

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 23: 17th June 2024

UPCOMING MEETINGS

Ipswich Sports Club

Tuesday 18th of June at 12:55pm
Speaker meeting: John Button - Orwell
Challenge countdown
Menu: Moussaka
D.R.: Jo Banthorpe & Eric Barnett

Ipswich Bowls Club

Tuesday 25th of June at 12:55pm
Business meeting
Menu: Beef stew & dumplings
D.R.: John Barbour & Michelle Bevan-Margetts

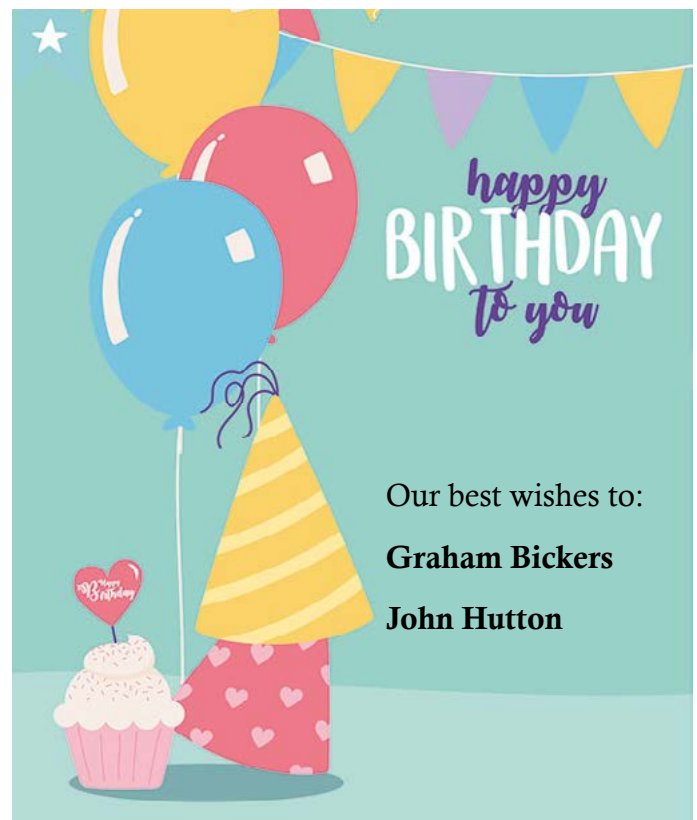
CLUB OFFICERS 2023-24

<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	4
Rolling calendar	8
Duty Rotarians and Lunch menu	8
Upcoming projects updates	9
Ongoing collections	9

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RECENT MEETINGS AND EVENTS

Amy Smyth, from Dora Brown - helping families in crisis

By Dave Atkins

On the 4th of June we were treated to a presentation by Amy Smyth of the Dora Brown charity. The charity is fairly new on the block with only 6 full time staff and was only registered in 2023, but has already won an EADT Stars of Suffolk Award.

Dora Brown is an organisation that provides home makeovers for families in crisis where the home structure has broken down because of poverty and/or neglect. This breakdown will often result in the threat of children being removed from the family, unless the situation is remedied. Upon a home intervention, the charity will provide cleaning, rubbish removal and a level of refurbishing. They are driven by referrals from Social Services and are currently operating to a two week response, from receipt. Most of the cleaning activity is performed by volunteers, and many local firms assist with the donation of services e.g. rubbish disposal or goods e.g. sandwiches for the volunteers. Amy described and showed pictures of an example household which had been addressed, and was in a very poor state. Following intervention, they were able to restore the home to a cleaner more coherent position, which allowed the family, and particularly the children, to function more normally.

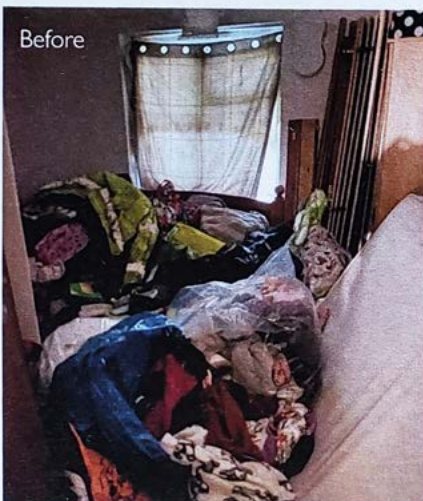


President George with Amy Smyth, from Dora Brown

Currently 80% of their interventions are in Ipswich, with the remainder being in Felixstowe and Woodbridge. Depending on finance availability, they would like to expand their operations into greater Suffolk. The bulk of the intervention activity is performed by volunteers, of which they have about 90. This team allowed them to assist 34 families in 2023, up from 8 families in 2022.

