



ROTO 1210 REVISITED

WINTER EDITION

2024





A Seasonal Message from District Governor Jane Cooper

The Christmas period is when Rotary is at our most visible. Trees of Life lighting remembrances of loved ones with Santa sleighs criss-crossing the district, bringing joy to children too numerous to mention. So many charities will benefit from the funds raised and so many people will be thankful to Rotary.

At risk of using a well worn phrase, I will say this is but the tip of the iceberg. Looking just at Christmas, more hidden from sight is the over 200 meals that will be provided for people on their own on Christmas day, the loads of hampers that will be provided to those in need, the Santa train journey for sight-impaired children and the club that helps Santa reply to his letters. I have deliberately not mentioned club names because there are too many to mention and there will be many things that I have missed that are equally brilliant.

It is not just Rotary clubs that are doing this Rotakids and Interact clubs are playing their part over Christmas. Meanwhile we continue with the year round service week in and week out supporting children and adults in many different ways.

One of the most difficult things I find is using the publicity of the things we do at Christmas without implying that that is the only thing we do. It is a very careful balancing act. The community service provided by the Santa sleighs and Trees of Light is tremendous and lies alongside the incredible fundraising it provides for good causes and we hope our high visibility and use of community helpers will attract members to Rotary. Meanwhile we advertise the year long service we do in the libraries, dementia cafes, schools and so many other areas within the community.

This year our new direct members will be getting involved with club activities. These are members who join our District Hub rather than a club and link up with fellow members digitally while also having the opportunity to take part in hands-on projects in their local area. All members, club and direct, can benefit from this but more importantly so can our local communities.





Opportunities ...!

SPECIALIST ADVISER TEAM

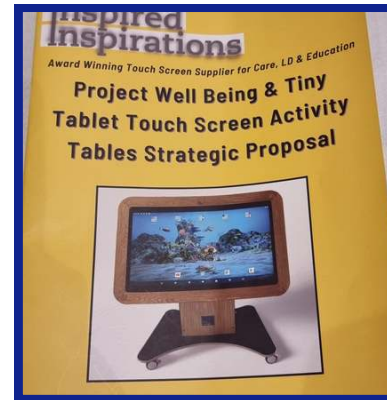
21 POSITIONS
CLOSE 6TH JANUARY 2025

HUMANITARIAN SERVICE	MEMBERSHIP	ROTARY FOUNDATION
PUBLIC IMAGE	DIRECT MEMBERSHIP	LEADERSHIP DEVELOPMENT
		





The 'Tiny' Tablet ...



Rotary support for this project was initiated by the late PP Barry Lewis of Burslem RC . He discovered that his neighbour Hayley's husband was receiving treatment from the Neuropsychiatry department at Harplands Hospital which needed to raise the funds to allow them to purchase it. They were met by Dr Steve Reilly and Jade Preston (RLY) NSCHT of Neuropsychiatry Department.

They watched a demonstration of a "Tablet Activity Table". It was amazing to watch a patient living with severe health issues operate it and how much he engaged with the activities and how much he enjoyed it. Barry noted he felt privileged to be able to support the immediate purchase of another Tablet Activity Table with a cheque for £1500 donated by Burslem RC. In the first photo, we can see Dr Steve, Hayley Housley, Jade Preston and PP Barry Lewis of Burslem RC. The second picture depicts the Tablet Activity Table and the third picture shows a presentation after the club watched a YouTube video demonstrating the different functions. It was not possible to show patients working on the Tiny Tablet due to protection of privacy.

Kidsgrove and District RC in the Community

Kidsgrove and District Rotary Club's community activities epitomise friendship, fellowship, working together, having fun and **MAKING A DIFFERENCE.**



Kidsgrove & District Rotary Latest News...



Autumn and winter are Kidsgrove Rotary's busiest time of the year! Our annual Bonfire and Firework Display extravaganza took place on Saturday November 2nd at Clough Hall Park. As always, this wonderful family event was fun packed with plenty for all the family. We organised an enormous bonfire as tradition expects, plus Warwick's Fun Fair, food vendors and lots of stalls.

Our annual Santa runs begin in December and carry on right through the run up to Christmas. Anyone wishing to help with collections, or any groups wishing to take on a run (should there be any available), please contact Rtn Ted Butler or pop in to our food hub and speak to President Dave Barber.

