

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 20: 7th May 2024

## UPCOMING MEETINGS

Tuesday 7th of May at 12:55pm  
**Speaker meeting: Mayor of Ipswich,  
Councillor Lynne Mortimer, talking  
about her mayoral year**

*Menu: Roast duck*

*D.R.: Mick Rudkin & Ed Nicholls*

Tuesday 14h of May at 12:55pm  
**Speaker meeting: Speaker from Suffolk  
Rape Crisis**

*Menu: Chicken and gammon pie*

*D.R.: Steve Runnacles & Peter Shepherd*

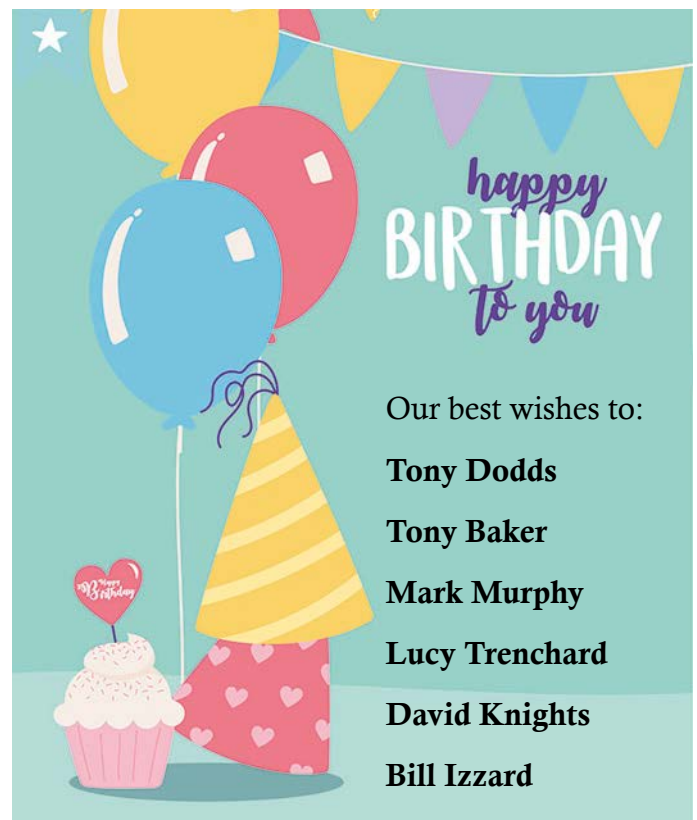
Ipswich Bowls Club

## CLUB OFFICERS 2023-24

<i>President</i>	George Woodward
<i>Sen vice-president</i>	Ewan Dodds
<i>Junior vice-president</i>	Steve Flory
<i>Immediate past-president</i>	Steve Runnacles
<i>Secretary</i>	Bill Robinson
<i>Treasurer</i>	Neill Keveren
<i>Club service</i>	Steve Flory
<i>Community service</i>	Andy Lewis
<i>Foundation</i>	Bob Parker
<i>International</i>	Mark Murphy
<i>Vocational</i>	Toby Pound
<i>Fund raising</i>	Ray Walters

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## RECENT MEETINGS AND EVENTS

### Matthew Applegate, from Creative Computing

By Lucy Trenchard

We were joined by a truly interesting character in the form of Matthew Applegate, who established his CIC, Creative Computing, 12 years ago in Ipswich. Matthew saw disadvantaged and disaffected youths who were on the spectrum and for whom there was little legitimate outlet for their creative computer talents. They often had disengaged with mainstream education, and many were using their skills in non-legal activity. Matthew saw a need to provide these young people with a legitimate outlet for talents and to foster an environment that accepted them and helped them back into mainstream education and give them a route through to a legitimate career on the right side of the law.

He explained that it all started with his own experience at the age of 10 getting his first computer, which was quickly followed by his first banking hack at the age of 12, quickly followed by the mass installation of Wheel of Fortune across 500 computers on an army base he was living in with his family in Germany!

