



LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 19: 21st April 2025

UPCOMING MEETINGS

Tuesday 22nd April at 12:55pm

Business meeting

Menu: Beef stew & dumplings

D.R.: Peter Shepherd &

Michelle Bevan-Margetts

Tuesday 29th of April at 6:15pm

Fifth Tuesday: Visit to Ipswich Hospital

Menu: Buffet

D.R.: Not needed

Ipswich Bowls Club

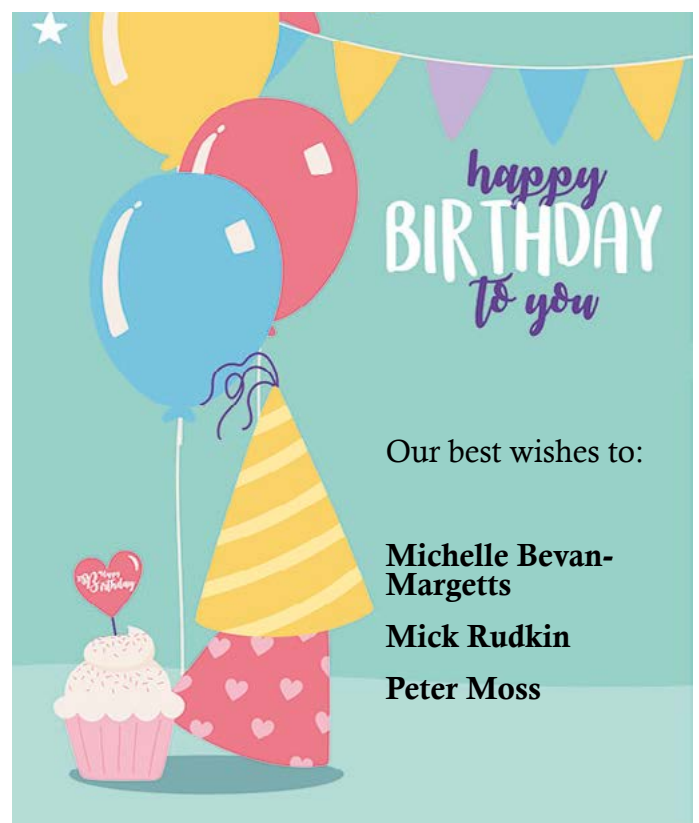
CLUB OFFICERS 2024-25

<i>Acting President</i>	Steve Flory
<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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Garden Clearance

By Andy Lewis

On Monday 17th March, the Magnificent Seven rode into town (well, actually, we all drove to Highfield Road). Our mission: to transform an overgrown garden into something useable for a single mum and her two hyperactive children. We were asked for our help by the charity Family First.

The first job was to clear the overgrown vegetation and cut back trees, loading everything up into the skip that was very generously donated to us by Collins skip hire. The next task was to level the land and put down some top soil. We are very grateful to Bright Acres who kindly gave us a massive discount on the cost of the rotavator hire. The final job was to lay the turf, which had to be delayed due to the dry weather we have had.

Also, bottom of the garden has been sown with wild flower seeds to create a natural wildlife habitat.



Before, with Jem already tackling the brambles

A very successful project with a great end result.

My thanks go to the Magnificent Seven: Eva and Matt, Jem Doncaster, Des Cunningham, my wife Julie and me, all under the project leadership of Billy Izzard who organised all the necessary hires and supplies through his gardening business.

The photos show what a transformation was achieved... if any TV companies are interested, we are happy to do more in our 'Trash to Flash' garden makeover mini series!



The gang hard at work



A big thank you to Collins skip hire for the donation of the skip



After



We had a visit (and donuts!) from a representative of Family First



Removing big roots and stones before the rotavator work

Claire Staddon - CEO of Emmaus Suffolk

By Alan Forsdike

Claire Staddon, CEO of Emmaus Suffolk was an inspiring and engaging speaker last 8th April. Emmaus Suffolk is a member of a secular international federation and remains an independent local charity. There are 30 Emmaus Projects in the UK and over 300 across the world. All money raised in Suffolk stays in Suffolk. A massive 87% of funds deliver their Charitable Cause and 50% of their costs are generated by their Social Enterprise arm. What's more, half the staff are people who were helped get on their feet by the charity.

