

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 22: 3rd June 2024

UPCOMING MEETINGS

Tuesday 4th of June at 12:55pm
Speaker meeting: Amy Smyth from Dora Brown, helping families in crisis
Menu: Chicken wrapped in bacon
D.R.: Juliette Adams & Dave Atkins

Tuesday 11th of June at 12:55pm
Speaker meeting: Christine Webber about Positive Ageing
Menu: Cock-a-leekie
D.R.: Alison Baldry & Chris Banham

Ipswich Bowls Club

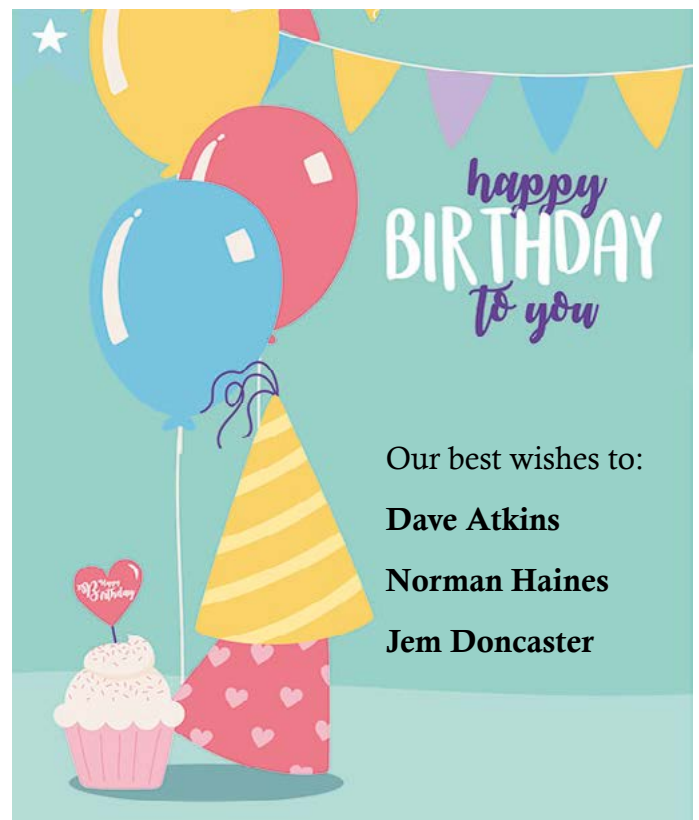
CLUB OFFICERS 2023-24

<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

ON THIS ISSUE...

Recent meetings and events	2
Announcements	5
Rolling calendar	10
Duty Rotarians and Lunch menu	10
Upcoming projects updates	11
Ongoing collections	11
Miscellaneous	12

Newsletter editor: Eva Alcerreca
iercnewsletter@gmail.com



RECENT MEETINGS AND EVENTS

Mandy Grimwood and Amy, from the Gainsborough Library Reading Room Project

By Russell Wiles

Mandy and Amy spoke to us the 28th of May about the library's recent history, from merely a book hire service to a multi-functional facility.

In 2008 they received Lottery Funding for the impressive building they have today. It has progressively developed into as much of a Community Hub as a Library, having the highest footfall of any library in Suffolk, with demand for usage increasing year on year.

Amongst other services provided, their printing service is so well used by the community that it is one of their biggest income generators.

Other organisations hire out space in the library, and Suffolk Libraries require them to prioritise external hirings due to the income they provide. Mandy was finding that the high level of hirings was starting to compromise the availability of a dedicated space for community activities, hence the need for the garden room project.

The community activities provided range from a café in the library, warm space 2 days per week, pop-up shop for fruit and veg on a Thursday, art groups, men's social group which can be for anything from just talking to getting involved in projects around the library, and a girls group that they are rightly proud of, with which they have managed to provide PGL style activity trips once a year.

The Garden Room Project is where our Rotary Club got involved several years ago, instigated by Jo Banthorpe while President, when £5,000 was committed towards their target of £35,000. This has been followed up by help on site with the clearing of debris in preparation for the installation of a modular style flat-pack build room, which is now in place after a few contractual hiccups, and an intense fund raising effort by the Library team with the local community, including no small degree of support from our esteemed local councillors.



Jo Banthorpe, who liaised with the library, Mandy Grimwood, and President George

The Garden Room, when fully functional, will be operated as a flexible space specifically for community hub activities, with a garden feel via the installation of planters etc.

