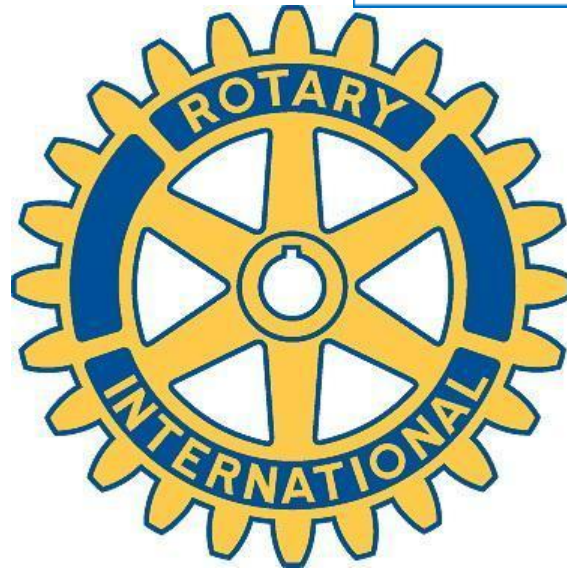


September 2023



Bramhall & Woodford Rotary Club

1st July to
30th September

Pat's Prattle - September 2023

Hello, Prattle time from President Pat. Summer, Autumn.

A New Rotary Year and I am President for a second time! Our Club Assembly in July was very much about making decisions for the rest of the year. I got vibes that it's going to be a good year!

A big part of what we do is fundraising and supporting local charities. Mental health is on our agenda this year and I know we make a difference. If we make just a few people happier by giving to good causes then it's all worthwhile.

Committee meetings we have on a regular monthly basis. I just thought I would mention this as they are unseen compared to our Social events. I think we have the right balance.

Our first speaker meeting was with a comedian, Mike Goddard, who told his story of being on cruise ships entertaining. He certainly lived up to doing so on the evening he spent at our Rotary club.

We do have time for Social events. We had a trip to the open air Theatre at Gawsworth Hall on one of those evenings when the heavens opened and the ducks in the lake joined in. We had a fun evening though.

We just managed to squeeze in our annual Barbecue with excellent food at the very end of the month.

August we had our Circus event in Bramhall Park. The funds we raised were split between Valley School and Beacon Counselling.

We had a talk from Rebecca Harris-Duggan - from SignPost for Carers, who gladly received our donation from the Duck Race.

September. a month I love, had our Scarecrow Festival. What a Show !! "The Hall of Fame". We had another social evening with Rotarians and friends playing Crown Green Bowling and had a great time with good food and fun bowling. A well chosen talk from Neil Lomas "Rowing the Atlantic" followed a week later, so thanks to Bob for arranging this very well attended evening .

Andrew Turnbull gave a talk on Mental Health. We have known Andrew for a few years. A very inspiring evening.

Earlier this month our club collected for the Earthquake in Morocco and the flood in Libya. All donations have been sent to Uk-Med, Shelterbox and Disaster Aid.

President Pat

Wed 5th July - Club Assembly and Handover

Chair Michael announced John Sykes birthday on the 06. President Pat was asked to take off her chain and "everything else". A first for our club to have a president continue for a second year. Chain reinstated! New/old President inducted Phillip Morris with a RI badge and name badge, he was pleased and excited to join the club, he, however, really wanted a Blue Peter one.

Peter Crossan was welcomed again. Then a troupe of Rotarians appeared after dinner, Lynn, J. Thewlis, Aschok and Dr R. Cryer.

Return Pres Pat welcomed us to the new year and all the club officers read out their respective reports (available in the circularized handbook). The next task involved a medal for Lesley Buckley as Vice President and the next lady President!

At 8pm, as arranged, DG Swati Mukherjee came and related her good wishes from RI President R. Gordon McNally (Queensberry RC, Lothian-dentist) and her own Bolton Lever RC. Swati previously worked at Astra Zeneca in neuro pharmacology and became a serious Rotarian being Ass Governor. She realised that apart from one other lady all the past District Governors were male so she decided to take the post. She was impressed with all we have achieved and quoted Sue and Afghanistan events, Wrap Up project, collecting for the major emergencies, our links with Uganda and successful Lend with Care and our choice of deserving charities. No Polio was mentioned but somebody corrected her and mentioned our personal individual donations.

