

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 5: 8th September 2025

UPCOMING MEETINGS

Tuesday 9th September at 12:55pm
**Speaker meeting: Mel Godefroy -
St Johns Ambulance**
Menu: Roast pork & crackling
D.R.: John Goodship & Allan Gosling

Tuesday 16th September at 12:55pm
Business meeting
Menu: Cock-a-leekie
D.R.: Norman Haines & John Hutton

Ipswich Bowls Club

CLUB OFFICERS 2024-25

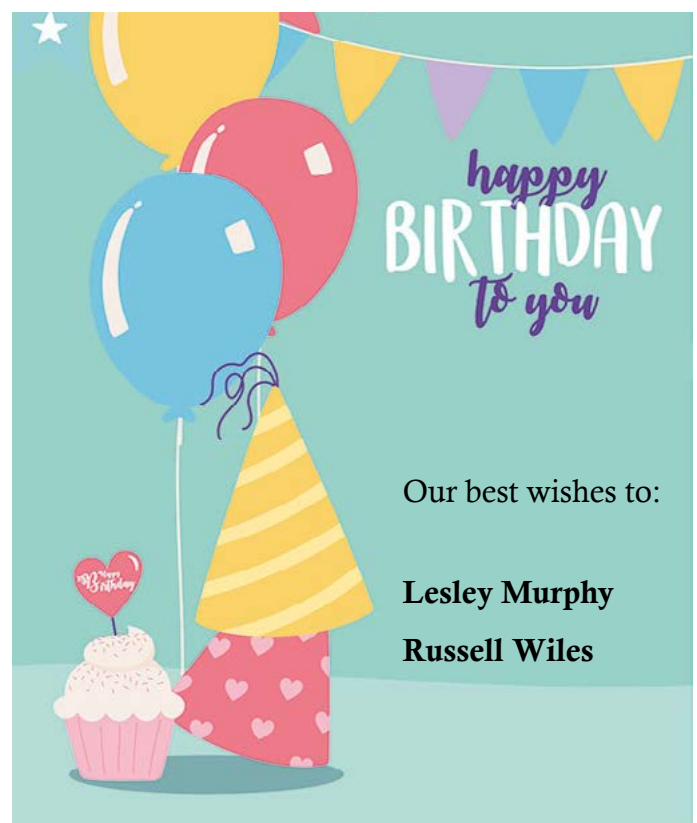
President Steve Flory
Senior vice-president Steph Mackentyre
Junior vice-president Eva Alcerreca
Immediate past-president George Woodward
Secretary Robin Needham
Treasurer Neill Keveren

Club service Steve Flory
Community service Andy Lewis
Foundation Bob Parker
International Mark Murphy
Vocational Ed Nicholls
Almoner Alan Forsdike
Environmental Lucy Trenchard

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Sandra Cole - Kids Inspire

By Alison Baldry

Sandra Cole gave a talk to the Club on the 12th of August. Kids Inspire is a children's mental health charity offering free trauma support to families who otherwise couldn't afford it. It was set up by their current CEO, Sue Bell, 17 years ago. Based in Essex and Suffolk, they provide personalised recovery plans through individual and group sessions, ensuring every child gets the help they need to thrive. They offer specialist services to help children and their families who have suffered trauma and hope to prevent the children needing later adult services.

Therapy is tailored to the child's needs and the child remains the centre of therapy, but families are often involved by the clinical support team. They try to find out the child's interests to ensure the right therapist is appointed to identify the help needed and possibly refer to other support services if required.

Their qualified, experienced therapists have been trained in a broad range of methods of therapy. They offer various types of therapy including: Creative arts, trauma resolution, family, talking and group therapies.

Therapy is delivered by:

One-to-one therapy is 60% of their current provision.

Dyadic therapy - one to two, 1:2 - might include the following combinations per session:

- Therapist and Child/Parent
- Therapist and Carer/Grandparents
- Therapist and Parent/Parent
- Therapist and Child/Sibling

Family/systemic therapy is for as many family members necessary for the most sustainable outcome for the child.

Support is based on a child's specific mental health needs. For example:

- Level 1: Response (support to stabilise) - 10 sessions
- Level 2: Recovery (recovery support) - avg. 20



Sandra Cole, from Kids Inspire. Photo: RC of Chelmsford

sessions

- Level 3: Complex recovery (long-term and complex recovery support) - avg. 30 sessions.

Accreditation

All therapists working at Kids Inspire are registered and/or accredited with the professional body organisation that is relevant to their clinical training, and thus they adhere to professional practice ethical guidelines.

