



LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 15: 26th February 2024

UPCOMING MEETINGS

Tuesday 27th of February at 12:55pm

Business meeting

Menu: Lasagne, chips and salad
D.R.: Liz Harsant & Robin Needham

Tuesday 5th of March at 12:55pm

Speaker meeting: Fran from Suffolk Rape Crisis Centre

Menu: Roast pork with crackling, apple sauce
and seasonal vegetables
D.R.: David Chittick & John Hutton

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>	Steve Flory
<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

Hannah Walker, from Brave Futures

By Eric Barnett

Hannah Walker, who is Fundraising & Marketing Manager for the local charity *Brave Futures* gave us an insightful and thought-provoking talk on the 6th of February about the role and work of her organization.

Operating within Suffolk and Norfolk, Brave Futures is a specialist support service for children and young people up to the age 18 years who have experienced sexual abuse, and the Charity's involvement begins after the child has disclosed being sexually abused to the police and/or Social Services.



Hannah Walker and President George

Its main purpose is to provide a safe environment within which the children or young people can make sense of the confusion they feel and where they learn the skills they need to rebuild their futures, manage the traumas they have experienced and move on from being simply a victim or survivor.

Hannah said there is now a greater readiness to discuss child sexual abuse and to find solutions that provide better protection for children.

As to the scale of the problem, Hannah commented that as many as 1 in 10 children suffer some form of abuse, and there were 14,500 children in Suffolk who were in need of help and support; compare that with the fact that Brave Futures are only able to help 350 children per year.

Hannah emphasised that the sexual abuse of children was preventable, with children being unwilling participants – in fact, sometimes victims were too young to know what had been done to them; Brave Futures youngest client is only 2 years old.



She added that of the number of cases referred to the police, some 50% were accorded the status of “No further action” and only 17% of the perpetrators had action taken against them.

On a more positive note, Hannah said that they had just launched an education programme for 7-11 year-olds and the charity was going into schools to promote better awareness of the problem amongst that age group, and to empower children more widely.

She added that Childline was very supportive of their work and offered an excellent reporting channel.

Our members were very appreciative of Hannah's presentation, which underlined her commitment and dedication to the elimination of an abuse which is totally unacceptable and blights the lives of so many young children.

Tim Pennick of 'Sound On', the Ipswich and District Talking Newspaper

By Roger Gilles

President George Woodward made an unusual introduction at the February 13th lunch when he welcomed a guide dog to the top table. Kola's behaviour was, however, impeccable as his master, Tim Pennick, introduced us to 'Sound On', the Ipswich & District Talking Newsletter, which he and his wife Rachel have organised since the late 70's.

The Talking Newsletter service is largely unknown to those with sight but, to people who are visually impaired, it is a vital link with regional news and items of local interest. The process of distributing this information is simple but labour intensive. Those using the services provided by Microsoft will be familiar with the 'cut and paste' function on their computer or laptop, whereby editing is achieved electronically. For Tim and Rachel and their volunteers, however, the term cut and paste means exactly that; in their offices in the Ip-City Centre, each Thursday is spent selecting reports from the East Anglian Daily times and the Ipswich Star and literally cutting them out and pasting them on to card.

These articles are then read out by volunteers and recorded on memory sticks which are then sent by post to around 200 people in Ipswich and surrounding towns. This 'low-tech' approach is part of the appeal for the Sound On's audience, as the majority of people using the service are in their 80s and 90s. Many people of advancing years are unused to coping with the restrictions imposed by failing eyesight and therefore welcome a simple system of keeping up with local news and events.

The memory sticks are delivered in purpose-made pouches and are easily inserted into a player provided by Tim and his volunteers — those with a large circular volume control are best, as they are easier to operate than later push-button models. Having listened to the news, members simply return the pouch and memory stick to the Newspaper by post. In addition to weekly news, Sound On issues a 6-monthly audio newsletter which is distributed by the same process, and



Tim and Kola going for a stroll

both the weekly news and the newsletter are available online via Google. All the hardware: memory sticks, pouches and audio players are made available free of charge to members, and the organisation is entirely voluntary.

