



LOOKS EAST



The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 18: 23rd June 2026

UPCOMING MEETINGS

Wednesday 24th June at 6:00pm

Presidential Handover

Menu: Welcome drink and buffet

D.R.: None needed

Tuesday 7th July at 12:55pm

**Speaker meeting: Hannah Walker -
Brave Futures**

Menu: Chicken skewers

D.R.: Mark Murphy & Bill Izzard

The Orwell Lady

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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Our best wishes to:

Graham Bickers

John Hutton

Chris Harrall

Jack Earwaker

Colin Davies

Kate Hinchliff - Suffolk Family Carers

By Lesley Murphy



Kate Hinchliff was the club's speaker on Tuesday 9th June. She came to tell us about her role with the charity Suffolk Family Carers. She explained that many people do not realise the charity is about providing emotional support, practical advice and guidance to unpaid family carers. At SFC they offer support to young carers (from 5 years old), young adult carers and parent carers, those who are caring for an elderly parent, grandparent, partner, spouse of a friend or neighbour, and also to Veterans and people serving with the Armed forces.

Kate gave us some thought-provoking statistics:

- There are 5.8 million people in the UK caring for a family member, friend or neighbour who is ill, older or disabled, and many find the impact of caring on their health, finances and employment opportunities a challenge.
- Unpaid carers save the UK economy an estimated £184 billion each year – the equivalent of a second NHS – but not everyone gets the support they need.
- Carers UK research shows that more than half (57%) of carers feel overwhelmed 'often' or 'always'.

- Over half (58%) of current and former carers feel they are at a disadvantage as they are not able to look after their own physical or mental health in the same way as those without caring responsibilities.

- 40% of current carers said they had postponed or cancelled a medical appointment, test, scan, treatment, or therapy because of caring, with 44% of those cancelling appointments saying they couldn't find appointments at a time they could attend.

- The 2024 GP Patient survey in England found that 70% of carers said they had a long-term physical or mental health condition, disability or illness compared to 59% of non-carers. Some of these negative impacts are long lasting, and many could be preventable or reduced.

- Employment & education: Unpaid carers are less likely to be in paid work than others who do not have caring responsibilities.

- An estimated 600 people a day give up work to provide unpaid care.

- Carers in paid employment also experience challenges in staying in work. 46% of current and former carers in employment said they face disadvantages in relation to staying in paid work and career opportunities, and a quarter (25%) had reduced their working hours to care.

- Young carers caring for 35 hours a week or more are 86% less likely to obtain a degree and 46% less likely to enter employment.

Kate explained that many people do not realise they are a carer and that sometimes the situation can develop really slowly over years. For others it can happen overnight. Kate told us how she had suddenly become a carer when her husband fell off a ladder injuring his leg severely. He was in hospital for many months and in a lot of pain. She said it helped her truly understand how a family carer has

to juggle time and money.

Kate's role within the charity is to support carers in families serving with the armed forces or veterans, including people who did national service. Her dad was in the RAF and she says that helps in her initial chats.

She explained that much of the charity's work is on the phone or online providing a listening ear. One important thing they offer is Carers Assessments to get an idea of the help and support the carer needs (not what the person being cared for needs).

Suffolk Family Carers can also signpost people on to other organisations who might help with finances, etc. They run workshops and courses about topics like carers rights, confidence in dealing with health professionals, etc.

Kate said she is happy to chat to any of us who might wish to find out more. If so, Robin has her details.

If you want to learn more about Suffolk Family Carers, you can visit their website [HERE](#).

Semi-final of the Senior Citizens Quiz

By Steph Mackentyre

The semi-final of the Senior Citizens Quiz was held at Paddy Geere House in Ipswich on 18th June, organised by Ian Lord and Norman Haines, and hosted by David Knights and yours truly.

Abbeyfield were the winning team on the day, who will go through to the final in July.



Sprites Academy Mini Festival

By Andy Lewis

On the evening of Friday 5th June and the morning of Saturday 6th June, a few of us volunteered our services to Sprites Academy Mini Festival.

The Friday evening was for students to camp overnight “under the stars” in tents on the school playing field and on Saturday the school hosted a mini music festival. Both were part of the school's initiative “Eleven under Eleven”, whereby the school arranges eleven promises for all the students under eleven years old (before they go to high school).

Whilst we thought we were there to help direct students to the camping area and music stage, the reality was very different. Friday evening involved us erecting tents for the students (without relevant instructions I might add), and Saturday's task was dismantling them (in the rain).

My thanks to David Chittick, Ed and George McLellan (and my wife) for supporting this event — speaking to the kids on Saturday was really heart-warming, hearing what great time they had had overnight, with one group of lads not getting to sleep until 7:00am!

The school was also very appreciative of the support given by our Club.



Inner Wheel Trivia Quiz

By Rosey Watson

In February we held our annual Trivia Quiz, which many of you attended. I said then that I would let you all know how much the evening raised, and apologies for not doing so before now.

