

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 13: 29th January 2024

## UPCOMING MEETINGS

Tuesday 30th of January at 12:55pm  
**Fifth Tuesday - Special lunch with guests at Ipswich Bowls Club**  
*Menu: Special fish pie with seasonal vegetables*  
*D.R.: None*

Tuesday 6th of February at 12:55pm  
**Hannah Walker, from Brave Futures**  
*Menu: Lancashire hot pot*  
*D.R.: Catherine Forsdike & Eric Barnett*

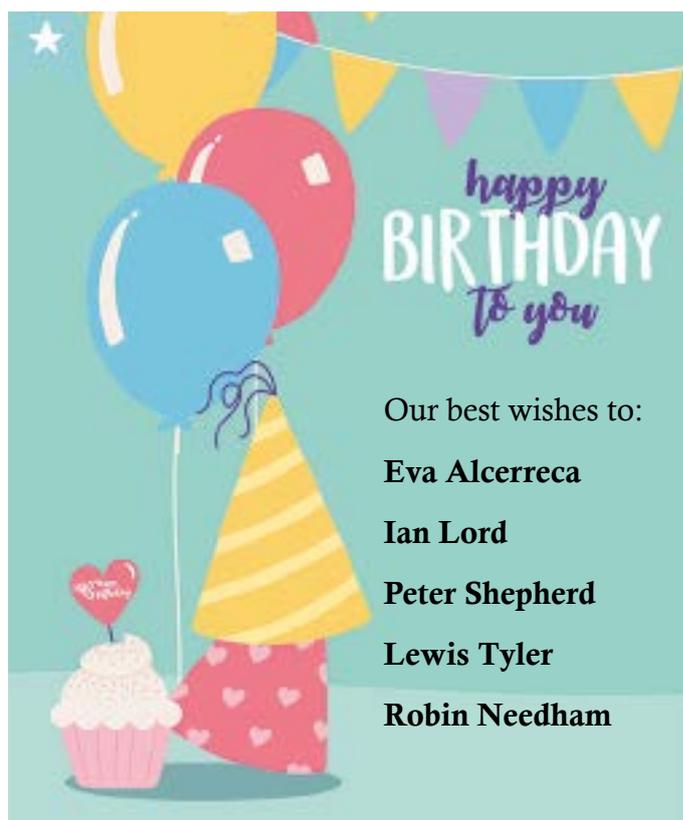
Ipswich Bowls Club

## 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

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## RECENT MEETINGS AND EVENTS

# Visit from Lynda Eastaugh, Assistant District Governor for Rotary

By Ewan Dodds

Speaker Lynda Eastaugh, Assistant Area District Governor joined us at the Bowls Club on Tuesday 16 January, standing a little late due to President George's deserved granting of Paul Harris awards to Rotarians Steve Flory and Andy Lewis, both of whom Andy reminded us had joined the Club on the same day, Steve unusually then being lost for words when replying.

Lynda had been asked to speak to us for 15 minutes (a tad longer then) about all things Rotary, and spoke at length about the experiences of other District clubs, what was working for them, and what wasn't. She identified issues with recruitment and retention, advising as we know that many clubs are "ageing", most like ours, having retired rather than working members (we had 6 out of 33 in attendance- a great turnout but begs the question?) and finding difficulties, like us, in recruiting younger, more active members.

Clearly, other clubs in District, and probably around the country are sharing the same quandaries as us, but it seems that change (or as I am advised, "adapting") needs to be afoot; we should be receptive to this, and be prepared collectively to think "outside the box" if we are to survive and thrive?

There was a heck of a lot of information in the talk, perhaps a little too comprehensive, but if anyone took just a couple of things in (and the writer feels we should listen and not think we know best), that is a positive result. But, there were interesting nuggets:

Regularity of meetings - weekly vs bi-monthly.

When? Breakfasts, lunchtimes or evenings.

Cost - too expensive for younger people.

Formality- less formal. People today expect less formality and a more casual approach, so let's consider our demographic.

Satellite, passport, "e" or associate clubs - we should consider these, not full Rotary clubs but nonetheless ways of widening our base and, critically, our appeal.

Social media - identified the need to increase our



use of this increasingly to engage the young of today who "work smart and less formally."

Fun - the need to have fun, less formal, much more photos.

To achieve these, she advised we needed real leadership in these roles (no criticism here, I am sure), but she identified 3 clubs which had already closed due to ageing, one further about to happen.

The second half was a little more challenging because it was Foundation, a "dry" subject, which she acknowledged subsequently is where often everyone goes to sleep, but Bob Parker, now tasked with the subject in my coming year, asked pertinent questions and they then had a chat at the end.

President George thanked Lynda for her excellent presentation and invited the Club to thank her in the usual way.