The history of Talking Newspapers can be traced back to the early 60s when tape recorders became more easily available to the public. Those with early record players may recall the 16 rpm speed on the turntable — this speed was intended for talking books, which meant that books could be

enjoyed by those unable to read and those who hadn't mastered Braille. Very little local news, however, was available by this method and it was the tape recorder which opened up the possibility of local audio news agencies.

There are now nearly 350 Talking Newspapers around the country and in Ipswich Tim and Rachel can draw upon a pool of around 50 local volunteers. Sound On relies entirely on voluntary contributions to support the rent for their small office in the Ip-City Centre and all the necessary hardware needed to bring the news to local

visually impaired people.

At our lunch, Tim and Rachel expressed their thanks for the contribution that the Club made to Sound On and Alan Forsdike, in giving a vote of thanks, mentioned that some of our members were volunteers. He said that he recognised Norman Haines' voice as one of the newsreaders when his mother used the service!

If you would like to volunteer or give a donation to 'Sound On' please contact Tim at tim.pennick@btinternet.com

Phil Bigley OBE, from Hostage International

By Allan Gosling

Phil Bigley OBE, from Hostage International, and who has lived in Ipswich for 42 years, gave an informative and interesting talk on the 20th of February.

His charity was formed 20 years ago by Sir Terry Waite and a group of former hostages and family members who wanted to ensure that anyone going through a kidnapping incident has access to a supporting network with specialist care, all free of charge.

Phil spoke of his Brother Ken, who was working



in Abu Dabi rebuilding utilities in Bagdad, when he and two Americans were taken hostage. All three were executed, despite the great help he had from Sir Terry Waite.

We were told of several hostages taken in Niger, Somalia and Syria, some of whom were released and others killed, and how his charity supports returning hostages and their families.

The vote of thanks was given by Ewan Dodds.



Past-Presidents dinner 2024

Photos by George McLellan



ANNOUNCEMENTS



*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

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
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:

 **Brave Futures**
Be believed. Be empowered.
Specialist therapeutic support for abused children.
'Giving abused children their lives back'

 **Lighthouse**
For a brighter future for women and children
Temporary refuge and emotional support to women
and their children experiencing domestic abuse.



Ipswich East Rotary Golf Day

Purdis- Ipswich Golf Club

In aid of Eden-Rose Coppice

Thursday 23rd May, 2024
£330 per team of 4

Bacon rolls on arrival and lunch

For further details please contact Chris Harrall
at Chrish@charrallassoc.com
Sponsorship of holes is available at £100

- Top 50 Course in the UK
- James Braid design
- 1895-1995 centenary





THE ROTARY CLUB OF IPSWICH WOLSEY

District No. 1080

Club No. 1678

CHARITY GOLF DAY



AT HINTLESHAM GOLF CLUB, HINTLESHAM,
SUFFOLK IP8 3JG ON WEDNESDAY 10th APRIL 2024

**ALL proceeds will go towards FIND (Food bank)
and other Rotary charities**

The Rotary Club of Ipswich Wolsey once again promises you a great fun day of golf, for a mere £70 (£35.00 for Hintlesham golf club members) This includes:

- Coffee and a bacon roll on arrival.
- 18 holes round of golf.
- One main course dinner after.
- Prizes.
- Raffle.

FOR DETAILS CONTACT DAVID KNOWLES -
E-MAIL davidknowles2857@msn.com
Mobile 07769 583610



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

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



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

Main sponsor
MCP plc
Port Community Systems

Media partners
BBC RADIO SUFFOLK **EAST ANGLIAN DAILY TIMES**

Organisers
Rotary
Club of Ipswich East

Ipswich East Rotary Club Registered Charity No. 1088961



Orwell Challenge registration numbers update

The deadline for the early discount is almost here, so please help us spread the word and get even more people signed up **by 29th February**.

