

Rotary



ROTARY:
MAKING A
DIFFERENCE

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 04-2018 - 23rd January 2018

Club website : www.ipswicheastrotaryclub.co.uk
Orwell Walk Website: www.orwellwalk.co.uk/orwell-walk-and-cycle.aspx
FaceBook page: www.facebook.com/IpswichEastRotaryClub
Charity Number: 1088961

CLUB OFFICERS

President: Nigel Farthing
President Elect: David Knights
Vice President: Liz Harsant
Secretary: Tony Baker
Asst Secretary: Martin Westlake
Treasurer: Neil Hewitt

January Birthdays

Bill Pipe
Ray Walters
Andy Lewis
Dick Jeffery
Eva Alcerreca
Ian Lord

February Birthdays

Lewis Tyler..

Lunchtime Meeting at Greshams—bell rings at 12.55pm

Tuesday 23rd January 2018

**Geoffrey Probert - High Sheriff of Suffolk 2017
who will talk about the role of the High Sheriff**

Duty Rotarians: Robin Dillaway & Ewan Dodds

Jon Neal, CEO of Suffolk Mind and Ginny Idehen (Manager, Quay Place) came to speak to us last Tuesday, along with Fionne the giant Red Dragon and ChitChat the giant Turtle - their cuddly props to help illustrate their EARLY Minds project.

Suffolk Mind's vision is to take the EARLY (*Emotional Awareness and Resilience Learnt Young*) Minds project into every single primary school in Ipswich, commencing with a pilot at Sidegate School.

The intention of their visit was to give an overview of how mental ill-health can arise, to deliver statistics on child mental health and to present the project to Club, with a view to obtaining funding for the pilot scheme should Ipswich East decide to give it their support.

Suffolk Mind is an independent charity, and is one of 134 such organisations affiliated to the UK mental health charity MIND. Suffolk Mind is not funded nationally or by government - its income is generated, raised and also spent solely within this county.

Friends of Suffolk Mind is an initiative which anybody can sign up for, providing free training in the better understanding of mental wellbeing. It is now recognised that mental health exists as a continuum along which we all have the potential to travel. It includes extremes such as psychosis, bipolar, schizophrenia, borderline personality disorder, through mental wellness and beyond to stress, anxiety and depression.

The balance of mental wellness can be tipped when our basic emotional needs are not met in a healthy way. If one or more emotional needs are lacking, then we are likely to become stressed. If stress is not addressed then it can lead to anxiety; anxiety fuels depression.

It therefore makes sense to pay careful attention to our emotional needs, to make sure they are being met in a healthy way, and to make lifestyle changes to ensure that this happens.



We all have an emotional need for security (at home and work); control; attention (giving and receiving); emotional connection; achievement; a sense of community and belonging; privacy; respect; meaning and purpose. Suffolk's Needs Met is Suffolk Mind's 3-hour training course which elaborates on the Human Givens model of Emotional Needs, and is free to all Friends of Suffolk Mind - friends@suffolkmind.org.uk (I have done the training twice and can highly recommend it: Suffolk Mind's Head of Training Ezra Hewing is inspirational!)

The statistics surrounding child mental health are nothing short of shocking:

Only 1 in 4 children get the help they need.

75% of adults with mental health problems were first unwell in childhood or adolescence

1 in 4 children with a mental health illness have considered suicide due to stigma

Suicide is the most common cause of death for boys aged between 5 and 19 (and is indeed the biggest killer in men aged between 19 and 60). It accounts for 14% of deaths in boys in this age group, and 9% in girls.

It is well known and documented that cutbacks in an already stretched NHS, and in particular mental health services means that mental health provision for youngsters is at best poor, and at worst frustratingly difficult to obtain and maintain. Intervention, if indeed it can be implemented at all, is often too little and too late, so it makes sense to tackle this issue at grass roots level.

We are at risk of a mental ill-health epidemic in our society unless there is a significant change in approach. Surely being proactive would work far better than being reactive (which we already know isn't working)?

