



Garstang Soroptimists

*Women inspiring action,
transforming lives*

Dementia Friends

At this meeting we enjoyed a short presentation by two 'Dementia Friends Champions' - an Alzheimer's Society initiative, these ladies were informative and entertaining, as we engaged in a game of Bingo on dementia questions with surprising outcomes, then learnt about brain activities. One part of the brain deals with the actual memory loss whereas a completely different one deals with emotional memory. This was a very useful insight and explains how a dementia sufferer may not remember a day out, but will remember if they had a happy time with their companion – an unhappy stressful or frightening experience will also be remembered, they will not be able to remember what took place or where they were, but they will remember the emotional experience which will affect their future behaviour to that person.

BackPacks – final update for this Soroptimist year

At our AGM in **2013** we were proud to report that in the previous year we had collected and filled 25 pack packs. Our total since then has risen to **Two Hundred and Sixty Eight**. Incredibly **85** of those have been sent **this year**. We would like to say a huge **thankyou** to everyone who has help us to achieve this wonderful total. We will be continuing with this project in the following months, please keep remembering us when you have a 'no longer needed' backpack and /or any of the items used to fill them! Our thanks also go, once again, to the Mustard Seed Café for their invaluable help in this project

Please drop off your used backpacks at- The Mustard Seed Café, Park Hill Road (Opposite the Wheat Sheaf Pub) they are open Thursday, Friday, and Saturday 10.00am to 2.00pm.

2017 AGM Wednesday 26th April

This meeting is a celebration of the achievements of the past year and renewed enthusiasm as we look forward to the next. We begin the evening with a bar meal and chat, before giving our thanks to officers, and installing our new President Susan Parke-Hatton. I have had a sneak preview of her programme for next year and can promise members a year of fun, interest, involvement and inspiration. At this meeting we will be totalling all the funds raised for the 'Mary's Meals' project (Annemarie's charity for her year), in the June issue of Focus I look forward to giving you the final number of meals provided by the Garstang club and its friends and supporters.

Out and About

On Saturday 22 April, Garstang Soroptimists joined with others from throughout the Northwest to host a Family Fun Say at Barton Grange – perhaps we saw you there? If not, we will be having a display of our work in Knott End Library from 22 May until 9 June with a chance to chat on Monday 5 June so why not come along to see more of what we do?

Visitors always welcome

During April we have welcomed two more visitors to our meetings, it is always a pleasure to meet ladies who are interested in our work - we are a friendly and diverse group who work well together. 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 from throughout the Over Wyre and Garstang district are always very welcome. Please contact me for a chat and/or arrange a visit.

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