They try to advise the children so that they follow the right path in life and do not end up involved in crime or on drugs, etc. The charity has an outreach service and has online courses available. They receive referrals from schools and work with schools in Ipswich. Priority is given to low earning families. 97% of people receiving therapy advised a positive response afterwards.

There are 60 people employed by the charity, plus over 400 volunteers, and 62 young people have been provided with mentors. They organise lots of activities including a prom service, which provides free dresses, hair and make-up services for the girls and suits for the boys. They also arrange Christmas gifts and hampers, which they deliver to the people they help.

They are a registered charity, and 82p of every £1 raised is spent supporting children.

Julie Kathleen Johnson MSc QG - Whispers from the Workhouse: A History of the Ipswich Workhouse

By Elizabeth Hughes

Julie and her husband were warmly welcomed to our meeting. Lunch served, the talk commenced.

Nacton Workhouse

Julie's MSc 1837-1901 workhouses in Ipswich

Nacton - now Anfield School

History of Nacton Workhouse

Image of the paupers burial ground.

Those who were not claimed ended up in the Laurier BG, also in the Cooney Hundreds. No markers and no gravestones, they were buried very deeply in a shroud. Only one marker on the entrance to the site.

1756 founded

1758 residents moved in, serving 28 parishes:

Charles field, Felixstowe, Grundsburgh... very diverse

Orphanage, hospital, school. Used for diverse uses. Asylum and a gaol.

Old and infirm people mostly

Theatre Street in Woodbridge was the earlier workhouse. Admiral Vernon gifted the land to build the Nacton workhouse. It was a centralised system of poor relief until 1834.

In the 17th - 18th centuries, parishes oversaw the relief of the poor and every Poorhouse was different. The focus was on productivity, manufacturing and agriculture. In 1834, the Poor Law Act passed and the structure of workhouses changed and became a "deterrent".

The people who were working saw workhouses as an easy option. Less food, rotten food, you had to pay your way.

1818 - Weekly state of the poor.

186 total. Assistants for carpenters, cleaning, nursing, carters. 13 children. 11 idiots and lunatics. Disabled people. Surgeon, chaplain, governor and clerk, baker, nurse, schoolmaster.

Poor relief funded by the food rate payers and



Julie Johnson and President Steve

farmers, as well as charitable donations. Indoor relief assistance given to those in the workhouse. Outdoor assistance was given to keep people out of the workhouse.

Minutes of the meetings were kept and being an overseer gave you significant status. After 1834, overseers moved to Guardian Of The Poor.

March 10 1822, we have a William's Gudgeon, who was given 12 pence for shroud for her father. On 18 March, Edward Moore came to enter a child in the workhouse.

Case study

Sarah Rainbird of Playford.

Died at 23 in the workhouse. Born 1809. Buried in the pauper burial ground. In 1831, she had an illegitimate son. The father was named in a bastardy order. Sarah was sent to Ipswich Gaol for three months. Died in the workhouse afterwards.

Lott Upson

Born in Clopton in 1778. In 1801 Lott was an apprentice. By mid 19th century, the family were in abject poverty.

Susan Lawrence

From Broadsea. She had three illegitimate children,

a son and then twin daughters. When the daughters were 4, they were placed in the workhouse without mum. Susan remarried one week after they moved in. The new husband refused to take the girls on. One daughter died in the workhouse, the second daughter spent ten years in the workhouse. Susan had more children.

Farm labourers.

Buried in Felixstowe.

Her son moved in with her brother-in-law!

Julie is studying for her PhD, and is also a qualified genealogist (Backtoyourroots.com).

Over 500 people are buried in the paupers graves. Last people were buried in 1901.

One family got out and the father became a minister in Ipswich. Life expectancy at the time was around 45 years old. Some people spent their whole lives in the workhouse. In Nacton, children would be apprenticed back to their parish to become local farmers. They would usually be sent into service or to be labourers. "House of Industry" post 1834.

Vote of thanks given by me!

Eva Alcerreca - Twin Clubs Get Together

By Roger Gilles

For many years, the Rotary Club of Ipswich East has been twinned in Germany with Bad Salzufen, a cultural exchange which has, in the past, benefited both groups of people. In recent years, however, there has been a perceived reluctance to organise or participate in the twinning activities of the two organisations. There could be a number of reasons for this, but the most likely is that hosting visitors at home is a commitment that many people find daunting, particularly if our relationship with our twinned club has become a little distant.