It is for this reason that I am passionate about educating youngsters about their own mental wellbeing and giving them the tools to help them understand and manage their emotions - and the earlier this can be done, the better.

Suffolk Mind's pilot scheme would involve educating youngsters through storytelling and activities such as colouring, role play and encouraging discussion and interaction between each other and their teachers. Teachers

and parents would also be involved in the training, and classes would be left with a Key Stage specific resource box so that they can continue revisiting the concepts throughout the year.

I hope that Ipswich East RC will agree to support the pilot by sponsoring the resource boxes for one primary school in Ipswich, and perhaps also pledging their on-going support, depending upon the results of the evaluation of the project.

Interestingly, in a conversation I had immediately after the talk, Lewis Tyler told me that MIND in Ipswich was actually started by Ipswich East RC 47 years ago, under the presidencies of John Mitson and John Palmer.

A house in Shackleton Road was bought as their premises and the organisation went from strength to strength!

So it seems, and as so often happens, life has turned full circle and Ipswich East RC once again has the opportunity and potential to support a major project and to make a big impact on mental health provision in Ipswich.

I urge Club members to give this project their careful consideration and (hopefully) their support at the next Benevolent Fund distribution in May.

Jo Banthorpe

David Chittock writes:

Jon Neal CEO of East Suffolk MIND and Ginny Idehen manager of Quay Place



came to tell us about the Emotional Awareness and Resilience (EARLY) minds programme that is being offered to Primary Schools in Suffolk.

The EARLY minds has been welcomed by teachers who will be provided with a box of props to help them tell stories to help children to recognise feelings and develop ways to cope with them. Using a cuddly turtle and then a friendly looking purple dragon Jon told a story first about how it feels to be bullied and another about how it feels to be angry.

The stories were amusing and we could see how children could then relate to the tales and engage with how they themselves cope in similar situations. Teachers could then introduce different ways to manage their feelings.

We were invited to join as Friends of Suffolk MIND to learn how we can all keep ourselves be mentally healthy. Just as our bodies need food and drink, so our minds also need looking after.

Janet Dillaway gave an excellent vote of thanks, for an entertaining and informative talk. She noted how common mental health problems are and acknowledged the sense in helping people early in their lives to reduce suffering in adulthood.

As a club we will be looking to support the introduction of this programme in primary schools.



Next week's "Fifth Tuesday" Event (30th January) will be a meal at the Turkish "Ottoman" Restaurant (482 Woodbridge Road IP4 4PS) 7 for 7.30pm.

A board is circulating: it's essential to book in advance. There are still a few places left for what promises to be a pleasant evening. Ample parking is available at the back (off Kirby Street).

Ottoman offers the finest authentic Turkish cuisine, invites you to delve into succulent dishes and venture into new realms of flavour. The rich and diverse choices from our expansive menu come all the way from Anatolia, and promise a truly traditional experience.

David Chittock

Tuesday Rotary Meeting Programme

(lunchtime meetings start 12.55pm)

Widows of former members are welcome to all evening and additional events.

(Duty Rotarians are requested to make their own swaps and inform the Secretary and Newsletter Editor)

NEXT WEEK	Fifth Tuesday Evening Meeting—visit to Ottoman Restaurant <i>(only for pre-booked places)</i>	
30th January		<i>(David Chittock)</i>
6th February	Simon Milton <i>(former ITFC midfielder) on the UK launch of his 'Future Stars' charity</i>	<i>Duty Rotarians: Jack Earwaker & Karen Finch</i>
13th February	Business Meeting <i>(no speaker)</i>	<i>Duty Rotarians: Frances Fobbie & Roger Gilles</i>
20th February	tba	<i>Duty Rotarians: Alan Forsdike & Catherine Forsdike</i>
27th February	tba	<i>Duty Rotarians: John Goodship & Allan Gosling</i>
6th March	tba	<i>Duty Rotarians: Norman Haines & Mark Harrison</i>
13th March	Business Meeting <i>(no speaker)</i>	<i>Duty Rotarians: Liz Harsant & John Hutton</i>
20th March	tba	<i>Duty Rotarians: Dick Jeffery & Steve Jones</i>
27th March	tba	<i>Duty Rotarians: Matt Kennington & Satish Khanna</i>
3rd April	tba	<i>Duty Rotarians: Andy Lewis & Ian Lord</i>

Orwell Challenge Sponsorship Opportunities

Sponsorship opportunities are available now to the general business community. Act now to have the first shot.

