



The Women  
of  
Achievement

Supporting small Scottish charities  
to make a big difference

# The Women of Achievement Lunch

Thursday 9 March 2023



Our appeal in 2023



# CHAMPION

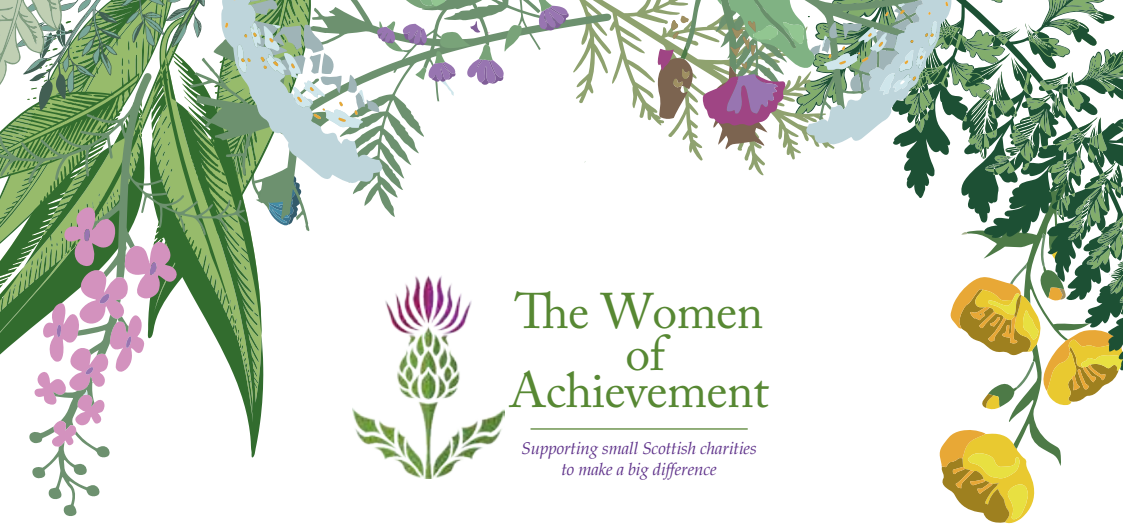
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# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

## **The Women of Achievement Lunch 2023**

**Thursday 9th March**

**Guest Speaker:**

**Lady Anne Glenconner**

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**Venetia Fuller** — *Co-Chair*

**Emma Weir** — *Co-Chair*

### **Lunch committee 2023**

Jessica Cadzow-Collins, Kate Colquhoun, Francine Douglas-Home  
Katherine Landale, Lucy Liddell, Claire McCorquodale, Diana Miers,  
Marina Novis, Alexandra Robson, Carolyn Warrender,  
Harriet Williams, Jennie Younger

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# The Women of Achievement

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The luncheon is held to recognise and celebrate the achievements and contributions made in many fields by women in Great Britain who have Scottish connections and to support Scottish charities.

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We would like to thank those  
who generously sent donations to



**Mikeysline**  
IT'S OK NOT TO BE OK





# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*



## Welcome to the 2023 Women of Achievement Lunch

As Co-Chairs of this year's Lunch, we would like to welcome you all and thank you for your continued support of the Lunch. As many of you will know our lunch has been going for fifteen years and over that time we have raised a staggering £456,931 which has made an incredible difference to so many peoples' lives. Thank you to all of you who have supported the lunch over the years and welcome to those joining us for the first time.

Last year we supported the Outward Bound Trust and thanks to you all, we raised £45,000 which went directly to the charity enabling them to support 300 extra school children and give them the opportunity to experience the benefits of outdoor learning.

We recently made the decision to have Co-Chairs and support the same charity for two years running so we can track at first hand the impact the funds raised has had. This year's charity is Mikeysline, a tiny, but amazing multi-award-winning mental health and suicide prevention charity based in the Scottish Highlands and Moray regions. We both have strong ties to the Highlands, and we have been privileged to have got to know this incredible charity over the last year. Mikeysline was founded in 2015 out of tragedy following the tragic deaths of good friends, Martin Shaw and Michael Williamson within 48 hours of each other. At the wake, Mikey's uncle, heard that young people felt that they had nowhere to go when they were at a loss when struggling with mental health issues and so Mikeysline was founded so that others might receive the help and support that Mikey needed. With our help, the charity will be able to extend their reach to further parts of Scotland.

