



October 2017

RIBI Community Service Cup Award

As a major avenue of Rotary activity; Community Service is the way in which Rotary clubs and Rotarians can support their communities

Through the implementation of our Rotarians unique talents, both vocational and non-vocational; Community service provides the front-line opportunity to present the local face of Rotary to the local community from where club membership is drawn.

The Award

To annually recognise a Rotary Club that has established a project or scheme in its community, for the benefit of that community.

The award will recognise a new innovation or existing project with a pedigree of success.

ELIGIBLE NOMINEES

Rotary Clubs.

A club who feels that it has a suitable entry should provide a short synopsis of the objectives and achievements of the project including local PR achieved in respect of the project.

Initially District Chairmen will consider each entry from their clubs in their district and forward the three they consider to be the best to the RIBI Home Committee Chairman by completing the Community cup form.

<https://www.rotarygbi.org/members/humanitarian-service-programmes/community/community-service-awards/>.

Deadline:

Entries received, no later than 31st December, of the appropriate Rotary Year.

Entries received after that date will NOT be judged. Judging will take place between 1st January and 31st March of the same Rotary Year.

Awarded by:

The District Community Service Support Team, within the RIBI Home Committee.

The team will lead a panel of suitably qualified neutral judges to arrive at an overall winning entry.

WINNERS 2017



Hour Community: Set up by the Rotary Club of Framlingham in response to residents' requests for help around the home.

Hour Community was set up by the Rotary Club of Framlingham 5 years ago in response to residents' requests for help around the home.



Project Sponsors and Rotary logo on the Hour 5 Seater transport vehicle.

An Hour Community coordinator set about finding local people who had an HOUR to spare and skills to carry out jobs such as gardening, DIY, shopping, dog walking, and many other tasks that the recipients were having trouble doing for themselves.

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Hour Community continued....

Hour Community's main objectives then and now are to provide help and support to residents of Framlingham and its surrounding villages, to reduce isolation, promote safety in the home, promote wellbeing and opportunities to socialise within their community.

Hour Community has grown since the Rotary Club's first initiative to now include the supply and fitting of new and up-to date smoke alarms, free of charge in association with the local Fire and Rescue Service, the supply of free personal safety alarms with the support of the Police Service, and Dementia befriending.

In association with Framlingham College, we now provide young people who go into the local residential home once a week to help with activities, visit the elderly and litter pick.

Two years ago the lack of Hospital transport became clear and we set about addressing that need and now have two wheelchair accessible vehicles, an 11 seater mini bus and a 5 seater car.

With the help of our fully trained volunteer drivers we transport between 20 and 30 residents a week to hospital and other appointments.

We also take up to 10 residents from our local residential home, out each week to a place of their choice.

What started as a response to a cry for help has now turned into a fully independent Charitable Incorporated Organisation (CIO), which has in excess of 40 registered volunteers ready to provide Community solutions to Community Issues

Rotarians Eliminating Dementia RED Box appeal



More than 850,000 people are living with dementia in the UK and this figure is set to double within a generation.

Dementia has higher health and social care costs than cancer, stroke and chronic heart disease combined. Without effective treatments, one in three children born today will die with dementia.

The only way to beat dementia is through research and our fellow Rotarians in North America are way ahead of us in that regard.

In 1996 Rotarians in the US set up the CART Fund (Coins for

Alzheimer's Research) with Rotarians voluntarily emptying their pockets and purses of change at weekly meetings. To date they have raised a staggering \$5.4 million to go towards research projects.

Alzheimer's Research UK is the world's leading dementia research charity dedicated to causes, diagnosis, prevention, treatment and cure. For every £1 donated to this charity 84p powers research and helps people to understand and fight dementia. Their mission is to bring about the first life-changing dementia treatment by 2025.

Working with Alzheimer's Research UK we have designed the RED box (Rotarians Eliminating Dementia). The box comes flat packed and we will be sending one out to every Club across RIBI over the next month.

The choice is yours as to how and indeed whether you wish to use it.

You can follow the CART fund idea and ask members to empty their pockets and purses of change at weekly meetings.

You can leave it in your meeting room so members can choose whether or not to make a donation.



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Red Box continued....

If the box is too small then you can use your own method to collect small change. CART uses a large red bucket. You can request additional boxes to place in other venues in your communities.



