

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 15: 10th February 2025

UPCOMING MEETINGS

Tuesday 11th of February at 12:55pm
Speaker meeting: ICENI
Menu: Sausage casserole
D.R.: Neil Hewitt & Elizabeth Hughes

Tuesday 18th of February at 12:55pm
District Governor visit
Menu: Hunter's chicken
D.R.: Ross Lunney & Ray Walters

Ipswich Bowls Club

CLUB OFFICERS 2024-25

<i>Acting President</i>	George Woodward
<i>Senior vice-president</i>	Steve Flory
<i>Junior vice-president</i>	Steph Mackentyre
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren
<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>	Ed Nicholls
<i>Almoner</i>	Elizabeth Hughes

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Pam Talman - Butterfly Volunteers

By Ali Baldry

On Tuesday 7th January we received a very informative talk from Pam Talman on behalf of the Hospital Butterfly Volunteers. The service emerged in 2019 and supports end of life care by visiting people in their last days of life.

The Butterfly Service co-ordinators manage a team of specially trained, dedicated, compassionate and highly skilled Butterfly Volunteers. The carers have time to support patients, family and friends at a very distressing time. They are able to sit and talk to people so they are not left alone and give families time to do essential tasks if they need to leave their loved ones' bedsides. In 2024 they made over 1700 visits to patients.

At the bedside, volunteers may:

- sit quietly
- hold a hand
- give reassuring touches on the shoulder or arm.
- talk to the patient if they are alert
- read a book or recite some poetry
- play gentle music.
- offer reassuring words such as 'you are safe, you are being looked after' especially if a patient appears distressed or agitated
- give one of their crocheted or knitted blankets/hearts/worry worms/finger teddies, which are lovingly handmade and donated
- chat to relatives if present, allowing them to reminisce and talk with their loved one about special memories
- offer parking permits to relatives
- leave a Butterfly 'Visiting Card', which states who visited and when. If relatives are present, they also invite them to fill in the card about what their loved one's likes and dislikes are
- liaise with the nursing staff and be an advocate for the patient
- take pressure off the nursing staff by being able to give undivided attention (non-clinical) to end of life patients.

What the Butterfly Centres offer you:

A quiet space

They are fortunate to be situated as stand-alone buildings (porta-cabins) and therefore they are away from the everyday busy hospital corridors.



Advice and signposting

They have their own directory that they have compiled with a vast list of support services for local areas as well as some of the bigger national support services.

Emotional support

They have found that, out of everything, one of the most vital things they can do to support patients, families and carers is offering a listening ear.

Refreshments

Their centres are equipped with a small kitchen area and they are able to offer tea or coffee, which we all know helps to get conversations started.

Anyone can offer to be a volunteer, there is no age restriction. You are initially assessed by a care co-ordinator before being sent out on the wards with an experienced volunteer to see what is involved at the bedside before being sent out to act as the volunteer whilst being screened by an experienced volunteer to see if you are able to offer the necessary support.



Getting stuck in to protect charity's sacred space

By Steph Mackentyre

Despite the damp weather, volunteers Andy Lewis with his wife Julie, Karen Finch, President George Woodward, Martin Whitworth, John Button, David Chittick, Bill Pipe, Neill Keveran, me and my husband Steve, planted 400 hedge saplings along the boundary fence at Brickmakers Wood in Ipswich for the Eden-Rose Coppice Trust Suffolk Cancer Charity.

The charity has had a problem with vandalism, so it's hoped the varieties of spiky hedging we planted will act as a further deterrent along the wood's fenced off boundary.

It is an incredible charity that vastly improves the mental health of people who are living with a life-limiting diagnosis, mental health issues, loneliness, and feelings of isolation. Brickmakers Wood is a truly sacred space right in the heart of Ipswich.

