



# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 20: 5th May 2025

## UPCOMING MEETINGS

Tuesday 6th May at 12:55pm  
**Speaker meeting: Mark Murphy**  
Menu: Chicken wrapped in bacon  
D.R.: Ian Lord & George McLellan

Tuesday 13th May at 12:55pm  
**Speaker meeting: Taff Gillingham -  
Military historian**  
Menu: Cumberland ring  
D.R.: Mark & Lesley Murphy

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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## Visit to Ipswich Hospital

By Bill Robinson

On Tuesday evening, 29 April, twenty nine members and partners visited the Ipswich Hospital, which was organised by the Vocational Services Committee.

The evening commenced with a welcome and presentation from Dr Shane Gordon, Director of Strategy, Research and Innovation at ESNEF (East Suffolk and North Essex NHS Foundation Trust), who outlined the £300M investment Programme aimed at delivering better and quicker care for the communities served by the Trust.

At Ipswich Hospital, a new Urgent and Emergency Care Centre costing £25.7 million had opened in September 2024, which offers treatment of a range of urgent but not life threatening conditions, freeing up the emergency department to provide care for the critically ill or seriously injured patients. The Centre has a new CT scanner provided with funding from charitable donations.

In addition, a £9.1 million pound specialist keyhole surgery hub had opened in July 2024 with three state of the art operating theatres a recovery area and a post-operative care unit.

There had been a multi-million pound project to refurbish and extend the Children's unit. A new ward and extra clinic spaces had been created with a school room, children's assessment unit, outdoor play area and themed reception and waiting areas.



*Dr Shane Gordon during his presentation*

This project was paid for with the help of charitable funds from a Children's Appeal organised in Colchester and Ipswich.

Further afield, a new orthopaedic centre would open in the autumn in Colchester costing £64 Million and named after Dame Clare Marx, who worked for many years as a surgeon in Ipswich. The Centre will be the biggest of its kind in Europe, with eight theatres and three wards with over 70 beds, and it is estimated it will treat more than 10,000 patients a year.

Clacton had been provided with a community diagnostic centre with a further centre being converted from a property in central Ipswich.

Dr Gordon also spoke about the use of Artificial Intelligence in diagnosis, new ways of providing Community Services and the processes used to ensure that staff are valued, supported and recognised for their contribution to the Trust's services.

A tour was then organised of the new Children's Department and the Urgent Care Centre with clinical staff taking small groups to the new units to see for themselves the improved facilities.

It was a very informative and interesting evening,

which demonstrated the high level of facilities at the hospital as well as the dedication of the staff to their work.



**We are...**

**East Suffolk and North Essex NHS Foundation Trust**

We provide healthcare to a population of almost a million people in

- Patients' homes
- Surgeries
- Community and high street clinics
- Community hospitals
- Ipswich and Colchester hospitals

But we don't work alone. We work alongside a multitude of teams in health, social care, voluntary services and other organisations to make care work well for local people whether they are at home or in hospital.

**Medical Doctor Degree Apprenticeship**

**East Suffolk and North Essex NHS Foundation Trust**

- We are the first Trust in the country to offer a new route to become a qualified doctor through a five-year apprenticeship.
- Working in close partnership with Anglia Ruskin School of Medicine, the Medical Doctor Degree Apprenticeship offers an alternative path into medicine for people who might not have otherwise gone to medical school.
- It will contribute to changing the current doctor demographic to be more representative of our local communities. It underlines our commitment to the wider apprenticeship programme which is bringing so many career and professional development opportunities to our staff and local communities.