While challenging, clearly District should have something to offer us, still as the biggest Club. So, outcomes? Do we carry on regardless, thinking we are great and all's rosy in the garden, getting older, less active collectively (putting aside the excellent work we do undertake), resistant to change (sorry, adaptation), increasingly a "lunch" club (is that ok??), or do we need to evolve?

Questions, questions, questions.

## Inner Wheel Walk and Brunch

By Cátheáine Forsdike

Ipswich East celebrated Inner Wheel day with a walk and brunch raising funds for the Long Trust (the District Chairman's chosen charity).

Walkers set off on a cold and crisp, bright and sunny morning. Half a dozen plus dogs tackled the long walk led by Bill Pipe and others opted for a more leisurely ramble round the Fynn Valley. Meanwhile, Monica and the catering team were busy preparing bacon rolls and hotdogs ready for their return and the non-walkers. These included Alan who didn't feel that he would get very far on his crutches!

There was a welcoming log fire to gather round to eat and chat as we celebrated 100 years of Inner Wheel.





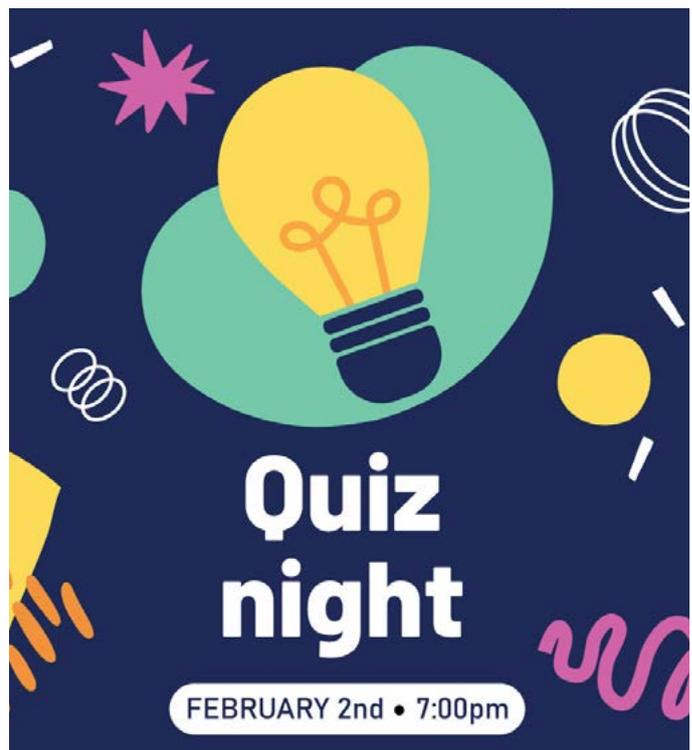
## Inner Wheel Quiz

By C ath efne Forsdike

The Inner Wheel Quiz with fiendish questions from Monica will take place on **Friday 2nd February** at Tuddenham Village Hall. 7pm for a prompt 7:30 start.

There will be a hot meal in the interval and a fruit basket for dessert. Cost is £12.50 a person. Please reserve your tables with Sandie Nicholls via email ([sandie.manning@btinternet.com](mailto:sandie.manning@btinternet.com)). Payment is preferably by BACS. Sandie will provide details when you book, but our treasurer will take payment on the night.

Funds raised will go to 4YP.



# ANNOUNCEMENTS

## NHS-funded online mindfulness course for Rotary members

By Raechel Schoder

I am contacting you in the hope that you are able to spread the word of a free NHS online mindfulness course to your members, or anyone personally you know who will benefit.

We have now run for 3 years, 3 courses a year and have had many Rotary participants from Suffolk, many of whom have attended a second time.

We are delighted to have now received funding from NHS East and West Suffolk Clinical Commissioning Groups and Suffolk Community Foundation to provide free online mindfulness courses to support older adults aged 65 and over and carers and former carers living in Suffolk.

The Gatehouse Charity is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in

Suffolk. The course is led by a clinical psychologist who is also a mindfulness teacher.

The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. We have also worked with memory clinic patients in the NHS, and it has been shown to improve memory functioning in people in the early stages of dementia, mild cognitive impairment, or people suffering from carer stress. Many participants have found it simply helps them deal with day-to-day stresses.

We currently have a course running on 31st January 2024 which involves a weekly meeting via Zoom for 1.5 hours for 6 weeks.

Free NHS fully funded  
online mindfulness course

Places are free but limited to around 15.