Fortunately, a committee of the German Club, along with Eva's support, have come up with a solution which will help to draw us closer together and hopefully ease the way for future exchanges.

The suggestion is that an informal gathering should be arranged next year at a location some way equidistant between our club and theirs, and Utrecht in the Netherlands has been chosen as the best location for this event. The idea is that we all travel there for essentially one evening together in the first week of September 2026. Everyone books into hotels and we attend a dinner on the Saturday evening. This arrangement will mean that it will be easier for younger people to come along (especially those who are working during the week and may have child care commitments).

Of course, those who would like to make more of

an Autumn break of the occasion can obviously stay longer or arrive earlier and visit not only Utrecht but the surrounding area. Utrecht itself is a city with a fascinating history and the Province of Utrecht is well worth spending time visiting.

September 2026 has been chosen as a suitable date as it gives people enough time to organise their visit and it doesn't interfere with our Club's exchange visit to America, scheduled for July next year.

Utrecht is readily accessible by car and ferry, the Eurotunnel or even possibly by air via Schiphol Airport. For those who prefer not to drive, Eva suggested arranging car-pooling or possibly even hiring a minibus, depending on the number of participants.

The weekend is intended to be informal and family friendly, the 'main event' is the dinner on the Saturday evening but hopefully people will have breakfast together on the Sunday morning and have time to generally get to know each other.

This informal get together will hopefully result in stronger ties with our twin club and set our cultural exchange 'back on track'.

Eva will explain more about this project and how to get involved in the newsletter.



Ipswich East RC - Bad Salzungen RC 2026 Trip Project

By Claudius Broich (Bad Salzungen RC) and Eva Alcerreca

As you just read from Roger's report, last Tuesday 2nd September, I had the chance to speak to the Club about a project our Club is developing along with our twinned Club of Bad Salzungen.

The aim of the project is to encourage a closer relationship going forward, especially as both clubs endeavour to engage the newer generations into Rotary and everything it represents in terms of international cooperation and friendship. Our German friends did some surveying among their membership and discovered that a large number of them have never participated in the yearly twinning trips/activities, either because of work commitments or because they feel like they don't know the members of our Club well enough and therefore would feel like it's an imposition to come and stay in someone else's home.

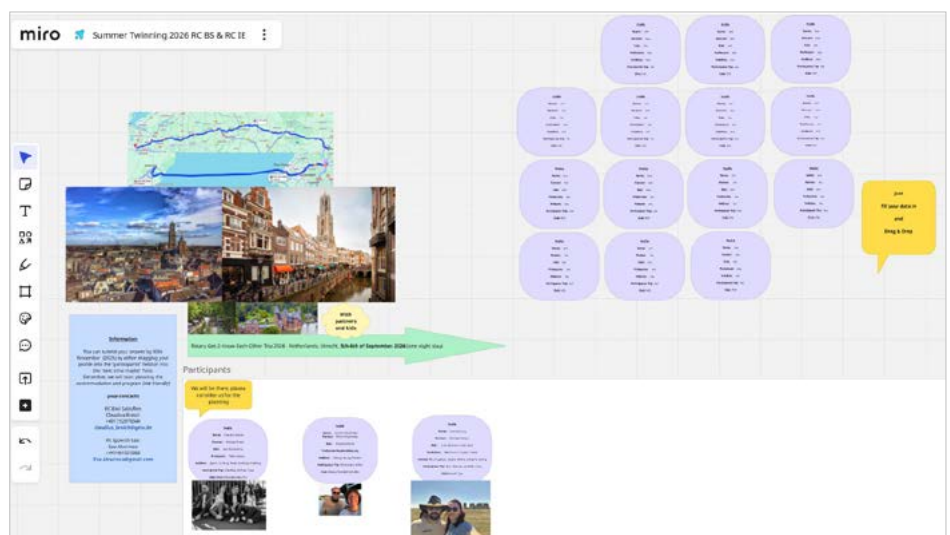
With this in mind, a solution was proposed: an informal get-together in Utrecht, Netherlands, where we can all get to know each other without the pressure of organising a full weekend of activities or of having to host anyone. Utrecht was chosen as a geographical mid-point that could suit both clubs, and which offers plenty of options of things to do and see.

The plan is simple: the joint committee will arrange for a couple of activities while we're there on the Saturday/Sunday morning, but each club/participant will take care of their own logistics arrangements in terms of transportation and lodging.

