



## Silver Sunday is October 2<sup>nd</sup> - what are doing in your community?



### Bridging Generations - A Rotary Community Project run by Chichester Priory Rotary Club

This is an opportunity for lonely elderly people to have more contact with the younger generation.

Extensive research of the views of community workers and caring organisations consistently pointed to the dire problem of loneliness and isolation amongst the elderly. Regular reviews in the local and national press point to the detrimental health effects of loneliness. The Rotary Club of Chichester Priory therefore decided to become involved in helping alleviate this problem.

Spurred on by the fact that the elderly often enjoy conversing with younger people, Rotarian Mike Harvey started work on the idea of "Bridging Generations". He approached Chichester College to see whether they might provide some students to converse regularly with the elderly. Having been given the "green light" from the College, he then faced the challenge of locating a significant number of isolated, lonely people. By definition such people are a very elusive group.

Some were found by talking to Meals on Wheels, Age Concern, some Church Leaders, Sheltered Housing Groups and our own contacts, family and friends. The Club was unable to advertise or promote the scheme to the general public - firstly because words like 'lonely' and 'isolated' were not acceptable descriptors for elderly folk and secondly they had to ensure there would be some filter to exclude people the project would be unable to sustain e.g. severe mobility or mental health issues.

Chichester College provides a safe space, some refreshments along with students, most of whom are studying Health and Social Care. The project started with a small group of elderly and students which has now grown to about 20 elders and 30 students meeting every 2 weeks in term time. They sit at mixed tables, moving around after a half hour. A topic for conversation is usually suggested and this leads to a friendly chat.

There has been positive feedback from students who see this as beneficial in their course work and they gain important skills from being able to talk freely with elderly people thus helping them in their future careers.

The best feedback from an elder was "when I leave the College, I feel much younger!" Outcomes are also measured on the rate of return to meetings over time and this generally has been positive. Chichester College arrange for the refreshments and the Rotary Club pay for

the transport costs at a very reasonable cost of £15 per journey

The project requires the continued commitment of the Chichester Priory Rotary Club to ensure that sufficient suitable elderly people are made aware of this opportunity which has proved so valuable and successful to date.



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

Silver Sunday is an annual day of fun and free activities for older people across the UK. Led by The Sir Simon Milton Foundation, it celebrates the value and knowledge they contribute to our communities while combating loneliness and isolation. Everyone can get involved, whether that's organising an event, spreading the word, or simply attending an activity. The next Silver Sunday is on **2nd October 2016** –

**If you didn't catch it this year how about planning for 2017? It is always the First Sunday in October...**



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE

# COMMUNITY SERVICE NEWSLETTER

Rotary  
Great Britain & Ireland



## Rotary and BBC Children in Need Partnership 2016-17

2016 promises to be another record-breaker for the Rotary partnership with BBC Children in Need.

Clubs across the UK are busy preparing their activities, from a special Jazz Night, Quiz Night, Street Collection, Train and Bus Station collection to the Airport collections at Heathrow, Gatwick and others, there is something happening close by that you can get involved with.

Appeal day this year is on 18<sup>th</sup> November 2016 and the BBC have shown a clip for the past 3 years' shows on national TV, acknowledging the huge contribution Rotary have made to the lives of disadvantaged children.



This year Rotarians have made an appearance at Carfest North and South, Chris Evans' car and music festival held in aid of BBC Children in Need. Some volunteers go for the cars, others for the music, but everyone has a great time. Paul Temple, president of Basingstoke Deane Rotary Club, organised a band of raffle ticket sellers for Carfest South (pictured next to the top prize mini), and Harvey Kesler from Sale Rotary Club headed up the team at Carfest North (pictured standing next to Pudsey).

There are lots of opportunities to get involved in BBC Children in Need activities with Rotary. Whether you enjoy going airside at one of the busiest airports in the

world, or standing in a field watching cars hurtle past at 90 mph, Rotary and BBC Children in Need have a great partnership that you will want to be a part of.