Emmaus focus on working to avoid homelessness and social isolation amongst people. They do this in several ways:

Social Enterprises:

Emmaus have four charity retail shops, run a house clearing business and a community café. The aim is to both generate surplus income to fund their charitable activities, and to provide volunteering and training opportunities for their service users as a route into paid employment both internally and externally.

Charitable Activities:

- Well-being community hubs in Ipswich and Felixstowe for adults only.
- Free community groups such as singing group and kids and carers groups based in Ipswich.
- Subsidised meals at the Community Café/ fairly priced household goods.



President Steve with Claire Staddon

- Supportive employer - 50% of their paid staff are recruited from their own service users; they are a Real Living Wage employer.

Emmaus are located at:

- Carr Street, Ipswich Dales Road, Ipswich
- Great Eastern Square, Felixstowe
- 40 Thoroughfare, Woodbridge
- They have a Community Café at 'The Royal Oak', 175 Felixstowe Road, Ipswich, and will shortly be opening a branch on Meredith Road to mimic what is done in Felixstowe.

The two Well-being Hubs located at Great Eastern Square, Felixstowe and The Unity Centre, Whitton, Ipswich, give opportunities for people to share experiences and build connections to avoid crises. The hubs offer Arts and Crafts, games and companionship and a range of free-to-access

groups run by trusted partners. There are even wheelchair accessible Community Gardens at the Ipswich sites.

Outreach from the hubs is with Hollesley Bay where the charity helps people move on through a prison day-release programme providing work experience and vocational qualifications for those on a pathway to release from prison. With those helped so far, there has been no reoffending.

Housing:

Emmaus has seven supported housing spaces located in two houses of multiple occupancy across Ipswich, where users can stay as long as they need (up to 2 years). These are modular homes to get people set up in new jobs and start to stand on their own feet. They are asked to work as volunteers with the charity for 16 hours a week. The neat thing is that the DWP recognise that after a stay doing work, they are “ready for work” and the people move on to paid employment.



At both housing sites, companions (tenants) buy and prepare their own food, and the space is managed by companions and staff with weekly checks.

The Well-being Team work with companions to create CV's, hold employability workshops and actively look at projects in the local community that can help broaden their skills and knowledge.

Employment and Training courses:

Whether people live with Emmaus or in accommodation locally, the charity offers a free-to-access training programme that is based on up-skilling people and preparing them for work, through volunteer programmes at the Royal Oak Community Café.

NRC & Volunteer Offer:

They offer meaningful activities to members of the local community by way of volunteer opportunities in the retail, community café and community hub settings.

Ways people can help:

- Volunteer: van drivers, retail, café or head office roles
- Donate: for example, through monthly giving, or a legacy gift in your will
- Fundraise: create your own event or join in local events
- Use Emmaus' services:
 - House Clearance Service
 - Corporate Catering
 - SESI Eco Refillables
 - Eat at Community Cafe
- Shop at one of their four amazing sites
- Donate your good quality unwanted items.



Rev Tom Mumford - Ipswich Minster

By Ed Nicholls

At the 15th April meeting, we welcomed our vicar at Ipswich's mother church St Mary-le-Tower.

Tom explained to us why and how he chose this vocation, but fortunately, unlike a predecessor of his from Elizabethan times, he has not perfected the art of preaching a sermon for three hours.

Tom was positive and appeared to relish the challenge of Ipswich as he tries to increase his

congregation further.

Whilst he enjoys his football and craft beer, he said he was giving up alcohol for Lent. It was then pointed out that his beer contained 0.05% alcohol, although he thought it was non-alcoholic one!

He has taken an interest in Ipswich Town Football Club, although, like most of us, he thinks they will not be resurrected this Easter.

ShelterBox for Myanmar

By George Woodward

In light of the recent earthquake in Myanmar / Thailand, it was proposed that our Rotary Club should respond to the resultant humanitarian crisis by funding the £600 cost of a ShelterBox.

