

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 14: 6th April 2026

## UPCOMING MEETINGS

Tuesday 7th April at 12:55pm  
**Speaker meeting: Melvyn Eke - My  
Conservation History**  
*Menu: Lasagne, chips and salad*  
*D.R.: Ian Lord & Des Cunningham*

Tuesday 14th April at 6:45pm  
**Speaker meeting: Mark Murphy -  
New members**  
*D.R.: Keith Miller & Bob Parker*

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* Steph Mackentyre  
*Community service* Andy Lewis  
*Foundation* Bob Parker  
*International* Liz Harsant  
*Vocational* Ed Nicholls  
*Almoner* Alan Forsdike  
*Environmental* Lucy Trenchard

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No upcoming  
birthdays this time,  
so stay tuned for the  
next issue

# RECENT MEETINGS AND EVENTS

## Jon Neal - Suffolk Mind

By Karen Finch

On 17th March, we were delighted to welcome Jon Neal as our speaker, who is the CEO of the Suffolk Mind charity. His enthusiasm spilled out from the off giving a short summary of himself.

Following a career in corporate communications and marketing – in the public, private and VCSE sectors – Jon joined Suffolk Mind in 2016 and set about building on existing efforts to diversify the charity's income base. Since that time, Suffolk Mind has grown in reputation and income and is now able to help more people in the county. Jon lives in Kesgrave with his wife and two young children. He likes reading fiction, growing vegetables and cooking from scratch.

His talk ran through some of the services under the Suffolk Mind umbrella which include Anxiety Management, Counselling, Frontline Families, Suffolk Night Owls and a new service – Bereaved by Death. In fact, having looked on their website the list is so much longer than Jon had time to present. He proudly described Suffolk Mind's own creation of The Mental Health Toolkit delivering this course locally to small and medium businesses. Jon brought out in the open the subject of men's



*President Steve and Jon Neal*

mental health giving some frightening suicide facts and figures that had members gasping. He said there is much still to do in this area, and raising the awareness of men's mental health is a priority.

Jon unashamedly stated that Suffolk Mind are on a mission to make Suffolk the best place in the world for talking about and taking care of mental health! His authoritative positive manner tells me that he will do his best to achieve this mission. Good luck Jon and thank you for sharing the Suffolk Mind success story with us! Toby Pound gave the vote of thanks.



This was a breakfast meeting, and a very well-attended one, as you can see! Keep an eye out for the next one!





## Angela Gage - Got To Read

Via Eva Alcerreca

On 3rd March, Angela Gage, from Got To Read, was our speaker.

Unfortunately, the appointed duty Rotarian has told me that there will be no write up about that meeting. However, if you'd like to learn more about the work that Got To Read do, please visit their website:

<https://gottoread.org.uk/index.html>



*Angela Gage from Got To Read and President Steve*

# Visit to Colchester Hospital

Photos by Steph Mackentyre

Here are the photos of the Fifth Tuesday event – a vocational visit to the new orthopaedic unit at Colchester Hospital, the Dame Clare Marx Building, organised by Bill Robinson.





## The Big Bake success!

Our wonderful speaker finder Phil Ramsey has the following message:

"A huge thank you to those who attended and contributed to our Big Bake last month for Brain Tumour charity. With online donations and cash on the day we have raised £3,850 so far. However, it's not too late to join the cause!"

If you want to contribute, please go to their JustGiving page:

<https://www.justgiving.com/page/debbie-ramsey-1>





## 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.









**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 half marathon, full marathon or ultra marathon (55k)

**[www.orwellchallenge.co.uk](http://www.orwellchallenge.co.uk)**





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*Ipswich East Rotary Club - Registered Charity No. 1088961*

## 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     | 248        |
| Child walk     | 1          |
| Family walk    | 0          |
| Half marathon  | 36         |
| Marathon       | 23         |
| Ultra marathon | 12         |
| <b>Total</b>   | <b>320</b> |



# CHARITY QUIZ NIGHT

**Sunday 19th April 2026 (7pm)**  
**Kesgrave WM Community Centre**  
**£6pp | 4-6 players per team**

Round up your friends, family or colleagues and join us for fantastic evening, full of fun, frivolity, and healthy competition.