If we were inclined to make a full weekend of it as a Club and either arrive on the Friday or stay for an extra day, we can certainly work with that in mind and sort things on our end to make it so. It will depend on the interest shown towards the project. The dates proposed for this trip are **5th-6th September 2026**, so that it does not interfere with our Club's visit to our twin Club in Ipswich, Massachusetts, and allows for a greater number of participants to join the trip.

To express your interest, learn more about who will be taking part, and keep on top of the project's developments, Claudius and his team have organised a shared online message board on a platform called Miro, which will allow every member to express their interest in joining the trip and give everyone else some details about you. The details of how to access this platform and how to use it will be sent in a separate email to both our Club and the Satellite Club members shortly.

We hope you find this as exciting as we do and that you sign up to take part!



Screen capture of the Miro board with the details of the Utrecht trip project

Gardening project the Suffolk County Council Family Support Team

Steph, Dave Atkins, Bill Izzard, Phil Ramsey and his wife Debbie took it upon them to work on this gardening project, and you can see the results.

Excellent job, everyone!



Support of the One Big Multicultural Festival

By Steph Mackentyre

Massive thanks to our President Steve Flory and Claire Piper for helping to set up at the One Big Multicultural Festival last Sunday 31st August.

Also helping throughout the day were Robin, Liz, Richard Peck and Bill Pipe. Thanks as well to those Club Members who donated gifts for the Rotary stand raffle. We were raising both money to feed the homeless in Ipswich and awareness of the work done by Ipswich East.

A big thanks to Rotarian Mark Murphy who stepped in as Host for the day at the last minute and did a sterling job (as always).

It was a beautiful day and showed Rotary at its best!



Fifth Tuesday coming up! Pub night at The Woolpack

By John Hutton

The Fifth Tuesday event this month is to be held at The Woolpack pub. It is an unstructured meeting, so members can come and go as they please. I have reserved a long table for us, but there is plenty of alternative seating inside and out. I will be there from about 7:00, but if you wish to rock up before then, that's of course fine!

Parking in the area is challenging, though, so keep that in mind.



An archivist in the house? (Plus update)

By Lewis Tyler

Researching for information for our early days for the very successful recent evening meeting at La Loca in Felixstowe brought to the surface a concern that I have had for some considerable time: nowhere, I believe, have we a History of Ipswich East since its inception.

We are steadily getting older and it would be a pity if over 55 years of our history were to be lost. Whilst I am not prepared to 'head-up' this project, I would be more than happy to assist in any way – if a few of us could get together, we could then map out the best way to proceed. I look forward to hearing from you!

UPDATE (by Editor):

We do now have an archivist in the house! Tony Baker kindly volunteered to take on the role, and is now collecting and collating all historic information about the Club so that a proper record can be kept. If you have any materials you'd like to add to the archive, please get in touch with Tony so you can arrange how to get them to him.

Going forward, we'll have to think of a way of displaying or providing access to the materials for anyone interested.



ROTARY NIGHT AT THE P R O M S

Free concert featuring
Ipswich Over 50's Brass Band • Live comedy from Richard Whymark



Raffle and free refreshments!

Wednesday 24th September 2025
Copleston High School
7:00 - 9:15pm

Free tickets for over 60's.
To reserve, please contact:
David Knights
mail@davidbrown-ipswich.co.uk
07734 456380

Rotary 
Club of Ipswich East

IPSWICH ROUND TABLE HALLOWEEN BALL

FUNDRAISING FOR THE IPSWICH TOWN FOUNDATION



31ST OCTOBER 2025

THE HANGAR - MILSOMS KESGRAVE HALL

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THE
St Edmund's Day
DINNER

THE ROTARY CLUB OF BURY ST EDMUNDS ABBEY

Join us for our third annual
black tie dinner

In the superb venue of

St Edmundsbury Cathedral
Wednesday 19th November 2025

With guest speaker

MARK MURPHY MBE

It shouldn't happen to a radio presenter !

Celebrate our town's patron saint with an auction & entertainment and great networking opportunities

📧 stedmundsdinner@gmail.com



BUSINESS LEADERS LUNCH FOUNDERS



Got some apples?

Eva, her husband Matt and a good friend of theirs make their own cider every year, and are looking for windfalls or spare apples of any kind, so if you have any, please let her know!