If you would like to get involved in BBC Children in Need activities with Rotary, please contact Paul Fisher from Misbourne Matins Rotary Club on [volunteer@rotarycin.co.uk](mailto:volunteer@rotarycin.co.uk)



## Calling all Rotary Dementia Friends and Champions.

If you have received training as a Dementia Friend or Dementia Friends Champion via the Alzheimer's Society Dementia Friends Scheme and would like to link up with other Rotarian Dementia Friends and Champions across RIBI then please contact [geri@reped-int.org](mailto:geri@reped-int.org)



## 8 Essential facts about stroke

- Stroke is the second biggest killer in the world, and the fourth biggest killer in the UK  
Someone in the UK has a stroke every three and half minutes  
There are over 1.2 million stroke survivors in the UK  
A stroke can happen to anyone at any time, even to children and babies  
Stroke is one of the largest causes of disability in the UK – over half of all stroke survivors have a disability
- Stroke kills twice as many women as breast cancer and more men than prostate and testicular cancer combined a year  
Up to 80% of strokes are preventable
- Moderate exercise can reduce your risk of stroke by up to 27% **Get your FREE prevention guide - with essential information on stroke prevention and reducing your risk**

Ooh, been meaning to tell you...

i want to be an organ donor.

Let's talk about it

NHS Blood and Transplant

**Don't forget to tell your family your wishes**

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## What is the DofE Diamond Challenge?

The DofE Diamond Challenge is a year-long special Diamond Anniversary activity to raise awareness of The Duke of Edinburgh's Award Charity, get people doing something positive and raise some money for the DofE.

Throughout 2016 people across the UK will be asked to choose their challenge from three DofE-inspired themes. Learn a skill, embark on an adventure or conquer a personal challenge, and raise a minimum of £60 (for 60 years) for the Charity.

By experiencing something new, as a 'Challenger' you'll step to the edge of your comfort zone, have fun and find out what you are capable of; all whilst giving vulnerable and disadvantaged young people, from your UK Region or Country the chance to turn their lives around through their Duke of Edinburgh's Award.

Your support of the Challenge will go to fund young people most in need near you to start their DofE. Every £60 raised will help five young people start their DofE. Through your support, Diamond Challengers are changing hundreds to tens of thousands of young lives for the better.

Anyone and everyone can take on the DofE Diamond Challenge. You don't need to have done your DofE to take part; all you need is an adventurous spirit and the motivation to step outside of your

comfort zone to achieve something amazing for yourself and for others.

So what type of challenge can be undertaken –

### Adventure

This is your chance to tick that Adventure off your bucket list.

Whether it's your team camping under the stars or abseiling down the office building, the sky's the limit!



### Skill

Quench your thirst for learning; fulfil your burning ambitions.

Get your entire company to learn a new language, form a choir and flash mob your AGM – think big, get creative!

### Personal

Cracking on with business as usual? Shake it up and do something to help you grow personally.

Face your fear of heights with a skydive or give up alcohol for a month, as long as it challenges you, it counts!

You can register for the DofE Diamond Challenge at

[www.DofEDiamondChallenge.org](http://www.DofEDiamondChallenge.org)

For more information about DofE  
<http://www.dofe.org/>

## **In Memory of Anna Swabey - Rotary Young Citizen Award 2016**



We are all I am sure, saddened to learn of the passing of Anna Swabey, who was a winner of the Rotary Young Citizen Award earlier this year. Anna, pictured above with fellow fundraisers, was diagnosed with a brain tumour in 2015, but was determined to support others with the condition by raising awareness, and more than £50,000 to enable more research into the cause of brain cancers. RIBI President Eve Conway commented: "Anna was an inspirational young woman who despite all the odds against her was determined not to let that stop her from going out of her way to help others and raise awareness and funds for Brain Tumour Research. We are so saddened to lose such a precious person who truly made a difference in her short life. We send our condolences to her family and her fiancé." Anna was nominated for the Rotary Young Citizen Award by the Rotary Club of Newton Aycliffe for her dedication to helping others and making a difference in the world.





## The Trussell Trust is indebted to Rotary International in Great Britain & Ireland

Members of Rotary International in Great Britain & Ireland (RIBI) have been loyally supporting The Trussell Trust and the National Foodbank Network with a range of volunteer and fundraising activity for many years.

Volunteer activity has included helping to sort and pack food and toiletries at foodbanks, helping to deliver food parcels, teaching foodbank volunteers' computer skills and assisting at supermarket food collections across the UK.



Members of the Rotary Club of Epping helping at the national 3-day Tesco Neighbourhood Food Collection

Many Rotary Districts and clubs have supported the supermarket collections, too many to mention here, but we are extremely grateful to each and every one of you. A great example of this valuable volunteer help is the Rotary Club of Epping.