DG Swati continued with ideas, re; Lend with Care her club set up rotakit getting older primary school children to fund raise. She picked up our plans to twin with a Greek RC and said Bolton RC twin with a school in Romania.

Her final comments about Rotary Clubs in general are good at keeping secrets. Communication must improve and collaboration with volunteers and community. The District have lost 5 Clubs and there will be a campaign in September to gain new members. There is a pilot site for 3 months in Stockport a digital market. (I don't know what it is!)

The District theme is the same as Pat's namely helping to improve Mental Health this year.

A Rotary Toast for a successful 2023-04 closed the meeting.

PS: I may have all the correct facts, not necessarily in the right order.

David Rose

Wed 12th July - Mike Goddard



Sun 16th July - Gawsworth Hall

The heavens opened at Gawsworth Hall on Sunday the 17. Armed with three Gazebos, chairs and our evening meal. Bob, Sue and I battled on. All gazebos up, and our companions for the eve arrived steadily from five o'clock onwards. There were many Gazebos, and chairs filled by the 7 O'clock start. There was a stoic atmosphere, (despite the weather.) Gawsworth Hall was as beautiful as ever and there were moments of delicate sunshine.

Dire Straits band belted out the well-known tunes, and a few not so well known, but their musicianship was in no doubt. Some dried off revellers even had a dance. Completely worth the effort and money.

As a new Rotarian it was lovely to meet Mary Monkhouse, and Phillips' wife Wendy. When you are out on a Social Event lots of chats arise. Also, a chance to meet new people, which on our dinner evenings you don't always get to do. So thank you Sue, great night. Please support the social evenings you won't regret it.

Thank you all who came, helped with the Gazebos, kept the conversation flow, and kept smiling

signing off Lesley

Not realising Lesley was the bulletin writer, Chris also submitted an entry:

Thirteen hardy souls made the trip on Sunday afternoon to see a Dire Straits tribute band perform at Gawsworth Hall even though the weather forecast was pretty 'dire'...! (Sorry, couldn't resist..). Sue and helpers arrived at 16:30 with 3 gazebos in torrential rain. All was well after we erected them, apart from the heavy rain pooling in the roof of one, and regular prodding with the handle of an umbrella was needed to stop it collapsing. Time then for refreshments before the concert started at 19:00 coinciding with a marked improvement in the weather although most of us were, like the wine, well-chilled by the end of the evening.

The band had mixed reviews, 'bit out of tune' was one comment and so perhaps 'about o.k.' would sum it up. The songs were of course great and most importantly it was '*a picnic to remember, in a beautiful setting, in the company of friends, with music*'. A most enjoyable evening.

Thanks to Sue for the organisation and the work in transporting the indispensable gazebos.

Chris Monkhouse



Wed 26th July - Helen Howe – Just-Ice Poynton on modern slavery

7.30 **Stand-in President Ms Buckley** (Mme President being unwell as were a couple of others) called the speaker guest and 11(!) members present to order, and then welcomed our guest speaker **Ms Helen Howe**. It is of note that this was the very first time that the President Elect had officiated. At the very start she showed a lot of bottle by attracting everyone's attention by 'ringing' a bottle!

7.33 Food.

8.00 Coffee

8.06 Three non-eating members arrived. **Ms Geary, Ms Bean, Dr Cryer and Mr Popat.**

8.20 Bits of business included **Mr Lacey** mentioning that Circus tickets were selling very slowly.

8.26 **Ms Buckley** decided to give the bottle another bashing and **Dr Mehta** introduced **Ms Howe** from Just Ice Poynton to speak about Modern Slavery

The Problem - when one person obtains or holds another person in compelled service for profit. This includes being forced to work, controlled by an "employer", treated or sold as a commodity, or physically constrained with restrictions on their freedom of movement. Psychological pressures are brought to bear in many instances.

There followed a short Quiz which proved interesting because it developed out an understanding of the numbers, scope and structure of the modern day problem. In the UK it's estimated that 136,000 people are currently enslaved. Survivors often struggle with lots of normal everyday things and need support and guidance so that they don't fall into slavery again.