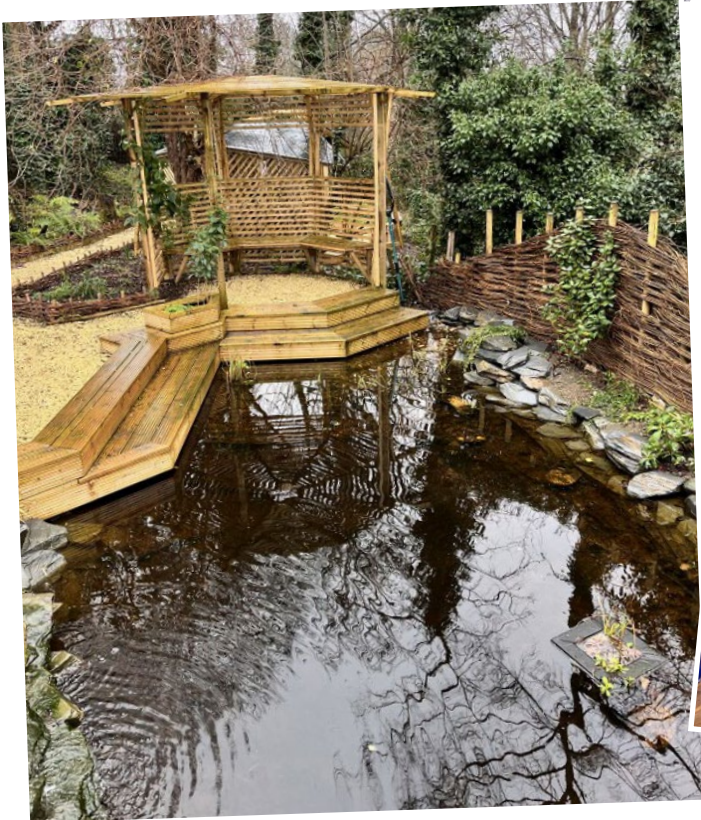


Jo Brooks, Manager, and Robert Brooks, founder of the Eden Rose Coppice Trust, were on hand to greet our work party when we arrived. Jo and Robert began by showing us how to carefully plant the saplings, support them with canes and protect each of the tender plants with wraparound, eco-friendly collars. Their volunteers at Brickmakers Wood have created and manage this special piece of woodland for the benefit of many other people who find themselves in desperate need.

Jo Brooks said, "A huge thanks to the team from Ipswich East Rotary Club for planting all of our trees. It was a real achievement in only a couple of hours. Special thanks also to The Conservation Volunteer Trust who donated the trees to us."

The hedging will need some help this time next year with pruning to help the young trees to bush out, plus watering once the weather warms up. So more volunteers from the club will be sought.

It was a great example of our Rotary Club at its best. An evening is due to be arranged in the Spring for the club to visit Brickmaker's Wood to find out more about the brilliant works they do there for our local community.



» Getting stuck in to protect charity's sacred space

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The charity has had a problem with vandalism so it's hoped the varieties of spiky hedging will act as a further deterrent along the wood's fenced off boundary. Rotarian Andy Lewis, who is chair of the community service committee and regularly organises volunteers to help local charities, said: "It is an incredible charity that vastly improves the mental health of people who are living with a life-limiting diagnosis, mental health, loneliness, and feelings of isolation. Brickmakers Wood is a truly sacred space right in the heart of Ipswich."

Jo Brooks, manager, and Robert Brooks, founder of the

Eden Rose Coppice Trust, were on hand to greet the volunteer work party from the Rotary Club.

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Jo said: "A huge thanks to the team from Ipswich East Rotary Club for planting all of our trees. It was a real achievement in only a couple of hours. Special thanks also to The Conservation Volunteer Trust who donated the trees to us".

Stephanie Mackentyre

If you are a local charity and you'd like help from the willing hands at the Ipswich



Getting stuck in

Image: SUPPLIED

East Rotary Club, you can get in touch by emailing rotaryipseastsecretary@

outlook.com. For details of how you could be part of Ipswich East

Rotary Club and help the community go to www.ipswicheastrotaryclub.co.uk

Our planting project was also featured on the EADT. Well done, team!

Slimming World to Minster Church

By Eric Barnett

Our hopes of learning how to shed a few pounds in weight were dashed last Tuesday when our programmed speaker did not arrive. Instead, who stepped into the breach – our very own Alan & Catherine Forsdike and Liz Harsant, who brought us up to date on recent matters ecclesiastical and environmental in Ipswich.

On a personal note, Alan told us that he and Catherine had returned to the world of paid employment in September 2024 when they were appointed as Interim Chaplains to the Bishop of St. Edmundsbury and Ipswich. Their appointments will continue after February 2025 when Bishop Martin Seeley retires as they will be assisting Acting Bishop Graeme Knowles until the appointment of the next Diocesan Bishop. We wish them well in this important task.