Raechel Schoder  
Clinical Research Assistant  
Gatehouse-Caring in East Anglia

Course length  
6 WEEKS

Start date  
31st January 2024

When?  
EVERY Monday VIA ZOOM

What time?  
10-11 AM - MINDFULNESS FOR  
CARERS AND FORMER CARERS  
(Aged 65+)

### Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

**All courses led by a clinical psychologist**

To find out more and to book, visit:  
[www.the-mindful-life.com](http://www.the-mindful-life.com)



# Message from Secretary Bill about upcoming meeting

By Bill Robinson

Dear Members

This is to give you advance notice of a really excellent speaker that SVP Ewan Dodds has recommended to us and has now been booked by Steph for our lunch on Tuesday, 20 February.

The speaker is Phil Bigley, the brother of civil engineer Ken Bigley, who was kidnapped and beheaded by Islamic extremists in Iraq, Phil now works closely with Sir Terry Waite and they give their time to Hostage International, a charity that fills a much needed gap in helping people to cope with the day-to-day emotional and practical difficulties caused by kidnapping and illegal detention.

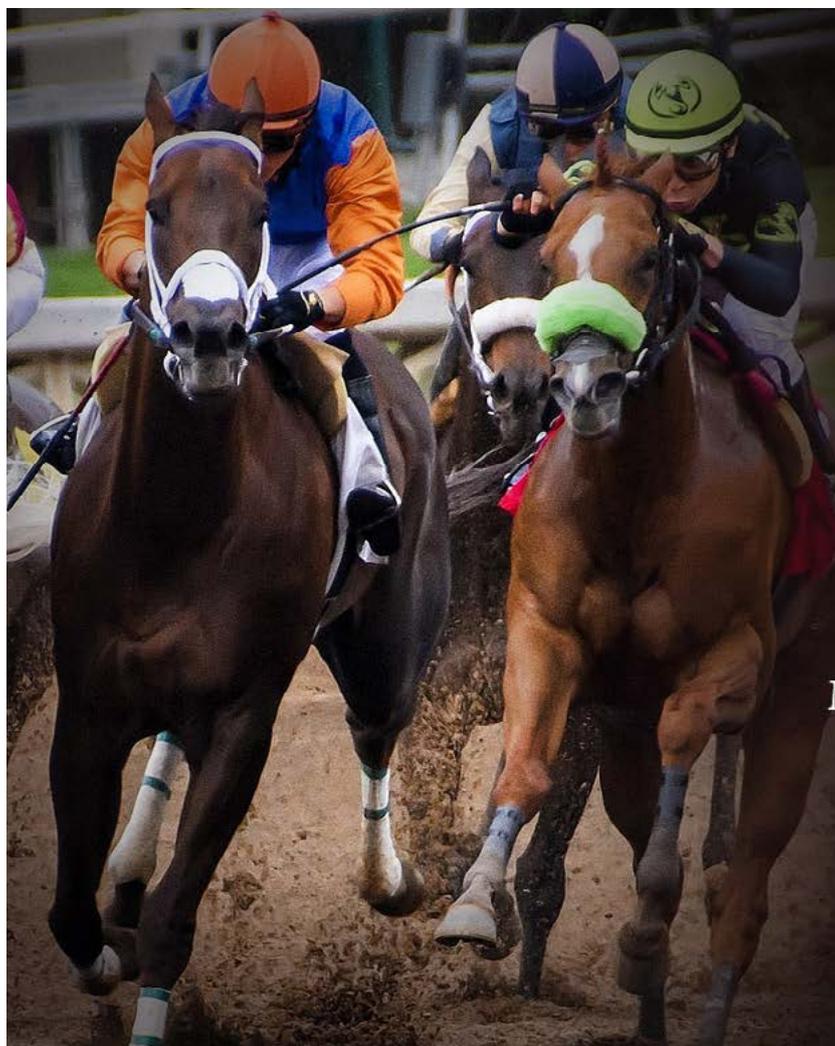
Please try and make it to lunch that day so that we can ensure a good size audience for this particular speaker.

I appreciate that this meeting is still three weeks away but if you can have a look at your diaries and fit this lunch in, it will be appreciated.

The event is already posted on Wild Apricot.



*Phil Bigley OBE (right), photographed with Sir Terry Waite*



## John Riches Race Night

Friday 22 March  
Ipswich Golf Club  
6:30 for 7:00pm start  
Meal and tea/coffee included  
£28 per person

*Book via Wild Apricot*



## You are invited to the Mayor's fundraising ball

To Steve,

Every year the Mayor of Ipswich hosts a special charity event – a glamorous ball – and this year I am raising funds for Inspire and Brave Futures.

[Inspire: We believe in youth](#)

Vision: For every young person to be empowered to raise their ambitions and realise their potential.

[Brave Futures: Be believed; be empowered.](#)

Vision: To provide a specialist support service for children and young people who have experienced sexual abuse.

These are local charities that are focused on supporting young people and I am committed to raising awareness of and funds for their vital work.

