



# The BLS Newsletter

May 21st, 2023

## BLS President's Message

Thank you ladies for a fun-packed day which was Marks and Spencers and the AGM! Unfortunately, we couldn't pass any resolutions at the AGM as only 13 out of 103 members made it, and we need 30% of full members to be present. This only means that we will be undergoing any voting by electronic mail so keep your eyes peeled to have your say.

During the AGM, KALD and Cherished Gowns both received a pledge of KD 1000 and we also announced the charities for this year - our UK Charity, The Brain Charity, nominated by Emily Hayes, and local Kuwait charity, BASTA, which aligns with our goals for sustainability, redistribution of goods and community development.

Thank you to Maria and Bayan who have kicked off a series of cooking classes (see our upcoming events/activities section) and let's remember also that you can host a coffee morning in your home or we can open the BLS premises up to you if you'd like to host a coffee morning, event, or gathering there. Do you have a gift or talent you'd like to share amongst friends? You may host a workshop, or suggest any activity, and we will support you with this.

We must also vote for the Elizabeth English Prize for Participation for the BLS 2022-2023 year. The inaugural winner was Julie Fautley, who was awarded the prize for giving so tirelessly to the BLS for 6 years as President. Please submit your nominations for the BLS member who has most made your BLS experience this year a memorable, welcoming, or enjoyable one. Submit your nominations via email to [president@theblskuwait.org](mailto:president@theblskuwait.org) by Sunday 28th May 5pm, with "BLS Prize" in the subject line. The President cannot be nominated.

Look out for a flash email in the not so distant future. After our AGM, our Patron has offered to host another tea for us in honour of a very special guest. More details to come!

Get ready for summer ladies! For those of you not traveling we've got loads planned! Slap on the SPF.

Thank you,  
Jennifer

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# BLS Committee 2023-2024

There are many positions on the BLS Committee still vacant for the 2023-2024 year. If you are interested in volunteering, please contact Jennifer at 66147907.

Position	Name
President	Jennifer Cadiz
Vice President	Vacant
Society Secretary	Alexandra Carroll
Treasurer	Hilary Bushman
<b>Vice Treasurer</b>	<b>Vacant</b>
Events Coordinator	Annie Morris
<b>Assistant Events Coordinator</b>	<b>Vacant</b>
Activities Coordinator	Bex Widdicombe
Assistant Activities Coordinator	Janet Newman
Membership Secretary	Joanne Lyttle
<b>Assistant Membership Secretary</b>	<b>Vacant</b>
Communications Officer	Allison Brannon - Social
Website Coordinator	Lydia Reda
<b>Assistant Communications Officer</b>	<b>Vacant (flash emails, monthly newsletter)</b>
<b>Coffee Team Coordinator</b>	Interim – Karen Alanizi
Assistant Team Coordinator	Suzanne Emmerson

# BLS WhatsApp Groups

To keep updated with BLS activities and events please ensure you are on the BLS WhatsApp Groups:

- BLS Kuwait - all committee members are admins and can add new numbers
- BLS book sale - admins Karen, Layla, Lorraine, Jennifer, Bex
- Evening Book Club - admin Mona 6908 7295
- BLS Walking Group - admins Alex, Layla, Jennifer
- Monday Morning Coffee – Interim Karen at 9971 5234
- BLS Cinema Group – Jennifer 66147907
- BLS MUMS & TOTS Group - Nada 9224 6469, Jennifer 66147907

# BLS Charities for 2023-2024

Thank you to the 40% of the BLS members (Full and Associate) who voted for the BLS Charities for 2023 - 2024. Our Kuwait charity is Basta Kuwait, and the UK charity is The Brain Charity. Below is the summary the ladies wrote to explain why they nominated these charities.

## **BASTA – nominated by Jennifer Cadiz**

Access to education, with the supporting tools that are required to successfully engage in that education, provides the foundation and first foothold to climbing out of a poverty-stricken environment which is particularly important for young girls.

Basta is a 100% volunteer-run, non-profit organization focusing on promoting a self-sustaining zero waste world that is believed can be achieved through spreading awareness on the value and benefits of donating, reusing, and education.

Basta's mission is to ensure that children have access to education and helps provide financial relief to low-income families through collecting donations & selling merchandise. They encourage and promote volunteerism and aim to spread awareness on environmental sustainability, and social responsibility. Basta also aims to inspire creativity and create learning opportunities through various workshops and initiatives.