Alan then reported on the celebrations linked to the elevation in status of our Civic church St. Mary le Tower, Ipswich to that of a Minster Church; I suppose you might say that in football parlance this is equivalent to being promoted to Championship level. Undoubtedly this is a significant honour and should do much to boost community pride in our town, especially when we learned that there are only about 30 other Minster churches in England. Bishop Martin Seeley, soon to retire from his post, was delighted to



David Chittick with speakers Alan Forsdike and Liz Harsant

sanction this elevation of status and stressed that the change would further reinforce its role as a centre of service to the community in Ipswich.

Liz Harsant spoke on another community subject, namely “Greener Ipswich” and the proposals to improve the appearance of three areas in the town centre. The specific locations included a site adjacent to St. Mary le Tower and involved the provision of planters, the renovation of existing seats as well as reducing the visual impact of an unattractive brick wall; the other sites were at the bottom of Berners Street near Radio Suffolk and near the old Crown Court. As Chairman of Suffolk County Council, she was particularly delighted to report that they are providing £70,000 towards this work.



*"Anglican clergy from across Suffolk joined the rededication service" -BBC
We can see our very own Catherine and Alan Forsdike among them!*



"Bishop Martin, Mayor of Ipswich Elango Elavalakan (...) with a retirement gift for Bishop Martin" -BBC

You can visit this link for the article about the new Minster:
<https://www.bbc.com/news/articles/cwy775nzy3xo>

Bishop Martin is an honorary member of our Club.

St Mary le Tower redesignated as Ipswich Minster

With amongst many, Griff Rhys Jones, who gave this speech:-

"I've always loved Ipswich – the 42nd largest town in the UK. I like it because it's worth exploring. It seems to conceal its real truths, so many are hidden in back alleys, behind insurance offices or shots up leafy back roads, museums, churches – old institutions, fine buildings.

"St Mary's is already denoted a civic church, a church that enjoys the value of corporate governance. When King John recognised the importance of Ipswich by granting its charter, the citizens of Ipswich gathered in these very grounds, just outside, to swear on a Holy Bible that they would uphold the letters of the charter.

"Now, we must uphold the distinction of this church being made a minster. What a marvellous town centre church this is. How marvellous that its importance of work has been recognised, how marvellous that we are gathered here today like so many local people have for centuries"



ANNOUNCEMENTS

'John Riches' Race Night

in aid of Cancer Support Suffolk

Friday 21st March
Ipswich Golf Club
6:00pm for 6:45pm

£30 per person
(includes meal, plus tea and coffee)

Rotary
Club of Ipswich East



For dietary requirements, please contact
Ray Walters at raywalters099@gmail.com









29th June 2025
48th 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 (55k)

www.orwellchallenge.co.uk





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Club of Ipswich East



Ipswich East Rotary Club - Registered Charity No. 1088961

Orwell Challenge registration numbers update

Our flagship event gets closer and closer, with 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 10th February, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	130
Child walk	4
Family walk	4
Half marathon	10
Marathon	12
Ultra marathon	5
Total	165

ROLLING CALENDAR

Date	Event
10th February	Club Council meeting.
11th February	Speaker meeting: ICENI. Details and registration via Wild Apricot.
18th February	Speaker meeting: District Governor visit. Details and registration via Wild Apricot.
25th February	Business meeting. Details and registration via Wild Apricot.
14th March	Orwell Challenge route check: Levington Creek to Cordy's. Club members are invited to walk the route between those two checkpoints (about 6 miles) to check its condition ahead of the OC. Please contact John Button if you wish to participate.

Date	Event
21st March	3rd John Riches Memorial Race Night. Ipswich Golf Club, 6:45pm. Details and registration via Wild Apricot.
22nd March	Ipswich Wolsey RC Charity Quiz Night - 6:00pm, Seckford Golf Club. Teams of 4 persons max, £20 per person (which includes a hot main course dinner). In aid of Suffolk Family Carers and Cancer Support Suffolk. Contact: David Wilson wilsonfamily19@ntlworld.com
8th May	Ipswich East Golf Day - Ipswich Golf Club. Volunteers needed. Contact Chris Harrall.
29th June	Orwell Challenge - all hands on board!