The Vision - Jo Rodman set up the charity in Derby some 7 years ago and in Poynton 18 months ago. Imagine a social enterprise where you have great fun (serving the best premium ice cream) using only natural and fair-trade ingredients, creating employment, education and training for survivors of human trafficking, restoring their dignity and giving them hope and a future. Imagine creating a community hub in the centre of Poynton , where all are welcome and a friendly face and listening ear can always be found, and a meeting place for business groups, pastoral care and a drop in.

The Future – the desire to do more and raise awareness of the problem of modern slavery. And sell really nice ice cream!

9.10 Questions: which were lively and the replies very interesting.

9.26 **Dr Mehta** introduced two friends, **Mr Jim Williams**, who gave a quick overview of being an ex lawyer and that he has a number of talks that he can give to groups such as ours, and **Mrs Shirley Williams**.

9.35 Final toast

Ian



Sun 30th July - President Pat's BBQ

I don't know who is the official bulletin writer, but I can sum up the occasion in a word: unforgettable!

Just look at the ingredients: Maggie's cooking, including fresh home made bread rolls; Dave at the barbie; Satish's wonderful homemade Indian food; an almost dry day; really cheerful off-duty Rotarians; a visit from the President of a Ukrainian Rotary Club and three Stockport Ukrainians to help with translation.

Can't beat it!

Harry



Wed 2nd August - Committees

“Committees evening” 14 members in attendance

We started by celebrating Peter Richardson's 90th birthday. Cheers Peter!



Committee Chairs or their stand-ins gave the following reports

Club Services (Robert C in loco Bob)

Here's the programme for the next two months

August

9 No Meeting

13 Sunday Circus Maggie

16 Social Meeting – Canal Boat Trip

23 Julia Hewer – SignPost for Carers

30 5th Wednesday – no meeting

September

6 Committees

13 Social Night – Crown Green Bowling

20 Neil Lomas – Rowing the Atlantic

27 Andrew Turnbull – Mental Health

Treasurer (Steve)

General Account

One sub outstanding. If that's paid, available balance £1655

Charity Account

After various provisions, available balance is £4080

Secretary (Steve in loco Michael)

195 tickets sold for the Circus event; 42 more needed to break even. 3 more for £300 loss.

Ways and Means (Maggie)

10 days to the Circus...Please take every opportunity to share the Circus event with children's and families organisations...and friends and neighbours

Maggie is working with Laura at Beacon, who she hopes will bring info for a stall.

Steve and Satish happy to help on the day.

Scarecrow Festival begins 19 Aug.

Businesses are hanging back but there are 24 definite takers so far.

So far no members of public have said they want to take part.

Scarecrow kits are £20 for business and public.

Members of public using own materials make a donation.

Businesses are charged £15 to use own materials/re-version a previous kit.

The end of scarecrow festival will coincide with Sept 2nd's Worker Bee Market in the Village Square. Looking for a band – checking possibility of Ukrainian band.

Need volunteers to dress up as scarecrows on the day and collect. 10 to 4pm. Please speak to Maggie.

Mayor to judge scarecrows at 1pm tbc. Invite new Bramhall councillors - John M contacting

International (Harry)

Richard, Maggie and Harry went to meet Maggie, the President of Kigo Rotary Club, Uganda who some members have helped with top-up funds for a Rotary International grant

application. Aiming for a grant of \$31000 US to bring clean water to thousands of people living in desperate conditions in a Kampala slum.

President Pat's BBQ on Sunday 30 July was 'hijacked' by two Ukrainian para-swimmers one of which was Victor, a Rotary President. Thank you our friends from the Ukrainian band who helped with translation and some music.

Harry will be making a request to Council for £1000 to provide a perimeter fence for 'Richard's' Ugandan special needs school.

Who would like to visit Uganda for in early 2024? Please let Harry know. Richard is putting together a proposed itinerary.

Community Service (David)

David is considering doing 'Wrap UK' again this Autumn, but will need more help than last year. Various members said they would help. John M said he would store the donations in his garage. Cost to Club would be £70 for collecting boxes.

Satish is getting more details on a proposal from Mind, who want a shed and tools for an allotment project.

Concert - Saturday October 21st 7.30pm at St Michaels, Bramhall.

£12.50 a seat. Children free.

Just Ice Poynton is the nominated charity

Musical programme to be confirmed by David as soon as possible.

PR (Sarah in loco of Michael)

Inside Bramhall has given the Circus a good full page in its latest edition.

Press release for scarecrows is ready.