Runners medal ribbons - £500

These will have the sponsors name and logo on them together with the rotary logo and Club name. They will be colour coded for the Full and Half marathon

Goody bags for all competitors - £500

Again these will have the sponsors name and logo on them together with the rotary logo and Club name. We intend to give these to every



IPSWICH EAST ROTARY CLUB ROLLING DIARY

This table shows events other than regular weekly meetings.
 The name of the lead Rotarian for each event is shown in brackets.
 (Inner Wheel Events are shown in black italic type on a pale blue background)

<i>Inner Wheel Friday 2nd February</i>	Annual Trivia Quiz Night: Tuddenham St Martin Village Hall 7pm for 7.30pm
Saturday 24th February	Past President's Dinner (for Past Presidents) venue Ipswich Golf Club Purdis Heath (John Button)
<i>Inner Wheel Tuesday, 6th March</i>	Gillian Smith—District 8 Chairman—Ipswich & Suffolk Club
<i>Inner Wheel Friday 16th March</i>	Inaugural Dinner Anniversary—Hintlesham Golf Club
<i>Inner Wheel Tuesday, 3rd April</i>	Rachel Sloane—'At Sea With Fred' - Ipswich & Suffolk Club
<i>Inner Wheel Tuesday, 1st May</i>	Wayne Burns—Leiston Film Theatre—Ipswich & Suffolk Club
Wednesday 2nd May	Annual Charity Golf Day—Felixstowe Ferry Golf Club (Chris Harrall)
Wednesday 9th May	Visit to New Wolsey Theatre—"Our Blue Heaven" Dramatic celebration of 40th Anniversary of Ipswich Town winning the FA Cup (Clare Richards)
Sunday 20th May	Sports Taster Day (with Inspire Suffolk) (John Button)
<i>Inner Wheel Tuesday, 5th June</i>	Annual General Meeting—Ipswich & Suffolk Club
Sunday 17th June	The Orwell Challenge (Orwell Walk, Run & Cycle) (John Button)
<i>Inner Wheel Tuesday, 3rd July</i>	Inner Wheel Presidential Handover
Wednesday 29th August— Wednesday 5th September	Twinning Visit of our friends from RC Ipswich Mass —book the date: more information will be released nearer the time (International Committee)

LUNCHTIME MENU

23rd January : Scampi, Chips & Peas
 30th January : evening meeting
 6th February : Gammon Steak, Pineapple, Chips & Peas
 13th February : Sausage, Mash & Peas
 20th February : Beef Lasagne & Salad

GOAT PROJECT UPDATE

Rotary Member Karen Finch has received an email of thanks and up-date on this project which she is spearheading. I have not attempted to edit the text some of which has changed 'in translation'.

On the following pages there is more information from Karen on how the project could progress with her and Ipswich East's help. [Ed.]

Dear Karen,

I am very happy this time to send you the report of goats project and we get time to thank you a lot for your kindness you keep to show us in this way of helping disable children from poor families especially from Rwanda.the goats project is good because the production is continue to grow up every week.

Only we will keep in mind and recognize what you have done for us .we encourage you to continue to advocate us how we can get metal beds for students until now many of them are lying down.

Also I would like to inform you that in 7 children who had passing national exam last year the four among them wonned (sic) and government orient them in public school to continue their studies in secondary as o level.

On the attachment of this email you will find the report of the project.

We thank you a lot and may our Lord bless you a lot.

Your sincerely,

Rev. Dominique Ndagijimana



Umutara School for the Deaf, Rwanda

PROJECT SUMMARY - BACKGROUND

Umutara School for the Deaf is residential school situated in the north east, which is driest part of Rwanda and is home for 85 deaf children from mostly poor rural families who live in the Eastern Region of Rwanda. The school is about 3 and a half hours drive from Kigali, the capital city. This school was founded in 2006 by a local registered Charity called 'Friends of Handicap in Rwanda' and it started with many problems due to lack of funding.