Despite the fact that Suffolk Libraries, as an independent charity with the contract to run Suffolk's libraries, have to re tender for that contract later this year, Gainsborough is expected to go from strength to strength in setting the example as to how to successfully operate a Community based facility where anybody from the area can benefit from it in so many ways, other than merely book hire.



Ipswich East Rotary Golf Day

Via Chris Harrall

The annual Golf Day was held on the 23rd of May at the Ipswich Golf Club. Nineteen teams took part in the event, and here are the winners:

Martin Whitworth's team (the Whitworth family) won the Men's team prize with 89 points.

Barnes Construction won the Sponsor's team prize with 87 points.

Sam Read from Gotelee Solicitors won the lowest gross score with a round of 73.

There were also a lot of raffle winners, so thank you to all the members who donated prizes.



'The Whitworth Family', winners of the Men's team prize



The Barnes Construction team, winners of the Sponsor's team prize



Sam Read, lowest gross score winner

Shore Lane repairs for Orwell Challenge

By Andy Lewis / Eva Alcerreca

The condition of the boardwalks at Shore Lane continues to deteriorate and the current wet weather is not helping the situation! Large stretches of muddy pathway are now developing so we must keep our finger crossed for dry weather from now until the Orwell Challenge!

As you can see from the photos, there is repair work to be done, as well as new build over the mud to ensure we can have a safe event this year. At this

point, we have done two days of work in this area. Graham and Andy worked for hours in the rain on Friday 31st May and made very good progress, and on Saturday, a group of ten worked for a few hours in much better weather.

Many hands make light work, and much was accomplished that day thanks to Andy, Graham, Karen and Melvyn, Ewan and Julie, Dave A, Mick, Eva and Matt, plus doggies.

Another day of work will be needed the weekend prior to the Orwell Challenge to finish some pathways and to clear brambles, so if you can help, please either text or email Andy. Your help makes all the difference!





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

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 30th May, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	394
Family walk	3
Child walk	3
Half marathon	91
Marathon	60
Ultra marathon	9
Total	560

**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 to book
tickets!



Wolsey Rotary Club Charity Dinner

The Rotary Club of Ipswich Wolsey



May 2024

Dear Friends

On Tuesday 18th June 2024, the Rotary Club of Ipswich Wolsey will be hosting their next charity dinner, this time at the MY Chinese Restaurant, 71 St Matthew's Street, Ipswich, IP1 3EW by kind permission of the owner. The evening will commence at 6.30pm with dinner being served from 7.00pm.

The proceeds of the evening will be forwarded to the Club's Charity Trust Fund for distribution to local worthy causes including our President's project, FIND - Families in Need.

The menu for the evening is attached and will be just £26.00 per person. There will also be a raffle.

These events are always very popular (*February's event at Maharani's was a complete sell out*) so please complete the attached return form below with your payment, cheque (made payable to the Rotary Club of Ipswich Wolsey), cash or by bank transfer. (*Bank transfer preferred*)

I can assure you of an enjoyable evening.

Should you require any further information please contact me on 07860 866587 or e-mail me at eddieking@btinternet.com

Eddie King

Rotary Club of Ipswich Wolsey

Please complete and return by Saturday 15th June 2024

To: Rotarian Eddie King, 58 Dales Road, Ipswich, IP1 4JR

I / We would like (No. of places)..... for the charity dinner on Tuesday 18th June 2024.

Names of guests

And enclose payment (cash or cheque) for £.....

Or by Bank Transfer to:-

Account name:- The Rotary Club of Ipswich Wolsey Trust Fund

Sort Code:- 40-21-06 Account Number:- 01498592

Reference:- Chinese Buffet Evening plus Lead Guest's Surname

PTO for Menu

**Important Note:- No refund will be given for any meals cancelled after 16.00hrs on Saturday 15th June 2024
Food may not be taken out from the restaurant**

(Cont. from previous page)

The Rotary Club of Ipswich Wolsey

Charity Evening Dinner, 6.30pm for 7.00pm, Tuesday, 18th June 2024 at
MY Chinese Restaurant, 71 St Matthew's Street, Ipswich, IP1 3EW

Menu

Appetisers

Mixed Hot D'oeuvres

(Vegetarian Option available on request)

Intermediate Course

Crispy Aromatic Duck

(Vegetarian Option available on request)

Main Dishes

Selection of Meat and Poultry Dishes

Rice and Noodle Dishes

(Vegetarian Option available on request)

Dessert

Banana Fritter

Selection of Ice Creams

Inclusive Price - £26.00 Per Person

***Please note:- All drinks MUST be paid for at time of ordering,
Cash accepted or card payment – minimum £10.00.***

A raffle will be held during the evening.
All proceeds to the Rotary Club of Ipswich Wolsey Charity Trust, Charity No. 1109613

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 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.

