



The Banbury Bulletin

The Rotary Club of Banbury

District 1090 R.I.B.I. Club No. 415

President Ian Rodrick

November 2012

"DOWN AT THE STATION EARLY IN THE MORNING"



Our President Ian Rodrick greets District Governor Judith Diment at Banbury Station at the start of her Polio Drive-athon. Together with other Banbury Rotarians they set up their stands in the foyer of the station to publicise Rotary and Rotary's efforts in the eradication of Polio campaign. There were many commuters passing through at this very busy part of the day, publicity material was handed out including the latest edition of 1090 news which contained much information about Rotary in our District and of course on our efforts towards Polio Eradication. Judith was travelling to many other locations in District on this the 24th. October, Rotary Polio Day. She was accompanied by her driver Past District Governor David Buckland. Our thanks to Chiltern Railways for allowing our presence at Banbury Station.



Rodrick's

Ramblings

I was warned that things would begin to liven up in October/ November, and so it has proved. It is quite extraordinary how many things our Club gets involved in and how so many members roll their sleeves up and just "get on with it".

The month started with Canal Day where we had an "awareness" stall. It was good to have a presence at this event and a pleasure to share with the Rotaractors. They are certainly a lively bunch and weren't we lucky to be blessed with a fine day.

I met our Foundation Scholar a few days ago when Martin Phillips and I accompanied her to the Meet the Scholars evening at Henley. She proved to be an extremely pleasant young lady and I'm sure that the Club will find her a most interesting speaker when, subject to her studies, she comes to a meeting in the New Year.

I would like to thank the members who got up early on World Polio Day to hand out publicity material at Banbury Station. It was all a bit hectic with commuters rushing to catch their trains but was a very worthwhile exercise.

The really good news is the success in launching an Interact Club at BGN school. This is a triumph and we owe a great debt of gratitude to Ian Anthistle for his dogged persistence and hard work.

The next major event is Children Singing for Children which starts on Monday 12th November. It should all be downhill after that.

Speaker Reports.

Anthony Munday from the Frank Wise School attended the meeting on Friday 28th September with two students, Sarah and Alex, who Club had sponsored to attend an activity weekend at The Calvert Trust, Exmoor this July under the auspices of the Rotary Youth Leadership Award (RYLA) scheme.



Frank Wise is a Special school for children and young adults with learning and/or physical disabilities aged between 2 and 19. Anthony is a teacher at the Griffiths Centre, named after a former Frank Wise head teacher.

This centre was specifically formed to prepare children in their last 3 years at Frank Wise to become as independent as possible ready to face the world outside of the structured school environment. Here there is a shift in emphasis away from more linear teaching techniques towards more flexible ways that reinforce a pupil's existing skills and helps them face their future life. This is achieved through such simple things as work experience, independent travel in the local community on shopping trips, tuition on home and personal economics, etc. Smartphones also play a large part in monitoring these early independent excursions as current technology allows pupils to be tracked and individuals can use built-in cameras and other devices to record and so debrief their experiences. In order to achieve this Frank Wise has invested a significant sum in iPhones and Apple multi-media computers.

In addition to local trips, the departing class of 2012 went on an organised trip to Treyarnon Bay, Devon and Vienna, Austria. Such trips play a valuable part in broadening the experience of students and follow the Griffiths Centre ethos that all students should be given equal opportunity without regard to their individual potential. This principle was already being reviewed when Anthony was approached late in 2011 by Rotarian Nigel Randall to discuss the feasibility of a student from Frank Wise taking part in the RYLA programme. After much careful consideration it was agreed that there were students at the Griffiths Centre that had both the potential to undertake such a challenge and who would significantly benefit from such an opportunity. It was also decided that a short weekend break by two students would be the best approach for this first opportunity as the students could provide each other with mutual support. Sarah and Alex were subsequently selected as the first participants.

The normal RYLA course is not designed for disabled participants, so an alternative run by the Calvert Trust had been identified. This charity enables people with disabilities to achieve their potential through a wide range of adventurous activities at three locations around Britain. The Exmoor facility was chosen as best suiting this challenge, as it is specifically designed and equipped to enable people with physical, sensory and learning disabilities of all ages and levels of ability, together with their families & friends, to experience exciting, challenging and enjoyable outdoor activity adventures.

Rotarian Randall drove Sarah and Alex to and from Exmoor, apparently speeding down the motorway according to Alex, accompanied by a

mentor from Frank Wise. The immediate challenge for Sarah and Alex was that, although the course was fully accommodated and catered, they had to be individually independent outside the carefully supervised activities. Neither student had previous experience of living in a single room away from their family or school, nor organising themselves to such an extent. They were both issued with iPhones to record their experiences and, of course, contact their parents and Anthony if necessary. They took part in archery, canoeing, zip wire and swimming activities, all of which were displayed visually to members whilst Anthony described how Sarah and Alex had benefitted during their time in Exmoor. Although he questioned them both on their views, Sarah and Alex were a little overwhelmed by the Club luncheon atmosphere and were not confident enough to respond much. However, both they and Anthony thanked Club for the generosity shown them, and the opportunity they had been given. Anthony remarked that both students had returned with a noticeable rise in confidence that had better prepared them to face life outside the Griffiths Centre. Sarah is currently undertaking a foundation course at the local college, and Alex helps prepare lunches on a voluntary basis at Blessed George Napier School whilst looking for paid employment.

Rotarian Randall, in thanking Anthony, Sarah and Alex for their presentation, described how Sarah had been very quiet during the journey to Exmoor, whilst Alex was very vocal in looking forward to the adventure. When he returned to Exmoor to pick them up, Rotarian Randall was told by the chief organiser at the Calvert Trust that Alex had always been the first to volunteer to try out a new activity, and that Sarah had been the first to help others when needed. On the return journey, Alex slept through exhaustion and Sarah couldn't stop describing what a great time she had had.

