

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 12: 9th March 2026

UPCOMING MEETINGS

Tuesday 10th March at 12:55pm
Speaker meeting: Nici Bannerman & Stacey Phillips - Homestart
Menu: Chicken and gammon pie
D.R.: John Goodship & Allan Gosling

Tuesday 17th March at 07:30am
BREAKFAST Speaker meeting: Jon Neal - Suffolk Mind
Menu: English breakfast
D.R.: Karen Finch & Toby Pound

Ipswich Bowls Club

CLUB OFFICERS 2024-25

<i>President</i>	Steve Flory
<i>Senior vice-president</i>	Steph Mackentyre
<i>Junior vice-president</i>	Eva Alcerreca
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren
<i>Club service</i>	Steph Mackentyre
<i>Community service</i>	Andy Lewis
<i>Foundation</i>	Bob Parker
<i>International</i>	Liz Harsant
<i>Vocational</i>	Ed Nicholls
<i>Almoner</i>	Alan Forsdike
<i>Environmental</i>	Lucy Trenchard

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Nick Hulme - Former CEO of East Suffolk and North Essex NHS Foundation Trust

By Karen Finch

On 17th February, we were treated to a very eminent lunchtime speaker who has very recently retired having worked in the NHS and social care for more than 35 years, Mr Nick Hulme. He retired from Ipswich and Colchester hospitals as chief executive of East Suffolk and North Essex NHS Foundation Trust. He was also a troubleshooter for NHS England.

Nick was appointed Chief Executive of Ipswich Hospital NHS Trust in January 2013 and in May 2016 also became Chief Executive of Colchester Hospital University NHS Foundation Trust. Following successful joint working, the two trusts merged on 1 July 2018 to form East Suffolk and North Essex NHS Foundation Trust.

He began his career in 1980 as a porter in A&E, worked in operational management and leadership roles in large trusts and moved into his first management role with people with HIV and AIDS in sexual health services including at King's College in London.

Nick spoke with feeling about his life experiences and had our Rotarian members glued to their seats with some real life people stories. He openly said that it had been a pleasure to have served the public



President Steve and Nick Hulme

and that he will miss his amazing colleagues. He mentioned it was a little scary right at the start of the year, as such a change of routine to his life but he felt the time had been right to step aside.

Nick was appointed a Commander of the Order of the British Empire (CBE) in the 2025 King's birthday honours list for his services to the NHS. He said he was truly honoured and humbled to have been recognised in this way.

David Chittick did the vote of thanks and our grateful audience heartily applauded.

Fellowship Evening at Arbor House

By Eva Alcerreca: Photos by Steph Mackentyre

Some photos of the fellowship evening of 26th February at the Arbor House, organised by John Hutton. Bad traffic meant that several members couldn't make it, but those who managed enjoyed a good evening.

Don't miss the next one!





Generators Donated to Ukraine

Via Bób Parker

Through Jeremy Fish, a member of the RC of Middle England, we received a message from Andriy Baganich, Rotarian at the Rotary Club of Kosice:

“I am sending a few photos showing the recipients of the latest batch of generators delivered with Rotary support. In the end, it was decided to provide them to local self-defense units and paramedics who are engaged in evacuation missions and protection of civilians in frontline areas. They spend the most time in places where electricity supply is completely absent, so the generators are critically important for their work. Please find the photos attached, and allow me to pass on their sincere gratitude to you and to everyone involved in supporting this effort.”





It's RYLA time!

The date for RYLA is set so Ipswich East needs to find, register and support candidates ASAP.

There are 25 places to fill as the course is again being run jointly with District 1070.

So far our Club is sponsoring two candidates, however, there are still places to allow for more candidates from a variety of social and educational backgrounds to take part. RYLA caters for both female and male candidates in the age range 18 to 26 years old. It is a fully residential course with a variety of indoor and outdoor activities, physical and academic demands consistent with challenging each and every individual.

Dates: **22nd to 29th August 2026**

Place: **Grafham Water Centre**

Cost: **£860.00 per delegate**

Age: **18-26 years** (applicants must be at least 18 years old before the course commences)

If you know any family member, friends, work colleagues, etc. who you believe would benefit from attending RYLA, please let Robin Needham or Ed Nicholls know as soon as possible.





The Orwell Challenge

28th June 2026 • 49th 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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Orwell Challenge registration numbers update

Our flagship event gets closer and closer, and numbers are slowly rising, so please help us promote the event either on Facebook, X, Instagram or LinkedIn to make sure we have another successful year!

As of 3rd March, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	238
Child walk	1
Family walk	0
Half marathon	29
Marathon	23
Ultra marathon	12
Total	303

From the Archives: December 2012

By Tony Baker

In December 2012 Graham Bickers was our president when we held a Nostalgia Lunch to welcome back past club members who included Roy Adams, Gerry Barnes, Randall Bevan, Jeremy Bristol, John Chambers, Arthur Nicholls and David Price. Clifford Smith was our Speaker. Clifford's subject was '50 Years and Still No Northern Bypass'. Clifford had been a Chief Planning Officer and subsequently became the Chief Executive of Suffolk County Council. With so much experience, his talk was comprehensive, methodical and coloured with thoughtful personal opinion.

