



# LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East  
Edition 02-2023 : 24<sup>th</sup> January 2023

## 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



**January**  
Andy Lewis  
Dick Jeffery (a big one!)  
Eva Alcerreca  
Ian Lord  
**February**  
Peter Shepherd  
Lewis Tyler  
John Barbour

## Tuesday 24<sup>th</sup> January at 12.55pm Rotary Lunch - Business Meeting

*Duty Rotarians: Karen Finch & Steve Flory*

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

## Hope for Young People

Those of us who were at last Tuesday's meeting enjoyed a thoroughly enlightening talk by Gavin Stone CEO of youth provision charity 4YP.

He is passionate about giving every youngster a chance in life. In recent years because of cuts in funding, we've seen youth clubs closed down and the number of youth workers reduced. This means charities like 4YP are often left to pick up the pieces. They help teenagers transition into adulthood.

Gavin told us how being a teenager is much more pressured than when we were growing up. Any bullying stopped at the school gates but now with social media it can follow the teen home, 24/7.

A recent survey showed one in five teens rarely felt loved and some not at loved at all: that's heart breaking.

The 4YP mission statement is to ensure that all children, young people and young adults have somewhere safe to go, something positive to do and someone trusted to connect and journey with.

He revealed some startling statistics....In Suffolk, 19,000+ children are living in deprivation (almost all qualifying for free school meals) and in some areas of the county the concentration becomes as much as one in three. 56% is the number of children eligible for free school meals achieving at least the expected educated level. That means a sizeable number are not.



Gavin is pictured with Judy Walters one of three IW members who attended that day as 4YP was Ipswich East Inner Wheel club's chosen charity last year.



4YP are working with 216 “named” young people, overall they have 3,364 ‘contacts’ with young people. One said, “It is nice to know I have somewhere to go to talk and I won’t get judged.”

They have 18 Counsellors and are based at Lower Brook Street and they work remotely throughout Suffolk in 13 schools. Gavin told us “For every young person receiving counselling there are another four on our waiting list”

How could we help? Well £600 supports a course of counselling for one young person based on an average of 6-8 sessions depending on individual needs.

£80 can provide a young person in need 1:1 support of a youth worker \*based on the average cost of an open access ‘drop in’ session.

It’s a shame we need 4YP but thankfully they are trying hard to help our teens grow into adults.

The club enthusiastically showed their appreciation for Gavin’s talk and his personal commitment to his role.

*Mark Murphy*

*The previous week our speaker was John Claxton who we all thought was going to talk about hedgehogs but he chose as his topic his occupation as a H&S Inspector. Naming no names, I have yet to receive a report Ewan.*

*Here is John pictured with Past President David Chittick*



# What's On

**Tuesday 24<sup>th</sup> January**  
**Business Meeting**

**Tuesday 31<sup>st</sup> January - not a 'Fifth Tuesday' - but a lunchtime Fellowship Meeting with a Twist**

**Tuesday 7<sup>th</sup> February**  
**Deborah Watson Founder of Wednesday's Child - Supporting Eating Disorder Recovery**

**Tuesday 14<sup>th</sup> February**  
**President Steve Runnacles**  
**Four Club Centenary Update**

**Tuesday 21<sup>st</sup> February**  
**Russell Osman - former professional footballer who played centre-back for ITFC**

