

Soroptimist International

*Women inspiring action,  
transforming lives*



***There's no denying it anymore – Christmas IS just around the corner!!***

**Parched Peas – GARSTANG VICTORIAN EVENING – 12<sup>th</sup> and 13<sup>th</sup> December**

Due to **popular demand**, Garstang Soroptimists will be cooking up **even more parched peas** this year!! This year we will be supporting the charity Mary's Meals. We will also be filling a food hamper to be raffled by the Garstang Chamber of Trade, over these two nights, the funds raised by this event helps towards the Christmas lights in Garstang. We look forward to the banter and cheer as we serve up these seasonal favourites for some, new experiences for others, from our 'Pea Pot Spot' next door to Iced Cake Shop on the High Street.

### ***Droopy's Visit***

Last month I mentioned that we were to have a visit from Julie Norris and her PAT dog Droopy (Pets as Therapy), Julie told us how PAT dogs are selected and that there are about 4,000 in the UK. A small section of these pets are part of the 'Reading To' scheme where they go into schools and children read to them. Because dogs are non-judgemental, children who have low confidence or special needs feel much safer reading to them and gain confidence and enjoyment from this activity. Droopy was nominated for PAT dog of the year and came in the top six in the final at Crufts this year!

### ***Thank you!***

All our club members would like to say a **big thank you** to all the readers of Focus, and their families and friends, who have helped us in our project work this year. We are only a small club but we have all worked hard and pulled together to achieve some pretty impressive targets – I look forward to giving you the final numbers at the end of our soroptimist year which is April.

### ***It's not all work –***

You may be forgiven for thinking that being a soroptimist is all about work, so I would like to put the record straight! It's a bit like having two beating hearts – one beats for our worldwide project work – it's called **Programme Action**, the other beats for friendship for without friendship the world would be a very dull place and we really wouldn't get much done; just like our projects which reach out locally, nationally and internationally, we have friends within other local clubs and friendship links in this country (in our case Wakefield), and in every corner of the world (our link Ulm in Germany).

In the North West region each club slots a Friendship evening into their programme for the year, and invites a few members from other clubs in the area to share in an evening of fun and friendship. **This month**, four members of the **Garstang club** accepted the invitation from **Lancaster Soroptimists** for 'A bit of pampering, good food and friendship' – and they weren't disappointed. The speaker was a qualified Holistic Therapist, who told us about her training and then gave us some useful tips on how to keep ourselves healthy and improve our wellbeing. We practised 'hand reflexology' and were

shown key points to massage for certain conditions. She also brought along a large range of aromatherapy lotions and potions for us to sample. Supper followed and, what can I say? It was a feast!

Why don't you join this boundless network? ***It could be the best thing you've ever done!***

We meet twice a month at the Garstang Hotel and Golf Club. 7.30pm, on the second and fourth Wednesday. Interested ladies and new members from throughout the Over Wyre and Garstang district are always very welcome. Please give me a ring and have a chat and/or arrange a visit.

Muriel Burnham-Airey  
01995 606604  
Membership Co-ordinator

Take a look at what we do:

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