We were delighted with the number of people who attended and everyone enjoyed the evening. The questions were challenging, as usual, and the winners on the night were Sandie's team.

I announced on the night that the raffle had made £585 and our final total for the evening was £1997.49.

Thank you all for your support and we look forward to seeing you in 2027.





ANNOUNCEMENTS



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.

Unfortunately, the two candidates our Club was sponsoring have withdrawn their participation, so we are again looking for candidates to take part. Remember we are looking for candidates from a variety of social and educational backgrounds, and that 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 half marathon, full marathon or ultra marathon (55k)

www.orwellchallenge.co.uk

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EAST ANGLIAN DAILY TIMES

Ipswich East Rotary Club - Registered Charity No. 1068961

Orwell Challenge registration numbers update

Our flagship event is this coming Sunday, so please help us push the online sign up this week! Online registration will close at 5:00pm on Friday. Help us spread the word either on Facebook, X, Instagram or LinkedIn to make sure we have another successful year!

As of 14th June, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	418
Child walk	2
Family walk	0
Half marathon	81
Marathon	45
Ultra marathon	29

Total 575

From the Archives: 2015

By Tony Baker

In 2015 Michelle Bevan-Margettes became the first female president of the Rotary Club of Ipswich East.

Robin Dillaway gave a talk on the wonderful world of the Honey Bee and how they organise themselves so well, a lesson that humans could learn from. The problem would be for the males of the species.

Catherine Forsdike became the District Inner Wheel Chairman and was planning her District Rally at Lowestoft and visits to twenty Inner Wheel clubs.

Catherine acknowledged that two previous Ipswich East Inner Wheel members, Margaret Barbour and Val Jefferies, had been District Chairmen.

Lewis Tyler was promoting tickets for Sweet Charity and the Rock and Roll Panto at the New Wolsey Theatre.

Bob Parker was organising a Rotary and Inner Wheel Barn Dance at the Tithe Barn in Sproughton.

Liz Harsant was organising the Club Twinning Visit to Ipswich Massachusetts.

The guest speaker in September was Richard Daniel who was just starting to break through as a presenter on BBC TV Look East. Richard noted that there was no love towards politicians as it was very difficult to get a straight answer to a straight question.

Arnie Bennett of Stowmarket RC gave an update on his club's campaign to install smoke alarms throughout homes in Suffolk and noted that some 30% of homes still did not have the detectors. He stressed that three Fire Prevention vehicles carried Rotary logos which promoted our image. Ipswich East had supported the project with financial donations.

An evening meeting was held at ITFC when Pat Godbold, secretary to Sir Alf Ramsey and Sir Bobby Robson gave a talk on her Life and Times at the club.

The meeting on 10th November was a busy one. We were joined by four former members, David Hutchinson, Gerry Barnes, Randall Bevan and Derek Marriot. Mark Murphy showed the Orwell Walk launch video. Then Kester Clarke, of local cricket fame, gave a talk entitled The Count, a Frog and a Rock which was a fascinating story of Napoleon's exile to St Helena and the people who surrounded him. Finally, Eva was inducted into the club. A note says, we hope it will be a long and happy one. So far so good!

Catherine Forsdike organised and completed a Risk Assessment for a Vocational Service Committee visit for 20 club members to Suffolk Energy from Waste



Michelle presented Boshor Ali, who spoke about an Eye Clinic in Bangladesh, with a cheque for £3000 which were the proceeds of our annual Golf Day



Michelle presented the trophy for the Shooting Event to her brother Simon at the annual President's BBQ at Station Farm. Simon had actually beaten Allan Gosling!

at Great Blakenham. The visit required 300 steps to be climbed. George Woodward was of the view that every person who lifts the lid of a black dustbin should be required to make the visit to the site to develop an understanding of the mountains of waste that our society produces and how it is dealt with.

Chris Banham wrote a letter on behalf of FIND thanking club members for their efforts to “collect and deliver masses of Christmas parcels”. Mark Harrison wrote on behalf of FareShare thanking 24 club members and partners and members of Inner Wheel for collecting food over four days at Tesco Copdock, which yielded 300 boxes of food for needy people at Christmas.

Mark Murphy was promoting the Orwell Walk, Run and Cycle 2016. He detailed a five point plan illustrating how each member of the club could help

to increase the number of entrants. He stressed that all members of the club should be involved and not leave the task to others. He concluded by saying that we can only continue to do amazing things as a club, if we all help to promote the event.



Eva Alcerreca and Kester Clarke



The Family Christmas Lunch was attended by over 90 people, including 13 representatives of local charities who received cheques from our Benevolent Fund. The charities included Crucial Crew, Smoke Alarms, East Anglian Sailing Trust, Tea Leaf Vision, Baby Bereavement, Citizen's Advice Bureau, Crime Stoppers, Icen, Polio Plus, Shelter Box and Aqua Box. An enjoyable Christmas Quiz was devised and presented by David Chittick.



