

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 13: 23rd December 2024

UPCOMING MEETINGS

Tuesday 7th of January at 12:55pm
**Speaker meeting: Pam Talman -
Butterfly Service**
Menu: Glazed gammon and pineapple
D.R.: Eva Alcerreca & Alison Baldry

Tuesday 14th of January at 12:55pm
Speaker meeting: Nick Hulme
Menu: Steak & ale pie
D.R.: Chris Banham & Jo Banthorpe

Ipswich Bowls Club

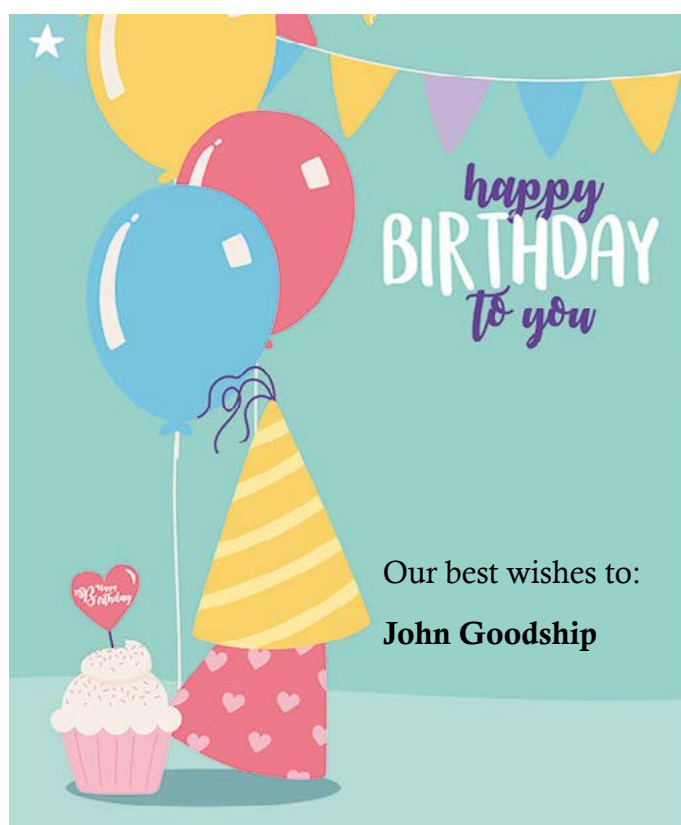
CLUB OFFICERS 2024-25

<i>Acting President</i>	George Woodward
<i>Sen vice-president</i>	Steve Flory
<i>Junior vice-president</i>	Steph Mackentyre
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<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>	Ed Nicholls
<i>Almoner</i>	Elizabeth Hughes

ON THIS ISSUE...

Recent meetings and events	2
Around Ipswich	8
Announcements	9
Rolling calendar	11
Duty Rotarians and Lunch menu	11
Upcoming projects updates	12
Ongoing collections	12
Miscellaneous	12
Where have Rotarians been?	16

Newsletter editor: Eva Alcerreca
iercnewsletter@gmail.com



Ed Nicholls - Ghostly adventures

By Martin Westlake

On Tuesday 10th December we were treated to a lunchtime talk by "one of our own" - Ed Nicholls gave us an entertaining and highly amusing account of how he got into the world of ghosts and spirits (and the occasional beer - in the interest of research, of course).

Of all places, Ed's passion started in Derby, not necessarily the most spiritual place you can think of. A good friend, Richard Felix, was then running ghost tours in the city and, whilst in a haunted pub there, Ed thought, "why not try something similar in Ipswich?"

The first hurdle to overcome was getting permission from the powers that be, never an easy task. However, the MP at the time, Jamie Cann, was a good friend and he and his wife managed to get approval.

For many years, Ed ran very popular and successful ghost walks in our home town and only stopped when Covid hit the world (and Ed's legs started to give up the ghost!). But by now, Ed was renowned as an expert in the field of local history and all things ghostly, so he decided to try sharing his knowledge in a book on the subject.