Our club continues to serve the local community on a daily basis with our Memory Café (in conjunction with the Town Council) and our Food Hub. The Memory Café is held weekly Mon 11am -1pm (excluding bank holidays). Anyone living with dementia or caring for someone with dementia is very welcome to come along. The team are trained and passionate about making a difference to anyone affected by this condition. There are a wide range of activities available ranging from bingo to gentle chair exercises. There is plenty of opportunity to meet others who may be going through similar difficulties and to share experiences.

Our team is also able to sign post to specialist advice and support. Why not pop in for a brew and a chat?

Our Food Hub continues to support many individuals and families on a daily basis (Tues-Fri 11am-1pm). We have a thriving social group, refreshments, community shop and access to Citizen's Advice (Tuesdays). We offer a warm, safe space where **EVERYONE** is welcome. Please pop in and support our community shop or join us for a brew.





Prostate Screening Awareness Event

Burslem RC and Stoke-on-Trent Lions worked together and subsidised a Prostate Screening Awareness Event at Stoke City FC who hosted the event at Ricardo's Bar at the bet 365 Stadium. SKODA Barlow and Prostate Cancer UK were also involved.

The test is simply a blood test and is considered to be effective in identifying the participants and the results for this event were as follows:

There were 233 participants, out of which 14 tests were red, 4 were amber and 215 were green.

The aim of the event was to encourage men over the age of 40 to get tested and be fast-tracked to efficient and effective treatment. It is anticipated that this type of local inter-organisational collaboration will continue when supporting similar health initiatives in local communities.



Men over 40 years

Prostate Screening Awareness event



Register here

 Ricardo's Bar, bet365 Stadium

 Tuesday 15 October

 7pm - 9pm

Each test is just £10
(subsidised by Stoke on Trent Lions & Burslem Rotary).
Men's health marketplace will also be available on the evening.





Leek Rotary's Swimathon

On Saturday 21st and Sunday 22nd September 2024, Leek Rotary Club held its annual swimathon at Brough Park Leek.

This year 11 teams entered, representing local schools, scout groups, air cadets and many more. Every team had chosen a charity, or charities to swim for, and raised the funds themselves. Each team swam as many lengths as they could in one hour. And what an effort everyone put in. It was an excellent event with 92 swimmers taking part. In total they swam 5393 lengths which is nearly 85 miles, or in a direct line, the same distance as Leek to Peterborough. A magnificent effort.

Some parents had decided to sponsor per length, and I think were amazed at just how much that is going to cost them!

The teams will now collect the monies, and Leek Rotary Club will enhance that amount. Early in the new year we will have a presentation evening and buffet for representatives of all the teams and the charity(ies) they supported.



Our thanks, as always, to the staff at Brough Park. They are excellent and so accommodating. Without them, we couldn't run the event.



Tubs 2 Pubs - saving plastics

Tubs2Pubs is such an easy way to support recycling of plastic and Rotary Clubs will find this a win-win-win project! to adopt. It creates good public awareness and we can involve schools and local businesses to help collect.

Last Christmas Whitchurch Rotary helped with this project and the results were startling. We collected the empty plastic sweet and biscuit tubs. They were delivered to a nearby Greene King pub (for us it was The Two Henry's in Shrewsbury). They as a company collected in total 150,000 tubs. They raise money for MacMillan Cancer Support.

This saved 21 tonnes from going into landfill (win) and raised £12,600 for MacMillan in the process which equates to provided 380 hours of MacMillan Nursing (win), and the tubs are then reconstituted into garden furniture (win). May I give you the link to their website:

TUB2PUB
tub2pub.co.uk



Walsall's Haven for Bumblebees

A project which has transformed the churchyard at St Matthew's Church, Walsall, into a haven for bumblebees has taken a second place in the 'Action on a Shoestring' category in the Church Times National Green Church Awards 2024. The award was made at a ceremony in London at the end of September.

The combined efforts of St Matthew's Volunteers and Walsall Rotary Club, together with advice from the Bumble Bee Conservation Trust over five years have achieved these groups' aspiration to produce something lovely out of something unloved.

An area of the churchyard was first cleared of litter, broken glass, cans and needles. Volunteers landscaped and made borders from donated timber. Planting was supported by an initial donation of £500 from Walsall Rotary Club, which also paid for gardening equipment.

The project began on a wet day in July 2023, and just one year later Walsall Rotary Club held a celebration meal in St Matthew's Church for the completed work followed by a talk and tour led by John Edlin, St Matthew's voluntary Building Manager.

Ros Clewes, another volunteer who led planting said "It's great that our efforts have been recognised at a national level. I really enjoy the connection with nature and the beautiful setting as I work."

2023 President of Walsall Rotary Club, Richard Hughes, said "What started as a simple conversation last year has connected communities to build something special."