All monies raised will be sent to Alzheimer's Research UK via REPOD and further details of this project can be obtained direct from us via geri@repod-int.org 01822 852102. Geri Parlby, Chair, REPOD (Rotarians Easing Problems of Dementia)

Working Together in our Communities

Partnerships4Communities

Reepham & District Rotary supports small scale mental health charities.

From 2016/17 Reepham & District Rotary Club has begun a 3-year programme of support for two mental health charities.

The charities were chosen by our President Ven Arthur Hawes. He has always taken a keen interest in the subject and served for many years as a Mental Health Commissioner.

The two charities were chosen because our funds will be applied locally and make a real difference. Each will be supported with £1500 per year. They have explained their work to meetings of the Club and will be reporting how our funds have been applied.

Survivors of Bereavement by Suicide

SOBS provides dedicated support to adults who have been bereaved by suicide with 150 volunteers across the UK who have nearly all have been touched by suicide themselves, enabling them to connect with others.

Each year in the UK, more than 6000 people take their own life – each suicide has a devastating and lasting impact on their families, friends and communities.

SOBS exist to meet the needs and break the isolation experienced by those bereaved by suicide.

A self-help organisation providing a safe, confidential environment.

Where bereaved people can share their experiences and feelings and support each other.

MIND Support Line

Norwich and Central Norfolk MIND's Support Line has been developed to provide telephone support and practical advice to those who are not coping well with life, are highly anxious or maybe at risk of going into crisis.

It is available for any person who is referred by the local mental health trust and for up to twelve months after discharge from treatment.

Carers of eligible clients can also use the service for support and advice. Helping people to manage mental health problems reduces the likelihood a service user falling into crisis; providing a lifeline for so many people struggling across Norfolk.

Both charities will be supported by the club until 2018
For More information
Richard Cooke 07889 036 852
cookes@richard-cooke.co.uk

**Rotary Club of Buckhaven and Methil Levenmouth Clothing Bank - 'Working Together.'**

The Club launched this project in November 2016 with the aim of making warm clothing available to families unable to purchase appropriate items for their children over the winter months.



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Clothing bank continued.....

Very quickly, it became clear that families needed support all the year round – and so the Levenmouth Children’s Clothing Bank was formed.

Starting with a pledge of £50 from the club and by generating funds from the sale of specially knitted teddy bear key rings sold at £2.00 each, the intention was to provide a hat and scarf for each child in need.

The local Council of Fife provided space for storage at no cost. A Facebook page was launched to alert the public and ask for donations.

Posters were produced and placed in shops around the area. Letters were sent to schools, GP surgeries, Food Banks, Fife Council Social Work, Housing and welfare departments as well as other organisations including Citizens Advice and Women’s Aid.

The letters explained the service and asked agencies to act as a referral source. Within a week, there had been an 80% response.

There are now over 50 organisations making referrals on a weekly basis.

Requests are acknowledged within 24 hours giving the organisation an estimated day for delivery.

There has been a huge response by the public offering to donate clothing. Cash donations have also been

received and enable particular items to be purchased. Charity shops are the first port of call and underwear is always purchased new from local shops.

As the project developed, it was obvious that more funds would be needed to support the clothing bank in the long term. The club have organised a number of fundraising activities and financial support has also been provided by local churches, organisations, groups, individuals and businesses as well as other local Rotary clubs.

In the first 8 months the Levenmouth Clothing Bank has provided clothing to 230 children, from babies to 16 year olds, and the number is growing weekly. Initial analysis showed that the main reason for families needing the service was low income, followed by unemployment.

Support has also been provided to families supplying kinship care, families fleeing domestic abuse and even families who lost everything in a house fire. In many cases, each child was supplied with 7 days of clothing including underwear, pyjamas, a warm winter coat, hat, scarf and gloves. If the child was of school age, they also received a supply of school uniform items.

The Clothing Bank has now moved to new premises within the Fife Renewables Innovation Centre in

Methil which provides access to office facilities and storage.

The intention is to expand the service and roll out the initiative to other areas in Fife with the help and support of other local Rotary Clubs.

‘The Rotary Club of Buckhaven and Methil won the District 1010 Community Service Quach for their outstanding project and commitment to working together to make a difference’.

Please send your stories and pictures, with permission, to our Newsletter editor Chris Slocock
chrisslocock@printsolutions.co.uk
RIBI Partnerships and Events lead

Building Bridges with the Junior Technology Tournament



This truly exciting engineering competition for Primary Schools is now rolling out across RIBI.