With the help of Steph Mackentyre (ingeniously described by Toby Pound as his "ghost writer"), the first book "The Haunted History of British Theatres" hit the press. After a great amount of research and



location visits (!), "The Haunted History of British Pubs" became book number two and was soon followed "The Haunted History of British Hotels".

I won't dwell here on Ed's account of the public hangings that used to take place in Orchard Street in Ipswich, nor indeed the occasion when he (legally) jumped out on a group of 20 Girl Guides in Oak Lane and nearly frightened them to death, but needless to say, Ed has had many memorable moments whilst conducting his tours and in his research, and he thoroughly entertained us with his talk.

As is customary when a Club member gives a lunchtime talk, the vote of thanks was given by acting President George Woodward.

May the spirit of Christmas be with you all.



Rotary Membership Survey 2024 Results

By Andy Lewis

At lunch on 19th November I delivered a summary of the Membership Survey conducted in August this year. Following that I outlined some actions that have already been initiated, after which I invited members present to offer their opinions to the following questions:

- 1) What should we do more of?
- 2) What should we do less of?
- 3) What should we stop doing?
- 4) What should we start doing?

But before diving into these last questions, I shared with the Club the results of the survey mentioned.

43 members responded to the survey, representing approximately 66% of the membership, which was pleasing, and here are the summarised responses for each question:

Would you support more breakfast and evening meetings instead of lunch?

- Informality of breakfast meetings make a refreshing change.
- Breakfast/evening meetings would help members who can not make lunch, but not INSTEAD of!
- I would support occasional breakfast meetings with no speaker.
- I would absolutely support if this would help attract more diverse and younger members.

How could communications be improved?

- Message from President in newsletter.
- Newsletter articles from members.
- Reintroduce directory.
- More use of Wild Apricot.
- Anonymous suggestion box at lunch meetings.
- We need a Club diary.
- Filter out less relevant material.
- Comms are excellent, nothing needs improving!

New ways we can engage with the public?

- Publicise more who we are and what we do in the community.
- Get more involved in the activities of other charities.
- Local newspaper articles.
- Work with local businesses, charities, local events.
- Information leaflets about Rotary.

- Utilise social media / Suffolk Sound radio.
- Have a single 'Rotary Ipswich' message rather than four clubs.
- More events for art and sport.
- Develop our own contact database.

How can we encourage more working members?

- Offer corporate membership.
- Open day / evening for employers.
- More involvement with working organisations.
- Utilise member contacts and Round Table.
- Look at recruiting those who are on the point of retiring.
- Members to encourage suitable candidates to non business meetings and ensure guests are well looked after.
- Make sure meetings are kept to time and leaving enough time for the speaker.
- Change rigidity of meetings.
- Corporate memberships, joint Round Table projects.
- Link into employer volunteer programmes.
- Have evening meetings and online meetings.
- Alternative times for meetings.
- More variety of events.
- Younger members encouraged to attract new members.

How can we be more representative of our community?

- Invite wider group of people to attend.
- Engage with different cultures, have specific open evenings.
- Members should encourage people from diverse backgrounds to experience non business meeting lunches and to ensure they are well looked after.
- Seek speakers from minority groups / diverse background.
- Form partnerships with local charities.
- We should encourage more diversity, however, it should not detract from our efforts from serving the community.
- Offer local minority groups support and assistance.
- Engage with BSC Multicultural Society on their events and proactively design programmes to attract more diverse membership and more female membership.



Do you have any other suggestions that might make your membership more valuable?

- Reconsider some minimum level of attendance requirement.
- More informal meetings e.g. pie and a pint.
- More fun and fellowship.
- New ideas for younger fraternity as they are the future of the Club.
- More engagement from more members to create a 'common cause'.
- Build on what we do best.
- Encourage more female members.
- More evening meetings in different venues.
- Some meetings without speakers where we can debate some issues and seek membership views, channel feedback from District and national organisations.
- Don't turn our Club into lunchtime dining club.

