

## **So why should you join Inner Wheel?**

**By Nic Lucas, Wrington Vale Inner Wheel Club, District 20**

The world is changing, more demands on our lives, time and pockets. It's hectic, why would I want to commit more of my limited time. Because unlike the washing, ironing and every unrewarding job we do Inner Wheel brings great rewards. In society we talk about mindfulness, time for ourselves but one of the best ways to achieve that is spending time with likeminded people, people who believe the same as us. People who make us laugh, laugh out loud, belly laugh with tears rolling down our faces. Friends who listen to our woes, worries, ideas and or simply our view on Strictly, Bake Off or MasterChef. Friends who talk to each other, who make the phone calls when we need that support or to support each other in the long winter months. People who are just simply there for one another, our tribe.

So how does Inner Wheel fill that role? What can this tribe be to you, it's not rituals, funny handshakes or fancy dress up, unless you are organising a themed party. It's an organisation that believes in fun & friendship. We provide service in the community, SCARY, what do you need me to do? I already have time constraints, family pressures. I don't need more!

STOP - that's not the Inner Wheel ideal, remember fun & friendship. We serve in the community by simple things such as knitting blankets, only simple if you can knit, I agree, raising money for charities that are close to our own hearts, achieved by a fun filled fund raiser. We offer support and understanding to areas of society that may be underrepresented or vulnerable. We bring our tribe to help, our diverse skills, talents and simple caring. We aim to make life better as able.

We help to raise money to assist projects or to support ongoing work in other areas. Those funds could be a coffee & cake morning or cocktails at a party. No idea or suggestion too big or small.

We raise awareness of issues relating to the day-to-day world. We support areas with provisions in time of natural crisis, water boxes or survival boxes are examples of such supports.

We are working towards Orange the World.

This is a United Nations run campaign. The aim is to stop violence against women and girls worldwide. The campaign starts on 25th November, which is the International Day for the Elimination of Violence Against Women & Girls until 10th December, which is Human Rights Day. There are variable events planned by each club and district. As loud, as bright orange or as subtle as you want. If our tribe can help one person to be safe, imagine what a worldwide tribe can do.

Now the facts and general information about Inner Wheel. It is an international organisation that is predominantly female, there is International structure to support the bigger projects.

As previously said, it's a worldwide organisation that supports the concept of fun & friendship works throughout the world. A tribe that supports service to a worldwide community. You can be part of this in your hometown here, in GB&I. There is a yearly Conference, somewhere in the world. You could become "Gloria" the Inner Wheel International Explorer. Memories to last forever, feel free to sing if you want as this point.

In the UK we currently have no male members. Even though our age group is from 18yrs upwards Inner Wheel itself is over 100yrs old. It's an inclusive tribe, no judgement, no bias, no religious or political affiliation. There is a conference held yearly with GB&I.

I could go on but I won't, I'm passionate about Inner Wheel and our beliefs and values. I believe in we can make a difference in what we do. I've seen it locally and heard about the impact further afield.

So why should you join this tribe of woman? Because we have courage in our beliefs that we can make change, have pride in our achievements and share the belief the world can be a better place even with small steps. You can be part of that tribe and make those things happen whilst still having fun and sharing friendships.