**CASH PRIZE | BAR | BIG SCREEN | RAFFLE**

Scan  
here for  
tickets



In aid of:



SUFFOLK'S INDEPENDENT HEARING CARE & EARWAX REMOVAL SPECIALISTS

**Rotary**  
Club of Ipswich East



# WALKING FOOTBALL MULTICULTURAL CUP

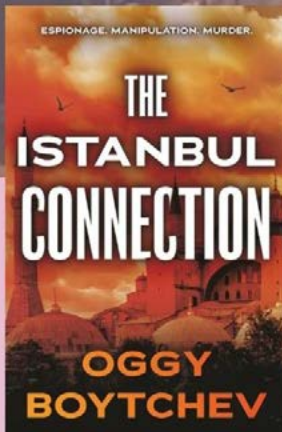
**Where: Inspire - Lindbergh Road**  
**When: Saturday 13th June**

Proceeds in aid of  
**Inspire & Cancer Support Suffolk**

Teams consisting of up to 10 per  
squad, 5 a side, rotating substitutions  
Entrance fee: £25 per team

Entries must be sent to E Nicholls:  
edmund.nicholls@btinternet.com

BACS payment to:  
Rotary Club of Ipswich East  
Sort code 30-99-50  
Account 28136962  
Reference: Walking football



Join us for  
**Supper by the Sea**  
with author  
**Oggy Boytchev**

**Wednesday 6<sup>th</sup> May 7pm**



## From the Archives: 1977-78

By Tony Baker

In 1977 Keith Harris became our president when meetings were being held at the Town Hall. In October, Keith thanked Geoff Ramsdale for coordinating the visit of the 12 members of the Rotary Club of Lemgo Bad Salzuflen. The Germans had already made contact for the return visit. Keith also thanked Derek Jarman for all his efforts in respect of "Orwell 25" which was held on 22 nd May 1977. Details of club member attendance were listed and the lowest individual percentage attendance was 54%.

Peter Elsom JP joined the club in October.

As Christmas approached, John Whyman coordinated arrangements for the collection of food and its distribution to the elderly. With the assistance of Round Table, 380 food parcels were delivered.

A telling statement in a Rotary publication was - The greatest enemy that a Rotary Club faces is complacency. The moment that Rotarians start to think that "this could not happen to our club", that club is already in trouble. Complacency is deadly,

but there is one answer: commitment. Rotary clubs remain alive when Rotarians insist that their programme, their committee and their personal service remain vital.

In January Keith noted that the club was then in its sixth year and was already being held up as an example of best practice to other clubs and he called upon all club members to do their share of the work.

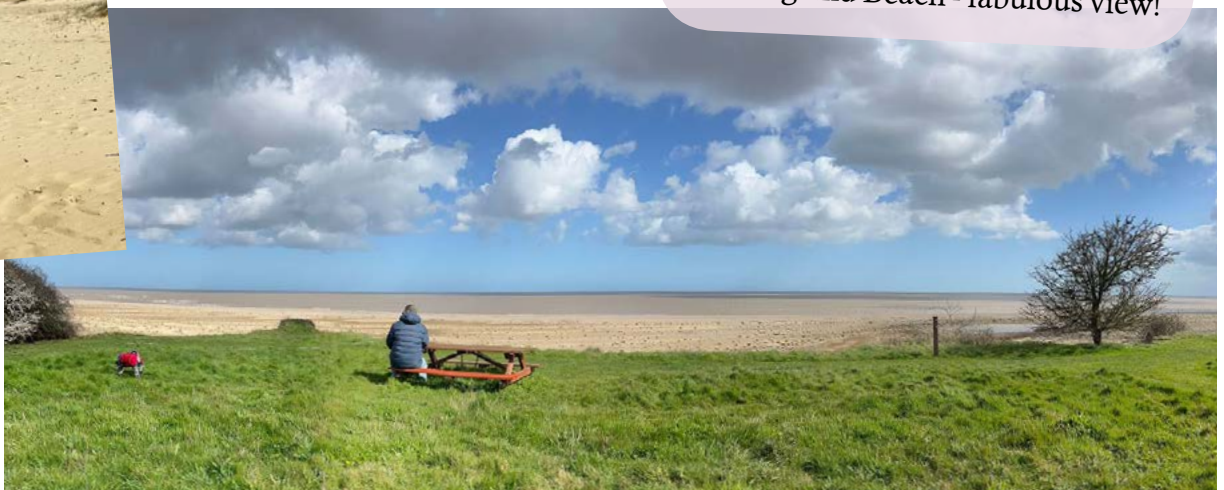
In March 1978, arrangements were being made for children of club members to visit and stay for two weeks with Rotarians in Lemgo Bad Salzuflen.