Clifford outlined progress from 1964 and the many plans which included an Orwell Crossing at Felixstowe and planning a 'motorway' straight through the middle of Ipswich in which Eric Barnett was involved. All of these proposals were abandoned. Local authorities then began to work together with Geoff Ramsdale involved as the first Planning Officer for Ipswich Borough Council.

Clifford noted that the Port of Felixstowe had expanded, the Orwell Crossing had been built and that the A14 had been duelled together with much of the A12. He stated that a Northern Bypass could not be funded locally and that with other projects, such as the impending HS2 and a suggested toll road between Cambridge and Huntingdon, national funding was unlikely.



Clippings show images of the nostalgia lunch (above) and then president Graham (bottom left) in his street collection hat

Addendum

- HS2 grinds on slowly with a project now much reduced in size, and services expected to commence in the late 2030s.
- Government approval was given for a toll road between Cambridge and Huntingdon in 2013 but it was quickly dropped by David Cameron due to local opposition to toll fees, with a decision made to fund the project from general taxation.
- There continues to be a lack of any progress on a Northern Bypass with our local member of Parliament speaking with the county council and the Roads Minister.

President Graham Bickers, wearing his street collection hat, announced that in concert with the three other Ipswich Rotary Clubs, over £7500 was raised for the Philippines Disaster Appeal. It was agreed that the money was to be used to donate 30 Aquabox community water filtration units to the disaster area. The Aquabox UK Charity had been set up by two Rotarians in Derbyshire.



ABC Playhouse Opening

Via Liz Harsant

It was a great honour to officially open the playhouse at ABC which Rotary proudly funded, and a thank you to the Ritwick Chair of Trustees.



Ipswich and Suffolk Business Club's Tour of the University

By John Button

A few of our members joined Liz Harsant's Ipswich and Suffolk Business Club tour of the the University in late February.

Marlene Robinson confided that Bill enjoys dressing up - and now we have the proof!





ROLLING CALENDAR

Date	Event
9th March	Club Council meeting.
10th March	Speaker meeting: Nici Banerman & Stacey Phillips - Homestart. Details and registration via Wild Apricot.
17th March	Breakfast speaker meeting: Jon Neal - Suffolk Mind. Details and registration via Wild Apricot.
20th March	4th Annual John Riches Memorial Race Night. Ipswich Golf Club. Details and registration via Wild Apricot.
24th March	Business meeting. Details and registration via Wild Apricot.
31st March	Fifth Tuesday: Elective Orthopaedic Centre visit. Email Bill Robinson if interested.
8th April	Wolsey RC Charity Golf Day. Rushmere Golf Club. Details on email from Sec Robin from 5th February.
13th April	Club Council meeting.

Date	Event
29th April	Theatre visit: "Caroline". New Wolsey Theatre. More details to follow.
7th May	IERC Annual Golf Day. Ipswich Golf Club. Details on email from Sec Robin from 8th February.
11th May	Club Council meeting.
8th June	Shadow Club Council meeting.
12th June	Bury Abbey Charity Golf Day. Details on email from Sec Robin from 22nd February.
16th June	Club Assembly. More details to follow.
24th June	President's Handover. Sunset Cruise on the Orwell Lady. More details to follow.
28th June	Orwell Challenge 2026. All hands on board!
24th July	President's BBQ. Bill and Monica's Farm. More details to follow.
4th - 6th September	Utrecht Trip with Twinned Club of Bad Salzfluhen. Details on email from Editor from 6th February.

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*
10th March	John Goodship Allan Gosling	Chicken and gammon pie
17th March	Karen Finch Toby Pound	Breakfast meeting
24th March	Ray Walters Andy Lewis	Lancashire Hotpot
31st March	Fifth Tuesday - No duty Rotarians needed	
7th April	Ian Lord Bob Parker	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 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.



WHERE HAVE (mini)ROTARIANS BEEN?



Mini-Rotarian James attended the meeting of 3rd March, where he was busy befriending Jack Earwaker and taking a nap on David Chittick.

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!

- **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.

- **FIND: ongoing parcel deliveries** - volunteers required to give regular support of two hours per week / month to deliver FIND food parcels throughout the year. 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.

- **Cancer Support Suffolk (CSS)** - CSS are looking for volunteers for the following events:

- 28th March 8:00 - 11:00am Park Run in Christchurch Park organised by the Institute of Insurers, CSS are having a stall in the park and need a few volunteers to 'man' it. CSS are looking for 4 volunteers please.

- 7th June 1:30 - 5:00pm Ipswich Hospital Band are doing a concert for them at Venue 16 and they need 3 people to help sell raffle tickets please.

- 12th June 4:00 - 10:00pm Fashion Show at Suffolk New College - six people needed to help sell raffle tickets.

- 31st August Classic Car Show 7:00am - 6:00pm they need all the volunteers they can get; the day will be split 7:00 - 11:00am and 10:30am - 4:00pm. Approximately 50 volunteers are required for this event, especially stewards for the car parking.

If you can help with any of these, please contact Andy Lewis.

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 20th of 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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