



LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 21-2022 : 6th December 2022

Tuesday 6th December 2022 at 12.55pm

My Job Talk - Lesley Dolphin

Duty Rotarians: Eric Barnett & Graham Bickers

*Menu: Salmon fillet on crushed new potatoes
with fresh broccoli and white and cream sauce*

CLUB OFFICERS 2022/23

President: Steve Runnacles

Sen V. President: George Woodward

Jun V President: Ewan Dodds

Immediate PP: Jo Banthorpe

Secretary: Bill Robinson

Treasurer: Neil Hewitt



*December
Ross Lunney
David Chittick
Juliette Adams*

New Member and Bargain Hunters

President Steve was delighted to induct new Member, former Mayor of Ipswich Elizabeth Hughes on Tuesday 29th November.

Originally planned to be a 'Fifth Tuesday' Evening Meeting, we met instead at lunch time with spouses and partners for a bit of jigsaw fun.

Here are two particularly happy punters with their acquisitions.



Christmas & New Year Greetings

The following members have made a financial contribution to the club's benevolent account in lieu of sending cards and send greetings to all members for Christmas and the New Year.

If you'd also like to do so, contact Treasurer Neil (by email) and email Editor Alan by 18th December so that your name is included in the next newsletter



Gony Dodds

Bob Parker

David Chittick

George Woodward

Russell Wiles

Lewis Tyler

Chris Banham

John Clements

Andy Lewis

Jem Doncaster

Neil Hewitt

Bill Pipe

Peter Shepherd

Bill Robinson



20th December

ROTARY FAMILY CHRISTMAS LUNCH

Family Fun Quiz

Guests include representatives from organisations who received donations from our Benevolent Fund.

*- come suitably seasonally attired -
a prize for the best dressed*

Roast turkey crown, roasted potatoes, medley of vegetables,
stuffing balls, pigs-in-blankets, roasted root vegetables, jus

OR

Salmon & courgette en crouete,
fondant potato and a white wine & parsley sauce with seasonal vegetables

Both followed by Christmas Pudding with brandy sauce OR Cheese and Biscuits

(Once you have booked your place(s) online, please email Lucy with your menu choices)



Kids Cancer Charity

Kids Cancer Charity is entirely dependent on voluntary donations

Appeals Office, 1st Floor, Perch Buildings, 9 Mount Stuart Square, Cardiff Bay, CF10 5EE
Tel: 02920 489833 Fax: 02920 489299 Email: appeals@kidscancercharity.org

Rotary Club Of Ipswich East

28th November 2022

Dear Bill & All Rotarians

I wanted to thank you for the Fantastic donation received today.

Your donation will help children with cancer and their families, people you've never met, and people who will always be grateful to you for caring enough to make a difference to their lives.

Your donation will help the children affected by cancer and their families, living in your local area

By helping us, you have been such a huge support to our families when they have needed it most. I can't begin to tell you the difference you will make to them. You are responsible for putting Gigantic smiles on lots & lots of faces, and helping them to make memories to last a lifetime.

Every year we lose children and gain children, but you will have given them precious time together, in lovely surroundings that help them to forget the agonies they're going through for a short while. We really can't thank you enough for your support; it means the world to us and especially the children and families we help, Thank you from the bottom of our hearts.

Thank you so much for helping!

With Kind Regards & Best Wishes

Rose

Rosemarie Davies

Community Engagement Officer. Email: rosemarie.davies@kidscancercharity.org

Established in 1989 as Christian Lewis Trust

Charity Registration Number: 1113821 and a company limited by guarantee No: 55386
Registered Office, 62 Walter Road, Swansea, SA1 4PT Tel: 01792 480500 Fax: 01792 480501
Website: www.kidscancercharity.org Email: enquiries@kidscancercharity.org



The



Lunch Menu

- **13th December** - Braised beef and vegetable cobbler served on a creamy mash

-

20th December

FAMILY CHRISTMAS LUNCH

Roast turkey crown, roasted potatoes, medley of vegetables, stuffing balls, pigs-in-blankets, roasted root vegetables, jus
OR

Salmon & courgette en crouete, fondant potato and a white wine & parsley sauce with seasonal vegetables

Both followed by
Christmas Pudding with brandy sauce
OR
Cheese and Biscuits

(Once you have booked your place(s) online, please email Lucy with your menu choices)

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27th December - NO MEETING

3rd January - NO MEETING

10th January (TBA)

17th January (TBA)

Alternatives are available each week but must be notified in advance unless you have a 'standing order'.