Through a concept store, Basta promotes a self-sustaining space that is achieved by reusing, repurposing, and up-cycling the merchandise for sale. 90% of donations are consciously redistributed to low-income families, while the remaining 10% are sold through the concept store.

## **THE BRAIN CHARITY – nominated by Emily Hayes**

I nominate The Brain Charity as the BLS UK charity this year. Brain injuries are close to that other critical organ, my heart. A little over twelve years ago I suffered an idiopathic stroke -one where the cause is unknown – doctors still know surprisingly little about the causes of these events. Delayed treatment ("you're just a nervous pregnant lady!") left me with permanent after-effects. No-one could tell me why I had a stroke, and much of the advice I received about recovery was limited and sometimes proved untrue.

Thirty years ago, most stroke victims died. Thanks to faster identification, better understanding and new medication, stroke victims tend to survive and even thrive, but a stroke has a permanent impact on your brain, and often your body, often unseen, and doctors still have limited knowledge about the ongoing impact.

Ten years ago, my brother had a massive brain hemorrhage while out surfing, the result of an unknown aneurysm bursting without warning. At 43 he left behind a wife and two boys, and a huge hole in our lives.

The Brain Charity works to support people affected by around 600 different brain illnesses, to find support, rehabilitation and family member support and education also. Brain injuries are common, and occur in myriad ways, with varied and sometimes limited treatment and support options. This is an invaluable service to so very many people, and I hope BLS considers supporting them.

# Membership News

Ladies,

Please push for your UK lady friends to join BLS!

BLS Membership Secretary  
Joanne

Are you interested in volunteering as the Assistant Membership Secretary? Contact Jennifer at 66147907 or Joanne at 509 79922 to volunteer.

## Upcoming BLS Events / Activities – Save the Date

If you have an activity you would like to suggest -- please do let the Activities team know when you are available so we can coordinate a date. You can DM @blskuwait on Instagram, message the BLS Kuwait WhatsApp group, or contact [activities@theblskuwait.org](mailto:activities@theblskuwait.org).

**Sunday May 28th, 2023 – Bayan's Cooking Class: from 10am – 1pm:** hosted by Maria in Mubarak Al Kabeer. Limited spaces, reply to Maria at 90027820 by 23<sup>rd</sup> May at

**Friday June 9th, 2023 – "CHIC" An American Musical:** Join us for an evening of entertainment - Presented by Staged in Kuwait. Contact Jennifer on 66147907 if interested.

**Friday June 23rd, 2023 – 2friends restaurant in 5 Mall at 7pm -The Great British Summer Fishing Expedition:** the quest for the best Fish and Chips in Kuwait. Contact Jennifer on 66147907 if interested.



**BAYAN'S COOKING CLASS**  
HOSTED BY MARIA

Layered fennel pots  
Smoked eggplant Gazpacho  
Chicken breast in dates and mushroom  
Eclair

**Sunday 28th May**  
**10am-1pm**  
3KD BLS members  
5KD non-members

Contact Maria Fuenmayor to register and for location details

**9002 7820**

**LIMITED SPACES: SIGN UP BY 23RD MAY**

# BLS Clubs

## Monday Morning Coffee

Do ask to be added to The Monday Morning Coffee WhatsApp group, if you want to know where will be the next meet-up! Contact Karen at 9971 5234

Are you interested in becoming the BLS Coffee Coordinator? Please do let Jennifer know.

If you would like to host a coffee morning either at your home or at the premises, please ask within the "BLS Kuwait" WhatsApp group (contact Jennifer at 66147907 to join) or if you would like to host a special fundraising coffee event, email Jennifer at [president@theblskuwait.org](mailto:president@theblskuwait.org) with the subject line 'Special Event Coffee'.

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## Walk the Talk

The weather is getting warmer so we're moving inside or to very early mornings. We are looking for a Walk the Talk Coordinator, if you are interested in coordinating the group. However, any one of you can suggest a one-off walk within the WhatsApp group for our walking ladies if that's all you have time for. To be added, contact Jennifer at 66147907.

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## Mums & Tots

We desperately need someone - possible not a mother of a toddler, and with childcare experience, to take the lead for this deserved group of young mums. Please can you help? Ask to join the BLS MUMS & TOTS WhatsApp group to confirm meetups and other playdates. WhatsApp Nada 9224 6469.