Reverend Henry Lunney joined the club in March.

Alan Maylin reported that Ipswich Rotaract Club, an introduction for young adults from 18 to 28 to the concepts of service to others, was composed of 20 plus members who were well motivated and whose morale was high.

Ian Lord joined the club in June 1978.

## WHERE HAVE ROTARIANS BEEN?



Steph and Steve (and Ruby) managed a mini break last month to a windswept and lonely Kessingland Beach - fabulous view!

# ROLLING CALENDAR

| Date       | Event   |
|------------|---|
| 7th April  | <b>Speaker meeting: Melvyn Eke - My Conservation History.</b> Details and registration via Wild Apricot.                        |
| 8th April  | <b>Wolsey RC Charity Golf Day.</b> Rushmere Golf Club. Details on email from Sec Robin from 5th February.                       |
| 13th April | <b>Club Council meeting.</b>  |
| 14th April | <b>Speaker meeting: Mark Murphy - New Members.</b> Details and registration via Wild Apricot.                                   |
| 21st April | <b>Speaker meeting: Angela Gregg - Fresh Start Charity.</b> Details and registration via Wild Apricot.                          |
| 25th April | <b>Bly Valley Rotary Club Celebration of Club Achievements.</b> Please see email from Sec Robin from 29 March for more details. |
| 28th April | <b>Business meeting.</b> Details and registration via Wild Apricot.   |
| 29th April | <b>Theatre visit: "Caroline".</b> New Wolsey Theatre. More details to follow.   |
| 6th May    | <b>Felixstowe Book Festival: Supper by the Sea.</b> More info on page 9.  |
| 7th May    | <b>IERC Annual Golf Day.</b> Ipswich Golf Club. Details on email from Sec Robin from 8th February.                              |

| Date                | Event   |
|---------------------|---|
| 11th May            | <b>Club Council meeting.</b>  |
| 26th May            | <b>AGM and Business meeting.</b>  |
| 8th June            | <b>Shadow Club Council meeting.</b>   |
| 12th June           | <b>Bury Abbey Charity Golf Day.</b> Details on email from Sec Robin from 22nd February.                       |
| 13th June           | <b>Walking Football Multicultural Cup.</b> More info on page 9.   |
| 16th June           | <b>Club Assembly.</b> Details and registration via Wild Apricot.  |
| 24th June           | <b>President's Handover.</b> Sunset Cruise on the Orwell Lady. Details and registration via Wild Apricot.     |
| 28th June           | <b>Orwell Challenge 2026.</b> All hands on board!   |
| 12th July           | <b>Bury Abbey Rotary Club Classic Car Show.</b> Volunteers wanted. Please check page 13 for more information. |
| 24th July           | <b>President's BBQ.</b> Bill and Monica's Farm. Details and registration via Wild Apricot.                    |
| 22nd-29th August    | <b>RYLA.</b> More info on page 6.   |
| 4th - 6th September | <b>Utrecht Trip with Twinned Club of Bad Salzflun.</b> 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*                           |
|------------|--|---------------------------------|
| 7th April  | Ian Lord<br>Bob Parker                     | Lasagne, chips and salad        |
| 14th April | Keith Miller<br>Des Cunningham             | Buffet lunch                    |
| 21st April | Neil Hewitt<br>Rob Adams                   | Scottish boneless salmon fillet |
| 28th April | Bill Pipe<br>Toby Pound                    | Chilli and rice                 |
| 5th May    | Michelle Bevan-Margetts<br>Steve Runnacles | 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](mailto: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](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!

- **Brave Futures - VOLUNTEERS NEEDED** - redecoration project at their premises. 9th April, 10:00am to 4:00pm. More information in email from Sec Robin from 14th March. Please contact Andy Lewis if you can help.

- **Bury Abbey Rotary Club Classic Car Show** - their annual car show will take place on 12th July, and they're looking for volunteers on the day. For each 4-hour shift, they will donate £50 to our Club's Community Support Fund. The shifts available are 6:00am - 10:00am, 8:00am - 12:00pm or 11:00am - 3:00pm. Refreshments are provided to all volunteers. You can read more about it in the email from Sec Robin dated 26th March, and get in touch with him if you're interested in helping.

- **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](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 17th of April. 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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