Working closely with the Trussell Trust Foodbank in Loughton, the Rotary Club of Epping has led the national food collection in the local Tesco Superstore for the past few years, assisted by other Rotary Clubs including Past President Pesh Kapasiawala and the Rotary Club of Loughton, Buckhurst Hill and Chigwell.

Raz Zoers, Past President of Epping Rotary Club said "It's all a bit of fun. Just a few hours of a Rotarians time doing what we're good at! And it is an opportunity to raise the profile of Rotary in the community. We have built up a superb relationship with the Tesco team in Epping and that has helped the Epping club at other events. Locally, Tesco want to be involved with what we do. A Win-Win situation!"



## The Big Bang

UK Young Scientists & Engineers Fair

Rotary International celebrates the 100<sup>th</sup> Anniversary of our charity The Rotary Foundation and in recognition of Rotary's successful work worldwide starting and spearheading the global campaign to eradicate polio, the 2017 Rotary Prize for The Big Bang Competition will be awarded to the project that has shown outstanding success in medical or scientific achievement.

*If you know of a young person or group who would be eligible to enter please let them know of this and other prizes*

available for entering.  
<http://www.thebigbangfair.co.uk/the-big-bang-competition/special-prizes/>.

**The Big Bang UK Young Scientists & Engineers Fair is the largest celebration of science, technology, engineering and math's (STEM) for young people in the UK.** The Big Bang Fair is an award-winning combination of exciting theatre shows, interactive workshops and exhibits and careers information from STEM professionals. Next year's Fair will be held at The NEC, Birmingham 15-18 March 2017. The aim is to show young people (primarily aged 7-19) the exciting and rewarding opportunities out there for them with the right experience and qualifications, by bringing classroom learning to life. Having grown from 6,500 visitors in its first year (2009) to over 70,000 in 2016, The Big Bang Fair is made possible thanks to the collaborative efforts of over 200 organisations and Rotary will once again be there for its fourth year.

As well as the core prizes, The Big Bang Competition also includes a range of amazing special prizes. **Entry takes place via two routes:**

**Regional heats:** Projects showcase their work at selected Big Bang Near Me Fairs from January to October each year. Information on Fairs can be found here: <https://nearme.thebigbangfair.co.uk/visit-a-near-me-fair>

**Online heats:** Projects can enter online from **July until 20 November**. <http://www.thebigbangfair.co.uk/the-big-bang-competition/enter-your-project/>



## Shakespeare SCHOOLS FESTIVAL

It's that time of year again when schools are rehearsing their plays for the Shakespeare Schools Festival. The excitement is tangible and the children look forward to their time working with professional actors and having a chance to work in a professional theatre. They are given half a day's workshop at the theatre which they all enjoy and which helps them with their own play and performance. Each year 30,000 children have the opportunity to take part with 1150 schools participating. The plays are performed in 138 theatres. Each school performs a Shakespeare play which has been cut down to half an hour. They can be performed in a number of ways and at last year's RIBI Conference, there was a wonderful performance by a special needs school which was completely performed to music. The intricate plot of 'A Midsummer Night's Dream' was obvious and beautifully acted. Each school has the chance of seeing the other three plays performed on the same day. The support shown by each school for the other performances is heart-warming. Friendships are made with the other schools and much texting ensues!



The children that perform in the Festival emerge from the experience with extra confidence, more self-reliance, great pride in themselves and a head start with their GCSE English. Performing in a Shakespeare play is also a very useful addition to a C.V.

The advantages to Rotary are considerable. It is a good way of promoting literacy and of contacting local schools to help in other ways i.e. reading, mentoring, careers advice. Rotarians can encourage the schools to enter Rotary's own competitions i.e. Youth Speaks, Young Writer and Young Chef. It also gives Rotarians a chance to help with community work in the local theatres and, very importantly, there are many golden opportunities for membership. Helping with the Shakespeare Schools Festival is rewarding but most of all good fun.

<http://www.ssf.uk.com/about>



**If we can eat together we  
can live together**



For the month of September, The Big Lunch celebrated the power of food. This is what they had to say –

'The small act of coming together to eat can do so much to comfort us and connect us—not only to each other but to a mindset or a movement too. We've always been big believers in the power of food, but it's togetherness that we really crave and community spirit that we want to feed. Sharing food creates a sense of solidarity and community togetherness. We're seeing people breaking bread and breaking barriers. Mixing cocktails and mingling among cultures, sharing signature dishes and standing together—long after the last helping of dessert. And with stronger communities, we can use our power to help save food. We can be activists against food waste, believers in buying local, soldiers for sustainability, solution-finders for food shortages, and revolutionaries reducing food poverty—that's the power of connected communities. We've got an exciting line up of guest bloggers from across the UK who've joined the discussion. You can join in too through Facebook and Twitter, using the hashtag #FoodPower, and keep popping back to our blog for new posts.