Steve F put this proposal to the club at the 1st April meeting, and there was unanimous support from members present to us doing so. Therefore, the payment has been made to ShelterBox.



Photo: Shelterbox.org

AROUND IPSWICH

Tour de Suffolk - Organised by RC Ipswich Wolsey

By Trevor Clarke

This year on Sunday May 18th 2025, we will once again be cycling from the Ipswich Rugby Club, and this time the charity we are raising funds for is Cancer Support Suffolk.

Distances will be 25/50/75 miles and, closer to the day, there will be updated GPS maps available. The sign up price before the day is £20, and you can do it via: <https://www.tickettailor.com/events/tourdesuffolk/1574253>

You can find more information about the event at <https://www.tourdesuffolk.co.uk/>



[Note from Editor: I had the pleasure of taking part in this event last year, and it was fantastic! Needless to say, I highly recommend it, so if you enjoy cycling, pump those tyres and sign up!]

ANNOUNCEMENTS

Rotary
Club of Ipswich East



Annual Golf Day
Purdis- Ipswich Golf Club
In aid of Brave Futures



Thursday 8th May, 2025
£350 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 £125

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



A MAJOR CHARITY EVENT ORGANISED BY
THE WOLSEY ROTARY CLUB OF IPSWICH

Sunday 18th May 2025 8.00am
Ipswich Rugby Club

This is a new cycling event for all ages and cycling abilities.

Starting and finishing at Ipswich Rugby Club,
Humber Doucy Lane, Ipswich IP4 3PZ

Distances are 25/50/75 miles

£20 BEFORE DAY / £25 ON DAY

To book go to
www.tourdesuffolk.co.uk
or scan the QR code:



Organised by the
Wolsey Rotary Club of Ipswich.
Supporting **Cancer Support Suffolk**

Sponsors:



DESIGN - PRINT - LARGE FORMAT - MAKING - PROMOTIONAL GIFTS - SCANNING

The Orwell Challenge
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

In association with
MCP plc
Port Community Systems

Organisers
Rotary
Club of Ipswich East

Media partners
Suffolk Sound
Proud at the heart of your community

EAST ANGLIAN
DAILY TIMES

Ipswich East Rotary Club - Registered Charity No. 1088961

Orwell Challenge registration numbers update

Our flagship event gets closer and closer, and although numbers are steadily rising, it's happening at a lower rate than last year, so let's keep promoting the event to make sure we have another successful year!

As of 10th April, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	301
Child walk	8
Family walk	4
Half marathon	36
Marathon	41
Ultra marathon	9
Total	399

ANNUAL ROTARY CHARITY GOLF DAY



STOWMARKET GOLF CLUB
A Fun & Entertaining Day for All!



Friday 20th June 2025

WE ARE DELIGHTED TO INVITE YOU TO JOIN US
FOR OUR
ANNUAL CHARITY GOLF DAY.

HOW CAN YOU GET INVOLVED?

- ENTER A TEAM TO PLAY
- SPONSOR A HOLE OR A TEE
- DONATE A RAFFLE PRIZE

PLEASE SELECT ONE OR MORE OF THESE OPTIONS ON THE ENTRY FORM

ALL PROCEEDS FROM THE DAY WILL BE GOING TO

Suffolk Accident Rescue Service

THE COMPETITION IS OPEN TO
MEN, LADIES & JUNIORS.

TEAMS OF FOUR WILL PLAY THE STABLEFORD MATCHES
WITH THE
BEST THREE SCORES COUNTING

REGISTRATION FROM 8AM

BUFFET FROM 1PM

TEE OFF TIMES FROM 9am

PRESENTATION OF PRIZES

YOUR ENTRY FEE INCLUDES

1. A BREAKFAST ROLL & HOT BEVERAGE, TO SET YOU UP FOR THE ROUND
2. 18 HOLES
3. CHEF'S SPECIAL BUFFET

PRIZE PRESENTATION WILL TAKE PLACE AFTER THE LAST SCORECARD HAS BEEN RECEIVED AND CHECKED.

There will also be **Special competitions** and a **Super Raffle** on the day.