# 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

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




For further details please contact Chris Harrall  
at [Chrish@charrallassoc.com](mailto:Chrish@charrallassoc.com)  
Sponsorship of holes is available at £125



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](http://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 - MAILING - 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](http://www.orwellchallenge.co.uk)

In association with  
**MCP plc**  
Port Community Systems

Organisers  
**Rotary**  
Club of Ipswich East

Media partners  
**Suffolk Sound**  
GOOD 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 5th May, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	323
Child walk	11
Family walk	4
Half marathon	48
Marathon	46
Ultra marathon	12
<b>Total</b>	<b>444</b>

# 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](mailto:buryabbeyrotarycharitygolf@gmail.com) OR 07980 917680

## ENTRY FEE

# £65

Per head



## 4 BALL

# £240



## ROLLING CALENDAR

Date	Event
6th May	<b>Speaker meeting: Mark Murphy.</b> Details and registration via Wild Apricot.
8th May	<b>Ipswich East Golf Day -</b> Ipswich Golf Club. Volunteers needed. Contact Chris Harrall.
12th May	<b>Club Council meeting.</b>
13th May	<b>Speaker meeting: Taff Gillingham - Military historian.</b> Details and registration via Wild Apricot.
18th May	<b>Tour de Suffolk -</b> Cycling event organised by RC Ipswich Wolsey. More information on page 4.
20th May	<b>AGM &amp; Business Meeting.</b> Details and registration via Wild Apricot.
25th May	<b>RSPCA fun day at Martlesham Pet Rescue Centre.</b> Details on page 9. Contact Andy Lewis if you can help.
27th May	<b>TBC.</b> Details and registration via Wild Apricot.
9th June	<b>Visit to Bury Abbey RC.</b> 6:00pm at the Greene King Beer Cafe, Westgate Street, IP33 1QT. Let Sec. Robin know if you're interested in attending.

Date	Event
10th June	<b>Club Assembly.</b> Details and registration via Wild Apricot.
29th June	<b>Orwell Challenge -</b> all hands on board!
1st July	<b>Presidential Handover -</b> Chef's Whites, Ipswich. More details to follow.
13th July	<b>Bury Abbey Rotary Club Classic Car Show.</b> Volunteers wanted, please check page 9 for more information.
25th July	<b>President's BBQ -</b> at Bill and Monica Pipe's farm. More details to follow.
8th August	<b>Ipswich Club 2025 Golf Trophy.</b> Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
31st August	<b>One Big Multicultural Festival -</b> BSC Multicultural Services are looking for volunteers. More information on page 9.
16th September	<b>District Golf Day - Ely Golf Course.</b> Contact Des Cunningham if interested.
11th December	<b>Rock 'n' Roll Panto - Beauty and the Beast.</b> 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.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*
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

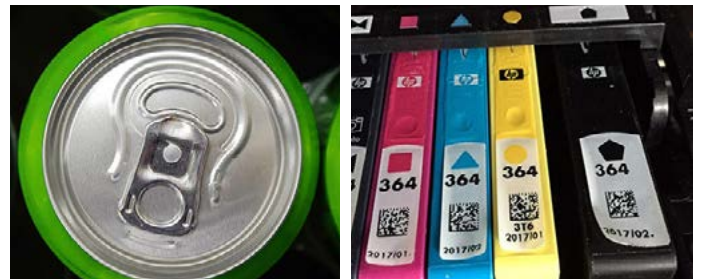
If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Robin as well as Steve Flory of any changes.

\*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at [steve.flory@hotmail.co.uk](mailto: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](mailto: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!

- **Ipswich East Annual Golf Day** - Ipswich Golf Club, 8th May. Volunteers and raffle prizes 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](mailto: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

### The Cat that Sits in the Garden

By Tony Baker

My elder son lives in a rural area. He moved house to a location some six miles away. The move went well and all, including the cat, settled into the new home. After some time, the cat completely disappeared. Speculation was that either a fox or a car had accounted for the cat.

Some many weeks later, my son received a phone call from the person who had moved into his old

house. A very thin, hungry and scraggy white cat had turned up. Did my son have any knowledge of the cat? It was the missing cat. The cat was collected and taken back to the new house for food and a good clean up. A main road, a railway line and many, many farms separate the two houses.

The cat will now go into the garden but it will not cross the garden fence. It is the cat that sits in the

garden. I intend to be the cat that sits in the garden.