I would like to invite you to the Mayor's Ball and help make it a night to remember. As a valued member of the community, I would be delighted if you could join me there.

Ticket prices are £75 per person or £700 for a table of 10 and this includes a delicious, three course meal prepared by top chef Jamie Lee Smith, owner of Venue 16; live music on arrival from professional string ensemble Champagne Quartet and later in the evening from the popular and critically-acclaimed JS and the Lockerbillies.

There will also be an auction with a selection of highly desirable lots, conducted by local auctioneer Sharna Simmons.

I would love you to be a part of making this event the best ever. If you have any questions or require any further information, do not hesitate to get in touch with me at [mayor@ipswich.gov.uk](mailto:mayor@ipswich.gov.uk)

I greatly appreciate your support and very much hope to see you at the ball. To secure your tickets, please follow the link below.

With my sincere thanks and warmest regards

*Lynne*

Cllr Lynne Mortimer  
Mayor of Ipswich

Saturday 16th March, 2024 @ 6pm

# CHARITY QUIZ NIGHT

with Quizmaster Simon Jay  
at Seckford Golf Club, Seckford Hall Road,  
Great Bealings, Woodbridge IP13 6NT

- 4 people to a team
- £20 a head
- Includes a hot main course dinner (+ Vegetarian option)
- Arrival and food 6pm
- First part quiz starts 7.30pm Second part starts 9pm
- Licensed bar.

Payments required ahead of event to secure your team

*For payment, booking, information and questions*  
Contact David Wilson email: [wilsonfamily19@ntlworld.com](mailto:wilsonfamily19@ntlworld.com)  
who will reply with information  
Or phone 07743 282728 for additional information

Proceeds of the evening (including a Raffle) will be split equally between these 2 charities:



Specialist therapeutic support for abused children.  
'Giving abused children their lives back'



Temporary refuge and emotional support to women  
and their children experiencing domestic abuse.

# The Orwell Challenge

23rd June 2024  
47th year

- Walk or run along the beautiful Orwell estuary
- Support our charity work and, if you like, raise funds for your chosen charity or good cause
- Walk between 3 and 25 miles
- Run a validated trail marathon, half marathon or ultra marathon

[www.orwellchallenge.co.uk](http://www.orwellchallenge.co.uk)

Main sponsor

**MCP plc**  
Port Community Systems



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DAILY TIMES

Ipswich East Rotary Club Registered Charity No. 1088961

Organisers

**Rotary**  
Club of Ipswich East



# ROLLING CALENDAR

Date	Event
30th January	<b>5th Tuesday: Lunch with partners and guests at the Ipswich &amp; District Bowls Club</b> - information and booking via Wild Apricot
2nd February	<b>Inner Wheel Quiz Night, in aid of 4YP</b> - Tuddenham Village Hall, 7:00 (see details on page 4)
6th February	<b>Speaker meeting: Hannah Walker, from Brave Futures</b> - information and booking via Wild Apricot
13th February	<b>Speaker meeting: Tim Pennick from Sound On (Ipswich &amp; District Talking Newspaper)</b> - information and booking via Wild Apricot

Date	Event
20th February	<b>Speaker meeting: Phil Bigley OBE, from Hostage International</b> - information on page 6, and booking via Wild Apricot
27th February	<b>Business meeting</b> - information and booking via Wild Apricot
16th March	<b>Wolsey Rotary Club Quiz Night</b> (see details on page 8)
22nd March	<b>John Riches Race Night</b> - Ipswich Golf Club, information and booking via Wild Apricot
23rd June	<b>Orwell Challenge</b>

# DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
30th January	Not needed	Special fish pie with seasonal vegetables followed by coffee
6th February	Catherine Forsdike Eric Barnett	Lancashire hotpot
13th February	Alan Forsdike Roger Gillies	Scampi, chips and salad
20th February	Allan Gosling TBA	Chicken and gammon pie with seasonal vegetables
27th February	Liz Harsant Norman Haines	Lasagne, chips and salad

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](mailto: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!

- **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 any 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)!



Tecomán, Colima. Mexico. Photo by Eva Alcérreca

## Paul Harris fellowship awards

By Bill Robinson

For those of you who were unable to make lunch on 16 January, I am delighted to let you know that President George awarded Steve Flory (left photo) and Andy Lewis a Paul Harris Fellowship.

Both members have made an enormous contribution to the Club over recent years and have been fine ambassadors for the Rotary ethos of 'Service Above Self' since they both joined the

Club on the same day in 2007.

For the information of newer members, Paul Harris was the founder of the Rotary Movement in Chicago in 1905 and a Paul Harris Fellowship is the highest honour a Club can bestow on a member, and it recognises those that have given substantial service within Rotary and the wider community.



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](mailto: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 9th February).*

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

STAY PAWsiTIVE!



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