Some of these problems were lack of food for the children, no buildings, no mattresses or beds, no easily accessible water and poor latrines. This initial period was very challenging. In 2008, the representatives of the school met representatives of 'A Better World' a Canadian Charity, and discussed these problems with them.



At that time 'A Better World' began to support them in building infrastructure for the School. Now in 2017 they have classrooms, water tanks for catching rain water, latrines and bathrooms, so much more than before but still very little in comparison to the UK.

Only the big problems the school still has, is in covering the running costs of the school - how they can feed the children and pay the teachers who at present, work as volunteers. The school system currently tries to give them some subsistence income of 30,000frws per month – this equates to about £30.

On the following pages I have tried to put together some of the most important 'to-do's' that have yet to be initialised just simply due to lack of funding.

The first project is for illustration only and costs are not included in the funding application.

Project 1

Karen Finch Project – (already funded and equipment donated)

Proposal to get the children hearing

Umutara to:-

- Identify 2 adults and 2 older pupils for training to be hearing aid maintenance technicians. (Suggestions – Omar, Elevance, Loda, Jean Paul?)
- Identify 10 – 15 pupils with mild/moderate/severe hearing losses who it is thought would benefit from hearing aid use – also with supportive family settings.
- Organise a 'Parents training Camp' (2 days?) for parents of the identified children.
- Organise a Training day for local teachers and Health professionals on 'Healthy Ear Care'
- Ensure ALL adults sign AND speak at ALL times to ALL pupils.

Karen Finch to:-

- Train technicians –(2/3 days)
- Test pupils identified.
- Fit hearing aids
- Provide a spare set of programmed hearing aids for each pupil, and all necessary spare parts for continued maintenance (for at least a year)
- Train parents in purpose, use and handling of hearing aids.
- Provide training for local teachers and Health professionals in 'Healthy Ear Care'
- Continue Omar's training as the resident 'audiologist'.
- Support the organisation of practical systems to ensure regular use and systematic care of the equipment.
- Staff from the UK to re visit every two years to test new pupils and continue with providing necessary maintenance.

Project 2

Proposal to provide income generation from goat farming for developing a sustainable income by providing the children vocational workshops to train skills and the means of self-supporting themselves and their families.

Umutara School for the Deaf is positively seeking ways to become sustainable, so as not to be dependent on the external donations, which are not secure or regular. At present, the Government of Rwanda does not contribute towards the education of their Deaf children. We believe this will change eventually, but at present, the school has to manage these problems themselves.

One idea we have had in response to this big problems of sustainability is to develop a project called "Sustainable income generation from goat farming for Umutara School for the Deaf".

The Budget

items	number	Cost of one in pounds £	Total cost in pounds £
01 Shelter for goats	1	800	800
02 Fencing	1	500	500
03 Cost of female goats	40	50	2000
04 Cost of male goats	3	50	150
05 Food for goats	1,640 kg	0,15	246
06 Veterinary	12 months	120	1,440
07 Water and electricity	12 months	25	300
08 Medicine	-	-	100
09 Transport of goat to the school	40	-	150
10 Two goat boys	12	40	480
11 Grass seed	1	240	240
12 Total	-	-	£6,406

In this project we plan to have 40 goats who will live in shade, the production of this project, will be the new baby goat which will be born in every six months.

The plan also includes pay for veterinary services and two cow boys in the first year only and after that the project will continue to pay them itself as well as other on-going costs.

The income from the project in one year

One goat can produce two, or three babies per 6 months This means that in 6 months the 40 goats can produce $40 \times 2 = 160$ Goats. In order to make this project more productive we need to buy mature goats of good stock and we need also to buy three rams.

In 6 month the 40 goats can give an income of $160 \times 50 = \text{£}8,000$

In one year and half, they can give income of $\text{£}8,000 \times 2 = \text{£}16,000$

Sustainability of this project:

We plan to replace the old female goats every three years and replace the old bulls for the new ones in order to maintain healthy offspring. We plan to expand this project when the number of kids allow. We will also plant grasses in the first year to generate improved feed for the goats.