Keep spreading The Big Lunch food power!'

The Big Lunch team

<http://www.thebiglunch.com/>

<http://www.biglunchextras.com/>





## Literacy and its place in Rotary service

Are we really joined-up in our Community? In 2010 I spoke at an RIBI Community Services organised Literacy Seminar (many Literacy Co-ordinators were then part of a Community Services Committee)

At the end of my presentation I sought support if and when people looked to support an overseas Literacy project. I was not prepared for the reaction!!

**'Your Literacy Box could be a catalyst to Rotary Service in schools'** was the gist of the replies.

This set me thinking, because although we have always only spoken to school about Literacy Boxes, could there be a wider implication for Rotary as a whole?



Obviously there was, because since then, the introduction of the Literacy Box to schools has led directly to the creation of RotaKids Clubs (who have then supported Literacy Box as their Overseas Project) and Interact Clubs, one of which, Penryn College Interact Club, won the RIBI Interact Project of

the Year Award 2013 for their involvement with Roborough Rotary Club's Matching Grant to send Literacy Boxes and text books to 1000 children in Zambia.



What I have described will resonate with both International and Youth Services, but what about Community Service, which has so many projects suitable for schools. Accessing schools to promote these projects is often compromised by other service areas also vying for school time - and schools don't like this. Schools do have a need to liaise with business and to deliver their curriculum, but the way they do both is to have a single point of contact with the external agency. So, Rotary and its programmes can satisfy the needs of the school, but the question is how?



The answer is Joined-up Rotary. Select the most school friendly Rotarian in your Club (one who has patience and is already in the field of education) and use that individual to be the Club's link to offer the wide range of projects across all of Rotary's areas of service. This is probably the only way a small club can work, but it is also a smart way for any Club. To start with, you will need a hook to attract the school to what Rotary does, so why not use a Rotary derived and approved educational charity, Literacy in a Box, as the catalyst for setting up your Rotary / School partnership? There is a School Video to help you in this process. If interested and you need support please email us or visit [www.literacyboxtrust.org.uk](http://www.literacyboxtrust.org.uk)



**Ian H. Parker PHF**  
Chairman  
The Literacy in a Box Trust  
01752 784540  
07981 148089



*Your RIBI Community Chairman says 'Although this wonderful project sends items abroad, its run at home and members of your community are collecting the items for the boxes, maybe an ideal joined up Rotary project for schools, RotaKids and Interactors as well as churches etc. and is an ideal PR and Membership potential project!'*

It was originally started by North West Rotary clubs in 1994, the Rotary Shoebox Scheme was then intended to provide children of Iasi, in north-east Romania with Christmas gifts. Since then, the scheme has become a national project distributing annually around 50,000 boxes, to disadvantaged groups, in Eastern Europe.

We have four types of box content: Children, Teenagers, Babies for young mothers, Household for families & senior citizens.

We work closely with our partners in receiving countries, to ensure the boxes are properly distributed.

Operating all the year round, and working closely with Rotary clubs we appreciate their support. However, we would like to extend the number of clubs involved, as last year we had over 60 schools approach us that we were

unable to match up with a local Rotary club, so had to supply them direct.

We are also delighted to welcome Rotarians that would be interested in working with us to promote the scheme in their district. The scheme enables Rotary clubs to work with schools, community groups and businesses within their locality.

For further information on how it works visit [www.rotaryshoebox.org](http://www.rotaryshoebox.org) and click the Rotary link

Or phone PDG Clive Gardiner Tel: 01257 482771 Mob: 0790 483 6615



## Around The Districts

Stories from your district about the community activities being undertaken are welcomed. Share good practice, inspire and help other clubs by telling us what you have been doing. Email your story and pictures to [Rotary@donnawallbank.co.uk](mailto:Rotary@donnawallbank.co.uk) or share with the RIBI Community and Events team member covering your region, see next page.