Conceived from requests for help by Primary School Teachers at the Big Bang Fair in 2016, Rotary responded.



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Technology Tournament continued...

A working partnership with the Rochester Bridge Trust was established. Lead Rotarians Peter Lambson and Alan Dawson went to Rochester to work with their school's education department representative Aileen White.

A bridge project was devised, with Aileen taking on the major share of the work. This also related to work carried out in schools within the Medway area by the Rochester Bridge Trust. To support this work in schools the company publishes a superb book and other educational materials which have been made available to Rotary.

The project was launched at the March 2017 Big Bang Fair at the NEC Birmingham where Rochester Bridge Trust and Rotary combined their resources sharing a prominent exhibition stand near the main entrance to the exhibition hall. Not only was there a busy display area but Rochester Bridge and Rotary ran an arena, with a bridging competition, using paper and sellotape to solve the competition brief.

Five Rotary Clubs in District 1190 (Lancashire & Cumbria), Accrington, Carnforth, Church & Oswaldthistle, Darwin and Keswick, led the way and introduced the competition to their Schools in the summer of 2017. They have overcome hurdles, not

least the confidence in working with the Primary Pupils. Presenting the project as a curriculum enrichment exercise to help the teaching of "Design and Technology" and leading the initiative for "Problem Solving" within our local schools was greeted with total enthusiasm by the pupils and teachers.



More Districts and Clubs are now getting involved – it is a very rewarding programme both for the children who participate as well as the Rotarians who make it happen. The costs are minimal – about £100 per event for materials and prizes, and that will cover a maximum of 32 children.

For more information contact petelambson1@btinternet.com or technology@rotarygbi.org

(abridged article by Pete Lambson, first published in the District 1190 Magazine)

Have you or your Club purchased or donated a defibrillator?

If the answer is yes, then do you regularly maintain or check it? This could mean the difference between life and death for someone.

This responsibility is vital as the repercussions could have disastrous consequences for all concerned.

Dear Rotarians,

It's the 11th year of Cwmbran Vale Rotary's charity Christmas pudding sale.



This year's chosen charity is Meningitis Now
www.meningitisnow.org

Puddings are top quality 908gram size sourced from a quality producer in the Lake District. They are for sale in cases of twelve at £120.00 per case including delivery to your chosen address. As well as for Clubs consumption, many are bought by business owners as Christmas gifts for staff and valued customers/ clients.



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Pudding sale continued....

Each pudding comes with a meningitis diagnosis guide to help make sure that any potential sufferers are identified as early as possible.

You can purchase them from <http://rotaryxmaspuddings.co.uk/product/rotary-christmas-pudding/> or larger orders contact us phillipsdj@icloud.com for a discounted price.

Let's make this Christmas a safer one for those yet to be infected, and a supported one for those living with the repercussions of this dreadful disease. All you have to do is enjoy a Meningitis Now pudding with your loved ones at Christmas.

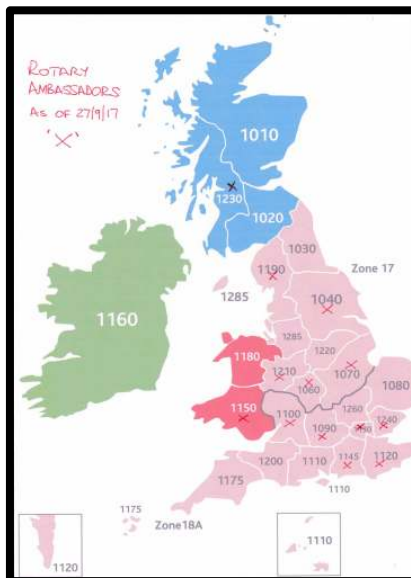
Dave Phillips.
Cwmbran Vale Chief Pudding Elf.



Rotary KidsOut Ambassadors

Rotary & KidsOut aim to have a 'Rotary KidsOut Ambassador' in every District to publicise the 'Day Out' Events, support District and Clubs and facilitate even more children having the opportunity to have a great Rotary KidsOut Day / Event.

There are now 15 Rotary KidsOut Ambassadors, in Districts: 1040, 1060, 1070, 1090, 1100, 1120, 1130, 1145, 1150, 1190, 1210, 1230 & 1240.



Rotary Festive Fun Day 5 December 2017

As with the June 'Day Out' registration process should be done on line:
<http://www.kidsout.org.uk/what-we-do/national-rotary-kidsout-day/>

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