He was quickly getting into trouble, so his parents sent him back to England to a boarding school, where he was desperate to further explore computer technology, but no one really understood his obsession with computers and what he could do with them. By the time he left school, he had talents that tech companies were desperate for, and so Matthew ended up with a career working for companies such as Microsoft and Nintendo amongst others.

Matthew became an expert in cyber security and, as such, became the Skills Champion working for the Cabinet Office at 10 Downing Street, working in a number of offices across Westminster, including the Home and Foreign Offices, and has specifically advised both Boris Johnson and David Cameron.

Matthew is rightly proud of what he has achieved in the last 12 years and is driven by a passion to make lives easier through the use of technology. He works mainly with youths between the ages of 8-16



*Matthew Applegate and President George*

offering a Saturday social club, GCSE's and full tech training, a Computer Repair club and a host of other activities to re-engage these many disaffected youths. He is proud to say that 1,223 computers were repaired during the Covid era lockdown and sent out to children in Suffolk so they could be connected to remote schooling during lockdowns. The youths that have come through his club have two routes to a full-time career in either Cyber Security or Video Gaming and he can say that many who passed through Creative Computing now work in Government departments and at 10 Downing Street. Quite a result!





# Visit to the Woodbridge Tide Mill Museum

A great time was had by everyone who attended the Fifth Tuesday event last week, 30th April, going around the Woodbridge Tide Mill Museum, and then stopping for lunch at the Woodyard Pizza Restaurant.





# ANNOUNCEMENTS



The poster features a background image of a golf course with a driver and a golf ball in the foreground. The Rotary International logo is in the top left. The text is centered and right-aligned. Two small inset photos show a golf course and a clubhouse.

 **Ipswich East Rotary Golf Day**  
Purdis- Ipswich Golf Club  
*In aid of Eden-Rose Coppice*

- Top 50 Course in the UK
- James Braid design
- 1895-1995 centenary

Thursday 23rd May, 2024  
**£330 per team of 4**  
Bacon rolls on arrival and lunch

For further details please contact Chris Harrall  
at [Chris@charrallassoc.com](mailto:Chris@charrallassoc.com)  
Sponsorship of holes is available at £100



As the Orwell Challenge approaches, just a quick reminder to every member who uses social media (Facebook, Instagram, X) to please 'Like' the Orwell Challenge pages and share the content we post there.

You may not know this, but even if you just click the 'like' option on a single post, that means that your friends are more likely to see it, thus enabling us to reach a wider audience.

And a reminder as well that the Club now has a LinkedIn profile as well, where we post updates on community projects and events, so if you use that, please do follow the Club's page.

The more people we reach, the better chances of getting more people signed up early on!

**The Orwell Challenge**

**23rd June 2024**  
**47th year**

- Walk or run along the beautiful Orwell estuary
- Support our charity work and, if you like, raise funds for your chosen charity or good cause
- Walk between 3 and 25 miles
- Run a validated trail marathon, half marathon or ultra marathon

[www.orwellchallenge.co.uk](http://www.orwellchallenge.co.uk)

*Main sponsor*  
**MCP plc**  
Port Community Systems

*Media partners*  
**BBC RADIO SUFFOLK**    **EAST ANGLIAN DAILY TIMES**

*Organisers*  
**Rotary** Club of Ipswich East

Ipswich East Rotary Club Registered Charity No. 1088961

## Orwell Challenge registration numbers update

Our flagship event gets closer and closer, with numbers are steadily rising, and at a better rate than last year, so let's keep promoting the event to make sure we have another successful year!

As of 7th May, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	328
Family walk	3
Child walk	1
Half marathon	82
Marathon	55
Ultra marathon	9
<b>Total</b>	<b>478</b>





A MAJOR CHARITY EVENT ORGANISED BY  
THE WOLSEY ROTARY CLUB OF IPSWICH

**Sunday 12th May 2024 8.00am**  
**Ipswich Rugby Club**

*This is a new cycling event for all ages and cycling abilities.*

Starting and finishing at Ipswich Rugby Club,  
Humber Doucy Lane, Ipswich IP4 3PZ

**Distances are 25/50/73 miles**

**£20 BEFORE DAY / £25 ON DAY**

To book go to  
**[www.tourdesuffolk.co.uk](http://www.tourdesuffolk.co.uk)**  
or scan the QR code:



Organised by the Wolsey Rotary Club of Ipswich.  
Supporting The Blossom Appeal & Prostate Cancer UK



Sponsors:



DESIGN - PRINT - LARGE FORMAT - MAILING - PROMOTIONAL GIFTS - SCANNING

**Cancer  
Support**

**Suffolk**

*Come and join us for...*

# Afternoon-Tea

to raise money for  
**Cancer Support Suffolk**

Thursday 20th June 2024

Venue 16, Tuddenham Road, Ipswich

£25 per person

2:30pm arrival - 4:30pm finish including a raffle,  
BRITAIN'S GOT TALENT winner Jon Courtenay,  
Rev. Paul Pitt and singing from Rachel Foskett!

Head to [www.cancersupportsuffolk.co.uk](http://www.cancersupportsuffolk.co.uk) to book  
tickets!





# Annual Golf Knockout 2024

Our Club's sports officer, Des Cunningham, has a message for all golfers in the club:

**"CALLING ALL IPSWICH EAST GOLFERS, ROTARY ANNUAL GOLF KNOCKOUT 2024**

If you would like to play in this year's Knockout can you please confirm your world handicap and conformation to my email address.

I will make the draw by 11th May to commence play from the 1st June.

Also, can the current holder and second place ensure the trophies are engraved and clean for the coming year."

If you want to take part, please contact Des before 11th May.



## NHS-funded online mindfulness course for Rotary members

By Raechel Schoder

I am contacting you in the hope that you are able to spread the word of a free NHS online mindfulness course to your members, or anyone personally you know who will benefit.

We have now run for 3 years, 3 courses a year and have had many Rotary participants from Suffolk, many of whom have attended a second time.

We are delighted to have now received funding from NHS East and West Suffolk Clinical Commissioning Groups and Suffolk Community Foundation to provide free online mindfulness courses to support older adults aged 65 and over and carers and former carers living in Suffolk.

The Gatehouse Charity is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in Suffolk. The course is led by a

**Free NHS fully funded  
online mindfulness course**

**Course length**  
6 WEEKS

**Start date**  
8th January 2024

**When?**  
EVERY Monday VIA ZOOM

**What time?**  
10-11 am - MINDFULNESS FOR  
CARERS AND FORMER CARERS  
(AGED 65+)

### Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

**All courses led by a clinical psychologist**

To find out more and to book, visit:  
[www.the-mindful-life.com](http://www.the-mindful-life.com)





clinical psychologist who is also a mindfulness teacher. The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. We have also worked with memory clinic patients in the NHS, and it has been shown to improve memory functioning in people in the early stages of dementia, mild cognitive impairment, or people suffering from carer stress. Many participants have found it simply helps them deal with day-to-day stresses.

The next 6-week course will begin on **Thursday 6th June**, from 1:00-3:00pm via Zoom. Adults and carers over 65 are welcome. You can book via de 'Apply Now' link at [www.the-mindful-life.com](http://www.the-mindful-life.com).

**Free NHS fully funded  
online mindfulness course**

**Course length**  
6 WEEKS

**Start date**  
31st January 2024

**When?**  
EVERY Wednesday VIA ZOOM

**What time?**  
2-4 pm - MINDFULNESS FOR LATER LIFE (AGED 65+)



## Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

**All courses led by a clinical psychologist**

To find out more and to book, visit:  
[www.the-mindful-life.com](http://www.the-mindful-life.com)

**Places are free but limited.**

*Raechel Schoder  
Clinical Research Assistant  
Gatehouse-Caring in East Anglia*