ROLLING CALENDAR

Date	Event	Date	Event
9th September	Speaker meeting: Mel Godefroy - St John Ambulance. Details and registration via Wild Apricot.	24th September	Rotary Night at the Proms (Senior Citizens Concert). Copleston School. Volunteers needed, please check page 13.
16th September	District Golf Day - Ely Golf Course. Contact Des Cunningham if interested.	30th September	Fifth Tuesday - Pub night at The Woolpack. No registration needed, just show up!
19th - 21st September	Visit from German Twin Club of Bad Salzuflen. More details to follow.	19th November	Bury St Edmunds RC Black Tie Dinner. See page 11 for more information.
19th September	German visit: Welcome evening at The Alex in Felixstowe. Details and registration via Wild Apricot.	11th December	Rock 'n' Roll Panto - Beauty and the Beast. More details to follow.
21st September	East Anglian Air Ambulance Open Day. Please check page 13 for more information.		
23rd September	Speaker meeting: Mark Murphy. Details and registration via Wild Apricot.		

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.ipswicheastrotaryclub.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*
9th September	John Goodship Allan Gosling	Roast pork & crackling
16th September	Norman Haines John Hutton	Cock-a-leekie
23rd September	David Chittick Karen Finch	Cottage pie

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 Steph Mackentyre of any changes.

*Dietary requirements/Vegetarian option available upon request, please contact Steph Mackentyre at info@inviewpublicity.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!

- **Rotary night at the Proms (Senior Citizens Concert)** - The concert will take place as usual at Copleston School, on the 24th of September. Planning is underway, volunteers are needed to help with transportation, refreshments and raffle. Please contact Andy Lewis if you can help.

- **East Anglian Air Ambulance Open Day** - 21st September, Thetford. Volunteers needed, two shifts available: 7:00am to 1:00pm or 1:00pm to 5:00pm. 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.

Welcome all again! Today is Steph Mackentyre's turn on the chair, so enjoy!

- Editor Eva

Steph Mackentyre: In Profile

Name: Steph Mackentyre.

Where are you from?

Suffolk – I was born and bred here. I was born in a place called Willisham which is 1 mile from RAF Wattisham. No connection, but that helps people to know where the village is, as no one has ever heard of Willisham!

Occupation (current or previous if retired):

Lots of things! Media, Writer and Digital Content Creator – kind of sums it up. I write articles for magazines and create social media posts for a couple of charities, and I host a Podcast, *Ruby Shoes*, which is all about live entertainment in East Anglia – oh, and I still do a bit of radio too for Suffolk Sound each week.

Member of Rotary since: 2011, so 14 years!

Do you currently hold a position within the Club? If so, what is it? Yes, I'm extremely honoured to be this year's Senior Vice President.

Tell us a bit about your personal life:

I moved to Ipswich for work when I was 17. I now live by the sea with my husband Steve and our little dog Ruby who is a miniature schnauzer, and Rupert, a crazy black cat.

What was your dream job when you were a kid?

I always wanted to be an actress.

What was your first job?

I was a hotel receptionist – and I hated it. Early shifts after a late shift, trying to remember to call guests first thing with a wake-up call, and dealing with grumpy guests.

A bit about your career or occupation:

Thankfully one long-stay guest was in a senior position starting work at the East Anglian Daily Times. He saw something in me (maybe my utter

dislike of my current role?!) and brought me an application form for the local newspaper. I did 13 years with them before moving to BBC Radio Suffolk. I still write for the paper and magazines to this day, some 40+ years later. I retired from the BBC two years ago this month and now volunteer for Suffolk Sound radio. It's great because its like the local radio station used to be, lots of fun and masses of local stories to cover, plus presenting shows with the nicest of people.

Favourite tippie? Prosecco or G&T.

Radio or TV? Mmmm I like both but as I have the radio on from first thing in the morning, I'd have to say radio. It's good company, especially when you are working from home all day with just the dog and cat for company!

What kind of music do you like? All kinds but I particularly like Country, which might surprise you. I covered the Country Music Awards in Nashville for the BBC one year, which was an incredible experience, including broadcasting a 3-hour show live from there back to Suffolk.

What are your hobbies? I love to sew, walk Ruby along the coast and I also love to read, oh and see lots of live entertainment too.

What is the thing you are most proud of?

Our daughters – Sophie & Lucy, twins who followed their dream and now work in the TV & Film industry. Currently they are working together on a huge project which they're not allowed to talk about until it comes out in 2026.

If you could travel back in time, what piece of advice would you give to 20-year-old you?

It's OK to be you.



WHERE HAVE ROTARIANS BEEN?

Dover Castle



Eva and Matt took a few days off at the end of August and visited Dover Castle, Deal Castle, Walmer Castle, and Stonehenge!

Deal Castle



Walmer Castle



Stonehenge



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 19th of September).

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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