The results will be reviewed by Club Council; however, here are some of the things that have already been initiated:

- 1) Online newsletter continues to develop and Eva is always looking for contributions from members;
- 2) Social media presence has improved greatly - we have our own LinkedIn site and have presence on Facebook and other platforms which Steph and Eva continue to add content to;
- 3) Speaker quality has improved with more non-charity speakers and Michelle is always happy for speaker recommendations from members;
- 4) More social events have been introduced over the

last year through Steve F, together with informal 'get-togethers';

- 5) Reintroduction of breakfast meetings have already been discussed at Council - more to follow on this;
- 6) Council has made the appointment of a 'Membership Lead' to drive activity in recruitment, with Mark taking on this role;
- 7) Community projects are always being sought by me; however, some do not progress unfortunately due to lack of volunteer support. I will continue to seek opportunities that may interest members.

And finally, the four questions I mentioned at the beginning:

As a Club, what more should we do more of?

Ross suggested more pub and pint nights even without a speaker, very informal but a way to come along and enjoy a chat and some fellowship.

Lucy suggested even more volunteering opportunities, perhaps partnering with an organisation like Greenways so we could do more with the environment.

Graham reminded us that in his Presidential year he gave each member £10 and asked them to go out and use it to make more money for the club. In that year an additional 10K was raised. Graham said the onus should be put on each club member to fundraise.

John Barbour said that while a metal detecting event

was proving a popular choice going forward, finding the land to use was a challenge for him. Toby Pound said that they had a contact who could possibly help with that.

Eva said we should ask each of our speakers to do their own publicity to say they are coming to talk to our club before and after their talk. We do a lot to promote our speakers, but it would be good if they reciprocated and reached out to their own followers.

What should we do less of?

Bill said we should have fewer charity speakers.

What should we start doing?

David Knights said we used to have good links with Mencap but that's no longer available, so we need to identify another organisation where we can help disabled people in our area.

What should we start doing?

Lucy suggested a stall in Ipswich TC where we promote our club with pictures and a leaflet to give out, to talk about how we raise funds for local charities and volunteer for them too. Hopefully getting passers by interested in a) finding out more b) volunteering c) associating with us as a Club.

Steph said that Robin and Steph are already drafting up a generic Ipswich East Rotary Club leaflet which could be used for such an event as described above, and the idea was to be put forward at the next Club Council.

John Button reminded the Club that the Orwell Challenge is an excellent opportunity to serve the local community and their charities. He said that each year we raise between £75K and £100K and therefore the £3.5 million raised to date should not be forgotten.

Ian suggested we reinstate the Stroke Awareness day.



Christmas Lunch 2024

Your dear Editor received no write up about the Christmas Lunch, but Steve F did send a message that summarised the event:

"Thank you everyone, we hoped you enjoyed the Xmas lunch yesterday. We had over 60 people there, what great support!

I would like to thank Leslie, Karen and Steph for all their help in arranging the day and Liz for being our guest President!

It was a true display of Rotary friendship, despite the unnecessary heckling of the bingo caller! I hope everyone enjoyed it as much as we did.

Again, thank you all for coming.
Kind regards,
Steve F"





Lots of food, a visit from Father Christmas, carol singing and bingo were part of the entertainment during the Christmas Lunch

...and on a related note:

Stuart Cooper presented the Club with the banner from the Rotary Club of Calvià International and said: "Gina and I thoroughly enjoyed the Christmas lunch (which was excellent) and meeting old friends.

We had attended the previous day, the Christmas lunch of the Rotary Club of Calvià International, where I also have the privilege of being an honorary member, and we took a late flight home to ensure attendance at Ipswich East. At the Mallorca meeting, President Gerdi gave me their new banner to convey to Ipswich with the Rotary greetings of all the members and their best wishes for Christmas and 2025."