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

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 the 'Apply Now' link at www.the-mindful-life.com.

Places are free but limited.

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

ROLLING CALENDAR

Date	Event
4th June 	Speaker meeting - Amy Smyth, from Dora Brown charity - Information and booking via Wild Apricot
11th June	Speaker meeting - Christine Webber, about positive ageing - Information and booking via Wild Apricot
15th June	Shore Lane clearing work party, in preparation for Orwell Challenge - Please contact Andy Lewis if you can help
18th June	Speaker meeting - John Button, Orwell Challenge countdown - Information and booking via Wild Apricot (Please note this meeting will be held at the <u>Ipswich Sports Club</u> , NOT the Bowls Club)
23rd June	Orwell Challenge - as always, all hands on deck!

Date	Event
3rd July	Club Assembly - At the Ipswich and District Indoor Bowls Club. Details and registration via Wild Apricot
6th July	President's BBQ + Handover - at Bill and Monica Pipe's. More details to follow
14th July	Rotary Club of Bury Abbey's Classic Car Show - Volunteers needed. More information on page 11. Contact Bill Robinson if you can help.
9th August	Croquet evening - contact Des Cunningham if interested
4-11th September	Visit from our American twinned club friends from Ipswich, MA - Several events planned, keep an eye on club's communication channels
29 November - 1 December	Visit to twinned Club in Bad Salzuflen - More details to follow

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
4th June	Juliette Adams David Atkins	Chicken wrapped in bacon
11th June	Alison Baldry Chris Banham	Cock-a-leekie
18th June	Jo Banthorpe Eric Barnett	Roast chicken leg (Please note this meeting will be held at the <u>Ipswich Sports Club</u> , NOT the Bowls Club)
25th June	John Barbour Michelle Bevan-Margetts	Beef stew and dumplings

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

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.

- **Shore Lane work party** - in preparation for this year's Orwell Challenge, on Saturday 15th June. Please contact Andy Lewis if you can help.

- **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.

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.



Congratulations to Liz Harsant, new Chair of Suffolk County

» Former Ipswich borough leader Liz Harsant new chair of Suffolk County Council



Image: PAUL GEATER

Former Ipswich borough leader Liz Harsant has taken over as the new chair of Suffolk County Council after spending a year as deputy.

Mrs Harsant was the last Conservative leader at the borough - heading up the

Tory-Lib Dem coalition that ran Ipswich between 2004 and 2011.

She was elected to the county council representing the Gainsborough division three years ago and took on the top job from Keith Robinson.

Accepting the role she

said: "Becoming Chairman is a huge honour for me.

"Having been involved in local politics for more than 20 years it is something I never thought would happen.

"I promise I will do my very best to carry out my duties to a high standard

and represent the county we all love and are so privileged to live in."

During her year in office she hopes to raise thousands of pounds for the Eden-Rose Coppice Trust, the Ipswich Housing Action Group (IHAG) and Cancer Support Suffolk.



Blenheim Palace - Photo by Eva Alcerreca

Thank you notes from new Honorary Members

At the last AGM, the Club agreed to offer a number of Honorary Memberships. Two of these were to Stuart Cooper and Richard Porter, who were happy to accept, and sent the following messages:

Hi Bill,

Thank you for your email this morning and I would very much like to accept the offer of Honorary Member.

I have had a very rewarding experience as a member of the Club over the last fifty plus years, and being made a Honorary Member means a great deal to me.

I thank you again for your help in making this happen.

It was great seeing you and I look forward to your next visit.

Yours sincerely,

Richard

Dear Bill

Thank you for your kind email offering me Honorary Membership of Ipswich East, which I am delighted to accept. It is truly an honour and a privilege, which I value very highly and I will continue to try to attend events when possible.

I am also very pleased to hear that my old friend has been similarly honoured. I pop in to see Richard from time to time and am pleased to report his condition has improved on returning to the care home after his spell in hospital.

With my thanks and very best wishes to all my friends at Ipswich East.

Stuart

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

The deadline to receive items for publication will be the Friday prior to the next issue (so for the next issue, that will be 14th of June. Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials. — Editor

STAY PAWsiTive!



LINGVISTOV.COM