Numbers are steadily rising, and at a better rate than last year, so let's keep promoting the event to make sure we have another successful year!

As of 26th February, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	206
Family walk	2
Child walk	1
Half marathon	26
Marathon	22
Ultra marathon	7
Total	264

ROLLING CALENDAR

Date	Event
27th February	Business meeting - information and booking via Wild Apricot
5th March	Speaker meeting: Amy, from Dora Brown (TBC) - information and booking via Wild Apricot
12th March 	Speaker meeting: John Carrington, Chairman of Woodbridge Tide Mill - information and booking via Wild Apricot
16th March	Wolsey Rotary Club Quiz Night (see details on page 6)
19th March 	Speaker meeting: Jason Alexander - Rubbish walks - information and booking via Wild Apricot

Date	Event
22nd March	John Riches Race Night - Ipswich Golf Club, information and booking via Wild Apricot
10th April	Rotary Club of Ipswich Wolsey Golf Day, in aid of FIND and Rotary charities - contact Bill Robinson or Des Cunningham
23rd May	Annual golf day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall
23rd June	Orwell Challenge - as always, all hands on deck!
4-11th September	Visit from our American twinned club friends from Ipswich, MA - Several events planned, keep an eye on club's communication channels

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
27th February	Liz Harsant Robin Needham	Lasagne, chips and salad
5th March	David Chittick John Hutton	Roast pork with crackling, apple sauce and seasonal vegetables
12th March	Billy Izzard Neil Keveren	TBC
19th March	Martin Whitworth Andy Lewis	TBC

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!

- **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.

- **River Gipping litter pick activity** - planned for early April. Toby Pound is leading the project, and River Gipping Trust will be involved too. More information to follow.

- **Annual Golf Day** - our annual event will take place on 23rd May at the Ipswich Golf Club. Volunteers are needed to help with sign-in, raffle, and general hospitality chores. Please contact Chris Harrall if you can help.

- **Potential litter pick activity around Levington Creek** - in preparation for this year's Orwell Challenge. More information to follow.

- **Orwell Challenge 2024** - Sunday 23rd June. As always, this activity requires everyone's involvement to ensure its continuing success, so please keep your diaries free for that date.

- **Rotary Club of Bury Abbey's Classic Car Show** - Sunday 14th July. Volunteers wanted to assist with the running of the show. Please contact Bill Robinson by mid March if you can help. Bury Abbey RC offer £50 towards our Benevolent Fund for every half day that a member spends at the event.

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)!

MISCELLANEOUS

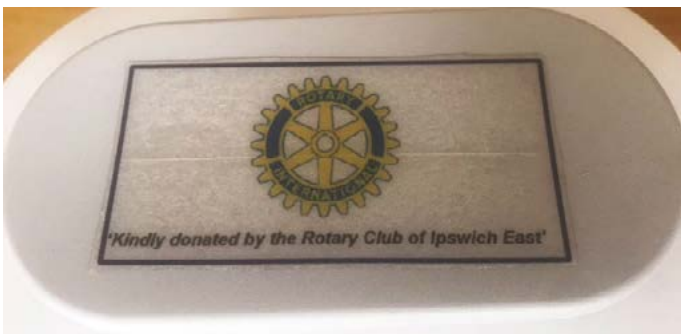
Nebulisers handover

By Andy Lewis

Last April our Club was approached by Asthma Relief, a national charity supporting asthma sufferers, for a possible donation which the Club agreed to in the last grants round.

Our donation of £500 enabled us to purchase three mains / battery nebulisers which we donated to the Lung clinic at Ipswich hospital.

President George Woodward presented the nebulisers to Stephen Campbell on Thursday 15th February, for which they were extremely grateful. They will be put to very good use helping those suffering from asthma in Ipswich and East Suffolk.