*Pevensey Castle - photo by Eva Alcerreca*

## ROLLING CAIENDAR

Date	Event	Date	Event
7th May	<b>Speaker meeting: Mayor of Ipswich, Councillor Lynne Mortimer, talking about her mayoral year</b>	23rd June	<b>Orwell Challenge - as always, all hands on deck!</b>
14th May	<b>Speaker meeting - Speaker from Suffolk Rape Crisis - information and booking via Wild Apricot</b>	3rd July	<b>Club Assembly - More details to follow</b>
21st May	<b>Speaker meeting - Mandy Grimwood, from Gainsborough Library Reading Room - information and booking via Wild Apricot</b>	6th July	<b>President's BBQ + Handover - at Bill and Monica Pipe's. More details to follow</b>
23rd May	<b>Annual Golf Day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall</b>	14th July	<b>Rotary Club of Bury Abbey's Classic Car Show - Volunteers needed. More information on page 11. Contact Bill Robinson if you can help.</b>
28th May	<b>Business meeting - Information and booking via Wild Apricot</b>	9th August	<b>Croquet evening - contact Des Cunningham if interested</b>
1st June	<b>Golf Knockout 2024 begins</b>	4-11th September	<b>Visit from our American twinned club friends from Ipswich, MA - Several events planned, keep an eye on club's communication channels</b>
		29 November - 1 December	<b>Visit to twinned Club in Bad Salzuflen - More details to follow</b>

## DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
7th May	Mick Rudkin Ed Nicholls	Roast duck
14th May	Steve Runnacles Peter Shepherd	Chicken and gammon pie
21st May	Geoff Watson Eva Alcerreca	Hunters chicken
28th May	Russell Wiles Lewis Tyler	Chicken tikka masala

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Bill as well as Steve Flory of any changes.

\*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at [steve.flory@hotmail.co.uk](mailto:steve.flory@hotmail.co.uk)



# UPCOMING PROJECTS UPDATES

We have a few projects and activities coming up, and volunteers are welcome. Please contact the relevant club member and join in!

- **Top-up shops** - this is an ongoing activity and people involved should already be in the loop of what's happening. If you want to take part, contact Andy Lewis.

- **Rotary literacy project at Stoke High School** - contact Toby Pound for more information.

- **Annual Golf Day** - our annual event will take place on 23rd May at the Ipswich Golf Club. Volunteers are needed to help with sign-in, raffle, and general hospitality chores. Please contact Chris Harrall if you can help.

- **Potential litter pick activity around Levington Creek** - in preparation for this year's Orwell Challenge. More information to follow.

- **Orwell Challenge 2024** - Sunday 23rd June. As always, this activity requires everyone's involvement

to ensure its continuing success, so please keep your diaries free for that date, and contact John Button if for whatever reason you can't make it.

- **Rotary Club of Bury Abbey's Classic Car Show** - Sunday 14th July. Volunteers wanted to assist with the running of the show. Please contact Bill Robinson by mid March if you can help. Bury Abbey RC offer £50 towards our Benevolent Fund for every half day that a member spends at the event.

- **Brave Futures kitchen build** - transportation of dismantled kitchen from Ipswich Transport Museum to Brave Future's new premises and reassembly. Date and team TBA, please contact Andy Lewis.

- **Orwell Challenge leaflet distribution** - if you can help distribute flyers for our flagship event at the Park Runs on 25 May, please get in touch with John Button. Several locations available, but we're especially short on volunteers to hand out flyers at Alton Water.

## ONGOING COLLECTIONS

Remember we have an ongoing collection of ring pulls, as well as ink cartridges, which you can give to **Andy Lewis**.

The ring pulls are sent to the Philippines so that people there can make crafts to be sold, which helps them support their families.



**John Button** is still collecting postage stamps (they can be used ones), so if you're lucky enough to still receive any post with those, keep them and make sure to give them to him.

**The Ipswich Rotary Club** is collecting spectacles, which get forwarded to SpecSort York. After sorting and grading them, they're taken to Africa. Please contact the Club's secretary Ian if you can help: [rossiter718@btinternet.com](mailto:rossiter718@btinternet.com).



## Update from Cancer Support Suffolk

By Mark Murphy

Many Rotarians have been asking me to let them know about our Cancer Support Suffolk events coming up. You can find all the details on this link: [Events - Cancer Support Suffolk](#). However, I do want to mention that we've got a special afternoon tea event coming up on June 20th at Venue 16. As well as a lovely afternoon tea, we've got entertainment from Jon Courtenay who won Britain's Got Talent! Jon comes from Ipswich and has had his own brush with skin cancer. He's giving up his time free of charge.