Our speakers this year are Donna Smith, Chairwoman of Mikeysline's Board of Trustees and Lady Glenconner who will share a mere glimmer into her incredible long and eventful life. We are sure that some of us, as we approach the latter half of our lives will be going home truly inspired after seeing that getting old does not mean slowing down!

Our thanks go to our Committee who have worked so hard and given their time and talents to make this lunch a success. Thank you all so much for joining us and for giving so generously to this very worthwhile cause.

Thank you

Emma and Venetia  
Co-Chairs 2023

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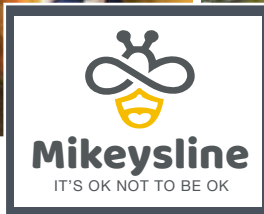
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## WHY OUR WORK IS SO CRUCIAL:

### SUICIDE:

- In Scotland, 2 people lose their life each day to suicide
- Scotland has the highest rate of suicide of the UK nations
- The Highlands has more than double the suicide rate of the UK per capita.
- Men account for 75% of all completed suicides, though a hidden statistic is that 75% of all suicides attempted are done so by women
- Suicide rates in young Highland women (15-24) are currently more than double the Scottish average.

### MENTAL HEALTH SUPPORT AND EARLY INTERVENTION

- 20% of adolescents may experience a mental health problem in any given year
- 50% of mental health problems are established by age 14
- 75% by the age of 24
- Early intervention/support can prevent more significant mental health issues later in life and can save lives.

### STIGMA AROUND MENTAL HEALTH AND SUICIDE:

- Stigma is a known barrier to help-seeking
- Research shows that stigma in the Scottish Highlands is higher than in rural areas in other countries

Mikeysline works on reducing stigma and encouraging open conversations. We support adults and young people **365 days a year** through text-based options and 1:1 face to face support.

Mikeysline is a multi-award-winning mental health and suicide prevention charity based in the Scottish Highlands and Moray regions.

Our suicide prevention and mental health awareness work is at the core of what we do to break down the stigma associated with seeking support for emotional distress. That it is ok not to be ok and that no one should suffer in silence. Our focus is on supporting those in emotional distress, experiencing isolation and loneliness, struggling with their mental health, self-harming and/or at risk of suicide. We actively support people of all ages who come to us at an early stage with their issues and provide early intervention support.

Alongside our text-based options and 1:1 face to face support, we operate a Young Person's Service, providing individual support to pupils in secondary schools, and deliver workshops across all year groups on mental health awareness and suicide prevention. We also work with primary school pupils, and support parents through group workshops to help them understand how best they can communicate with and support their young people who are struggling with their emotions and mental wellbeing.

As well as providing direct support, we place a high emphasis on raising awareness about mental health and suicide prevention. We aim to breakdown the barriers that stop people reaching out when they most need support due to fear of being judged and the stigma that can still surround mental health and suicide.

Mikeysline a small charity with a big mission in the Highlands and Moray, we need to continue to reach even more people, especially in the more rural areas where there are less support services, less opportunities, less hope and increasing mental health issues and suicide rates.

The contributions of the Women of Achievement Lunch today will be game-changing for our capacity to provide a light in the darkness to them, to offer meaningful support, and to spread our message even further: it's OK not to be OK.

**Our little team at Mikeysline thank you so much for your support.**



**Mikeysline**  
IT'S OK NOT TO BE OK

## Contact Us



**Text: 07786 20 77 55**  
**[www.mikeysline.co.uk](http://www.mikeysline.co.uk)**

## **VOLUNTEER TESTIMONIALS**

*“It was never going to be easy, but it gives me an enormous sense of pride to be a Volunteer, and I’ve gained much in my time so far.”*

*“I saw an advert for Mikeysline looking for volunteers and wanted to, if I could, be there for someone and offer support when they needed it. I’m learning new skills and enjoy meeting new people along the way too. Being there for each other in the local community as much we can.”*

## **SERVICE USER TESTIMONIALS**

*“I would like to say that Mikeysline’s support worker has helped me out since I started working with him every week – he has helped me out big time. I would not be here if it was not for him and Mikeysline – he was so understanding. I would have been lost without him. Thank you from the bottom of my heart.” – Service user, October 2022*

*“Thanks for the chat last night and the mail this morning. I have since spoken with the Health Centre and now have an in-person GP appointment booked for tomorrow morning. Really nice to know that yourself / Mikeysline are out there.” – Service User, 2023*

*“Of all the services I work with, I can confidently say that Mikeysline is the one that has made not only a difference to the pupils but has also helped me with my workload. Having Mikeysline there for pupils and for them to be seen so quickly, I have to say has been fantastic” – Teacher from one of Mikeysline's partnership schools, 2022*

## **GEORGE KING, VOLUNTEER**

George King has been a volunteer with Mikeysline for nearly five years. He was prompted to get involved with the charity after the death of an 18-year-old friend to suicide. When he learned of the charity and its vision to support people at risk of taking their own life, George became a volunteer aged just 19.