Stuart Cooper receiving the banner from President Gerdi (above), which he then handed over to Liz Harsant (top right)



BEST HOLIDAY WISHES FROM

Eva Alcerreca
David Chittick
Tony Dodds
Roger Giles
Martin Hinton
Neill Keveren
Andy Lewis
Ian Lord
Bob Parker
Bill Pipe
Richard Porter
Bill Robinson
Peter Shepherd
Lewis Tyler
George Woodward

Inner Wheel Christmas Dinner

By Catherine Forsdike

Inner Wheel members enjoyed their Christmas Dinner at Ipswich Golf Club on Friday 13th December. Delicious food and good company. A raffle raised over £100 for President Rosey's chosen charity: St Elizabeth Hospice.



Inner Wheel upcoming events

By C  thefine Forsdike

Inner Wheel Day Walk and Brunch

On Sunday 12th January we will be having a walk and brunch to celebrate Inner Wheel Day. The long walk will start at 9:30am from Bill and Monica's. Shorter walks around the Fynn Valley are also available. Brunch will be served from 11:00am. All are welcome to join us at Bill and Monica's.

Price per person is  10, with the proceeds going to Hearing Dogs for the Deaf, which is our District Chairman's charity this year.

Save the Date

The Inner Wheel annual trivia quiz will be on Friday 7th February at Tuddenham Village Hall. Further details in the next newsletter!



ANNOUNCEMENTS

'John Riches' Race Night

in aid of Cancer Support Suffolk

Friday 21st March
Ipswich Golf Club
6:00pm for 6:45pm

 30 per person
(includes meal, plus tea and coffee)

Rotary
Club of Ipswich East



For dietary requirements, please contact
Ray Walters at raywalters099@gmail.com









29th June 2025
48th 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 (55k)

www.orwellchallenge.co.uk





In association with

MCP plc
Port Community Systems

Organisers

Media partners

Suffolk Sound
RADIO AT THE HEART OF YOUR COMMUNITY

EAST ANGLIAN
DAILY TIMES

Rotary
Club of Ipswich East 

Ipswich East Rotary Club - Registered Charity No. 1088961

ROLLING CALENDAR

Date	Event
24th December	No meeting.
31st December	No meeting.
7th January	Speaker meeting: Pam Talman - Butterfly Service. Details and registration via Wild Apricot.
14th January	Speaker meeting: Nick Hulme. Details and registration via Wild Apricot.

Date	Event
21st January	Speaker meeting: Liz Rogers - Slimming World. Details and registration via Wild Apricot.
28th January	Business meeting. Details and registration via Wild Apricot. Partners welcome.

At a glance: If you want to get an idea of what we have going on when, make sure to check out the calendar page on our website: <https://www.ipswicheastrotraryclub.co.uk/calendar/>

You will be able to see what kind of events we have coming up, and you can also check against that when organising activities to avoid any clashes.

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
24th December	No meeting	No meeting
31st December	No meeting	No meeting
7th January	Eva Alcerreca Alison Baldry	Glazed gammon and pineapple
14th January	Chris Banham Jo Banthorpe	Steak & ale pie
21st January	John Barbour Eric Barnett	Beef bourguignon

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Robin 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 (usually) welcome. Please contact the relevant club member and join in!

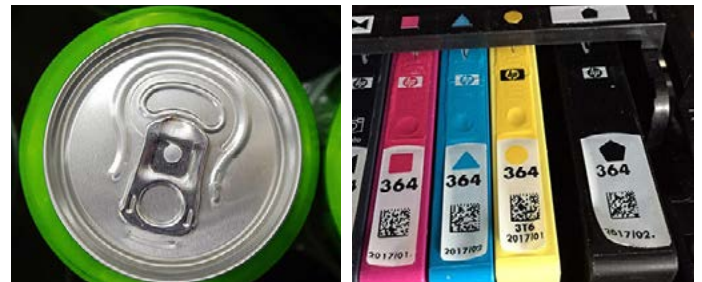
- Planting day for Eden-Rose Coppice Trust - We have been invited to plant around 200 bare root hedge saplings along their fencing at Brickmakers Wood, located between Back Hamlet and Suffolk

College. The intention is to work in conjunction with Kings Avenue residents, so it is a Rotary/Community joint project. Andy Lewis is looking for volunteers willing to get a bit dirty for a day planting saplings along the fence. The project is scheduled for 31st January. Please let Andy know if you can help.