FOR ENTRY FORM OR FOR ANY INFORMATION CONTACT

NIC HARDY >>> buryabbeyrotarycharitygolf@gmail.com OR 07980 917680

ENTRY FEE

£65

Per head



4 BALL

£240



ROLLING CALENDAR

Date	Event	Date	Event
22nd April	Business meeting. Details and registration via Wild Apricot.	9th June	Visit to Bury Abbey RC. 6:00pm at the Greene King Beer Cafe, Westgate Street, IP33 1QT. Let Sec. Robin know if you're interested in attending.
24th April	RC Felixstowe Charter Evening. 7:00pm at Felixstowe Sailing Club (IP11 7RZ). More details in email from Sec. Robin dated 31 March.	10th June	Club Assembly. Details and registration via Wild Apricot.
29th April	Fifth Tuesday - Ipswich Hospital visit. Details and registration via Wild Apricot.	29th June	Orwell Challenge - all hands on board!
6th May	Speaker meeting: Mark Murphy. Details and registration via Wild Apricot.	1st July	Presidential Handover - Chef's Whites, Ipswich. More details to follow.
8th May	Ipswich East Golf Day - Ipswich Golf Club. Volunteers needed. Contact Chris Harrall.	13th July	Bury Abbey Rotary Club Classic Car Show. Volunteers wanted, please check page 11 for more information.
13th May	Speaker meeting: Taff Gillingham - Military historian. Details and registration via Wild Apricot.	25th July	President's BBQ - at Bill and Monica Pipe's farm. More details to follow.
18th May	Tour de Suffolk - Cycling event organised by RC Ipswich Wolsey. More information on pages 5 and 6.	8th August	Ipswich Club 2025 Golf Trophy. Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
20th May	Speaker meeting: Robin Wraight - Custody visiting. Details and registration via Wild Apricot.	31st August	One Big Multicultural Festival - BSC Multicultural Services are looking for volunteers. More information on page 11.
25th May	RSPCA fun day at Martlesham Pet Rescue Centre. Details on page 11. Contact Andy Lewis if you can help.	16th September	District Golf Day - Ely Golf Course. Contact Des Cunningham if interested.
27th May	Business meeting. Details and registration via Wild Apricot.	11th December	Rock 'n' Roll Panto - Beauty and the Beast. More details to follow.

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.ipswicheastrotyaryclub.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*
22nd April	Peter Shepherd Michelle Bevan-Margetts	Beef stew & dumplings
29th April	None required	Fifth Tuesday - Visit to Ipswich Hospital
6th May	Ian Lord George McLellan	Chicken wrapped in bacon
13th May	Mark Murphy Lesley Murphy	Cumberland ring
20th May	Bill Pipe Toby Pound	Shepherds pie
27th May	Bill Robinson Steve Runnacles	Cock-a-leekie

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.

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

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.



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!

- **Bucket collection in aid of RSPCA** - The date for this has been moved to Easter Sunday, 20th April, Portman Road, 12:30 to 3:00pm. Please contact Andy Lewis if you can help.

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

- **Orwell Challenge leaflet distribution at Park Runs** - we need volunteers to hand out flyers at the runs at Ipswich, Kesgrave, Felixstowe and Alton Reservoir. The dates are Sat 10th May and Sat 31st May. Aim to be there by 9:15am, expect to be done within the hour. Please contact John Button if you can help.

- **RSPCA fun day at Martlesham Pet Rescue Centre** - Sunday 25th May. Volunteers needed from 8:30am for gazebo set up, car parking, etc. Volunteers can bring their pets and enjoy the day.

- **Bury Abbey Rotary Club Classic Car Show** - 13th July at Culford School. Volunteers needed to help on the day. Ipswich East benefits from helping, as the Bury Abbey RC will donate £50.00 per person per 4-hour shift to our Community Support Fund. Three 4-hour shifts available: 6:00am-10:00am, 8:00am-12:00pm and 11:00am-

3:00pm. Refreshments for volunteers provided. If you can help, please contact secretary Robin at rotaryipseastsecretary@outlook.com.