*“The most important thing is to listen to people. It can take a while to get it out of them and reassure them that this is a safe place to talk about anything,” he said. “It gives me great pleasure in knowing somebody has texted and they have reached out to communicate their problems, because that is one of the hardest things in the world to do when you are in a deep, dark pit.”*

*“There was one woman who texted in and I called the police because I was worried about her. She texted back the next day to say I had saved her life. “We all have our problems and sometimes we can make them bigger, in our own heads, than they are. It just takes someone else to say ‘things are not as bad as they seem’.”*

George provided textline support and face to face peer help at Mikeysline’s Hive when he first started as a volunteer. The business solutions adviser with the University of the Highlands and Islands, still helps out several times a month with the charity and is one of its longest serving volunteers.





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## Postal Raffle

We wish to thank Augustine Jewels for donating the stunning topaz drop earrings, Gravetye Manor for generously offering a night for two in their award winning hotel, and The Highland Soap Company for their hamper of gorgeous goodies.



## Table Raffle

A big thank you to our new donors, award winning Lussa Gin from the Isle of Jura for their kind support by donating 3 bottles of gin paired with artisanal Walter Gregory tonic.

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# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

## Women of Achievement Luncheon

9th March 2023

Supported by:



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- |       |  |
|-------|--|
| 11:30 | <b>Arrival Drinks</b>                  |
| 12.00 | <b>Lunch Announced</b>                 |
| 12:45 | <b>Chairman's Welcome</b>              |
| 12.50 | <b>Donna Smith</b><br>Mikeysline Chair |
| 13:00 | <b>Lunch</b>                           |
| 13:40 | <b>Lady Anne Glenconner</b><br>Author  |
| 14:00 | <b>Raffle Draw</b>                     |
| 14:20 | <b>Farewell Thanks</b>                 |



## The Women of Achievement Luncheon Committee 2023



### Jessica Cadzow-Collins

Jessica is from the Glasgow printing and publishing family, Collins. Scots born and educated, she studied gemmology in London, qualifying as a Fellow of the Gemmological Association, of which she served as Chair in 2015. She worked in luxury jewellery for 30 years in senior roles at Harrods, Asprey, Garrard and Chaumet, before establishing her own ethical jewellery company. She currently serves as Chair of London Scots frontline homeless charity, Borderline, and is a Liveryman of the Clockmakers' Company and a Freeman of the Goldsmiths' Company, which all exist to protect and do good by others. Joining the WoA committee is a great honour for her and the opportunity to do more directly for those home in Scotland.



### Lady Colquhoun of Luss

Kate has spent over forty years educating children. She founded Broomwood Hall School in 1984 starting with 12 pupils, then opened Northcote Lodge, a boys' prep school in 1983 and finally added Northwood Senior, in September 2020 before handing it onto new ownership in 2021. Nowadays Kate and her husband are active as founding Trustees of the Northwood African Education Foundation, which built and set up St George's School in Ethiopia, and currently educates over 500 orphaned and displaced children aged 5-13 near Gondar, one of the poorest regions in Ethiopia. The charity is also still supporting St George's alumni in their secondary education. She, and her husband Malcolm, have three children and four grandchildren, and divide their time between Luss, in Scotland, and London. Her hobbies include walking, reading, flying and flowers.



### Francine Douglas-Home

After Edinburgh University, Francine worked in the City for ten years before having children. Since then she has been working part-time in various capacities, most recently as COO of a small hedge-fund and she is currently working in a family office. She is married to Tara and they have two teenage children. She is the Chair of the Governors of a primary school in London close to where they live.



### Lady Fuller, Co-Chair 2023

Venetia grew up in Scotland and now lives in Wiltshire with her husband James. Together they run their home Neston Park which has an organic dairy herd with the milk going to Ivy House, The Old Cheese Room and their own ice cream "Luscious". Neston is also used for filming including Larkrise to Candleford, Poldark, Agatha Raisin, Persuasion, Four Seasons and The Other Wife to name a few.