Liz and I were in the Azores, on a small rocky island in mid Atlantic, a thousand miles from Portugal. The doctor on the ship had said that I had a problem that could not be dealt with on board the ship and therefore I had to disembark. He suggested that the matter would be resolved in a couple days at the local hospital and then it would be a two-hour flight home. We had packed and prepared a bag for three days and then early in the morning we went to the local hospital.

We sat in what seemed to be a joint A&E/GP waiting room. We felt abandoned. Eventually, tests began with frequent returns to the waiting room, which seemed to be a cross between a market sitting area and a place for the ailing. I was admitted to the hospital and Liz was found a very good hotel just some five minutes away by taxi. The two days turned into fifteen. Liz coped and coped well in a foreign place where she could not speak or read the local language.

Contact was made with the local Rotary Club. They were superb. Liz was invited to lunch by the President and Vice President and given a card so that she could reach help whenever it was necessary. The staff at the hospital were tremendous, even trying to converse in English and treating Liz with kindness and friendship.

Then, shattering news. Our younger son was seriously ill and we were trapped in the Azores.

Treatments started and failed. I had to reach a prescribed level before I would be allowed to fly home. A temporary solution was identified and a window of opportunity opened. We flew to Lisbon, then on to Heathrow, then driven by taxi direct to Ipswich Hospital. Special Assistance had overcome bureaucracy and access to seats on packed planes was granted, but the journey took fifteen and a half hours. We were exhausted when we arrived after midnight at A&E at Ipswich Hospital.

I was assessed fairly quickly and then intermittently for the next eighteen and a half hours, and then I was told that a bed could not be allocated to me and that I would be located on a trolley in a corridor. Liz finally went home with Ray and Judi and I was exhausted and perplexed.



*Photo: suffolknews.co.uk*

The trolley was located in a noisy and bright through-corridor. I exposed my frustration with an unwarranted WhatsApp message. I so regretted being so hasty. I needed the toilet urgently which was some thirty yards away. Then realisation of the real world set in. I stopped to speak to the lady who was on the next trolley bed when she smiled as I passed. She told me her name and that she wanted to celebrate her ninetieth birthday in a few weeks' time. Later she was in real difficulties with nurses using every means at their disposal to aid her, and I was worried about my inflated ego and the niceties of toileting.

I drifted off to sleep. Just before midnight, I was woken to be told that I was to be taken to a ward. The process was well oiled. On arrival, I was greeted by a senior nurse who told me with warm consideration where I was and what was going to happen. She provided me with tea and water and a sandwich and a lovely smile. Just what I needed. I was wide awake, probably over tired, but observant. I could not believe my eyes. The ward was a hive of activity in a cocoon of silence. Beds were being cleaned, remade, and then seemed to float silently past me. Nurses seemed to glide past me to tend sick people with incredible care, attention and patience. It became a mist of unreal activity. At 2:00am, I was moved to another ward that had a proper area for me. Days later I moved to yet another ward.

My underlying perception of Ipswich Hospital is one of a complex, specialised and multi-layered organisation staffed by dedicated professionals who go the extra mile to care for us. Alongside them come line after line of teams who provide a complexity of services to ensure that the medical staff can perform their tasks. Yes, as I found out when I first attended the hospital, the NHS does creak at the seams because of the demands placed