Duty Rotarians

If you are unable to be the Duty Rotarian for the week shown, please arrange your own swaps and notify the Hon Secretary and the Newsletter Editor.

As a reminder, when you receive your invitation-to-attend email, the information is repeated.

13th December - John Button & David Chittick

20th December - Jo Banthorpe & Des Cunningham

27th December (Bank Holiday)

3rd January (Bank Holiday)

10th January - Ewan Dodds & Jack Earwaker

What's On

Tuesday 13th December –
Michael (Mick) Ruskin
My Job Talk

Tuesday 20th December
Rotary Family Christmas Lunch

Tuesday 27th December – no meeting

Tuesday 3rd January 2023
no meeting

Tuesday 10th January
John Claxton (HSE Inspector and Hedgehog saver)

Tuesday 17th January
Gavin Stone CEO of '4YP'

Volunteers join Christmas Wrap-athon for Ukraine



Rotary and Inner Wheel Clubs from our area got together at Claydon High School for a mammoth 'wrap-athon' preparing gifts and presents to be transported to children in Ukraine. The intention was to fill 1 container - they filled 3 of those massive cargo containers. You might recognise some of the 'wrappers'

(Pictures: mainly *Ipswich Star* website)





Do you fancy a game of Indoor Bowling (bowls)?

Allan Gosling arranged for members to have a couple of taster sessions at Ipswich Bowling Club on Rushmere Road.

The first 2 trial sessions were a great success and could become a regular feature. The third is on 9th December 2.30-4.30pm (£8)

Email Allan if you are interested

a@allangosling.com

The club is on Rushmere Road: coming from Colchester Road turn into Rushmere Road town bound. The club is situated a few yards up the road on the left-hand side just before the red Post Box.

Coming from the town, it is situated just before the Colchester Road roundabout on the right-hand side just past the red Post Box.

To play, you must wear flat soled shoes which have not been worn outside.



Inner Wheel Christmas Party with Christmas Quiz

Tuesday 6th December
Ipswich & Suffolk Club, Northgate Street

On **Sunday 8th of January** Ipswich East Inner Wheel will be celebrating Inner Wheel Day with a walk and brunch. The walk will commence in the morning at Bill and Monica Pipe's home (Hill Farm, Tuddenham St Martin) followed by brunch at the farmhouse. You don't have to walk, just come for the brunch if you like. £7.50 a head with bacon rolls and hot dogs, available from 11am. Walk when you like, before or after eating. Bill will lead a walk starting at 9.30am, maps available for shorter walks when folk arrive.

Friday the 27th January will see our ever-popular quiz at Tuddenham Village Hall with fiendish questions set by Monica to tease your brains.

Both events will be in aid of the charities that Inner Wheel are supporting this year. Further information and details of how to book your place will follow in the next newsletter. We look forward to Rotarian friends and families joining in the fun and fellowship we share.

Jo Banthorpe sent in the latest Lighthouse newsletter - I've reproduced a couple of pages here. If you'd like to read the entire copy, email Jo.

Advice Line: 01473228270



Newsletter No.92 November 2022

Registered Charity No. 1069296

Sally Winston –Chief Executive Patron –Mark Murphy MBE



We Have Moved.....

Lighthouse are delighted to announce that we have now completed the move into new premises.

As with every organisation you have to spend some time evaluating where you are, what the plans for the future could look like and with the recent pandemic still in view, it was the perfect time to take a good look at our services and where they were delivered.