Monitoring and evaluation

When this project will be supported the implementer (Umutara School for the deaf) and donors will continue to monitor this project together and work towards its success and sustainability. The implementer will report on the progress of the project initially every two months.

Conclusion

Umutara Deaf School is aiming to plan for the future because of the problem of donor sustainability. We see that Umutara School needs to be able to support themselves in order to be sure that they can continue to keep their activities in sustainable ways and support these poor, vulnerable and neglected deaf children.

Project 3

Proposal to provide income generation from hairdressing via vocational workshops to provide the skill and the means of self-supporting themselves and their families.

This smaller project is to buy equipment for the hairdressing vocational room, then provide each pupil who graduates from this at the end of the year, with their own equipment - scissors, combs etc, so that they can start their own business.

The Budget

items	number	Cost of one in pounds £	Total cost in pounds £
01 Teacher per year	1	800	800
02 Equipment for use in school	20	100	2000
03 Equipment to provide to each pupil at the end of the training year for one year.	20	25	500
04 Water and electricity	12 months	25	300
12 total	-	-	£3,600

Contd...

Project 4

To provide basic living comforts to ALL children

This smaller project is to buy mattresses and mosquito nets for all 85 children, the current ones are soiled, very old and provide little comfort.

Cost each £20 per mattress x 85 =£1700

Cost each £10 per mosquito net x 85 = £850

Total of these two items £2550

Total cost of Projects 2-4 = £12,556.00

*In Karen's ideal world, another project **Project 5**, would be to fund two teachers for a 3 year term at a cost of £800 per teacher per year. **Total £4,800.***

2018 Rotary Club of Ipswich Sports Diary

April—Snooker evening at Ipswich & Suffolk Club.

April—Hackers' Golf Purdis 9-hole course

2nd May—Golf Day, Felixstowe

20th May—Sports Taster Day.

26th June—Clay pigeon & walk before Presidential handover

July—Golf Day at Purdis (incl. food)

July—Bowls V Westerfield

Oct—Hackers' Golf Purdis 9-hole course

Oct—Snooker V Ipswich & Suffolk Club.

Nov—Snooker V Ipswich Rotary Club for 'Loving Cup'

Golf knockout for the 'Dick Jeffery Cup'

District & National Rotary Golf.



The Inner Wheel Club of Ipswich East



Tuddenham St Martin Village Hall

Friday 2nd February : 7pm for 7.30pm start

Tables of up to six contestants at £10 a head

To book contact Lesley Dolphin on 07889054908

or e-mail ladolphin@hotmail.co.uk

(ticket includes a hot supper—BYO drinks and nibbles)

Proceeds to St Elizabeth Hospice

There will be a Raffle.

Sarah Waterson has asked the Editor to share this with you... she adds:

This concert at St Botolphs Church, Colchester, on Sunday 4th February is in aid of the Colchester Cancer Centre Campaign (CoHoC). The original date had to be postponed due to bad weather, so anyone who purchased tickets originally can use them for the new date.

This will be our last event of a series of fundraisers for the campaign, and we are anticipating a good response. We would love to see you there, so please do come along for an afternoon of really good entertainment!



*The Rotary Club
of Colchester Forum
Presents*

“Something to Celebrate”

An Afternoon Charity Concert in Words & Music

Sunday, 4th February, 2018, at 3.00 pm

St Botolphs, Queen Street, Colchester
(doors open 2.30 pm)

An afternoon of traditional & modern music
plus serious & fun readings - suitable for all ages.

Performed by school choirs, soloists, instrumentalists

Compered by Liz Mullen, BFBS.

Sponsored by the Hunnaball Family Funeral Group
In aid of Colchester Cancer Centre Campaign

Tickets £7 adults, £12 family (2A plus 3C)
from Manns Music, High Street, Colchester, (tel: 01206 572 783) email: iangdewis@gmail.com
also available on the door