



LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 11-2023 :6th June 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

Tuesday 6th June at 7pm
Club Assembly
at Ipswich & Suffolk Club

**HAPPY
BIRTHDAY**

June
Dave Atkins
Norman Haines
Graham Bickers
John Hutton
July
Chris Harrall
Jack Earwaker
John Hutton



Jon Neal, CEO of Suffolk Mind, delivered his talk about the invaluable work the organisation carries out. The timing of his visit was most appropriate as it fell within National Mental Health Awareness week.

One purpose of Jon's visit was to update us on Suffolk Mind's *GreenCare Allotments* project, to which our Club recently donated £1,000.

There are currently three plots in Suffolk including one in Ipswich, and are supported by around 180 users per year. It is well documented that being outdoors and in/around nature is very beneficial for mental wellbeing. Clients using the allotments tend to be sufferers of long-term mental health issues, and the activity serves to meet several emotional needs, including that of a sense of community and achievement.

Staff and clients are able to talk about mental health issues whilst working. All produce is either sold or donated to local food banks.

Jon went in to talk about some of the other work carried out at Suffolk Mind, most notably a countywide Emotional Needs audit, which has been funded by Suffolk County Council and Public Health.

The audit has resulted in the collection of over 10K pieces of data, which has been validated by University Suffolk. Its purpose was to assess the effect of the Covid pandemic on the county's emotional needs, to determine which needs were most affected and to determine who had coped well/not so well since lockdown.

Suffolk Mind also works closely with companies in the workplace and with schools (all ages), as part of their Emotional Resilience project, having launched their free Sammy the Seasquirt book for early years a couple of years ago - a project also supported by the Club.

Suffolk Mind has always supported the Orwell Challenge and their other big fundraiser this year is a skydive at Beccles airfield in September - here's the link if you're interested in taking part and /or supporting:



https://www.suffolkmind.org.uk/get-involved/our-events/suffolk-mind-skydive-2023/?mc_cid=f12ef1ce81&mc_eid=b074658e55

Some of the most important work that the organisation is involved in is the drive to bring the awareness of mental wellbeing into everybody's everyday life. They offer a FREE mental wellbeing awareness workshop and anyone can sign up for this by becoming a Friend of Suffolk Mind - there's no fee, no commitment and no expectation. What you do get is a monthly newsletter and the opportunity to join The Essentials workshop (formerly Suffolk's Needs Met).

See link below for further info:

<https://www.suffolkmind.org.uk/get-involved/friends-of-suffolk-mind/>

The workshop is well worth doing - I've done it twice and I use the knowledge every day in my work and home life - I urge you to give it a look.

Jo Banthorpe



Bob Dunnett - RIP

Bob Dunnett's funeral will take place at the Seven Hills Crematorium, Nacton at 12.45pm on Wednesday 14th June followed by a reception at Ipswich Golf Club.

All members and their partners are welcome to attend.

We offer our heartfelt condolences to Judith and the family at this sad time.

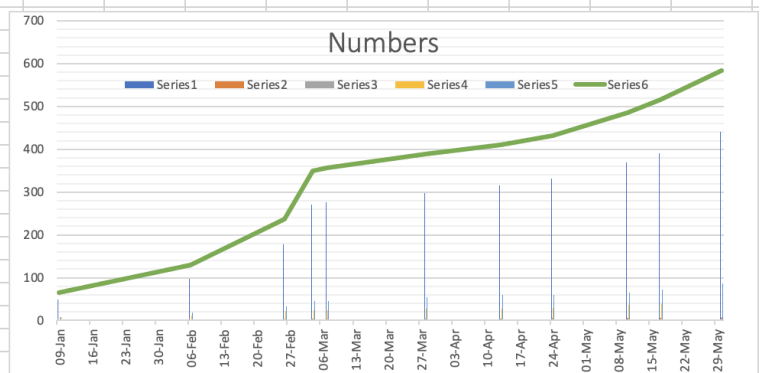
Bob was a founder member of the club and President 1996-1997.

The Orwell Challenge

The graph below charts the rise in registrations for the challenge.

Do keep up your work in encouraging people to take part.

Date	Adult Walker	Child Walker	Family Walker	Marathon Runner	Half Marathon Runner	Total
09-Jan	50	0	0	8	8	66
06-Feb	98	0	1	12	18	129
26-Feb	177	1	4	22	33	237
04-Mar	270	5	4	25	46	350
07-Mar	277	5	4	25	46	357
28-Mar	298	5	4	27	54	388
13-Apr	315	5	4	28	59	411
24-Apr	331	6	5	30	60	432
10-May	370	6	7	37	65	485
17-May	391	6	7	40	72	516
30-May	441	6	8	42	86	583



Ipswich East members and partners enjoyed a beer or two at The Fat Cat on 30th May, sampling The Orwell Challenge Bitter.

They all look far from bitter!



What's On

6th June (evening)
Club Assembly (I&S Club)

13th June (lunchtime)
Bridget Hanley
Senior Archivist, 'The Hold'

20th June (lunchtime)
John Miles - Global Sight

27th June (lunchtime)
Business Meeting

Duty Rotarians

13th June
John Button & David Chittick

20th June
Des Cunningham & Ewan Dodds

27th June
Jeremy Doncaster & Jack Earwaker

*If you are unable to be the Duty Rotarian ,
please arrange your own swaps and notify
the Lucy Trenchard who runs WildApricot
and copy in both the Hon Secretary and
the Newsletter Editor.*

Lunch Menu

13th June
Pasta Bolognese served with bowls of grated
cheese and red onion and rosemary bread

20th June
Roast Turkey served with traditional
accompaniments and seasonal vegetables

27th June
Beyond-meat burger, cheese,
coleslaw and chunky chips

4th July
Large Yorkshire filled with sausages, served
with mashed potato,
seasonal vegetables, and onion gravy.

11th July
Club Handover - NO LUNCH MEETING

18th July
Chicken Chasseur served with herby
potatoes and seasonal vegetables.

25th July
Pork Medallion with grilled tomato,
mushroom, fat chips and peppercorn sauce

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

“So Long, Farewell, Auf Wiedersehn, Goodbye!”

So sang the von Trapp family and now, after
more years than I care to remember, I'm
hanging up my blue Editor's pencil: the
next edition will be my last.

I've lost count of the number of years or
the number of editions I've produced.
When I started it was a monthly printed
magazine and then, once members gained
email addresses, I moved over to a weekly
digital version. I've handing over to Eva
Alcérreca who will be a safe pair of hands
(or digits!)

Thank you for having me!

Editor Alan