- **One Big Multicultural Festival** - BSC Multicultural Services are looking for volunteers to help with their annual festival on Sunday 31st August in Alexandra Park, Ipswich. 10:00am to help set up gazebos and then 6:00pm to help pack down. Volunteers would be given refreshments and welcome to stay for the day if they wish. Please contact Andy Lewis if you can help.

- **Greener Ipswich** has created a series of planters in Ipswich TC which need watering. The plan is to get rehabilitated prisoners to do this work in the longer term. Help is needed to drive a van with a tank of water in the back around the town to do the watering. Please contact Andy Lewis if you can help.

- **FareShare** - are in need of van drivers and stores people 2 hours per week or per month. Please contact Andy Lewis if you can help.

- **Community Action Suffolk** are looking for volunteers and to come to our Club to talk about the work they do. Please contact Andy Lewis if you can help.

- **Brickmakers Woods hedge trimming** - February 2026 - pruning of the saplings we planted earlier this year. More details to follow closer to the date.

MISCELLANEOUS

Remember to check your WhatsApp!

By Eva Alcerreca

As you know, or should know, we have two WhatsApp groups within the Club where we stay in touch with each other. One of them is for general chit-chat (Keep smiling Ipswich East) and the other one is for emergencies, volunteering requests and other more 'formal' needs (IE Rotary Rapid Response). Although joining either chat group is obviously optional, we'd like to encourage members to join the Rapid Response group if able, since that's what we're using at present to seek

volunteers or sort any issues that come up on short notice. If you'd like to be added, you can contact Eva for the Keep Smiling group, or Alan Forsdike, Lucy Trenchard or Eva for the Rapid Response one.



Help complete the hand-crafted, volunteer-built Rural Hub for Climate and Community at Orchard Barn

By Sarah Partidge, via Lewis Tyler

OBe Community Interest Company is raising £7,000 through a new Crowdfunding Campaign to complete the final phase of a unique, volunteer-built environmental education centre in rural Suffolk. Known as the Long House, this timber-framed building — originally constructed in 1580 and lovingly reinstated by volunteers — will serve as a rural hub for community-led climate action, heritage craft, and environmental education. Built using natural, locally sourced materials such as clay, lime, straw and coppiced timber, the project demonstrates low-carbon construction in action and offers a powerful example of how traditional skills can support a more regenerative future.

The campaign will help fund the completion of the staircase, internal clay plastering, and external lime rendering — all to be undertaken with the support and involvement of local volunteers. The finished Long House will provide an inclusive space for workshops, seasonal gatherings, and green skills training for people of all ages. Supporters can also choose from a range of engaging rewards, including hands-on craft sessions, heritage tours, and opportunities to contribute directly to biodiversity habitat creation on site. With match funding from the Aviva Community Fund, every pound donated goes twice as far — helping to strengthen community, preserve heritage, and equip people with the practical skills needed for climate resilience.

Act now to be part of this inspiring project — the unique rewards are only available through this Crowdfunding campaign, which runs until 24th May! Whether you choose to donate, claim a reward, or simply share the link, your support will help bring this climate-positive, community-built space to life.

This isn't just a building — it's a beacon for:

- Climate resilience — showcasing low-carbon construction using clay, lime, straw, and coppiced timber
- Heritage preservation — passing on sustainable building techniques through hands-on learning
- Community well-being — providing a space for connection, seasonal events, and shared purpose
- Green skills training — empowering volunteers with practical experience in regenerative construction

Every donation helps us train more people, finish the building, and inspire new ways to live and build more lightly on the earth.

We've also created a range of climate-positive rewards for supporters, including:

- Greenwood craft workshops
- Traditional building taster days
- Seasonal orchard celebrations
- Tours of our off-grid systems
- Hand-carved wooden spoons, and much more!

Donations up to £250 will be matched by Aviva, doubling your impact.

You can [donate here](#).