Local Councillor, Eileen Russell, said "Walsall should become more widely known as a great place to live and work, with friendly people and special places to enjoy."

Rev Jim Trood, Rector, said "This project represents the results of sustained co-operation between the Rotary Club and St Matthew's which makes very proud. Alongside the many heritage and education projects, concerts and civic celebrations, the bell ringing team and the Place of Welcome this adds to the sense of connection between local people and St Matthew's church. I say to them: this is your church."



The award presented to John Edlin by the sponsor,
Craig Hogg, Green Journey Consultancy.



Walsall Rotary Club visit in September 2024



Buddy Bags

Rotarian Sylvia Keris from Eccleshall, is once again, for the fifth year during December, going to be transformed into her persona of Buddy's Elf to bring smiles with her elf antics. Sylvia will be dressed as an elf everyday for 24hrs a day from 1st to 25th December, wherever she goes - whether walking round town, going supermarket shopping, travelling on the buses, visiting GP's, singing along with any Rotary Santa sleighs, or attending important meetings.

She does this to bring some cheer during the festive season, whilst representing the charity 'The Buddy Bag Foundation' - which helps children with a buddy backpack of essential items, after they have been taken into the safety of a refuge, away from domestic violence. This affects at least 48,000 children in the UK every year, and sadly, there are more cases of abuse leading up to and after the festive season - which increases the need for funding for Buddy Bags.



Yet, fundraising can be fun, and Buddy's Elf will aim to get up to mischief (like an elf on the shelf) being in unusual places for an elf on a daily basis - and funny photos will be posted daily on her page, under the Facebook name: Buddy's Elf to bring smiles. If you would like to support the charity which does vital work helping vulnerable children, they can visit the BBF Festive campaign just giving page to make a donation please to:

www.justgiving.com/campaign/elf2024

Why not leave a festive message on this site for your family, friends or Rotary colleagues at the same time, to spread even more cheer.

Buddy's Elf is happy to appear wherever she can get to, to also promote businesses, Christmas parties, hand out pressies, etc, in return for a little donation to the BBF Elf 2024 fundraising campaign, for which you can enquire by dm on her Facebook page, or via the Buddy Bag Foundation.

Sylvia would like to thank everyone for their kind support & encouragement of her Buddy's Elf antics.





The Incredible Gift of Water ... a Rotary Foundation project

Humanitarian project completed in record time by Rotary joining hands across 3 continents

A \$92,000 project to construct a series of dams in the Pavagada region of Karnataka, Southern India has been completed in record time, with work starting in early August 2024 and being completed by mid September.

The project, made possible by a global grant from The Rotary Foundation and with support from Rotary clubs in Bangalore India, Wallingford New Hampshire USA and the City of Wolverhampton, UK is already bearing fruit, with the water in the catchment areas already gathering behind the dams. The water used to run away unused via tributaries of the River Cauvery into the Bay of Bengal.



Also involved were Districts 7870 and 7780 in the USA with District 1210 in the UK all of whom provide contributions from their District Designated Funds (DDF.)

The construction fulfils one of the Foundation's Areas of Focus, that of Economic and Community Development in that it provides excellent support to local farmers whose fields used to dry up in the hot season with heavy rainfall during the monsoons running away before it could be harvested for irrigation of crops.

Rotarian Ambli Suresh who led the project on behalf of the Rotary Club of Bangalore Sadshivanagar says "the dams will be a lifeline for the farmers; 90% of local village income derives from agriculture, but climate change, with resultant droughts in the dry seasons after heavy rains and flooding in the monsoon period presented a severe threat. Our project will ensure the return of a safe livelihood to many of these farmers."



SOS Africa Children's Charity

Dudley Rotary has been working with SOS Africa for the best part of a decade. The SOS Africa Children's Charity (registered in both UK and South Africa) invests 100% of donations in the education and care of South African children. Unlike larger African charities, since 2003 SOS Africa has provided disadvantaged children, from grades 1 to 12, with personal education programmes or learning support schemes tailored specifically to their needs. This holistic approach to education enables children to break the cycle of poverty; the charity's graduates are at university or in full-time employment.



The late Alan Black, in 2015, was the club's International committee chairman. He heard about the charity and thought it was worth supporting by the club. He invited Dr Matt Crowcombe and his wife, founders of the charity SOS Africa to talk to the club in September. They explained how we could sponsor the education of a child from one of the townships, helping them to break out of poverty.