Press release for concert awaits information from David.

Michael has been v active on Facebook.

Meeting closed at 2145 with our usual toast.

No meeting next week.

Sarah

Sunday 13th August - The Circus



Wed 16th August - Canal Trip

Yet another splendid Rotary social event attended by 20 members and friends. Sue P had not only arranged the boat hire and delicious food but also managed to arrange for the sun to shine on us all! Thank you Sue

We set off from Bollington Wharf at 1800 and returned by 20.30 without any damage to boats or persons . We had 2 boats with 10 in each and a competent team of crew consisting of Harry and John on one boat, Cpt Dale , Bob and Steve piloting the other boat.

The countryside along the canal at Bollington was delightful passing through Clarence Mill and under a couple of bridges . The eagle eyed amongst us spotted a kingfisher as well as several herons in flight.

Food consisted of assorted sandwiches/ savoury items/ and delicious cream and jam scones.

This was washed down with a variety of alcoholic beverages

We returned the boats against the backdrop of a gorgeous orange sunset and plenty of cameras snapping to record the happy event – which have all been posted prior to this bulletin being written!

Denise



Wed 23rd August - Rebecca Harris-Duggan – SignPost for Carers

Sixteen had dinner including Peter Crossan who was visiting again and the speaker, Rebecca Harris-Duggan. Harry was also present but sat in the naughty corner for undisclosed reasons. Three other rotarians joined after the meal which was to the usual standard except that the likes of the writer shouldn't be given a bowl of runny curry and a flat plate on which to dump it.

Peter Crossan who is a leading light in the burgeoning community of Woodford Garden Village mentioned various successes they have had and asked for the club's help with the planned winter festival from 5- 9 pm on Thursday 5th December. He has received £1250 sponsorship from Redrow and suggested we could make it our float night for that estate and perhaps bring along some of our games: splat the rat got special mention.

Rebecca, our speaker from Signpost for Carers, the charity which benefitted from the duck race to the tune of £11,000, stood in for Julie who was in London, and a good job did she do.

The charity has been located in Heaton Moor since 2012 has 20 paid staff, lots of volunteers and provides support to 6000 adult and child carers in Stockport. There is a wide range of support services offered including financial planning , counselling, some limited respite care and a discount card. One third of the staff support young carers. The money from the duck race will be used to provide dementia carer support, a service at risk from lack of funding which, like many other charities, has become a major challenge. To this end, counselling which was free is now charged at £15/hour.

Rebecca noted that 50% of women would become a carer by the age of 50 and men by 57. 13.6 million people need support of which it is estimated there are 32,000 in Stockport. The challenge was for people to recognise they qualified as a carer and get in touch with the charity although I think it would quickly be overwhelmed. Club members were invited to become involved with the charity which is possible in a variety of ways ranging from volunteering to become a trustee.

A lively discussion followed Rebecca's presentation. Notably Sarah spoke highly of the dementia course which she had accessed. Rebecca was warmly thanked for her presentation.

In other business, Ian suggested, as there is no meeting next Wednesday, we have a scarecrow trail then meet in a hostelry. Dennis referred to email which invited contributions to the evening on November 8th when members will recount their memorable rotary experiences and Lynne reminded us of the bowling night on September 13th – sign up please.



The meeting ended at 9.17. Bruce

Wed 30th August - Scarecrow Trail and Duttons

A fifth Wednesday so no official meeting. Nonetheless a dozen or so did a scarecrow trail followed by a meal in Duttons with a quiz! Some dressed as scarecrows!



Wed 6th September - Committees

21 members present.

Satish informed the group that John Sykes is not well. He needs to spend time at Christies hospital. Satish is hoping to arrange a rota of members who can help John with transport. Also John would be happy to receive guests for company. Anyone wanting to help please contact Satish.

Ian reported that he has been approached by MADL charity (charitable wing of NISA shops) and spontaneously offered £350. The group discussed ways of handling this. Ian will discuss with MADL and decide. Could be used for general charity account.

Tony Burch has been unwell and is making a good recovery.

A dentist working in Denton called Archana has signalled she would like to join our club.

Social media and website

Leslie explained she is regularly sharing information about the club on social media sites. Also intending to continue a regular Blog.

Michael has been busy promoting the Scarecrow festival, St Michael's musical evening and General Rotary projects.