### Katharine Landale

Katharine is delighted to be part of the Women of Achievement Lunch Committee, joining an incredible group of ladies who have raised significant amounts of money for Scottish charities. Katharine founded Bold New World Recruitment and Reskilling to help experienced people back to the workforce who may have taken a career break. BNW recruits for both full time and part time roles, including paid and charitable sectors. Additionally BNW offers in depth training courses to upskill small business owners, or anyone wishing to improve on their existing workplace knowledge. Before this Katharine's career was in Investor Relations with Citigroup and BNP Paribas in London and she has been involved with various charities including Tetbury Hospital and previously with Macmillan Cancer Support, Facing the World, MS Society, Home Farm Trust and The Cot Death Society. Katharine moved with her family from London to near Tetbury, Gloucestershire in 2005.



### Lucy Liddell

Lucy was born in Ireland but moved to Scotland at an early age. She was educated and brought up in Ayrshire. She studied Interior Design and worked in the Interiors world before starting a family with her husband, Duncan. They then moved from London to Saffron Walden. Her three children are growing up and Lucy has had time to start a new career in Horticulture. She's studying with RHS and volunteers in the English Heritage Garden at Audley End, as well as working in other gardens.



### Claire McCorquodale

Claire grew up in Cornwall, trained bilingually and then worked in London. She worked at Christie's and then trained as a Montessori teacher where she discovered her lifelong passion for education. She is married to James and they farm in The Borders. They have two teenage children. Claire fundraised at her children's local schools and has been involved in CLIC Borders where she helped raise substantial funds for the development of a Borders garden for CLICs new house opposite Edinburgh Royal Infirmary. Claire is now a volunteer for The Food Train, a charity that distributes food to the elderly and those sheltering.





### **Diana Miers**

Diana Miers was born and brought up in Scotland. She worked in the luxury retail sector in Leeds and London before returning to Scotland to establish her own luxury focused marketing consultancy. She then spent 3 years in Brussels, where she worked as Retail Marketing Manager for the Bicester Village Group while there. She now runs her own Scottish focused cultural tour company with her husband, based near where they live in the Scottish Borders. She has two teenage boys. For 5 years she was a trustee of a local Childrens' Charity, acting as Chair during the Pandemic year of 21- 22.



### **Marina Novis**

Marina grew up in the Surrey Highlands and has lived and worked in Sydney, Cape Town and New York and now lives in London with her husband and four children. She works at SEO London, a diversity charity that prepares students from ethnic minorities and low socioeconomic backgrounds for career success. Prior to this she spent ten years working in financial services, in Investor Relations at Prudential Plc and before that at PriceWaterhouseCoopers. Marina also works as a volunteer interview coach at Smart Works in West London, helping provide interview support and coaching to women trying to get back into the workforce.



### **Alexandra Robson**

Alexandra grew up in Scotland and has property in East Lothian. She attended school in Edinburgh, Esmod School of Design in Paris, Cambridge University (BA) and Stanford University (MA). She built a career with Accenture, becoming a partner in Consumer Goods and Retail. After a career break to raise their four sons, Alexandra founded and runs Augustine Jewels, a luxury jewellery company specialising in exquisite gemstones. Augustine Jewels was recently shortlisted for Jewellery Designer Brand of the Year. Alexandra has a commitment to public service. She loves the decorative arts and charities that improve educational opportunities. She stood for Parliament in 2005 and has had various roles in the Conservative Party including Local Councillor and Cabinet Member for Education in Hammersmith and Fulham, the Policy Unit, Director of Women to Win to encourage more women to stand for Parliament and Head of Business Relations. She is currently a Trustee and on the Board of the Museum of the Home.



### **Carolyn Warrender**

Mrs Francis Hazel has built her career with her innovative approach to interior design and colour. The author of four home decoration books she developed Laura Ashley's first Home Furnishings collections and launched the UK's first stenciling shop. More recently she has focused on Retail Consultancy and using skills learnt throughout her career, and is now very active in local politics. She has two children.



### **Emma Weir, Co-Chair 2023**

Emma was born and raised in Scotland until she moved to London after school to start her career. She set-up and ran a successful boutique headhunting business for 25 years which specialised within the financial markets and had offices in London, Hong Kong, Singapore, Tokyo and New York. She also purchased Arisaig House in 2010 and her sister ran it as a hotel until 2020 when Emma retired. Emma is now running the house and holiday cottages as a rental business and sits on a number of Committees for charities.