By January the following year the club agreed to support Gideon at a cost of £600 per year. In return we would get feedback about Gideon's progress and we have received regular reports and copies of his school reports. In the first year we were told that Gideon had a few issues. The SOS Africa local team helped Gideon through this period. SOS told us that they wanted to set up a professional counselling programme to support the children generally. The club donated £400 to enable this programme to be established.

Regular reports showed that Gideon was making good progress although at times he needed extra tuition in maths and English. By Spring 2021 it was time for Gideon to move to secondary school. A place was found for him at the private Mondeor Eco School. Here classes are smaller and these pupils receive an education to meet their needs such as trade skills workshops and other life changing facilities. Further funding was discussed and it was agreed to fund the additional £1200 per year which would be ringfenced and paid annually as long as Gideon studied there. A fund of £9000 was designated to be used for this purpose.

Gideon has developed well both in his training and personal life. In July last year he took first prize for his achievements followed by being nominated best student of the month in October. He has become very keen on rugby. Recently we have been told that he has been made a school prefect. Our ring-fenced money will see him through to the end of his secondary education.

Gideon is not the only support we have given to SOS Africa. In 2017 we were asked if we could donate to a new education centre at Grabouw High School. A new prefabricated building could be located in the centre of the school, preventing vandalism and could be larger. The cost would be about £55,000. The club charity account had a significant balance. In 1977 the club funded a block of sheltered accommodation flats and continued to run them as a Housing Association until 2017 when the undertaking was transferred to another Housing Association. The transfer resulted in a substantial sum of money was transferred to the club's charity account. As a result Dudley financed the whole of the £55,000. The Centre was opened in January 2019 and is known as the Dudley Rotary Education Centre.

In Grabouw, many children have nowhere to go to when school finishes at lunchtime; this is a dangerous time when children are at their most vulnerable in the townships. The SOS Africa children therefore attend the Centre each afternoon where they receive a nutritious lunch, extra tuition, homework assistance and mentor support. Most importantly it provides them with a safe and friendly environment within which they can learn and grow.

This is a very successful partnership between Dudley Rotary and SOS Africa.



District 1210 VSE To Finland



DGN Don Lovejoy recently (4th October - 18 October) led a young team of environmentalists to southern Finland for a VSE trip to the cities of Lahti and Jyvaskyla. The purpose of the exchange was to understand how the cities are tackling the environmental issues that challenge our very existence.

Finland is acknowledged as a World leader in sustainable development and once the exchange had been agreed the Finnish Rotarians suggested an environmental theme for the visit.

The four team members (Ellen Percival, Tom Bedford, Elliott Lancaster and Zina Swenson) are all 27 and have a background working as a consultant, lecturer, entrepreneur or volunteer in environmental areas and were all very knowledgeable on the subject.

The whole team were incredibly impressed by the actions being taken in Finland and the total connected strategies being used by city planners essential for sustainable living.

During the 2 weeks the team visited universities, factories, town halls, re-cycling plants, Green City developments and environmental start-up companies and received numerous presentations and lectures on environmental strategies including hydrogen car development. Lahti is the current holder of the European Green Capital award and currently recycles 100% of its waste and will be carbon neutral by 2025!

The team gave presentations to 3 local Rotary Clubs during the trip and were wonderfully hosted by Rotarian families from the two cities and came away with wonderful memories and a mountain of environmental information.

As part of the scheme a team from Finland will come to our District in March/April next year to receive their vocational experience.

If you would like the team to make a presentation to your club on their adventure please contact me.

Don Lovejoy

don@djlovejoy.co.uk



The team after their presentation at Jyvaskyla Rotary Club with Club President Mika Kataikko



The team at a bakery in Lahti



Presentation to Rotary Club in Lahti



Defibrillators in Walsall

TO ALL ROTARIANS, YOUR HELP IS NEEDED



We all know the importance of defibrillators saving lives in our communities but can ambulance services see them when 999 is called?

The only way Ambulance Services can see a defibrillator is if it is registered with the National Defibrillator Network call 'The Circuit'

Thousands of families in the UK are left devastated by cardiac arrests every year. Early use of a defibrillator with CPR can more than double a person's chance of survival. But if ambulance services don't know where they are, they can't direct people to them in an emergency. That's where 'The Circuit' comes in.

'The Circuit' helps emergency call-handlers to direct bystanders to their nearest defibrillator when 999 is called. At a time when every second counts – it could make the difference between life and death.

The Issue

There are over 92,000 defibrillators registered on The Circuit? Yet despite this, it's estimated that tens of thousands are not and are unknown to the ambulance services

Why should Rotarians get involved?