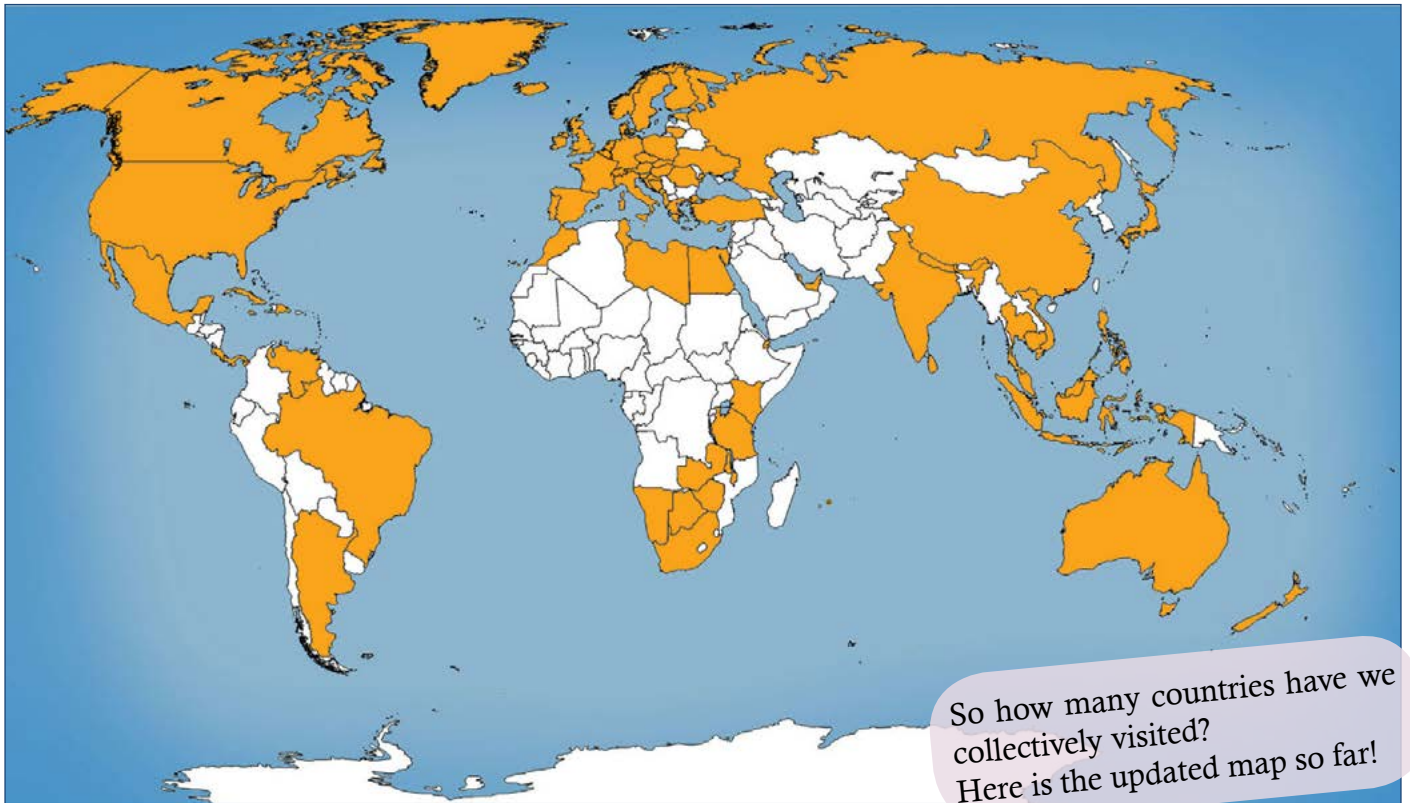
RAFFLE PRIZES NEEDED!

Our annual Golf Day is rapidly approaching and, as every year, we are looking for donations for raffle prizes. You can bring them to the Rotary meetings between now and the beginning of May.

The raffle is always a great success thanks to everyone's cooperation, and we raise a substantial amount from it, so let's make sure this year is no exception. Thanks for your support!

WHERE HAVE ROTARIANS BEEN?

One from the archives:
14 March this year,
when some of the Club
members went for a
walk around Levington
Creek



So how many countries have we collectively visited?
Here is the updated map so far!

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 2nd of May. 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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