### **Harriet Williams**

After studying English at Oxford, Harry worked in London as a theatrical agent for ten years before abandoning the West End for Scotland where she was involved in a renewable energy start-up. After various incarnations, the business was bought by an international power company and Harry worked for thirteen years as their Development Director for Scotland. She moved from Edinburgh to the Scottish Borders with her family to refurbish an old property and set up a holiday lettings business. Harry supports various charities, has been a volunteer for the Scottish Dementia Helpline and has recently helped with a fundraising gala for Firefly International, a small Edinburgh based charity supporting children traumatised by war.



### **Viscountess Younger of Leckie**

Jennie is Executive Director of Development at King's College London and King's Health Partners (Guys & St. Thomas' Hospital, the Maudsley Hospital and King's College Hospital). She is also Non-Executive Chairman of the Centre for Process Innovation, Advisory Partner of a private equity firm and a Trustee of Helen and Douglas House, a children's hospice. Prior to this Jennie worked for over 30 years in pharmaceuticals (GlaxoSmithKline and AstraZeneca) and in financial and professional services Deutsche Bank, FTI Consulting, BZW and Kleinwort Benson). She is married to Viscount Younger of Leckie, a Government Minister in the House of Lords, and they have three grown-up children.

# Women of Achievement Luncheon 2023

## A-Z LIST OF ATTENDEES

### A

Victoria Agnew  
Rose Alston  
Eleanor Argyll  
Iona Argyll  
Bobbie Aubrey-Fletcher

### B

Gigina Baillie  
Jo Ballantyne  
Serena Barker  
Margaret Barrie  
Susan Bond  
Charlotte Brenninkmeijer  
Dianne Buckley Sunda  
Alexandra Byatt

### C

Jessica Cadzow-Collins  
Pamela Campbell-Johnston  
SJ Chamberlain  
Hilary Clayton-Mitchell  
Fiona Cleeve  
Janet Cochrane  
Sue Coldstream  
Sue Coles  
Kate Colquhoun  
Gillian Crandles

### D

Clare D'Abo  
Emily Daniel  
Charmian Dawnay  
Bregje Dawson  
Hayley de Putron  
Elizabeth Dean  
Bea des Forges  
Marguerite Dewar-Durie  
Fiona Dodson  
Catherine Donovan  
Francine Douglas-Home  
Amanda Dunn  
Sam Dunne

### E

Zoe Eccleston  
Alexandra Etherington  
Amelia Ewen

### F

Vanessa Fawcett  
Fiona Finlay  
Lucy Fishburn  
Shona Fleming  
Eryl Forsyth  
Bridget Fraser  
Fiona Fraser  
Miranda Fraser  
Fiona Margaret Fraser  
Venetia Fuller

### G

Clarissa Geddes  
Anne Glenconner  
Vanessa Gordon  
Jayne Goss  
Irene Graham  
Alicky Gravell  
Tanis Gravenor  
Patricia Gregory

### H

Lucinda Harding-Rolls  
Karen Harper-Gow  
Lucinda Harris  
Harriet Hewitson  
Virginia Howard  
Petronella Humphreys  
Allyson Hyslop

### J

Louise Johnston  
Corinne Joicey

### K

Clare Kemp Welch  
Ghislaine Kennerley  
Georgina King  
Clare Kinnoull  
Esther Krukowski

# Women of Achievement Luncheon 2023

## A-Z LIST OF ATTENDEES

### L

Annette Lanaghan  
Katharine Landale  
Mary Lee-Steere  
Lucy Liddell  
Xanthe Lindsay  
Dora Lowenstein

### M

Catherine Mactaggart  
Jill Marx  
Anne Mason Brown  
Claire McCorquodale  
Sally McCorquodale  
Lindsay McCulloch  
Sarah McCullough  
Henrietta McMicking  
Katie Melville  
Diana Miers  
Carol Mitchell  
Mary Monckton

### N

Cecilia Neal  
Pippa Neville  
Amanda Nicholson  
Marina Novis

### O

Caroline Orr

### P

Victoria Palau  
Bernice Pan  
Elizabeth Passey  
Frances Pasteur  
Tiggy Pettifer  
Victoria Pougatch  
Caroline Primrose

### R

Patricia Rawlings  
Nicola Reed  
Clare Renton  
Alexandra Robson  
Sophie Rollo  
Victoria Rotheroe

