



February 2020

[www.banburyrotaryclub.org.uk](http://www.banburyrotaryclub.org.uk)

[f Banbury.Rotary](https://www.facebook.com/Banbury.Rotary)

[t @BanburyRotary](https://twitter.com/BanburyRotary)

## Dhesi's Diary for January

Friday 10th January saw the first meeting of the new year. It was a fellowship meeting and my first new guest was Ron Bloxham who joined us and is a possible new member for the 2020. We welcomed Jeff Mollard, who is an old friend and also hopefully will be joining us as a new Rotarian.

There was the sad news that Shelia Gibbard had died Peacefully at the Green Pastures Christian Nursing Home aged 90 years.

We also received the news that Andrew Fairbairn's father


had passed away too. Our thoughts and prayers are with the families during this difficult time and may God give them strength during this difficult period.

## Young chefs serve up a dish despite cooker malfunction

January saw the Young Chef Competition take place at Bloxham School. This was rescheduled from Banbury and Cherwell College following a cooker malfunction..

The young cooks' brief was to show off their creative culinary talents, develop their cookery and food presentation skills and to promote healthy eating. The experience was also designed to prove their organisational and planning skills and show they can cope under pressure. Entrants were invited



 Rotarian Malcolm Nutt, Ron Bloxham, President Surinder Dhesi and Rotarian David Richardson.

participants' cooking skills, tasted their dishes and selected a winner and runner-up. Peter Harvey lead the judges with Joy Webb, a former Food Safety Officer at Cherwell District Council and Nick Osborne an experienced food specialist colleague of Peter Harvey.

"The cooking took place for a fixed period of two hours with the judges over-viewing the finalists throughout and tasting each meal individually."

Mr Harvey congratulated the finalists on the very high standard of competition. The winner was Holly Brigden with Isabella Ellis as runner-up. Both are students at Bloxham School. Holly now takes part in the district final on February 1 in Newbury. Isabella will be included in a draw of second placed

finalists from other clubs and if successful will join Holly on the day.

The evening concluded with Surinder Dhesi, Deputy Town Mayor and current President of the Rotary Club of Banbury, presenting Holly and Isabella with their trophies.

**Report courtesy Banbury Guardian Newspaper**



 Rotarian Bernard Goodchild, President Surinder Dhesi and judges

from all Banbury area schools and Banbury and Bicester College.

Bernard Goodchild of the Rotary Club of Banbury said:

"Competitors were asked to prepare, cook and serve a three-course, healthy meal suitable for two people, to cost no more than £15.

"Three experienced judges monitored the

The Rotary Club of Banbury  
Rotary International  
Club no 19229 District 1090  
President: Surinder Dhesi



## Sitgap charity helps local children

Sam Game, Clinical Director of the charity 'Standing in the Gap' [www.sitgap.org](http://www.sitgap.org) was a guest speaker last month. Sam has worked in the NHS for 25 years and has had experience as a health visitor.

Sam started the 'sitgap' charity because she spotted there was no provision for dealing with children with mental health issues in the age group up to 11 years old.

Mental health is very complex and it affects educational attainment, employment opportunities and physical wellbeing. It is important to give children this support at an early stage. There is a very long waiting time for children to be accessed. Sam has started monthly anxiety workshops and has started working in some primary and secondary schools in the area.



Rotary President Surinder Dhesi (r) with Sam Game and Rotarian Charles Hughes

**Rotarian Charles Hughes chatted to Sam about sitgap. Here are some of the points discussed:**

- What do we mean by mental? World Health Organisation define it as a state of complete physical, mental and social wellbeing and not merely the absence or disease or infirmity.
- We should all have mental health from being healthy along a continuum to unwell (Centre of mental health picture)
- She also spoke about the mental health continuum and our physical and mental health being mild, moderate and severe - stages using the physical example of a headache.

### Does your child worry and become anxious?

If your child is a worrier come along with them and learn about what anxiety is, using our crazy doorbell. Find out what can help and what techniques as parents you can use to help your child to move forward. For 2020 we have found some new larger venues to run this really popular workshop. We are hoping this will mean children and families won't have to wait as long for a place. In Jan and April we are running this workshop in Bloxham and in Feb and May we are running this workshop in Calthorpe Street in Banbury.