Club services

Bob reported on three exciting presentations in the club diary. The story of a heroic row across the Atlantic, an explanation of mental health and a Talk about The ill fated Scout Jamboree in South Korea.

Social

Sue reported there are still places available on this months Bowling event. Please invite friends.

Charter night is booked for October at the Crown and Conspirator.

A trip to Bramhall Hall with Worsley Rotary club is planned for November.

We will hold a Christmas party in December.

Ways and means

Maggie and team are hoping to set dates for community events well in advance, to help planning, volunteers, advertising and nominate charities.

Scarecrow festival was very good.

Lots of joy. This is an event which could be bigger and would be good to expand.

This year there were fewer scarecrows. Maggie asked for more help next year

21st October. Concert. St Michael and All Saints church. David is organising this. Tickets on sale soon

28th October. It was proposed we hold a table top sale in the empty precinct supermarket. Fundraising for and advertising world Polio day.

November 7th. Proposed date for the next fashion show. Likely to be at the crown and conspirator.

Sat 2nd-Sunday 17th of December for Santas rounds. We require sponsorship or ways of covering the cost of sweets. Also van with towbar needed.

26th November. Light up Bramhall. Richard, Satish and Dale, volunteered to to be the three necessary Santas.

Duck race. No date yet.

Community services

David talked about Wrap up Warm. October 6-20th. Have 6 volunteers to empty the donation box in supermarket and deliver them to John Meesus's garage. David will set up a rota and distribute this. In the garage we can sort into mens, womens and children's clothes. Sarah will do publicity.

Concert. St Michael and All Saints. Church. Robins lane.

David needs a design for the poster. 21st October. Richard happy to make a poster. And also tickets.

International.

Harry

Lend with care. No change at present

Plans are underway for a trip to Uganda. 8 Rotary members interested in the trip. Likely to be 10 days in February 2023

Financial report

Steve reported the General account has £1662

Charity account. (After commitments) will have £3082 remaining.

Circus event raised £1300

Beacon and Valley school are receiving £1000 each.

Scarecrow event so far raised £840 with more due in. Proceeds are going to Sparc, likely £1000. £1000 has been donated to the Uganda special needs school project.

Meeting closed at 9:30pm Recorded by Richard Bircher.

Wed 13th September - Crown Green Bowling at Cheadle (Kingsway) Sports Club

We were 21 for bowling and a 2-course meal of Lasagne or Veg Chilli, followed by Apple pie or fresh Strawberries.

The green was a little moist due to rain earlier in the week, nevertheless, we were extremely fortunate to have a sunny evening and members who arrived early were able to observe the grounds person preparing the green for a competition the next morning. The bowling began in a very relaxed manner, with members who had bowled before helping those that were new to the sport. Events of note, were:

- A number of teams competing for the same spot in the middle of the green, with their balls getting confused!
- One player knocking away another teams Jack 😊
- Sarah having her own personal professional coach for the evening 😊
- Oriane, although a novice, being the person of the match!

In a nutshell everybody having fun with a few rusty knees and backs this morning 😊. After moving into the function room, via the bar, the food provided was not only freshly home cooked and delicious, it was plentiful and several members even managed second helpings.

During the meal, Pat introduced Archana Prasad, who we hope will join us in the near future. We were also reminded that next week our guest speaker will be Neil Lomas who will talk about 'Rowing the Atlantic.

As it was an early start, the event ended at 8.45pm. Lynn



Wed 20th September - Neil Lomas – Rowing the Atlantic

7.27 EARLY START. **President Holmes** called the speaker, four guests and 18 members present to order at the four prepared tables and then welcomed our speaker and his wife, **Anita**. Other guests at this time included **Ms Archana Prasad, Mrs Mitali Dev** and **a friend of Mr Johnson**.

7.30 Food and coffee.

7.54 **Mr Rose** arrived. [At this point I digress to mention that the attendance increased to 31! (Yes, 31) members and guests over the next 33 minutes.

8.08 **Ms Bean**, 8.09 **Babs and Chris** (from FoBH gardening), 8.11 **Mr Cryer** 8.18 **Ms Geary plus 1** 8.27 **Ms Nicholson**]

8.12 **Mr Preece** introduced our speaker **Mr Neil Lomas**, who, it transpired, gave one of the best presentations we have had for some time.