### S

Lesley Samms  
Annabelle Sandeman  
Alice Sheldon  
Caroline Sibbald  
Claudia Simms  
Susan Simpson  
Donna Smith  
Caroline Steane  
Sue Stevenson  
Victoria Stewart  
Emily Stokes

### T

Alex Talbot  
Fiona Turnbull

### V

Elisabeth van Basten Baternburg  
Emma van Klaveren Finlay

### W

Gillian Waddell  
Camilla Wallace  
Kathryn Watson  
Emma Weir  
Lisa Welton  
Jane Whitbread  
Susan White  
Sophia Wigram  
Inna Wilcock  
Angela Wilkinson  
Harriet Williams  
Sandra Wilmot  
Arabella Windham  
Caroline Winter  
Melanie Wotherspoon

### Y

Gilly Younger  
Jennie Younger



# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

## MENU

Smoked Salmon  
*with lemon and dill*

Smoked Cauliflower (v/ve)  
*Cauliflower puree, pomegranate, watercress and lovage pesto*

Brined and Roasted Chicken Breast  
*greens, pancetta and white bean cassoulet*

Mushroom Stroganoff (v/ve)  
*pickles and steamed rice*

Coffee & Tea  
*with shortbread & Orkney tablet*

## DRINKS

Rio Del Mar, Sauvignon Blanc, Casa Silva

Rio Del Mar, Merlot, Casa Silva

Sparkling and Jugs of Iced Tap Water





# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

## **SPEAKERS**

Venetia Fuller  
and  
Emma Weir

*The Women of Achievement Luncheon Co-Chairs*

Donna Smith  
*Mikeysline Chair*

Lady Anne Glenconner  
*Author*



## Guest Speaker



### **Donna Smith** **Mikeysline Chair**

Donna has been Chairwoman of Mikeysline's Board of Trustees since 2019, overseeing the strategic and financial growth of the charity through the dual challenges of the pandemic and cost of living crisis. Donna graduated from Heriot-Watt University in Edinburgh with a First in theoretical and mathematical physics, and turned her talents toward a career in business consultancy. Donna is the founder-director of Thystle Ltd, has previously worked with the Scottish Government and the Crofting Commission, and holds a variety of positions with Business Network International, Highland Business Women, and the Institute of Directors Scotland.





## Guest Speaker



### Lady Anne Glenconner

Lady Glenconner was born Lady Anne Coke in 1932, the eldest daughter of the 5th Earl of Leicester, and grew up in their ancestral estate at Holkham Hall in Norfolk. A Maid of Honour at the Queen's Coronation, she married Lord Glenconner in 1956. They had 5 children together of whom 3 survive. In 1958 she and her husband began to transform the island of Mustique into a paradise for the rich and famous. They granted a plot of land to Princess Margaret who built her favourite home there. She was appointed Lady in Waiting to Princess Margaret in 1973 and kept this role – accompanying her on many state occasions and foreign tours – until her death in 2002. Lord Glenconner died in 2010, leaving everything in his will to his former employee. She now lives in a farmhouse near Kings Lynn in Norfolk.

Lady Glenconner's memoir, *Lady in Waiting: My Extraordinary Life in the Shadow of the Crown*, was published in 2019 and was an immediate *Sunday Times* bestseller. Her first novel *Murder on Mustique* was published in 2020.





# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

The Women of Achievement Lunch was established in 2008 to celebrate the achievements and contribution made in many varied fields by women who have Scottish connections. Our goal is to support small, but vital Scottish charities to make a big difference and to have fun doing it.

Over the last fifteen years we are very proud to have raised over £450,000 for Scottish charities, including The Outward Bound Trust, Place2Be, Scottish Charity Air Ambulance, Richmond's Hope, Smart Works and the Teapot Trust. Extraordinary things are achieved by ordinary women every day and we could not have done it without our network, which has grown to over 1,000 Women of Achievement, and our committee who volunteer their time for free.

Last year we supported The Outward Bound Trust which every year supports more than 5,000 young people from all across Scotland, to climb mountains, sleep under the stars and brave the elements, the impact that outdoor learning has on the lives of these young people can be transformative.

This year we are supporting Mikeysline, an award winning mental health and suicide prevention charity.