Ipswich East Sports report

By Des Cunningham

We have a variety of sports activities coming up, many of them already with a date set, so join us! All members are welcome to enter all events, and hopefully, you'll find something you like.

- Annual **golf** knockout - June-September 2024
- Annual **golf** day - preliminary date 15th July, Ipswich Golf Club
- **Croquet** - Ipswich Croquet club on Bucklesham

Rd, with a preliminary date of 11th August.

- **Snooker** - Ipswich and Suffolk Club, preliminary date set for late September - October.

Still to confirm: **archery**, and **bowls** match.

We will also look to arrange a **10-pin bowling** date during the winter months.

Allan will continue to arrange the **indoor bowls**, and contacts with other clubs for golf events.

If you have any ideas for other events please give me a call.

Furniture project for Cancer Support Suffolk

By Dave Atkins

Our own Mark Murphy (who is the CEO of the newly retitled Cancer Support Suffolk charity) recently asked for some assistance to dismantle, dispose of, and replace old office furniture from their offices in St Margarets Street.

A posse of Rotarians comprising of Mick Rudkin, Bill Pipe, Bill Robinson and Dave Atkins duly descended over a number of days on the offices. They dismantled and removed the unwanted furniture, and using a Luton van kindly loaned by Steve Flory, collected some lovely 'nearly' new furniture (donated by Willis Towers Watson). This was subsequently delivered and installed into the charity's offices over two floors, negotiating some pretty challenging winding narrow stairs in the process.

The offices now boast a lovely new circular meeting table and chairs, along with substantial filing cabinets on the ground floor. Additionally, a set of splendid ergonomic desks and chairs were installed in the upstairs offices.

One last visit is required for us to remove and dispose of the remaining unwanted chairs and furniture, and this phase of support work will be completed.



Proceeds from the 2023 John Riches Race Night

By Steve Runnacles

On Tuesday 6th February at lunch, Anne Riches made a presentation to Jon Neal of Suffolk MIND matching the proceeds from the 2023 John Riches memorial race night.

Anne had kindly matched the proceeds of the evening held last march, where £1,822 were raised, and, therefore, Suffolk MIND received £3,644 in total.



Buggy handover

By Andy Lewis

Earlier this year, the Club was approached by Becky Murton, mother of two and a half year old Henrietta (Etta) who suffers from T-Cell acute lymphoblastic leukaemia having been referred by Cancer Support Suffolk.

Becky was looking for a contribution to a new buggy, as Etta has outgrown her current one. The request for funds was supported by a donation of £150 from our Community Support Fund, and on Monday 12th February, our President met with Becky and Etta at Needham Lakes to hand over the buggy.

Etta is a content little girl, however, she needs to be fed by a tube for 6 hours a day. It was very distressing to hear that in her very short life, she has had three cardiac arrests, and in each case her parents said their goodbyes to her! The very good news is she has responded positively to chemotherapy and is now in remission.

On a separate note, her mother is due to have a stoma bag fitted in the near future.

Our president wishes both Etta and Becky, and the rest of her family, all the very best for their future treatments and happiness.



It was lovely to meet you both today. Thank you so much for your help! We wouldn't have been able to get the buggy we needed without your help.

We have never had to ask for any kind of help prior to cancer, and it's not an easy thing to do when you're very used to working hard to provide for your family. Unfortunately, life can change overnight.

When we were at Addenbrooke's last week, we got there at 11:00 pm and there was no cot for Etta, so she slept in the buggy until one became available a few hours later. It's a great size for her, being bigger now, and she's able to lay down, where I can see her through the cover, and it carries her machine too. She isn't always able to walk or bear her weight, so it's going to be very well used.

It's perfect. Thank you.

Take care,
Becky & Etta

Thank you note from Becky Murton

Thank you letter from Sound On



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 8th March).

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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