The Charity recognises that they need to perform more follow up activity to ensure that the improvements are maintained, however they are also mindful that they should be a single intervention process and not a monthly cleaning assistant. The follow up role really needs to be taken up by Social Services, although they are also resource stretched.

Bill Pipe thanked Amy for her presentation which he noted had generated a substantial number of questions from the audience.



Dora Brown

Christine Webber - Positive Ageing

By Chris Banham

Christine Webber writes in the East Anglian on a regular basis. Some of her recommendations are:

- Make sure you drive forward to keep yourself out of old age.
- Make sure you create and develop social networks.
- Active attendance at clubs like the Rotary Club.
- Join other networks which are of interest.
- Where appropriate, join face to face gatherings.
- Be aware that loneliness is as bad as smoking.
- Try cleaning your teeth standing on one leg.
- Try walking with your head looking up in the air.
- Taking regular exercise is important.
- Make sure you have a sense of purpose.
- Be decisive in your actions.
- Set yourself brain exercises to boost your brain.
- Ensure you stay being happy and be positive.
- Remember, small pleasures are more effective than big ones.
- Sop - Don't procrastinate.
- You're never too old to change.
- Develop new friends.



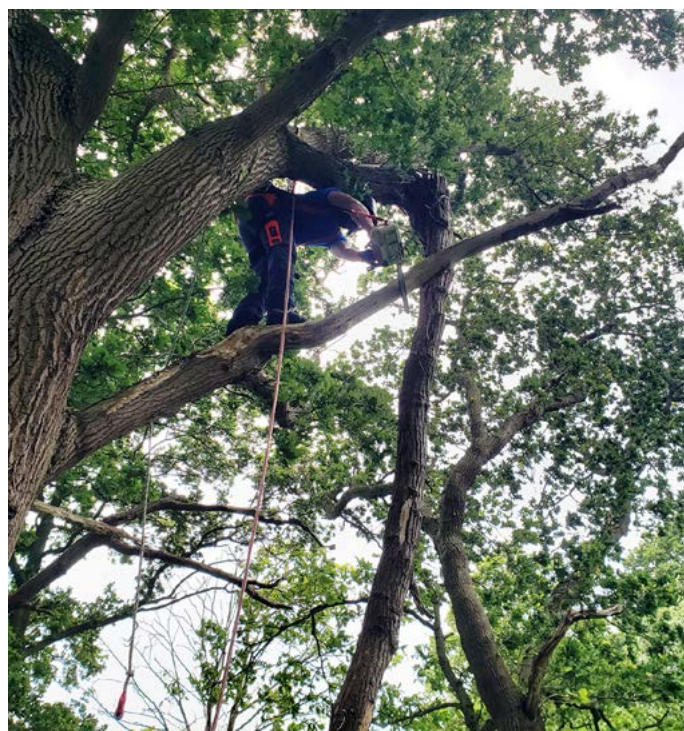
Christine Webber. Photo by Will Ireland

Christine has written several books about anti-ageing. It is possible to read extracts from her books on the internet.

Shore Lane repairs ahead of the Orwell Challenge

By Eva Alcerreca

A third day of clearing work ahead of the Orwell Challenge was carried out last Saturday. Andy Lewis, John Button, Jem Doncaster, Eva Alcerreca and husband Matt Drown headed over to the Shore Lane area to do some hedge clipping and strimming, and Matt put his professional skills to good use, getting rid of a big broken trunk that posed a safety threat for users of the footpath.