Allan Gosling was made a Paul Harris Fellow for his outstanding contribution to Rotary and to the sporting life of our club. Some say that he won most of the events that he organised

ActivLives - Donation of Lawn Mower

By Liz Harsant

As you may remember, we donated funds to ActivLives to purchase a ride on mower for use at the People's Community Garden at Maidenhall.

Some of the Rotarians visited on 13th June and we were more than impressed with the work that ActivLives do in the community. We felt really proud we were able to help.





Wherstead Park Metal Detecting

By Andy Lewis

where there's muck, there's brass

Whilst working on a project for East of England Co-Op, John Button presented an opportunity to metal detect a walled garden and adjoining field at Wherstead.

On a lovely sunny day, Friday 12th June, myself and seven people from the Dedham Metal Detectors Club spent the day giving the land a once-over.

Key finds for the day were an Elizabethan silver coin, a 1864 German coin, a Georgian shoe clip (buckle), a 1669 Ipswich trade token from John Curtriss (who would have been a local merchant) and an annular brooch (likely to be medieval).

It was a very interesting day (and shared with a herd of very friendly cows!!). It also raised £140 for club funds as people donated to participate.





Liz Harsant Received the Suffolk Day Medal

Via Mark Murphy

Last Sunday 21st June, Liz Harsant received the highest honour Suffolk can bestow up anyone: she is now the proud recipient of a Suffolk Day medal, so richly deserved!

Liz said:

"Receiving my Suffolk Medal was one of the greatest honours of my life and only possible because of all the wonderful people I have worked with over many years; I received on behalf of you as well."



ROLLING CAIENDAR

Date	Event
24th June	President's Handover. Sunset Cruise on the Orwell Lady.
28th June	Orwell Challenge 2026. All hands on board!
30th June	Fifth Tuesday. Pub night at Isaac's. No need to book, just show up!
1st - 8th July	Twinning trip to USA! All participants are being kept informed of the preparations.
7th July	Speaker meeting: Hannah Walker - Brave Futures. Details and registration via Wild Apricot.
11th July	Mencap BBQ. For volunteering, contact Sec Robin.
12th July	Bury Abbey Rotary Club Classic Car Show. Volunteers wanted. Please check page 16 for more information.
14th July	Speaker meeting: Terry Jones - New Member. Details and registration via Wild Apricot.
14th July	Visit to BT HQ Martlesham Heath. Details in email from Sec Robin from 29th May.
21st July	Speaker meeting: Graham Alcock - Growing Hope. Details and registration via Wild Apricot.

Date	Event
24th July	President's BBQ. Bill and Monica's Farm. Details and registration via Wild Apricot.
28th July	Business meeting. Details and registration via Wild Apricot.
22nd - 29th August	RYLA. More info on page 7.
31st August	One Big Multicultural Festival at Alexandra Park. Our Club will have a stand to promote Rotary, so help is needed. Details on page 16.
31st August	CSS Classic Car Show at Suffolk Food Hall. Details on page 16.
4th - 6th September	Utrecht Trip with Twinned Club of Bad Salzungen. Details on email from Editor from 6th February.
30th September	Rotary Night at the Proms - Copleston High School. Volunteers needed. Contact Andy Lewis.

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.

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.



DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
24th June	Presidential handover - no DR needed	Welcome drink and buffet
30th June	Fifth Tuesday	N/A
7th July	Mark Murphy Bill Izzard	Chicken skewers
14th July	John Hutton Terry Jones	Roast duck portions
21st July	Catherine Forsdike Alan Forsdike	Bangers and mash

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

UPCOMING PROJECTS UPDATES

We have a few projects and activities coming up, and volunteers are welcome. Please contact the relevant club member and join in!

- **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. Several shifts available. 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. 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 (contact Andy Lewis if you can help):

- 31st August Classic Car Show 7:00am - 6:00pm; the day will be split into two shifts. Approximately 50 volunteers are required for this event, especially stewards for the car parking.

- **One Big Multicultural Festival** - 30th August
- This year we have again negotiated with the organisers Ipswich Borough Council and BSC Multicultural Services to have a free stand at the festival to promote Ipswich East Rotary Club. We are looking for volunteers for the following:

- Between 10:00am and 12:00pm to direct exhibitors to their stands and get them to park their cars in the onsite car park once set up.

- 11:00am to 12:00pm to set up the Rotary gazebo and our stand which this year will feature a tombola in aid of the Families in Need fund.

- 6:00pm to 6:30pm to pack down the Rotary Gazebo.

- Throughout the afternoon (whenever you can) to man the stand, sell tombola tickets and give out prizes. We are also looking for raffle prizes donations suitable for families in need (groceries, toiletries, children's toys, etc) – no alcohol please.

If you can help, please email Andy Lewis with your availability at andylewis.1000@hotmail.com

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 Saturday prior to the next issue (so for the next issue, that will be 4th of July. 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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