In December 2022, he rowed across the Atlantic to raise essential money for Alzheimer's Society. The presentation started with a short video of the project and many photos and other video snippets followed throughout the presentation

The challenge is a 2,600 mile journey of constant rowing, with approximately 1.25 million rowing strokes to be pulled

It took 43 days 12 hours and 6 minutes to journey from Tenerife in the Canaries all the way to Antigua, The trip started on 5th December 2022 and finished 18th January 2023..... and there was no support boat.

As he prepared to row across the Atlantic Ocean, he was able to draw on his experiences of being a GB Dragon boat paddler together with his previous time on an Ocean Rowing boat. He spent some considerable time preparing for the challenge which included a team bonding session rowing from Stornoway to Oban. On thus trip they practised shift changes for the real thing where he was scheduled to be working on a 3 hour blocks of time...Rowing for 3 hours, then eating, sleeping and recovering over the following 3 hours.... then back on the oars for 3 hours on repeat through 24 hours of the day, 7 days per week for around 6 weeks before arriving back on land.

The 12 man team then spent a week in Tenerife before setting off going over all the essential admin. Classroom time, practising drills, understanding technical elements and the necessary apps re weather and tidal flows. Loading boat essentials, their personal gear and their dehydrated food. (The food was rehydrated with boiling water (a bit like a pot noodle). Its high energy food with an intake of around 6,000 calories a day, but he only lost about 5kg of weight during the trip.)

The crew left Tenerife at 16:08 UTC Monday 5th December 2022. The crew will now be rowing in shifts of 3 hours, followed by 3 hours rest to eat and sleep before taking up the rowing seat again for 3 hours. His rowing shift pattern was 17.30, 23.30, 05.30 and 11.30 on

repeat for the whole 43+ days. The weather was variable with 10 metre high waves on one occasion and flat calm on others. It was 5 weeks before they could change out of wearing their wet weather gear and get a suntan.

We saw a series of stunning photos grouped to cover sunrise, sunsets, night time, smooth seas and rough weather.

And finished with a short film of their celebrations and arrival in English Harbour Antigua.

9.10 lots of questions were asked and the Club donated £500 to Alzheimer's Society.

9.32 Some offered the final toast.

The following is an extract from <https://www.rowtheatlantic.co.uk/>

How does it help Alzheimers?

3 hours of rowing takes concentration and focus to 'the here and now'... the very aptitude offered from a fully functioning brain.

Every stroke will represent a fight back against the plaque that causes the brain to diminish.

Every shift will represent the friends and families who have to witness the deterioration of a loved one.

Each new day will be the hope of a cure to Alzheimers.

And the completion of the row shall be the culmination of experiencing mental and physical extremes to raise the profile of Alzheimers Research.

Every minute that we don't help, we rob people of potential and many wonderful years with our indifference

Ian



Wed 27th September - Andrew Turnbull - Mental Health

The meeting began early for members of the Uganda party who sat down to discuss where we might all like to go. Despite apparently divergent views, Richard has managed to produce a coherent plan which mixes some duties (both Rotarian and HUGS) with a great deal of pleasure in what is called “The Pearl of Africa”.

When the official meeting began we had around 21 members and guests, including Archana in her third meeting, her friend Ranjit Lall in her first, and our speaker Andrew Turnbull in his first for years!

Andrew was a very active member of the club for quite a few years but about five years ago he ditched his day job as a teacher to become a Hypnotherapist and found that his time is now fully occupied. Our loss, but his gain.



His interest in the human mind began when he was a bullied child at school. His determination to help others in the same situation was a potent driving force in his studies. As a result he has a formidable list of

skills which he can call on for any given client. So, although he calls himself a hypnotherapist, he can use Cognitive Behavioural Therapy, Gestalt Therapy, Person-centred Therapy, Psychoanalysis, Solution-focused Brief Therapy and Transactional Analysis, not to mention Neuro-lingual Programming. For some reason I am reminded of a Swiss Army knife. A fundamental principle in most if not all these therapies is “making the unconscious conscious” and thereby bringing problems into an area of the mind where they can be seen and hopefully dealt with.

As well as dealing with individuals, Andrew tries to raise awareness of mental illness, eliminate the stigma which surrounds it and improve access to appropriate services.

His talk was followed by an abundance of questions and we were all a little bit late going home.

Harry Hill