

# Rotary



ROTARY:  
MAKING A  
DIFFERENCE

## LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East  
Edition 17-2018 - 29th May 2018

Club website : [www.ipswicheastrotaryclub.co.uk](http://www.ipswicheastrotaryclub.co.uk)  
Orwell Walk Website: [www.orwellwalk.co.uk/orwell-walk-and-cycle.aspx](http://www.orwellwalk.co.uk/orwell-walk-and-cycle.aspx)  
Facebook page: [www.facebook.com/IpswichEastRotaryClub](https://www.facebook.com/IpswichEastRotaryClub)  
Charity Number: 1088961



### June Birthdays

Normal Haines  
Graham Bickers  
John Hutton  
Steve Jones



### Fifth Tuesday Evening Meeting

Tuesday 29th May 2018

The Regal Fish Bar, Felixstowe

*(pre-booked places only—if in doubt contact David Chittick)*

Last Tuesday, Helen Fairweather, CEO of Headway introduced us to the brain injury association in Suffolk. It is based in two hubs, one in Bury St Edmunds and the other in Ipswich.

The charity supports those who have had a brain injury caused by trauma, stroke, virus tumour or neurological condition. The emphasis is on personalised care. Clients are given help to get back to work, take part in activities or establishing new social networks.

To achieve their aims, there is specialist support available from staff and the opportunity is provided to develop skills like carpentry at Genesis, learning to play innovative sports like walking hockey at Ipswich Hockey club and fishing at night which is the wish of one person. The training of 'brainy dogs' who provide companionship and encouragement to walk has been very successful, the demand exceeding the supply.

HRH The Prince Harry came to Suffolk to help launch the production of badges for people with brain injuries. They explain to those who come into contact with them that they have difficulties in areas like communication or behavioural problems.

The effect on people's lives post injury can be devastating. Relationships often breakdown due to the change personality. Separation from their spouses and children through divorce and homelessness are real challenges. Those discharged into the community often find themselves in inappropriate accommodation. To remedy this situation charity is planning a new hub in Ipswich that is linked to a 12 bedded bungalow. Importantly those living there will be able to eat together in a dining hall that is shared with the hub. The project is projected to cost £3 million. I hope that Rotary will support Headway in this important development.

David Chittick



# Tuesday Rotary Meeting Programme

(lunchtime meetings start 12.55pm)

*Widows of former members are welcome to all evening and additional events  
please book through the Hon Secretary Tony Baker*

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

<b>NEXT WEEK</b>	<b>tba</b>
5th June	<i>Duty Rotarians: Bill Robinson &amp; Steve Runnacles</i>
12th June	<b>Club Assembly—Finn Valley Golf Club (evening)—board circulating</b> <i>Duty Rotarians: Clifford Smith &amp; Lewis Tyler</i>
19th June	<b>tba</b> <i>Duty Rotarians: Ray Walters &amp; Sarah Waterson</i>
26th June	<b>PRESIDENTIAL HANDOVER</b> <b>The Barn Sproughton—board circulating</b> <i>Duty Rotarians: Geoff Watson &amp; Martin Whitworth</i>
3rd July	<b>tba</b> <i>Duty Rotarians: Russell Wiles &amp; George Woodward</i>
10th July	<b>Business Meeting—no guest speaker</b> <i>Duty Rotarians: Eva Alcerecca &amp; Alison Baldry</i>
17th July	<b>tba</b> <i>Duty Rotarians: Chris Banham &amp; Jo Banthorpe</i>
24th July	<b>tba</b> <i>Duty Rotarians: Eric Barnett &amp; Graham Bickers</i>
31st July	<b>Breakfast Meeting (not the usual fifth Tuesday evening meeting)</b>

## LUNCHTIME MENU

[29th May : Fifth Tuesday]

5th June : Beef Lasagne and Salad

[12th June : Club Assembly at Finn Valley Golf Club]

19th June : Cumberland Sausage with Mash and Vegetables

[26th June : Presidential Handover Evening Meeting]

3rd July : Cajun Pork with BBQ Sauce & Parmentier Potatoes,

# 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 Tuesday, 5th June</i>	<i>Annual General Meeting—Ipswich &amp; Suffolk Club</i>
Wednesday 6th June	BBQ for people with Learning Difficulties, Mencap <span style="float: right;">(Jack Earwaker)</span>
Sunday 17th June	The Orwell Challenge ( <i>Orwell Walk, Run &amp; Cycle</i> ) <span style="float: right;">(John Button)</span>
<i>Inner Wheel with Rotary Thursday 21st June 4.30pm - 6.30pm</i>	<i>'Suffolk Family Fun on Suffolk Day' - Calling Rotarians and Inner Wheelers - Bring one, two or all the family to the Inner Wheel Suffolk Day get-together in Christchurch Park. Bring a picnic, a bottle of bubbles or whatever takes your fancy - don't forget to bring something to sit on!</i>
Tuesday 26th June	Presidential Handover—Sproughton Tithe Barn <span style="float: right;">(David Chittick)</span>
<i>Inner Wheel Tuesday, 3rd July</i>	<i>Inner Wheel Presidential Handover</i>
Friday 13th July	Annual Bowls Match versus Westerfield (at Westerfield)
Friday 20th July	President's Barbeque—Waldringfield Sailing Club <span style="float: right;">(David Chittick)</span>
July/August (tba)	KidsOut; STARS <span style="float: right;">(Jo Banthorpe, Chris Banham)</span>
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 <span style="float: right;">(International Committee)</span>
Wednesday 26th September	Senior Citizens' Concert <span style="float: right;">(Andy Lewis, David Knights, Chris Banham)</span>

## The Orwell Challenge 2018—latest numbers



**Walkers 318(300)**

**Cyclists 22 (23)**

**Runners 33 (63)**

**Marathon/Half Marathon 88**

(numbers for this week last year are shown in brackets)

**Total entrants so far 460 (386)**