Over the past decade Rotarians and Rotary Clubs have provided much needed defibrillators in their communities. Our army of 34,000 Rotarians across the UK are best placed to identify those defibrillators which are not registered on 'The Circuit' and take the necessary steps to get them registered and make them visible to the emergency services and help save lives.

What can Rotarians do to help?

1. Discuss this at your club meetings and agree to take action.
2. If you or your club has provided or helped fund a defibrillator, make sure it is registered on 'The Circuit'
3. If the venue where your club meets has a defibrillator, make sure it is registered on 'The Circuit'
4. If a venue where you regularly visit – gym, golf club, social club, theatre, community centre, etc have a defibrillator, make sure it is registered on 'The Circuit'
5. Does your local school have a defibrillator, make sure it is registered on 'The Circuit' – Over 12,000 schools who have had defibrillators recently installed have yet to register them.
6. When you are out and about and see a defibrillator, check that it is registered on 'The Circuit'

Do all defibrillators need to be registered?

The simple answer is YES

One of the most common reasons for not registering is people think only those which are available 24/7 need to be registered. If a defibrillator is not available 24/7 it still needs to be registered. The ambulance service will know when it is available and direct people to it when necessary

How can I check whether a defibrillator is registered?

Visit DefibFinder.uk enter the post code or location, it is that simple.

CASE STUDY

Whitchurch Rotary club serves the town of Whitchurch and the surrounding rural community in North West Shropshire. Back in 2019 the members were concerned that there was not full access to all the defibrillators in the town. Using a list from the local ambulance service members undertook a survey of the town and the surrounding villages and logged the location of the defibrillators that were listed. However, they soon discovered that not all defibrillators were on the list so they decided to organise a much more in-depth survey to locate all the defibrillators in their area. This enabled the club to create a directory of all defibrillators which included their location and the times when they could be accessed. All the defibrillators are now registered on The Circuit. This directory was included on the club website and available in both e mail format or when required in paper form to those who wanted it.

They also felt that a training program was needed to increase the number of local residents with the skills to use C.P.R and the use of a defibrillator. They approached the British Heart Foundation who assisted in providing a suitable program. Initially members of the Rotary Club were trained and then the program was rolled out to staff of local shops and businesses. There were 12 training courses provided and 124 people were trained in CPR and the use of a defibrillator.



Tony Birch from Whitchurch Rotary commented 'The project was extremely worthwhile. It was completed at minimal cost and the engagement of the public and Rotarians was very high. It was of huge benefit to the local community and raised the profile of our club enormously. This high impact project did take some organising but unlike many projects the greatest input from club members was their time. I would certainly recommend every club in the UK looks at doing something similar in their area, it can only help to save lives'

If you are still not convinced of how important this is, here are a few facts

Every minute without CPR and defibrillation after an out-of-hospital cardiac arrest reduces the chance of survival by up to 10%.

80% of out-of-hospital cardiac arrests occur in the home.

43.1% of the most deprived areas in the UK do not have a registered defibrillator.

Each year, there are over 30,000 out-of-hospital cardiac arrests in the UK.

Less than 1 in 10 people survive an out-of-hospital cardiac arrest in the UK.

If your defibrillator isn't registered on 'The Circuit' the ambulance service can't see it when 999 is called in response to a cardiac arrest – the opportunity to save a life could be missed.

It takes less than 5 minutes to register a defibrillator

Registering is quick and FREE to do and gives your defibrillator a better chance at saving lives.

How to register

It takes less than 5 minutes to register a defibrillator and there is NO COST to register.

If you are the Guardian of the defibrillator (the person responsible for looking after it) then please register it on The Circuit.

If you are not the guardian, make some enquiries in the building where the defibrillator has been placed and explain the issue with their defibrillator and ask the guardian to register.

Once registered, the guardian will receive regular email reminders to check the defibrillator status, along with other updates such as checking batteries and replacing pads.

Who is Responsible?

It's everyone's responsibility to help increase cardiac arrest survival rates and Rotarians can do your bit by searching out the unregistered defibrillators and make efforts to get them registered with The Circuit. In addition, empower yourself with the confidence to use one by attending training courses or setting up training courses through St John Ambulance in your clubs.

Register on The Circuit today - Give your defibrillator its best chance of saving a life.

The Circuit has been developed by the British Heart Foundation (BHF) in partnership with the Association of Ambulance Chief Executives, Resuscitation Council UK, St John Ambulance and NHS England.

If you have any questions or for further help, please contact Rotarian Ashley Gray ashleywalsallsaddlersrotary@gmail.com

Thank you for your support.