With your support this year and in the future, we will continue to help. **Thank you.**

## **Chairmen of the Women of Achievement Luncheon**

2023	Lady Fuller and Emma Weir
2022	Francine Douglas-Home and Claire McCorquodale
2021	Marina Novis
2020	Emma Weir
2019	The Duchess of Argyll
2018	Lady Colquhoun of Luss
2017	Mrs Carol Mitchell
2016	Viscountess Younger of Leckie
2015	Jill Marx
2014	Lady Fuller
2013	Elisabeth Beccle
2012	Lady Colquhoun of Luss
2011	Lady Ross
2010	The Hon Lady McAlpine
2009	Anne Mason Brown
2008	Lady Edmonstone



If you would like further details, please go to our website

[www.womenofachievementlunch.com](http://www.womenofachievementlunch.com)



## The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

The Women of Achievement Luncheon is a group of ladies all with Scottish blood or family links who bring their wide professional skills and expertise to arrange this lunch for fellow Women of Achievement, who appreciate meeting friends and networking during an enjoyable and, we hope, interesting luncheon. All with the same aim to help, support and improve the work of Scottish charities though money raised at this luncheon.

We are fortunate to have had some amazing speakers over the years. This year is no exception and we are very grateful to all of them.



### Previous speakers

- 2023 Lady Anne Glenconner
- 2022 Samantha Cameron, Catherine Ostler.
- 2020/21 Lunches cancelled.
- 2019 Rev Liz Henderson, Dame Penelope Keith, Cath Kidston.
- 2018 Christine Harley, Prue Leith, Tracy Edwards.
- 2017 Dr. Laura Young, Dr. Catherine Calderwood, Emma Soames, The Duchess of Rutland, Claire Macdonald.
- 2016 The Baroness Stedman-Scott of Rolvenden, Rosie Stancer, Ysenda Maxtone Graham.
- 2015 Victoria Borwick, Anna Redwood, Sara Jones.
- 2014 Rosamund de la Hey, India Hicks, Kirsty Wark.
- 2013 Dame Fiona Reynolds, Lady Henrietta Spencer-Churchill, Dr Heather McGregor.
- 2012 Celia Imrie, The Rt Hon Ann Widdecombe, Victoria Stapleton.
- 2011 Rachel Johnson, Mary McCleod MP, Jennie Younger.
- 2010 Ruby Wax, Dame Stephanie Shirley, Katherine Garret- Cox.
- 2009 Deborah Goodenough, Lady MacGregor of MacGregor, Lucinda Lambton.
- 2008 Susan Hampshire, Joanna Trollope, Dame Elizabeth Gloster.

A child wearing a bright yellow raincoat is holding a clear glass jar. Inside the jar, a green plant with long, thin leaves is growing out of a layer of soil. The child's hands are visible, holding the jar from both sides. The background is a soft, out-of-focus green, suggesting an outdoor setting.

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## **Arnold Clark**

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## A thank you from The Outward Bound Trust

Beneficiary of the Women of Achievement Lunch of 2022

The Outward Bound Trust would like to recognise the significant contribution the Women of Achievement has made to lives of the young people in Scotland through the funds raised at the 2022 Luncheon.

Two years of continued disruption has had a social and emotional impact on young people's education, social connections and opportunities. Through our work we have found many young people continue to be socially **disconnected**, **emotionally fragile** and **lacking the confidence, inspiration** and **resilience** they need to regain feelings of control and purpose in their lives.

Thanks to the generous support of the Women of Achievement Lunch committee and guests over **300** young people in Scotland have had the opportunity to benefit from an Outward Bound experience. They have stepped outside of their comfort zones and attempted new challenges. They have worked through physical, emotional and social challenges together demonstrating to them how perseverance through fears and discomfort can be a positive opportunity from which to learn.

On behalf of all the young people we work with we would like to express our heartfelt gratitude for your kind support. Our evaluation of their experience has shown how, after their course, their **resilience, self-awareness** and **confidence** improved leading to a more **positive mindset**. They are more confident that their **future is something they can influence** and are less fearful of challenges.

*"When you have a background like mine, I find things often happen or are decided for you, or you simply have no choice. But an Outward Bound course gives you the chance to see yourself in a new light, to see what you are capable of and to begin to see that you can use your new experiences, understanding and knowledge to make better decisions for yourself and the others around you.*

*It isn't just about the experience itself –which was amazing – but I can also see I am a wiser, more resilient, self-assured person...I was only able to experience this because of people like you, who are generous enough to make such opportunities possible for me and other young people. THANK YOU!!"*

Ciara, Outward Bound Participant



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Lunch committee 2022



# Women of Achievement

*Supporting small Scottish charities to make a big difference*

## LINKS

Our website also promotes small businesses run by people we know and admire.

