

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 10: 4th December 2023

UPCOMING MEETINGS

Venue 16, Tuddenham Road

Tuesday 5th of December at 12:55pm

**Speaker meeting: Glenda Price -
Stowmarket Sugar Craft Club, raising
money for St Elizabeth Hospice**

*Menu: Pork medallions with grilled tomato,
mushroom, fat chips and peppercorn sauce*

D.R.: Eva Alcerreca & Juliette Adams

Tuesday 12th of December at 12:55pm

Orwell Challenge 2024 Launch

*Menu: Pasta bolognese, served with grated
parmesan cheese and red onion and
rosemary bread*

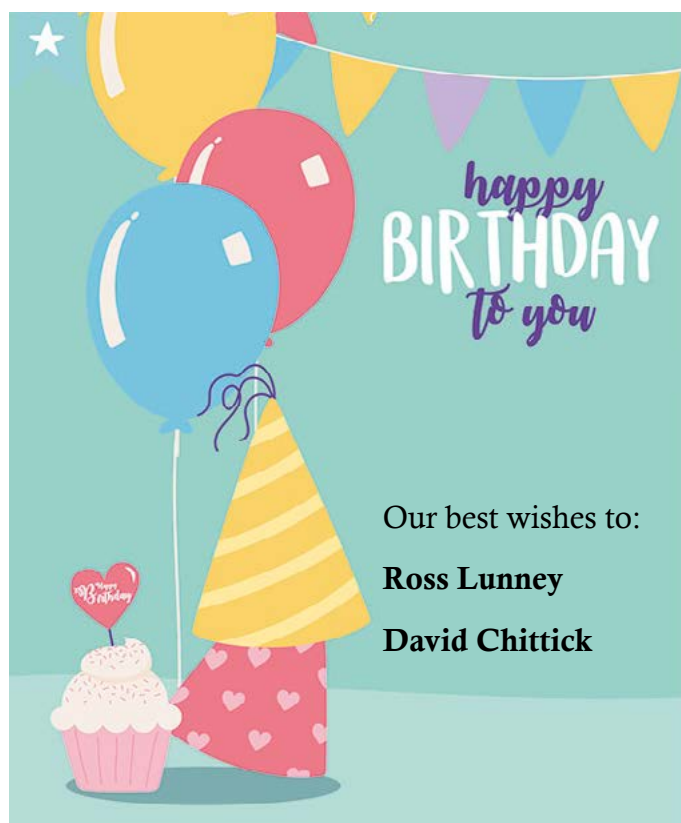
D.R.: Jo Banthorpe & David Atkins

CLUB OFFICERS 2023-24

<i>President</i>	George Woodward
<i>Sen vice-president</i>	Ewan Dodds
<i>Junior vice-president</i>	Steve Flory
<i>Immediate past-president</i>	Steve Runnacles
<i>Secretary</i>	Bill Robinson
<i>Treasurer</i>	Neil Hewitt
<i>Club service</i>	Lucy Trenchard
<i>Community service</i>	Andy Lewis
<i>Foundation</i>	Bob Parker
<i>International</i>	Mark Murphy
<i>Vocational</i>	Toby Pound
<i>Fund raising</i>	Ray Walters

ON THIS ISSUE...

Recent meetings and events	2
Announcements	3
Wild Apricot refresher	5
Rolling calendar	7
Duty Rotarians and Lunch menu	7
Upcoming projects updates	8
Ongoing collections	8
Miscellaneous	8



RECENT MEETINGS AND EVENTS

Matt Brinkley and Paul Sergeant - New therapy and sensory gym

By Martin Westlake

Our guest speaker on 21st November was Matt Brinkley of Therapy Gyms, supported by his business partner Paul Sergeant. Paul's first contact with Rotary was with Ewan Dodds at the Decoy checkpoint of the Orwell Challenge.

Matt Brinkley qualified as a personal trainer in 2008, but soon realised that there was a need for more accessible exercise for people who required additional support and guidance, not just going to a regular gym. One particular example was a man who was paralysed from the waist down – he and Matt ended up as very good friends and attended each other's weddings.

The main Therapy Gym is at Holton St Mary (just off the A12 between Ipswich and Colchester) but the team of trainers can also visit customers homes or premises, an example being the Thomas Wolsey School where they spend 3 hours every week.

Therapy Gyms
Making fitness accessible

An accessible Gym for your community

Our Therapy Gym is now available to the local community 7 days a week.*

In response to so many enquiries and interest in our Therapy Gym, we're proud to open for the community every day.

We are offering a limited amount of memberships for people who wish to use the facility outside of our Therapy Services hours. You can still attend a gym induction and build a programme.