## Christmas Puddings help Meningitis Now

With Christmas fast approaching, once again Cwmbran Vale launches its Pudding extravaganza. This year they are supporting Meningitis Now ([www.meningitisnow.org](http://www.meningitisnow.org)). To support Meningitis Now, Christmas puddings can be purchased direct from their website;

[www.rotaryxmaspuddings.co.uk](http://www.rotaryxmaspuddings.co.uk)

They are sold in cases of twelve for £120 per case. Unfortunately, the cost of carriage precludes the sale of smaller amounts. Payment is secure via PayPal. The Club looks forward to your support in helping them to raise a significant amount for Meningitis Now

Cwmbran Vale Rotary Club  
**Christmas Pudding Appeal 2016**  
 Cwmbran Vale Rotary Club have been selling Xmas Puds for several years with all profits going to our chosen charity. We are supporting Meningitis Now in 2016 having recently raised £24,000 in our last 2 campaigns.  
 Please support this cause by purchasing a case of 12 puddings  
**Only £10 per pudding in cases of 12**  
[www.rotaryxmaspuddings.co.uk](http://www.rotaryxmaspuddings.co.uk)

# COMMUNITY SERVICE NEWSLETTER

Rotary  
Great Britain & Ireland



October 2016

## We're Not Perfect Are We?

*I'm pleased someone obviously reads the newsletter and picked up on my mistakes over the last 2 editions of the Newsletter! I was using the 2014 Rotary Monthly Themes! Did you notice? If it was you who did - thanks for the prompt! I'm always happy to be corrected or pointed in the direction of a good article - my email address is [Rotary@donnawallbank.co.uk](mailto:Rotary@donnawallbank.co.uk)*

## October 2016 Economic and Community Development Month

1 October — Deadline to submit nominations for the [Rotary Service Above Self Award](#)

24 October — [Rotary's World Polio Day Livestream Event](#)

31 October-6 November — World Interact Week

## November 2016

### Rotary Foundation Month

1 November — [Service Award for a Polio-Free World](#) nominations are due

## December 2016

### Disease Prevention and Treatment Month

15 December — Early registration discount ends for [Rotary International Convention](#)

## January 2017

### Vocational Service Month

15-21 January — [International Assembly](#), San Diego, California, USA

## February 2017

### Peace and Conflict Prevention/Resolution Month

23 February — Rotary's anniversary

## March 2017

### Water and Sanitation Month

1 March — [Rotarian Spouse/Partner Service Award](#) nominations (from district governors only) are due

13-19 March — World Rotaract Week

15 March — [Significant Achievement Award](#) nominations (from district governors only) are due

31 March — Preregistration discount ends for [Rotary International Convention](#)

## April 2017

### Maternal and Child Health Month

30 April — [Rotary International Convention](#) registrations and ticket cancellations are due

## May 2017

### Youth Service Month

## June 2017

[The Rotary Foundation's 100th anniversary](#)

### Rotary Fellowships Month

## Your RIBI Community Service Committee Contacts.

Who can you Contact locally if you need information, help or to bend an ear?

Chairman Donna Wallbank  
[Rotary@donnawallbank.co.uk](mailto:Rotary@donnawallbank.co.uk)

Lynne Marshall – Vice Chairman  
[marshall.lynne@gmail.com](mailto:marshall.lynne@gmail.com)

REGION 2 (1040, 1070, 1220)  
REGION 6 (1060, 1100, 1150, 1210)

Ian Mills – [ian@ian-mills.co.uk](mailto:ian@ian-mills.co.uk)

REGION 1 (1010, 1020, 1030, 1230)  
REGION 7 (1180, 1190, 1285)  
REGION 8 (1160)

Bryan Bamber –  
[Bryanbamber@sky.com](mailto:Bryanbamber@sky.com)

REGION 3 (1080, 1130, 1240, 1260)

Geri Palby - [geri@theparlby.s.uk](mailto:geri@theparlby.s.uk)

REGION 4 (1090, 1120, 1145) REGION  
5 (1110, 1200, 1175)

**For Specialist information please contact**

**Shakespeare Schools Festival -**  
**Joan Greening**  
[joan.greening@btinternet.com](mailto:joan.greening@btinternet.com)

**Hearing Links - Tim Mason**  
[timovi@virginmedia.com](mailto:timovi@virginmedia.com)

**BBC Children in Need - Paul Fisher**  
[volunteer@rotarycin.co.uk](mailto:volunteer@rotarycin.co.uk)

**Rotary Kids Out Day –**  
**Steve Cartwright**  
[scartwright1@hotmail.com](mailto:scartwright1@hotmail.com)