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 Peter Rogers at: peterrogers327515@gmail.com.



MISCELLANEOUS

Generators for Ukraine

By Eva Alcerreca

Thanks to the diligence of Bob Parker, with no small help from treasurer Neill, the donation of generators to Ukraine has been finally completed, and the equipment is scheduled to be despatched in early 2025!

Extra thanks to our twinned Club of Ipswich, Massachusetts for their donation to this project too!



Letters of thanks received by the Club



ASTHMA RELIEF at work in IPSWICH

ROTARY CLUB OF IPSWICH EAST
575 FELIXSTOWE ROAD
IPSWICH, IP3 8TE

1st November 2024

ASTHMA RELIEF
51 The Shaftesbury
Centre
Percy Street
Swindon
Wiltshire SN2 2AZ
T: 01793 524004

AsthmaRelief97@gmail.com

www.AsthmaRelief.org.uk



Dear Trustees,

We wanted to say thank you to everyone at The Rotary Club of Ipswich East for the very generous donation of £500 last year. I have included an update outlining the profound impact of your support.

Your kind contribution for our work in the area enabled us to allocate 3 Nebulisers for **Ipswich Hospital**.

When you consider the nebuliser machines have an average lifespan of around 5 years, then it becomes clear how very significant your support is. On behalf of the many Patients, who continue to benefit from your kindness, we would like to say another very big 'thank you'!

Over the last few years we have experienced a significant increase in requests for help:-

The following extract is from a Community Matron who works in an area of high deprivation, this demonstrates how important it is for Asthma Relief to be able to continue to provide our nebulisers donation and support service free of charge:-

'Good afternoon Tricia, just a message to confirm I have received the five donated nebulisers.

I will keep you updated on how they are used but just to say that the first one is going to a patient who lives in poverty – has had no central heating in seven years, and survives from benefits, when I explained I was able to get him a donated nebuliser he was extremely grateful – so I want to thank you again for your assistance.'

We would be very grateful if you would consider making a further donation to support our work in the area. Any further contribution towards our service will continue to make a positive impact on the quality of life of our service users. We would, of course, inform you where the respiratory equipment has been placed.

We remain committed to distributing our services proportionately to the areas from which the funds originate or according to the express wishes of the donor (thereby 'ring-fencing' your funds for your preferred area). We hope that your organisation will consider helping us again on this basis.

I have included some information which I hope illustrates the impact of your generous support.

Our aim is to reach out to all those in need of our support and we do hope you can continue to help us achieve this.

Once again, thank you for your support.

Kind regards,

Patricia Davis (Charity Manager)

'RAPID RESPONSE' - UPDATE



This message was from a very thankful Respiratory Nursing Team in a busy Hospital; as shown in the photo (left): -

"I'd like to thank you for the generous donation of the nebuliser machines, we are so grateful. These machines will help to facilitate safe and timely discharge for our patients and in some cases will prevent hospital admission. We are especially grateful at this time of year when these machines are in great demand.

Thank you so much for your support, it is greatly appreciated at this very difficult time".

Some more messages of thanks....

(From the Wife of a Patient) 'Thank you so much for the machine, I received it in such a short time! .. it is so kind of the Charity to offer us such great help.'

This Patient was a 94 year-old military veteran suffering with pneumonia and also has dementia.