We're so excited and I hope you'd consider buying a ticket or getting some friends together to maybe buy a table.

The tickets are £25 per person all in. You can get them from this link: [Afternoon Tea - Cancer Support Suffolk](#) [You can see the advert for this event on page 7 —Editor].

Thanks for your continuing support.

## Hello from Mallorca

By Stuart Cooper

I thought it would be interesting to share some news from my 'other' club of which I also have the privilege of being an honorary member. RCCI - Rotary Club of Calvia International has some similarities with Ipswich East in that their major fundraising activity is a charity walk, which should have taken place the last weekend of April in a national park in the shadow of Mount Galatzo, the third highest mountain on the island. However, with a terrible forecast covering the Mediterranean islands, the decision was made to postpone.

The walk has two routes, one shorter than the other, and attracts youngsters from local schools. The walk culminates with an extensive bbq with all the food being provided by members. The sole beneficiary is an organisation called ASDICA, which cares for disabled children and their families.

Also like Ipswich East, Calvia has a good relationship with the press, and the English newspaper gave supportive coverage of the event, highlighting the slogan 'We walk for those who can't'.

Another fund-raising exercise has provided over 350 'dignity packs' for the homeless. They contain toiletries and other essential items for both male and female. It is hoped to expand the project next

The screenshot shows a news article from the Majorca Daily Bulletin. The header includes the newspaper's name, a 'Sign up' button, and a 'What's on | Charity' category. The main headline reads 'Calvia Rotary annual charity walk: "Walk for those who can't"'. Below the headline is a photograph of a group of people standing in front of a red and white archway. Underneath the photo are social media sharing icons for Facebook, Twitter, WhatsApp, and Email, along with a five-star rating. The article text states: 'The annual 'Charity Walk - walk for those who can't' has been one of the largest fund-raising events of the Rotary Club Calvia International on Mallorca for over 30 years.' At the bottom, the website URL 'majorcadailybulletin.com' is visible.



year and application has been made to Rotary Foundation for support. It always seems to me a sad indictment of society that there can be so much poverty in juxtaposition with all the super yachts, fast cars and six star hotels around here!

One final point, Calvia Rotary meet on Mondays at Portals Nous (adjacent to Puerto Portals), south west of Palma de Mallorca, and they welcome a

huge number of visitors, particularly during the summer. Being a holiday area, they are insistent that visiting Rotarians bring their spouse to the excellent three course lunch.

If anyone is visiting Mallorca and would like to attend Rotary lunch, I would be delighted to make the arrangements for you. Just WhatsApp or email me and I will provide all details.

## Patience is a virtue

By Bill Robinson

Four years ago, Mark Murphy acquired a beach buggy for restoration, with the plan that he would cut a dash driving it around Felixstowe. The restoration project took a little longer than Mark envisaged (about 3 years), but it was finally completed in time to be collected for the **Ipswich to Felixstowe Vintage Car Run** on Sunday 5 May.

As you can see, the bodywork is a striking metallic orange and was wrapped by Steve Flory's company, rather than having it sprayed. Ray Walters accompanied Mark on the run from Christchurch Park to Felixstowe, with much cheering of support from the people lining the route.

The photo shows Mark in all his glory on the promenade, proudly showing off his pride and joy to passers-by and attempting to keep children's sticky fingers off the gleaming paintwork.

Mark's plan is to try and emulate Eivis Presley in

his film 'Live a little, love a little', where Elvis drives a Meyel Manx Dune Buggy — you can watch it on YouTube following this link:

<https://www.youtube.com/watch?v=Y5UuSz1XwEI>

Watch out, Felixstowe!



And that's it for today!

Just the usual reminder: to send photos, news, articles, stories, announcements, or any material (yes, even jokes) for publication in the newsletter, please address them to:

**[iercnewsletter@gmail.com](mailto:iercnewsletter@gmail.com)**

*The deadline to receive items for publication will be the Friday prior to the next issue (so for the next issue, that will be 17th of May. Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials. — Editor*

STAY PAWSITIVE!



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