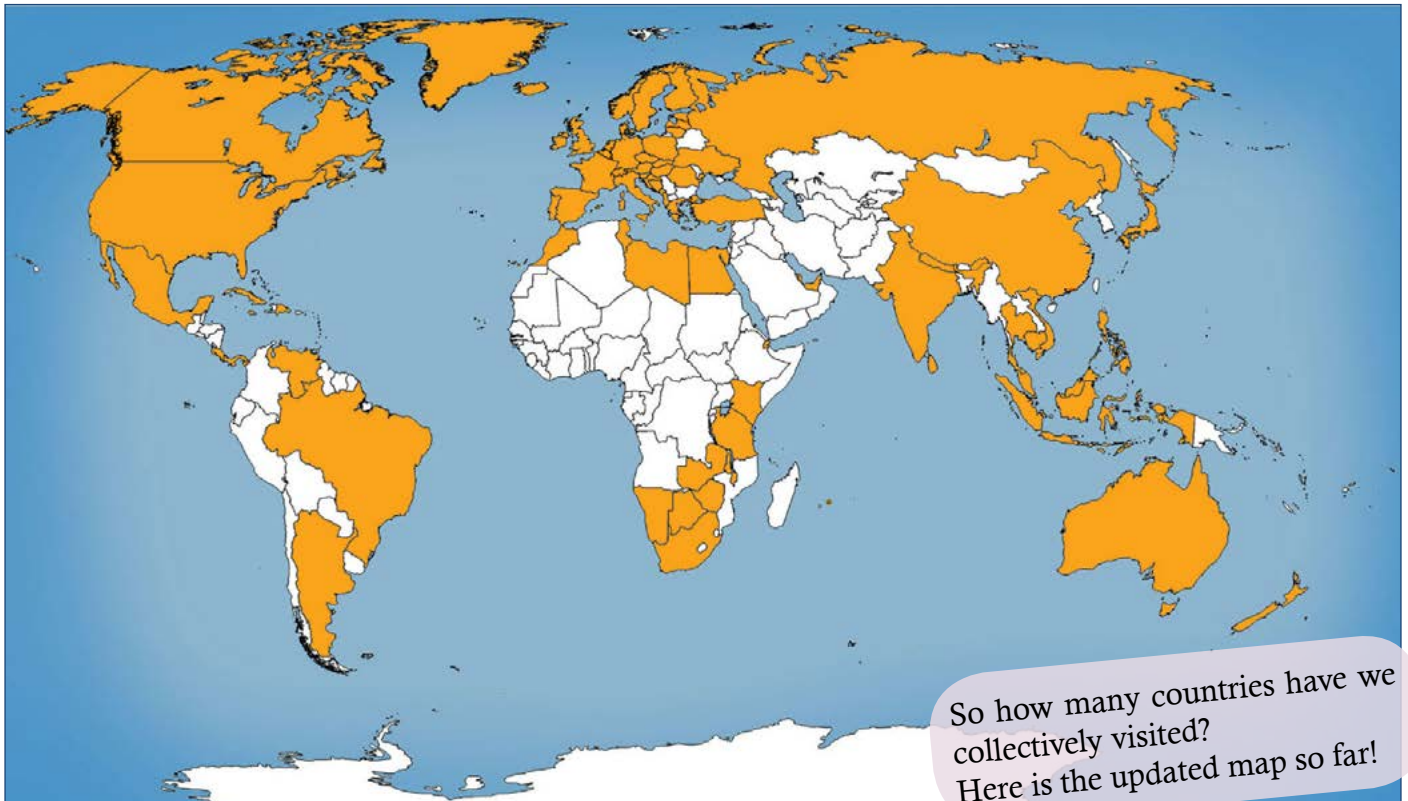
upon it, sometimes unreasonable demands for instant attention. But observe closely and there are many fine examples of how patients come first and they are respected by the ways that they receive first class attention to cherish them in an environment where outcomes cannot always be positive for each individual. Time after time I encountered hospital staff who were kind, considerate, passionate and were compassionate in the manner they went about their tasks. Many structures and initiatives in Ipswich Hospital have been planned and introduced so that patients' needs are uppermost in the manner that the service is delivered.

We are fortunate that we have a hospital in Ipswich

that we can be proud of because of both the quality of the staff who work there and the facilities that have been provided. I am so fortunate that I am also a member of Rotary and that Liz and I have been so royally supported by Rotarians in the Azores and by the members of The Rotary Club of Ipswich East and their partners, and by members of Ipswich East Inner Wheel. Without that support, a difficult time for us would have been so much more difficult.

I am now so much more informed of so many issues, more circumspect and more appreciative of the NHS in Ipswich and of Rotary and my fellow Rotarians. And now, I hope to be the cat that sits in the garden.

## WHERE HAVE ROTARIANS BEEN?



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 16th 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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