(From a Ward Nurse at a Hospital) 'On behalf of the Ward I would like to thank you, once again, for your generous donation of Nebulisers. These are the machines of choice right throughout our NHS Trust area and we are so grateful that you were able to provide them. As you are aware we have just moved to a brand new Ward and due to your contribution we are now fully equipped as a Respiratory Ward. Best wishes to you'

(From an Integrated Hospital Respiratory Team) 'Hi Patricia, just wanted to say we have received the nebulisers. They will be donated to our palliative team who will give these machines to those who are at the end of their life. This will undoubtedly help with symptom management and hopefully give some level of comfort. Thank you so much'

(From a Children's Hospital Nursing Team) 'Thank you for the Nebulisers, they have arrived safely with us, as always they are greatly appreciated and they will be on the Wards this week.'

(From a Care Home Manager) 'Dear Patricia, I apologise for the delay in sending our heartfelt thanks to you and your team for the donation of the nebulisers that you sent for our Care Home. They will be of great help to our residents. Once again thank you so much'

(From a Children's Hospice) 'Hello, just an email to confirm we received the nebuliser kits that you sent to us recently and these will be distributed between our 3 Children's Hospice sites. Kind regards.'

(From an Older Patient's Son that we helped via a Doctor's Surgery) 'Thank you ever so much for providing this Nebuliser for my Mum, it has helped to improve her breathing so much. Thank you again.'

Dear President George,

Just a short note to say thank you for your amazing support at Ipswich East this year.

Your help has enabled us to grow our services to support even more cancer patients and their families, as well as traveling all around Suffolk delivering cancer awareness talks. We've got an exciting 2025 ahead and we would love you to think about supporting us again next year if you can.

Meanwhile for now have a great Christmas and a healthy New Year.