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## BSL Book Clubs

### Morning Book Club

We are looking for a Morning Book Club Coordinator. If you are interested in getting involved, please contact Jennifer.

### Evening Book Club

If you are interested in joining the Evening Book Club, contact Mona Abdel-Hady at 6908 7295.

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## BLS Clubs - continued

### Library at the Premises – More Than Just a Library....

We will always try to give notice of when the library is open so make sure to check BLS Kuwait on WhatsApp, or @blskuwait on Instagram.

**BOOKS!** Not only do we have a huge selection of books available to borrow, we also have a large selection of books and DVDs for sale at the incredibly low price of 250 fils each!

**JIGSAWS!** Why not borrow a jigsaw to pass the time – 1KD to hire and 500fils back when you return. From the fairly easy to the extremely challenging, there is something for everyone.

**COFFEE & CAKE!** For only KD 1 for can enjoy a cup of tea or freshly brewed coffee along with a biscuit and usually some homemade goodies too!

**INFORMATION!** Make use of our table and notice board which shares useful contact numbers and recommendations for everything from taxi services, tailors, maintenance services and more!

**FRIENDLY CHAT!** Use your visit to catch up with members and meet new friends. All done in safe surroundings. This includes temperature check on entry (by Q8realtor staff at entrance), hand sanitizer, mask wearing and social distancing.

**WHATSAPP GROUP!** Ask to join our BLS book sale group for offers.

## British Consulate Information

### Keeping in touch

Follow:

@ukinkuwait



Subscribe:



[www.gov.uk/foreign-travel-advice/kuwait](http://www.gov.uk/foreign-travel-advice/kuwait)

Call or write:



22594320 (24/7)



[www.gov.uk/world/organisations/british-embassy-kuwait](http://www.gov.uk/world/organisations/british-embassy-kuwait)





# BLS Discounts

The BLS Members are entitled to discounts at a variety of organisations in Kuwait. The BLS thanks all the organisations in Kuwait who sponsor us by giving discounts to our members. For further information, please check the BLS website.

If you know a business that might be interested in offering a discount for BLS Members, please ask them for details and contact Jennifer at 66147907.

## Beauty

<b>Cutting Edge</b>	15% off on hair services
<b>Eclipse Beauty Salon</b>	10% off on all regular services
<b>SunLuxe</b>	Single Session:15 KD; Four Sessions:48 KD; Six Sessions:60 KD;Ten Sessions:-80 KD BLS members receive 1 free session with any of the above packages. Use "BLS" discount code at the reception.
Cutting Shapes	25% discount on your first booking on any service They do everything nails, beauty, hair, and amazing massages.

## Healthcare

<b>Opticians - International Optique</b>	20% discount to BLS members and immediate family on sunglasses and frames (not including contact lenses or brands at their discretion)
<b>Opticians - Kefan Optics</b>	25% discount to BLS members and their immediate family on frames and sunglass (only at Alhamra Tower – Kuwait City)

## Cafes and Restaurants

<b>Pauls</b>	10% at all branches
<b>Queezeen</b>	Avenues Phase4 Gardens. 20% on the total bill. No discount on delivery charge

## Households, Florists and Pets

<b>Ethan Allen Homes Interiors</b>	15% on all products
<b>Caravan Gifts</b>	10% off all purchases, enter code BLS1 on checkout

## Jewellers

<b>ArabesqueQ8</b>	10%
<b>Nafisa Designs</b>	10% discount with online code BLSQ8 10% Discount is also available in her shop in Salmiya with membership card

# Buy, Sell and Swap WhatsApp

## Vide Grenier WhatsApp Group

The French Association has said BLS members can join their Vide Grenier (Buy, Sell, and Swap) WhatsApp Group. If you are interested in buying or selling, do join this active WhatsApp group by putting in a request in the BLS Kuwait WhatsApp group. NEVER contact the Vide Grenier admin directly and do follow the rules to the letter please, as we are only guests.

## BLS Social Media and Website

<https://www.facebook.com/groups/619404001574946>  
[www.theblskuwait.org](http://www.theblskuwait.org)

The only Facebook group we currently have access to is the Members Only BLS Kuwait Group - but this is not regularly updated, nor will it be until we can link it to the @blskuwait Instagram account.

If you get your BLS information through social media, please follow, share and like @blskuwait on Instagram. We're also currently updating the website thanks to volunteer Lydia, so keep hitting that refresh button!