Combining both our Head Office and Women's Centre was the sensible option to reduce overheads, and with this in mind we started to look at options. Lighthouse already owned another property, which was once our second refuge, this sadly had to close some years ago due to a cut in government funding and had since been rented out.

After lots of preparation, looking at future proofing, measuring out rooms, assessing better disability access and some essential refurbishment works, we knew that moving into 238 Felixstowe Road was the perfect solution.

The move began with the Head Office moving from Museum Street in August of this year and the Women's Centre followed during the October half term school holiday, to ensure there was no disruption to courses. The Women's Centre was closed for a week whilst the move took place but the advice line was still active with referrals and enquiries still being dealt with during this time.

The Women's Centre now feels more spacious and welcoming with a beautiful entrance, dedicated advice rooms, training rooms for courses and improved space for children's courses, as well as a large garden for summer use. Staff have enjoyed putting the finishing touches to the building with lovely pictures, plants and home furnishings to ensure it feels friendly and comfortable. Clients attending the new Centre have commented on the wonderful new surroundings and staff feel proud to welcome clients in.



Lighthouse Women's Aid
238 Felixstowe Road, Ipswich IP3 9AD
Women's Centre –01473 228270
Head Office –01473 220770

Women's Centre Update

By Jo Bigger, Service Manager



Calls to our Advice Line continue to rise, in Aug 2021 we took 49 new referrals and this figure has risen to 94 In Aug 2022. There are more women coming forwards regarding historical abuse as well those in current abusive relationships.

Earlier in the year we started to provide dedicated appointments to allow clients to discuss child contact concerns. Child contact is a real issue for women who have experienced domestic abuse with the children being used to control the situation. Having this separate session is really helping as it gives time for the women to discuss this at more length, our advice worker is able to link in with legal support and also attend webinars to keep her knowledge updated.

Our Wellbeing Workshops are continuing and over the past months we have had workshops on boundaries within intimate relationships provided by Suffolk Rape Crisis, an art workshop delivered by two Lighthouse Ambassadors and a Goals Setting workshop by Jacqui Frost.

Our Community Worker has been developing links with the University and is now holding advice appointments there on a fortnightly basis. Part of the Community Worker role is to forge links with groups supporting women who may find it more difficult to access our services, if you would like information on the support our Community Worker can provide please email info@lighthousewa.org.uk.

Refuge Update –By Jo Bigger, Service Manager



Our refuge continues to have high occupancy with women and families arriving whenever there is a room vacated by a women or family moving into their own home. It is vital that the new arrivals feel welcomed when they arrive at refuge. We do this by trying to ensure that the worker taking the referral is also the worker that will welcome them on their arrival day. The rooms are made up ready by our Housekeeper, ensuring that they feel welcome with toiletries and age appropriate toys for the children. The kitchen will be stocked with essential food items to ensure that they have a supply for the first few days until they have settled in a little and get their bearings for the local shops.

When women are ready to leave refuge they are supported by our Resettlement Worker, who will work with them to secure housing, help find funding for essentials such as white goods, carpets and furniture for the new home. We have recently received some funding through the Hardship Fund administered by Suffolk Community Foundation, this money will be used to help those families that have moved on from refuge and are now struggling with their rising energy bills and the cost of living. We are very grateful to Suffolk Community Foundation for their continued support of our work.

How to Give

Ways to donate

Simply click on:

[https://
lighthousewa.enthuse.com/
profile](https://lighthousewa.enthuse.com/profile)



**And follow the
instructions on screen**

Thank You

If you would like to receive our newsletter three times a year please send your email address to

deb@lighthousewa.org.uk

Follow us on



Donations

We are not currently accepting physical donations, as we are very fortunate to now have a good stock of Toiletries, Clothes, Baby Items and Food. However if you would like to donate gift cards please contact Deb for more information on the most useful ones to purchase.

deb@lighthousewa.org.uk