From Art, Audible Memoirs, Catering, Coaching, Florists, Interior and Garden Design, Personal Styling, Photography, Recruitment, Schools, and Shopping our little **purple book** of excellent small companies is well worth a look at.

**[www.womenofachievementlunch/links](http://www.womenofachievementlunch/links)**

Aardvark Safaris

Alex Black Collection

Alicky Gravell Clinic

Almost Essential

Augustine Jewels

Baraka Catering

Becky Hall Personal Stylist

Bee's Knees Practical Assistance

Biscuit Clothing & Living

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Brunton House and Cottages

ChalkStream Foods

Chloë Gardner

Cocktail

Corinna Pyman Ceramics

Dacre Art

Deborah Jackson Brown

Emma Fisher Sports Mentoring & Coaching

EmmaJane Knight Cashmere

Emma Marshall Nutrition

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Rich Pickings

Serena Bolton Photography

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Spire Printing Ltd.

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If you would like to recommend other small companies, please contact  
Katharine Landale, [k.landale@btinternet.com](mailto:k.landale@btinternet.com).



# The Women of Achievement

*Supporting small Scottish charities  
to make a big difference*

We are extremely grateful to  
Hampden & Co., Saffery Champness and other anonymous  
benefactors for their generous sponsorship this year.

Also, many thanks to  
Augustine Jewels, Gravetye Manor,  
Highland Soap Co. Deploy and Lussa Gin  
for donating towards the raffle.

**All the support from these firms is hugely appreciated**



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# The Women of Achievement

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We would also like to thank the following businesses that have taken advertising in this programme for their generous support.

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All the funds raised at this lunch will help Mikeysline expand their operations and reach more young people in Scotland.

**Thank you so much**





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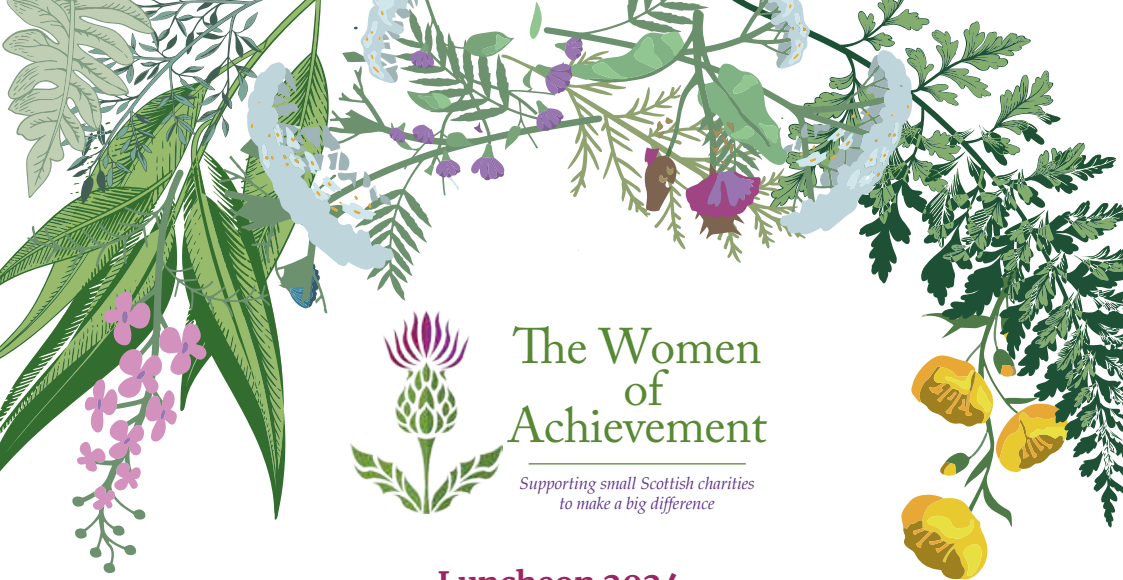


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Client testimonial, 2023







## The Women of Achievement

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### Luncheon 2024

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Mikeysline again next year,  
on

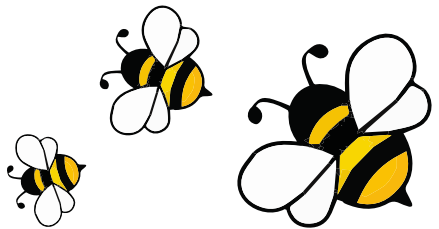
**Tuesday 5th March.**

**Please put the date in your diary!**



# Mikeysline

IT'S OK NOT TO BE OK






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