 [sitgap charity information](http://www.sitgap.org)

- Mental health is the single largest cause of disability in the UK, costing £100 billion a year, yet the average wait for effective treatment for mental health is ten years... (Childrens Society 2019)

- One in eight children under the age of 15 have a diagnosable mental health problem. Sam completed some research in three Banbury schools in 2016 with 268 families taking part and from this she learnt that 63% of parents in Banbury would attend a course on their child's mental health.

- 36% of parents currently felt badly or very badly supported.

- 93% of teachers wanted more training in mental health

- 60% of teachers felt the threshold for cams had risen e.g. children had been showing more signs of being under stress.

Does tackling it early work? The Royal College of Psychiatrists states that tackling mental health problems early in life will improve educational attainment, employment opportunities and physical health and avoid self harm and suicide.


Standing in the Gap wants to improve the outcomes for children and would like to stop them moving along the mental health continuum and getting worse..

They help children and families up to the age of 11 years by managing BIG emotions, fears, anxiety, anger and grief.

They do talks in primary schools and are now moving on the secondary schools and they run a monthly anxiety workshop which are hugely popular





 Rotary President Surinder Dhesi with Rotarian Fred Riches

## 1917 - Foundation formed

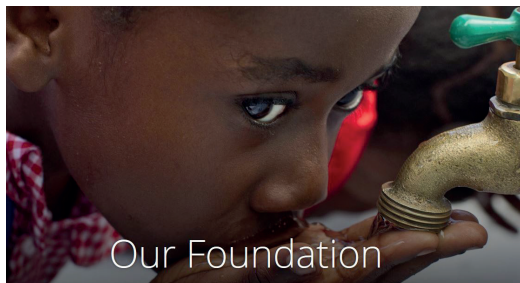
Last month Rotarian Fred Riches gave an interesting talk about the Foundation Committee and how it was formed and how it evolved into the different fundraising initiatives helping raise money for *End Polio Now* and other humanitarian projects.

The Sam Mendes' war film 1917 was released in U.K cinemas in January.

Coincidentally 1917 was also the year when Rotary's Charity, The Foundation, was formed, with peace as one of its core values. January 10th 2020 was the 74th anniversary of the first

Rotary wherever established is pledged to the ideal of service to mankind in International affairs."

Rotary remains a key part of the influential platform, which promotes peace the world over. The 'Rotary Foundation' is non profit making and supports the International efforts in achieving world peace and understanding and through International humanitarian, educational, and cultural exchange programmes. The Rotary Foundation through its different projects transforms and helps lives, enables people to have the tools to help themselves and supports projects like preventing disease, providing clean water. It supports education projects, growing local economies, saving mothers and children and promoting peace. It also supports local projects and worthy causes. Foundation also raises money for *End Polio Now* through its 'Crocus Concerts', planting of crocus corns at local schools and at St. Mary's Churchyard. Rotary is very proud of its record in helping to eliminate polio and there is only a couple of cases now worldwide, found in Pakistan and Afghanistan.



Our Foundation

meeting of the United Nations' General Assembly and Rotary was at the heart of it. On this day in 1946, 51 nations gathered in London for this historic meeting which was organised by members of London Rotary Club. The President of Great Britain and Ireland at that time, Tom Benson, said "UN is a new beginning in International co-operation to make peace.

## Darts at the cricket club



 Action from darts night

Last month saw the Darts Event at Banbury Cricket Club.

Breathtaking action saw President Surinder missing the board, making everyone run for cover!

Rotarian Helen Morris beat Harry Matthews in the final and winning the darts trophy for the second year in a row. Rotarian Nigel Yeadon did a brilliant job organising the event and getting the fish and chip supper for everyone.



 Rotary President Surinder Dhesi with new Rotarian Jill Holroyd

## New member

January saw new member Jill Holroyd inducted as a Rotarian. As part of the ceremony Rotarian Jeremy Wilton read 'The Objects of Rotary'.

## ROTARY CLUB OF BANBURY

### ROTARY CLUB DUTIES FOR FEBRUARY

<u>Date</u>	<u>Table Duty</u>	<u>Cash Desk</u>	<u>Fellowship</u>	<u>House i/c</u>
7 Feb'	F. Riches	N. Randall	P. Richardson	A. Wiltshire
	I. Rodrick	M. Recchia		
	J. Smith			
	R. Thompson			
	A. Warren			
	J. Webb			
14 Feb'	R. Worrall	P. Thomas	A. Wolstencroft	D. Hitchcox
	N. Yeadon	J. Wilton		
	G. Anker			
	I. Anthistle			
	R. Barnett			
	A. Bedding			
21 Feb'	T. Bryce	S. Bion	J. Bennett	I Calderbank
	G. Coates	J. Bond		
	B. Cornley			
	N. Deakin			
	J. Donaldson			
	M. Douglas			
28 Feb'	S. Faulkner	P. Gardiner	A. Fairbairn	M. Humphris
	B. Goodchild	J. Groves		
	N. Halfpenny			
	J. Hansford			
	C. Hughes			
	T. Iles			

Please remember, if you are unable to carry out your duties as shown above, it is your responsibility to arrange a substitute and amend the list. This applies to all duties including table duties...