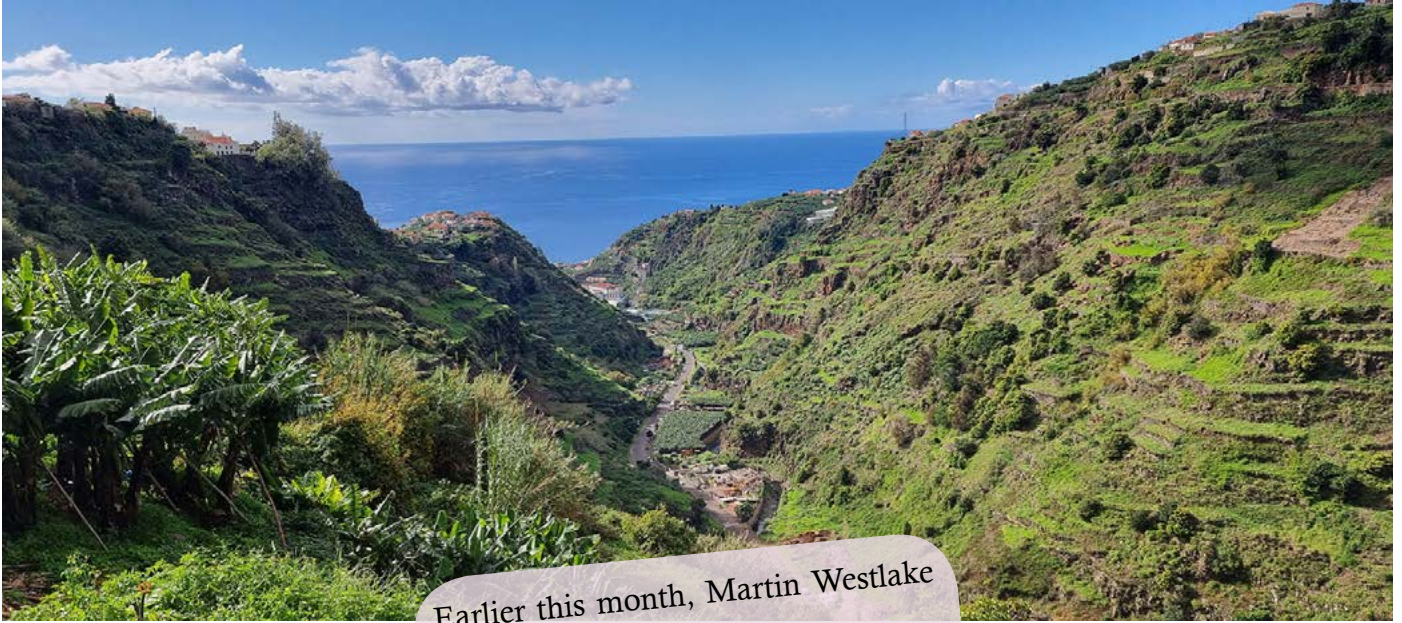
Kind regards,

Mark Murphy MBE

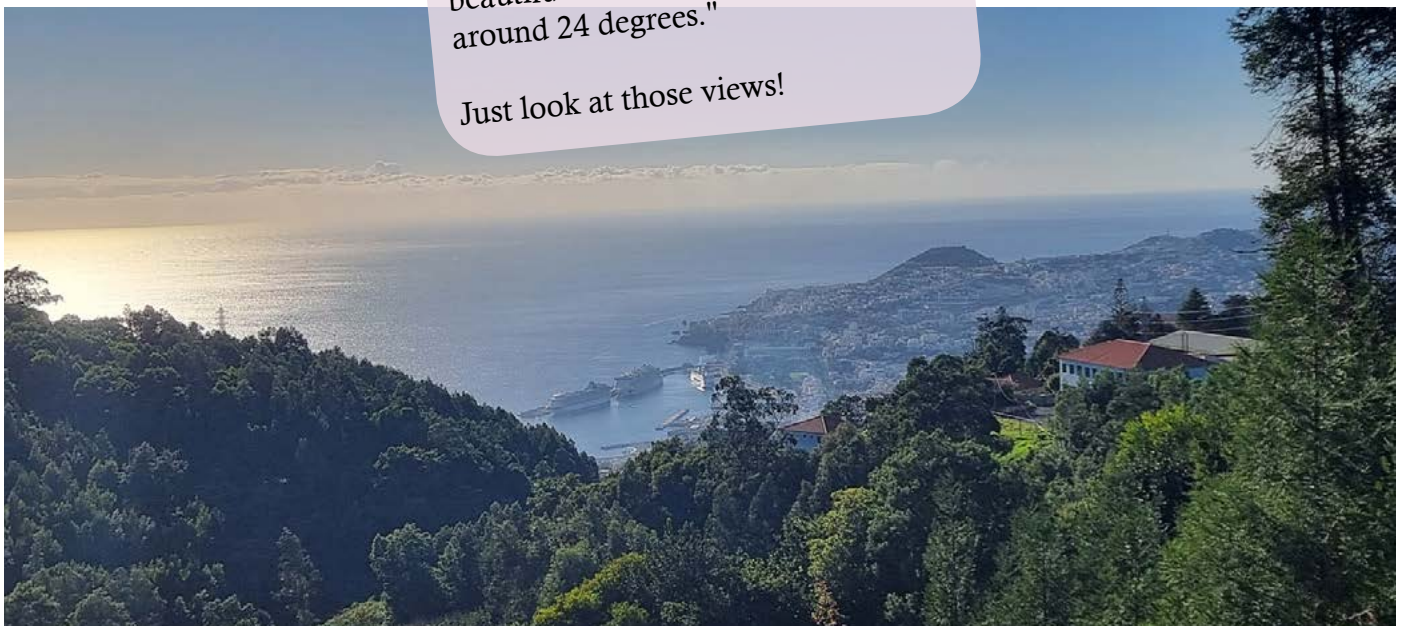
CEO

Cancer Support Suffolk

WHERE HAVE ROTARIANS BEEN?



Earlier this month, Martin Westlake wrote:
"Dawn and I spent the first week of December in Madeira and had beautiful weather with temperatures around 24 degrees."
Just look at those views!



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 17th of January. 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