At a glance: If you want to get an idea of what we have going on when, make sure to check out the calendar page on our website: <https://www.ipswicheastrotyclub.co.uk/calendar/>

You will be able to see what kind of events we have coming up, and you can also check against that when organising activities to avoid any clashes.

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
11th February	Neil Hewitt Elizabeth Hugues	Sausage casserole
18th February	Ross Lunney Ray Walters	Hunter's chicken
25th February	Graham Bickers Des Cunningham	Roast pork & crackling
4th March	Jem Doncaster Nigel Farthing	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 Robin as well as Steve Flory of any changes.

** These duty Rotarians are looking for a replacement, please contact secretary Robin if you can help.

*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at steve.flory@hotmail.co.uk

UPCOMING PROJECTS UPDATES

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

- Orwell Challenge preparation: Levington Creek to Cordy's - Club Members are invited on Friday 14th March to help check the next section of the Orwell Challenge route from Levington Creek to

Cordy's, it is about 6 miles

If you wish to participate please let John Button know john@button.me.uk

- Ipswich East Annual Golf Day - Ipswich Golf Club, 8th May. Volunteers will be needed. Please contact Chris Harrall.

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.

The Ipswich Rotary Club is collecting spectacles, which get forwarded to SpecSort York. After sorting and grading them, they're taken to Africa. Please contact Peter Rogers at: peterrogers327515@gmail.com.



MISCELLANEOUS

Generators for Ukraine - Press release

By Bob Parker

You can see next page the press release regarding our efforts in providing Generators to the Ukraine.

There is an error in the text, though, as we have in fact provided 4 generators now, not 3, and I would hope that perhaps this will spur the club onto doing more. As Chair of Foundation, I would like to think we can send at least another 4 with the next batch;

£2K is not a lot in the grand scheme of things for us to raise, and it makes a huge difference to the people receiving them.

To see the full article, published on the Ipswich Star, please follow this link: <https://www.ipswichstar.co.uk/news/24906546.ipswich-rotary-club-helps-provide-generators-ukraine/>

Ipswich Rotary club helps provide generators for Ukraine

4th February

CHARITY IPSWICH SUFFOLK



The club has donated three generators (Image: Supplied)



By Chloé Western
Reporter
@ChloeWestern

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An Ipswich club has helped fund three generators for Ukraine.

Ipswich East Rotary Club, in partnership with their twinned Rotary Clubs in Ipswich, Massachusetts, and Germany, donated £1,500 to the Plant and Hire Aid Alliance.

These generators will supply vital power to hospitals, health centres, schools, and homes throughout eastern Ukraine, where Russian attacks have caused severe damage to power stations and the transmission grid.

The donation from Ipswich East Rotary Club will help restore power and alleviate the suffering of the victims of the ongoing conflict.

The three generators will be part of a delivery of 78 generators provided through the Aid Alliance before Christmas.

The delivery was originally planned as a single container load but was split due to extended delivery times.

The Plant and Hire Aid Alliance has already raised more than three million to support the people of Ukraine.

However, the founder, Jeremy Fish, said: "Much more is still needed.

"We are hugely grateful to all our supporters, but we need them all to keep going with their amazing work to help the people of Ukraine.

"Whether it's one of the tens of thousands of Christmas presents we deliver to the children of Ukraine every year or a vital generator that heats and lights a hospital treating victims of the bombings, we know that every donation is truly appreciated and makes a genuine difference to their lives."

For more information about the work of the Plant and Hire Aid Alliance, Ipswich East Rotary Club, or the broader Rotary movement, visit their websites.

Mr Fish added: "This war is not stopping, and so neither are we.

Get involved with the news

Send your news & photos

Most read Commented

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- 4** Ipswich man ordered to pay £750 compensation after assault
- 5** Thousands of brittlestars wash up at Suffolk beach
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- 7** Police stop Ed Sheeran from busking
- 8** Could you be the new owner of the iconic Ipswich Toys 'R' Us sign?
- 9** Deal or No Deal record breaker from Ipswich shares his game show story
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WHERE HAVE ROTARIANS BEEN?

Ed Nicholls visited Steph at the Suffolk Sound studio to talk about his most recent book.



The spectators are getting their spots ready to watch this year's Orwell Challenge!



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 21st of 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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