## ROTARY CLUB OF BANBURY

### ROTARY CLUB DUTIES FOR MARCH

<u>Date</u>	<u>Table Duty</u>	<u>Cash Desk</u>	<u>Fellowship</u>	<u>House i/c</u>
6 March	J. Meredith	K. Manning	G. Jeremy	A. Ilott
	H. Morris	R. McLean		
	R. Nurden			
	M. Phillips			
	G. Pollard			
	N. Randall			
13 March		J. Smith	M. Recchia	S. Jakeman
Fellowship		P. Thomas		
Meeting				
20 March	P. Richardson	F. Riches	E. Woodruff	R. Kipping
	I. Rodrick	R. Thompson		
	A. Warren			
	J. Webb			
	J. Wilton			
	A. Wolstencroft			
27 March	N. Yeadon	G. Anker	R. Worrall	A. Wiltshire
	I. Anthistle	J. Bond		
	R. Barnett			
	A. Bedding			
	J. Bennett			
	S. Bion			


Please remember, if you are unable to carry out your duties as shown above, it is your responsibility to arrange a substitute and amend the list. This applies to all duties including table duties...



# Speaker Programme

Date	Speaker	Topic	Host
February 7th	Roger Worrall	Longserving member	Malcolm Dibb
February 14th	Jeremy Sacha	St Mary's Churchyard	Andrew Fairbairn
February 21st	Owen Kiffin	Longserving member	Martin Phillips
February 28th	Rev Sarah Bourne	-	Andrew Fairbairn
March 6th	Jenny Smith	Breathe Easy	Jane Bond
March 13th	Fellowship Dist Conf.	-	-
March 20th	-	-	-
March 27th	Helen Morris	Longserving member	Malcolm Douglas



 **Rotarian Alan Wolstencroft**

## St Mary the Virgin, Broughton and North Newington

Since 2009 the Parochial Church Council have supported my work by making a donation and as a result of the collections over the Christmas period and they have just presented me with a cheque for £1,100 taking the total donated since 2009 to £4,552.

A huge thank you must go to everyone who contributed and to the PCC for their continued support. This donation takes the total raised for my projects to £250,685 since

January 2007.

A member of the PCC said: "We are pleased to support Alan's projects knowing that every £ is helping communities. Alan sets up a display of photos in church every Christmas showing progress that has been made on various projects, which provides great feedback for us all."

With every £ going direct to the projects we are "Making A Real Difference" in Sierra Leone.

## Brethertons provide support

Brethertons are once again providing support to the Banbury International Community School in Waterloo, Freetown. Originally just a primary school we started junior secondary classes (age 11 to 14) back in September 2018 and we are adding a 3 cubicle toilet block to supplement the 2 new classrooms, which were opened in April last year. **Writes Alan Wolstencroft**

This was an e-mail they sent to their customers:

'This year we have taken the decision not to send any Christmas gifts to our customers and have instead allocated the money we would have spent towards doing something a little bit different. As you know, as lawyers we are in a service industry. We like to think that we are always at your convenience whenever you need us. In fact, we want to go one better and build a convenience... yes, a water closet, a loo, a lavatory, a toilet! We won't build it in Oxfordshire, but at a junior secondary school in one of the poorest countries in Africa. You could be forgiven for not knowing

how problematic and unsanitary the conditions are for children in some schools in Sierra Leone.

However, you may recall that in 2014 we funded the cost of building two classrooms in Sierra Leone. In 2020 we aim to finance the cost of a toilet block with a basic rainwater harvesting system so that hand washing facilities can be provided as well. It would be fair to say that we take such facilities for granted every day.'

The Brethertons Christmas appeal raised an amazing £750. Sincere thanks to everyone! They hope to raise extra funds in the coming months.



Rotary Tasmania DG New Special Bush Fire Appeal is open for anyone to give money to the appeal.