- ✓ Secure Access out of hours - 4.00pm-9.00am Mon-Fri
- ✓ 24 hour weekend access
- ✓ Lose weight, get fit, feel great
- ✓ Cardio, resistance & strength equipment
- ✓ Equipped for your exercise needs
- ✓ Private facility with capped capacity
- ✓ Personal Training appointments available
- ✓ Gym induction & Programme
- ✓ You are welcome to visit before joining

Why not call in to see us:
Therapy Gym, Unit 4, Holton Park, Holton St Mary, Colchester CO7 6NN
Fees: £25 per month
Personal Training packages from £50 per month
Call 01206 692524 today.
therapygyms.co.uk

Ask us about joining...

Therapy Gyms cater to a range of fitness related therapy needs, providing a holistic approach to wellness. They collaborate closely with healthcare professionals such as general practitioners, physiotherapists and occupational therapists and can tailor their services to meet clients' specific needs and requirements.

Therapy Gyms reputation and expertise soon came to the attention of Active Suffolk, who wanted them to expand, and in 2022 a new community interest company was launched called Making Fitness Accessible. Over 2300 people are now being supported.

Matt demonstrated fantastic passion for his work and commitment to helping the community. Rightly, this was appreciated in Lucy Trenchard's vote of thanks on behalf of the Club.

More details of Therapy Gyms can be found on their website www.therapygyms.co.uk

Therapy Gyms
Making fitness accessible

The Therapy Gym is specially designed to provide a broad range of the equipment required for our fitness programmes for people who require additional support and guidance to improve their fitness and wellbeing.

- ✓ Supported exercise - Weekdays 9.00am-11.00am & 1.00pm-4.00pm
- ✓ Private exercise sessions - Weekdays 11.00am-1.00pm
- ✓ Inclusive and accessible for everyone
- ✓ All ages and abilities
- ✓ Wheelchair access and suitable equipment
- ✓ Developing physical and cognitive skills
- ✓ Improved functional and motor skills
- ✓ Injury prevention and recovery
- ✓ Boost Confidence and make friends

We're not far away:
Therapy Gym, Unit 4, Holton Park, Holton St Mary, Colchester CO7 6NN
Fees: Supported Exercise £15 per visit -
Personal Training packages from £50 per month
Call 01206 692524 to find out how to join us...

therapygyms.co.uk

Logos: FIT, UK, nrpt, CIMSPA, SkillActive, independence, SPORT ENGLAND, Quality Standard

Welcome, Martin!

By Eva Alcerreca

During our Special Annual General Meeting and business meeting of the 28th November, we had the always enjoyable opportunity of welcoming a new member to our club, with President George doing the honours.

Martin Hinton is a chartered surveyor and friend of David Knights — who brought him to the club in the first place and has known him for many years. In fact, as it turned out, they've known each other much longer than they first knew, having played sports in opposing teams during their school years.

Martin will surely be a great addition to the club, and we all must endeavour to make him feel welcome and show him what a good bunch of people we are, so make sure to approach him when you get a chance!

Welcome to Ipswich East Rotary Club, Martin!



ANNOUNCEMENTS



CELEBRATE THIS HOLIDAY SEASON IN TRUE ROTARIAN STYLE
WITH OUR VERY OWN ORWELL CHALLENGE BEER!
BREWED BY THE FAT CAT. THIS THREE-BER PACK MAKES A GREAT GIFT.
SO GET YOURS WHILE SUPPLIES LAST!



£15
per pack

Contact Jem Doncaster at
jem.doncaster@sky.com to get them.

New year, new venue!



As of the 2nd of January, our Club Meetings will take place at the
Ipswich and District Indoor Bowling Club
(136 Rushmere Road, IP4 4JU)

Booking system will remain via *Wild Apricot*

Wild Apricot Refresher

Steve Runnacles gave an update on the Wild Apricot System to the Club at lunch on 14th November 2023. The presentation featured an update on using Wild Apricot via a browser on either a laptop or a tablet and also by using the Mobile Phone App.

The first part of the presentation dealt with using Wild Apricot through a browser and Steve outlined the weblink to give access to the site as follows:

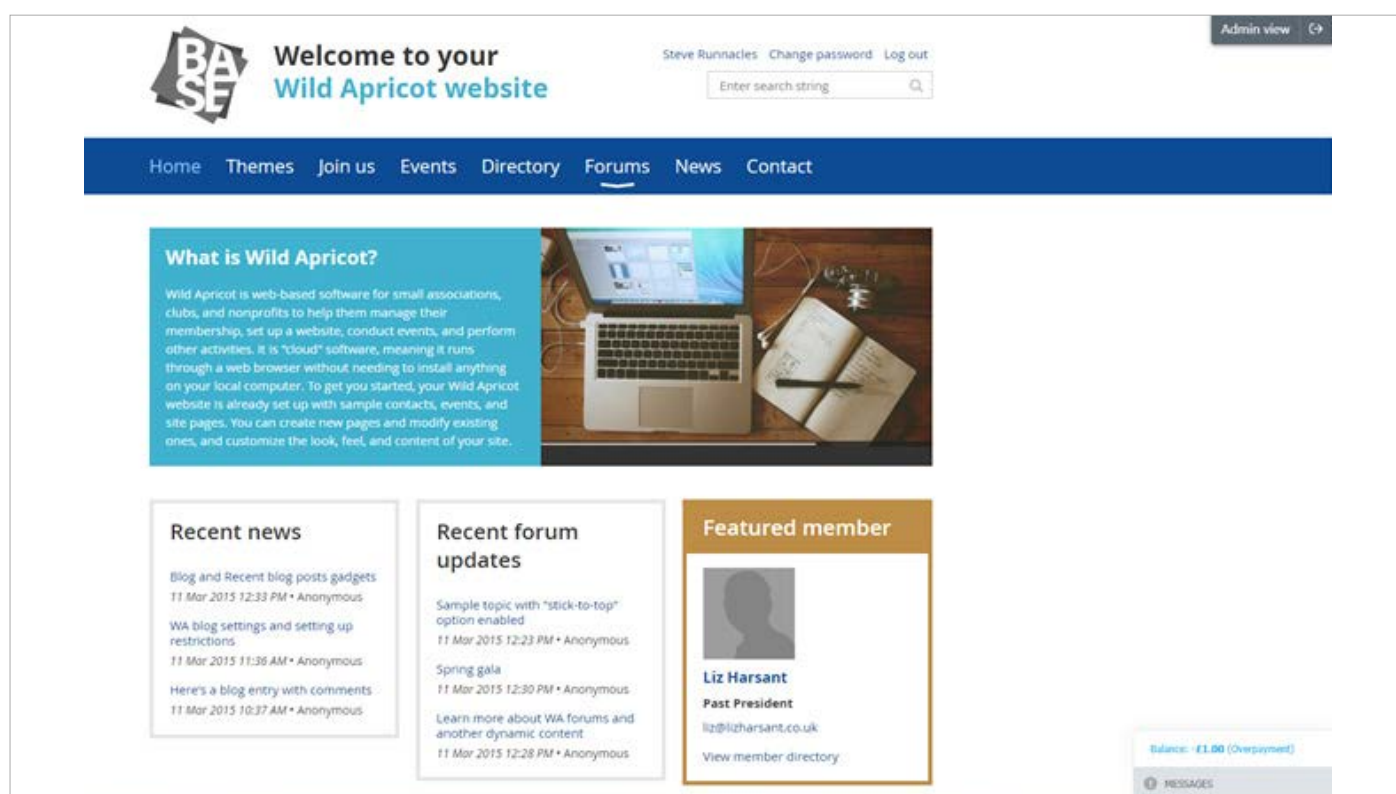
www.rotaryclubofspwicheast.wildapricot.org

Once you have reached the website you gain access to your member area by typing:

Your username: this is your usual email that you receive lunch invites from, and

Your Password: If you can't remember this, please hit the reset password, or contact Steve Runnacles or Lucy Trenchard.

The home screen is as shown below – Steve drew members' attention to the menu options across the top of the page and the Balance on the member account shown in light blue text in the bottom right-hand corner of the screen.



Steve then went on about how you book in for lunch if you have a credit on the system. When booking for lunch in these circumstances, Members should book in for lunch as usual but should hit the "Invoice me" button rather than the "Pay Online" button.

This will mean that no monies will be taken from the member's credit card account. If there is a shortfall after using the invoice me button, the member can pay the difference at lunch via the Club Card machine.

Please see the next page to see the relevant screen shot showing the invoice me button outlined in red. Steve went on to show members how they could alter their own details and view other members contact details.

Members were reminded of the implications of Data Privacy and the need to ensure that other members' personal details are not issued to third parties without their prior consent.

Steve Runnacles Change password Log out

Admin view

Enter search string

Home Themes Join us Events Directory **Forums** News Contact

Home > November Special General Meeting > Registration

November Special General Meeting

Add to my calendar

Review and confirm

Event: November Special General Meeting
28 Nov 2023 12:30 PM - 2:00 PM
Location: Venue 16

Ticket type: Normal - £13.00

Total amount: **£13.00 (GBP)**

Payment instructions: Please pay using a valid debit or credit card

VISA Mastercard DISCOVER AMERICAN EXPRESS

OFFLINE

Cancel Back **Invoice me** Pay online

Registration information

First name: Steve

Last name: Runnacles

Balance: -£1.00 (Overpayment)

MESSAGES

Finally, Steve gave a brief overview of using the App via a mobile phone. In particular, he listed the benefits in both security and convenience of accessing Wild Apricot via this method.