**7<sup>th</sup> March**  
**Copleston Students – arranged by Andy Green and Toby Pound.**

**14<sup>th</sup> March**  
**Ipswich Mayor John Cook**  
**"My Year as Mayor"**

**21<sup>st</sup> March**  
**Sergeant Brian Calver, Suffolk Police**  
**talking about Rural Crime**

**28<sup>th</sup> March**  
**tba**

**4<sup>th</sup> April**  
**tba**

**11<sup>th</sup> April**  
**tba**

# 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.*

**24<sup>th</sup> January**  
**Karen Finch & Steve Flory**

**31<sup>st</sup> January**  
**Roger Gilles & John Goodship**

**7<sup>th</sup> February**  
**Allan Gosling & Norman Haines**

**14<sup>th</sup> February**  
**Liz Harsant & John Hutton**

**21<sup>st</sup> February**  
**Roger Gilles & John Goodship**

**28<sup>th</sup> February**  
**Allan Gosling Norman Haines**

**7<sup>th</sup> March**  
**Liz Harsant & Heather Hearne**

# Lunch Menu

**7<sup>th</sup> February**  
*Sausage and Mash with vegetables*

**14<sup>th</sup> February**  
*Pot Roasted Lamb, root vegetable and potato hot pot served with fresh bread*

**21<sup>st</sup> February**  
*Braised beef and vegetable cobbler served on a creamy mash*

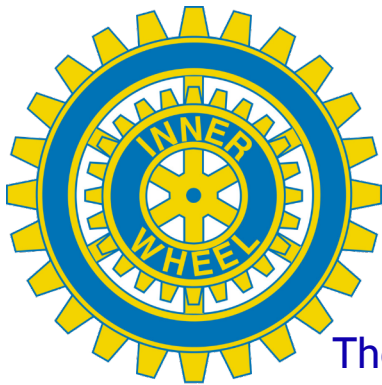
**28<sup>th</sup> February**  
*Trio of Suffolk sausages on a root vegetable mash topped with crispy onions*

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

# The John Riches Race Night

Sunday 12<sup>th</sup> March - Ipswich Golf Club

*Time and ticket price to be confirmed.*



## Inner Wheel Quiz Friday 27th January 2023

Our ever-popular quiz at Tuddenham Village Hall will feature fiendish questions set by Monica to tease your brains.

The Quiz will be in aid of the charities that Ipswich East Inner Wheel are supporting this year.

We'll have tables of up to six contestants at £12 per head.

A hot supper is included in the price but bring your own drinks and nibbles to keep you going.

There will be a raffle and donations of prizes are welcomed.

To book your place(s), contact Club Secretary, Catherine Forsdike by emailing her at [catherineforsdike2@gmail.com](mailto:catherineforsdike2@gmail.com)

We look forward to Rotarian friends and families joining in the fun and fellowship we share.







**World Inner Wheel day was celebrated on a bright cold morning by Ipswich East Inner Wheel Club with a walk through the Fynn valley.**

**Members and guests gathered at Monica and Bill's farmhouse for bacon rolls, sausage-in-a roll and lots of tea and coffee.**

Many thanks to Bill, Monica and her kitchen helpers Rosie and Belinda.



# The Rotary Club of Ipswich Wolsey

Charity Evening Dinner, 6.30pm for 7.00pm, Sunday, 5<sup>th</sup>. February  
2023 at the Maharani Indian Restaurant  
46 Norwich Road, Ipswich IP1 2NJ

## Menu

Popadoms with Chutney

## Mixed Starters

Home style cooked Onion Bhazi  
Tiger Prawn Butterfly  
Chicken Tikka

## Main Dishes

Bhuna Kati Gost (Meat)  
Murugh Hariali  
Chicken Tikka Massala  
(Vegetarian Option available on request)

## Side Dishes

Special Veg Bhuna  
Bombay Aloo

## Sundries

Plain Rice / Pilau Rice  
Plain Naan

Followed by Coffee  
Inclusive Price - £24 Per Person

***Please note:- All drinks must be paid for at time of ordering,  
Minimum card payment £10.00.***

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

# The Rotary Club of Ipswich Wolsey

On Sunday 5th. February 2023, the Rotary Club of Ipswich Wolsey will be hosting our next charity meal at the Maharani Restaurant, 46 Norwich Road, Ipswich IP1 2NJ.

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

The menu for the evening is attached and will be just £24.00 per person. There will also be a raffle.

These events held at the Maharani Restaurant are always very popular 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.

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

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Please complete and return by Sunday 29th January 2023

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

I / We would like (No. of places)..... for the charity dinner on Sunday 5th. February 2023.

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:- Curry Evening plus Lead Guest's Surname