a great success (with a few tweaks). The members have become more involved. We intend continuing the set up for another year.

So what have we done:

Programme of Action

We have supported the traditional club projects: **Locally: Working with the Elderly** musical events and cream tea; **Tadpoles Swimming club** for the physically disabled; **Crawley Open House** who regularly require food, clothing and bedding for those with difficulties passing through.

Clean for the Queen

It was our Queen's 90th birthday. All round Britain groups were cleaning up

the streets and a dedicated group from the club did their bit in East Grinstead

When she came to the throne litter was not the problem that it is today. Food packaging, plastic bottles, takeaway meals and cigarette butts are a growing menace that affects our wildlife, streets, countryside and sense of pride.



Love in a Box: This year we stayed local and delivered Christmas wrapped boxes plus sacks of goodies to **Safe in Sussex**, to help local women and children in Women's Refuges.

Guides: They have been learning to **knit** with help from our members and a badge created for them on completion



SANDS (Stillbirth and neonatal death charity)

Shawls knitted to help the bereaved families with their memory box. Some of us have picked up needles and wool for the first time in decades.



East Grinstead Mental Health Association

requested support for outdoor outlets and activities for mental health patients, so we arranged an environmental centre for school visits and volunteer patients to help with ditch digging, bramble pulling, planting and work in the greenhouse



Worldwide: Days for Girls - preparing feminine hygiene kits for girls in over 75 countries ie hands on with sewing machines; **The Ghana Project** working with Tunbridge Wells Girls Grammar School successfully developing and supporting a girls' school in Kyobobo.



Pestalozzi Int Village Trust, which educates the more able young people from developing countries to finish their education to a level where they can make a difference in the world, has benefitted from money raised at an *Open Garden* in July and a *PreLoved Quality Clothes Sale* in October.

Club Talks

At one of our monthly meetings we heard from: **Jigsaw** which supports bereaved children, young people and their families and also those affected by a family member having a terminal diagnosis. It has been our main charity for this year.

Streetlight UK, a front line support project, working with women at risk of, or

involved in the sex industry locally.

NHS Genome Project explained. This is a new initiative helping the NHS to use our unique genes that make up each one of us, run us and repair us. It is enabling doctors to be more specific in diagnosing and medicating a problem

Entertainment, Education and fun

We also had talks on ; the history of a **local Book Shop**; and the **Gilbert and Sullivan Soc.** Members had their annual bonding weekend at '63' the **Soroptimist Residential Club** in London with a fascinating tour of the National Theatre.

Again we were offered a **theatre night** locally to raise funds. Then of course there are the get togethers with meals, which also add more to the charity box: *Quiz Night, Muffin Morning; Club supper evening; Curry evening; Strawberry Tea; Christmas party* with games!

The South East Region

Chartering of SI Brighton and Hove.

We are proud to have chartered a new club in the SE Region. Some of us were able to attend from SIEG.

Earlier in the year we helped them with

collecting and filling handbags with personal necessities for the homeless women of Brighton.



Meru Garden Project run by SI Canterbury in our Region which we have great pleasure in supporting where we can.

We, the members of SI East Grinstead, wish you all you wish yourselves for 2017.