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
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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 14th June, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	470
Family walk	5
Child walk	6
Half marathon	111
Marathon	72
Ultra marathon	13
Total	677

**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!



Rotary  Ipswich Orwell



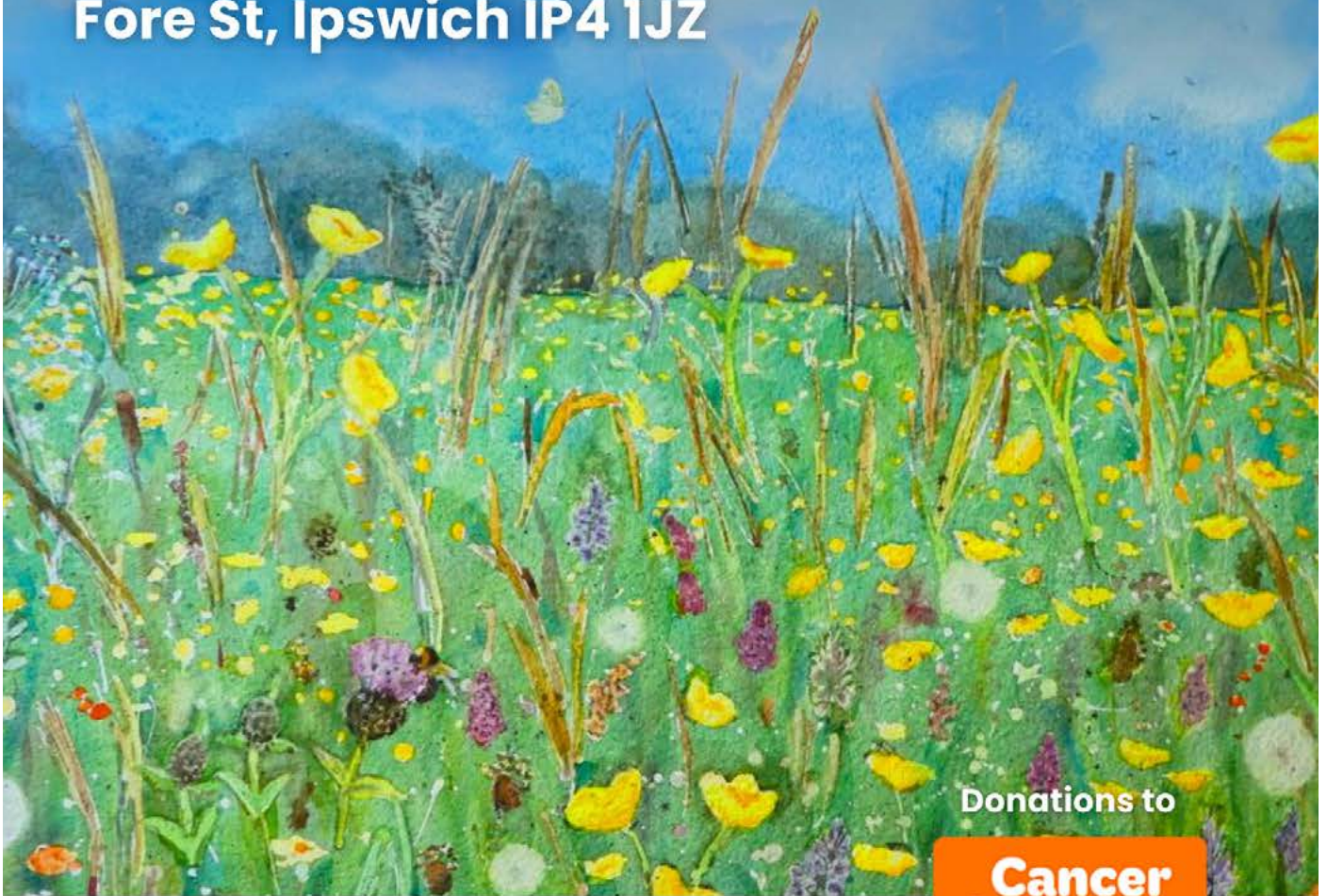
Woodbridge Art Club & Guests

Summer Exhibition

17th & 18th August 2024

at St Clements Art Centre

Fore St, Ipswich IP4 1JZ



Donations to

**Cancer
Support**

Suffolk

Paintings | Pottery | Photography

Open 10am to 5pm – Free Entry

Photography course at the East Ipswich Camera Club

By Andy Mills

The **East Ipswich Camera Club** has space for a few more members.

Photography is very popular these days, especially amongst people who are retired, have time for a hobby and those who travel and wish to record their experiences. It is also an art form so very rewarding for those who enjoy art too.

The East Ipswich Camera Club's annual programme starts in early September and runs through to early July each year.