He set out that the App can be obtained via the Apple and Android App Stores and easily installed on a mobile phone.

Once installed, members can log in using their usernames and passwords in exactly the same manner as accessing Wild Apricot via a browser.

Steve showed how the App gives access to events as soon as they are listed on the system and how members can keep a track of the events they have been to.

The App also has a comprehensive directory showing details of each member.



Oh, **Millie**, how did you get to this page here?
What are you up to?
Nothing suspicious, surely, because that's the
very face of innocence!
This lovely girl belongs to Lucy Trenchard

is
STE
a

ROLLING CALENDAR

Date	Event	Date	Event
5th December	Speaker meeting: Glenda Price - Stowmarket Sugar Craft Club, raising money for St Elizabeth Hospice at Christmas	12th December	Orwell Challenge Launch - information and booking via Wild Apricot
7th December	Rock 'n Roll Panto at the Wolsey Theatre - Dick Whittington and his Cat	19th December	Christmas lunch - information and booking via Wild Apricot
8th December	Inner Wheel Christmas Lunch - Ipswich and Suffolk Club, two-course meal, £30 per person, more information and booking: sandie.manning@btinternet.com	26th December	No meeting
		2nd January	Speaker meeting: TBA NEW VENUE! Remember that from this date onwards, we'll be meeting at the Ipswich and District Indoor Bowling Club. Booking as usual via Wild Apricot

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
5th December	Eva Alcerreca Juliette Adams	Pork medallions, served with grilled tomato, mushroom, fat chips and peppercorn sauce
12th December	Jo Banthorpe David Atkins	Pasta bolognese, served with grated parmesan cheese and red onion and rosemary bread
19th December	Chris Banham John Barbour	Traditional roast turkey, served with Yorkshire pudding, roast potatoes and seasonal vegetables, followed by dessert of Christmas pudding or fruit salad (please let Lucy know by email which dessert you would prefer).
26th December	NO MEETING	
2nd January	John Button Graham Bickers Steve Flory	NEW VENUE! TBA

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Bill as well as Lucy Trenchard of any changes.

*Dietary requirements/Vegetarian option available upon request, please contact Lucy Trenchard at lucinda.trenchard@gmail.com

UPCOMING PROJECTS UPDATES

We have a few projects and activities coming up, and volunteers are welcome. Please contact the relevant club member and join in!

- **Survivors in Transition office refresh** - date to be confirmed, contact Andy Lewis.

- **Top-up shops** - this is an ongoing activity and

people involved should already be in the loop of what's happening. If you want to take part, contact Andy Lewis.

- **Rotary literacy project at Stoke High School** - contact Toby Pound for more information.

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 anyv post with those, keep them and make sure to give them to him.

It doesn't cost us anything to gather these items, so let's get into the habit (and tell friends and family)!

MISCELLANEOUS



New Lunch Venue 2024!

By Lucy Trenchard

With the year drawing to an end and our change in lunch venue imminent, I thought it would be helpful to remind members that from **Tuesday 2nd January** the new venue for our lunches will be the **Ipswich & District Indoor Bowling Club** at 136 Rushmere Road, Ipswich IP4 4JU. This is accessed



from the Rushmere Road just before the roundabout/junction with Colchester Road.

Please park up in the large car park and make your way to the main entrance. The entrance to the building is locked but please press the

buzzer to gain entry and someone will be there to let you in.

For the first lunch date, there will be a Rotarian to guide you to the Club Room where you will be met by your Duty Rotarian as usual. For those who do not know the club, the Club Room, where we will be sitting down, is along the walk way in front of the indoor bowling green near the end, and a sign over the door says 'Club Room'.

There is a bar inside the Club Room so please ensure you purchase your drinks from there rather than the main club bar, which you will pass on

your way to the Club Room.

Unlike our current arrangements, coffee is not generally served at table but is set up on a side table. I would like to suggest that each table elects one person to do the coffee for the table, otherwise we will have 30+ people queuing for coffee and may hold things up whilst the speaker is delivering their speech.

The one big change for members is the deadline for registering for lunch. Please note that **Friday lunchtime is the new deadline, NOT the usual midnight on Sunday.**

If anyone has any queries on these arrangements please let me know as soon as possible, otherwise, I look forward to greeting you to this new venue on **2nd January 2024.**



Entrance to the Bowling Club from Rushmere Road

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 15th December).

Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.

STAY PAWsiTIVE!



LINGVISTOV.COM