We have a full programme of events lined up for the 2024-2025 season to inspire and motivate members to explore and learn photography.

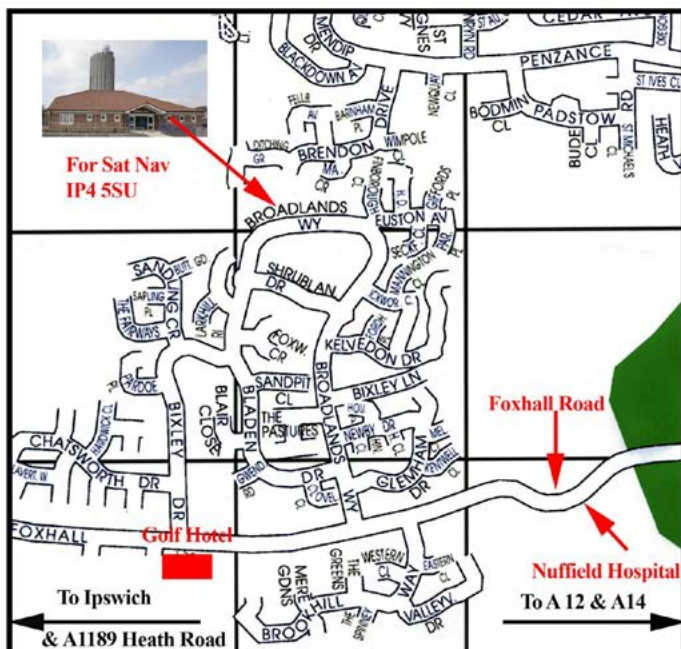
The East Ipswich Camera Club is a very friendly local club. A few members come along just for the social benefits and choose not to enter the competitions.

If anyone is interested in learning about digital photography and exploring this exciting and rewarding hobby, now is a good time to start and then to join the club in September.

East Ipswich Camera Club HQ

Tower Hall, 5 Broadlands Way, Rushmere St Andrew, Ipswich IP4 5SU.

NB: The only way into Broadlands Way is via Foxhall Road or Bixley Drive.



Enrolment evening is 3rd September 2024 – 7:30pm start at Tower Hall, Rushmere St Andrew (you can view the map for further directions). We meet on the first and third Tuesday each month, September to June.

Absolute beginners are very welcome!

We are also considering running a beginner's class over the summer to help get people started with digital photography.

We need to measure the level of interest, so if any of your members are interested in learning about photography, they can contact me and we can talk further.

Best Regards

Andy Mills LRPS
EICC Committee Member
M: 07773 402952

ROLLING CALENDAR

Date	Event	Date	Event
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)	14th July	Rotary Club of Bury Abbey's Classic Car Show - Volunteers needed. More information on page 9. Contact Bill Robinson if you can help.
23rd June	Orwell Challenge - as always, all hands on deck!	9th August	Croquet evening - contact Des Cunningham if interested
3rd July	Club Assembly - At the Ipswich and District Indoor Bowls Club. Details and registration via Wild Apricot	4-11th September	Visit from our American twinned club friends from Ipswich, MA - Several events planned, keep an eye on club's communication channels
6th July	President's BBQ + Handover - at Bill and Monica Pipe's in Tuddenham. Details and registration via Wild Apricot.	29 November - 1 December	Visit to twinned Club in Bad Salzuflen - More details to follow

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
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
2nd July	No meeting	No meeting
3rd July (Club Assembly)	Graham Bickers John Button	Two course dinner

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.

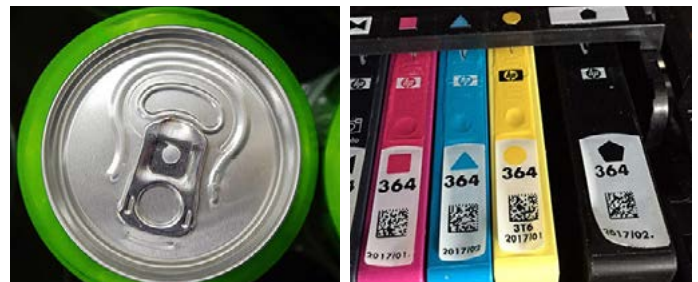
- **Orwell Challenge 2024** - Sunday 23rd June. Our main event is this coming Sunday, so see you all there!

- **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.



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 28th 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!



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