It is hoped that Club might consider giving similar support to Frank Wise students in the future, and Rotarian Randall would be grateful for any feedback or comments that fellow Rotarians might have in this regard.
Nigel Randall.

Ms Adrienne Noke – Regional Fund Raising Manager our speaker on Friday 5th October 2012

Arthritis Research UK is the leading Charity in the fight against the debilitating pain and suffering that currently affects over 10 million people of varying ages in the UK.

Adrienne has recently taken on the role of Regional Fund Raising Manager for the South and is focused on raising awareness of the charity and the suffering that is experienced from the illness.

Aided by an excellent Powerpoint presentation Adrienne gave an excellent presentation highlighting a wide range of statistical information about the disease and the work of Arthritis Research UK.

- The disease is the largest cause of pain and disability in the UK
- 1 in 6 people suffer from arthritis in the UK
- One in 5 men and one in 3 women suffer from this disease in their lifetime
- There are over 200 different types of arthritis
- 15,000 children and babies have juvenile idiopathic arthritis
- Lupus a form of arthritis has the highest rates of death and disease for children in the UK
- 400,000 adults suffer from rheumatoid arthritis in the UK. It reduces quality of life, increases mortality and is expensive to treat
- 10 million working days are lost each year as a result of arthritis, twice the number from heart attacks and strokes with an estimated cost to the economy of £6m

The objectives of the charity is to help give these people their lives back, reduce their pain and help them to do the things that they love. They hope to find and develop cures and solutions, from investment in research projects to transform the future for generations to come.

Arthritis Research UK focuses on the publication of information to highlight the extent of the disease and to assist sufferers to come to terms with their problems and research providing funding to universities and specialist organisations in an effort to provide relief. Significant results to date include new joint replacement processes and materials, hip resurfacing, toxic engineering and cell therapies.

The charity is the largest fund raising organisation in the UK for arthritis and fourth largest of all charities in terms of sums raised. Adrienne mentioned that the three larger ones are all connected to cancer relief and yet arthritis continues to have the larger number of sufferers of these diseases

In excess of 90 pence in each pound raised is invested in raising awareness, supporting sufferers and research. Adrienne highlighted the value of exercise – little and often – for sufferers and mentioned the value of books written by Alice Peterson, a long time sufferer who had to give up a promising professional tennis career as a result of the disease.

A very interesting and enlightening presentation of a high standard delivered in a highly professional manner.
Bernard Goodchild.

A Letter from Tony Scott-Andrews. Noting the activities at St Mary's Church by Live Arts.

As the lawyer who represented the owner of a freehold pew in St. Mary's at the first hearing and thereby helped to prevent the removal of the old box pews and their replacement by a lot of chairs placed in a circle I can say only that I always derive great pleasure from knowing that so many enjoy their use so much! Such antiquity, such comfort!

Thought you might like to know that the Ventnor Rotarian who wrote (to you I believe) re. my transfer was so impressed by your web-site that he referred to it at the following meeting, said how brilliant it was and could they not have one too. The answer, I believe, was in terms that there's only three and a half members and a small dog and, "No" because there would be no-one to look after it even if it could be created.

The Ventnor guys meet at the local cricket club on a Monday night which fits in quite well with a motor sport travel schedule so all is well so far although I came to Shanghai yesterday to get away from the cold and rain and it was just the same here-but today is better.

Thanks for all your help with getting me in and (out) of Banbury Rotary,
With best wishes,

Tony

Blood Pressure and Stroke Awareness Day

First my thanks to everyone who helped on the day. We took approx 128 blood pressures - 50 male, 78 female. Of these 4 were registered as under 35 years, 38 35-55 years and 83 over this age. Readings were: normal approx 104, GP visit recommended 19 and (only) 1 person thought to be an urgent referral.

Helen Braisby.

BANBURY CANAL DAY.

There were many thousands of people attending the Banbury Town Council's Canal Day, and this was a great opportunity to show the flag for Rotary. It was decided that we would not fundraise at this event but to inform the public as to what Rotary is all about. Together with the Rotary Club of Banbury Cherwell and the new Rotaract club the stand was manned through the day with a number of people showing interest in both Rotary and Rotaract.

There was also the Aqua filter on display which gained a lot of interest with a few people actually sampling the product of Canal Water including a few passing dogs.



Banbury Town Mayor Rotarian Tony Hlott at our stand together with Banbury and Banbury Cherwell Rotarians and members of the Rotaract Club.

A Note From Alan Wolstencroft. Just thought I would send this to you for info - this is the organisation John Bennett & I visited to collect 22 Rotary Rollers (portable water containers) last Monday.

They have just supplied me with 22 of these FOC for my projects in Sierra Leone and I know there are another 110 "on the water" in a sea freight container bound for another project in Sierra Leone run by a Rotarian from Ramsey Rotary in Cambridgeshire.

They have several hundred of these available and are willing to support Rotary projects around the UK (although they would like some form of donation this is not essential).

The Isle of Wight charity and NGO, Roll Out the Barrel, project managed by two Rotarians Adrian Brewer from Vectis Sunrise RC and Bill Leslie from Ellesemere Port RC is this week the focus of attention on the popular reality program Eddie Stobart Trucks and Trailers on Friday 2nd November, Channel 5 at 8pm.

The charity is dedicated to sending rotary Water Barrels to women and children around the world who currently have to draw their water from streams and rivers in buckets or jerry cans and carry that water over long distances, sometimes as far as 6 miles every day, usually on their heads or backs! With a rotary water barrel they push or pull their water, quickly, easily and with no burden.

Nearly one billion people lack access to clean safe water and 2.4 billion have no toilets. As many as 3.5 billion people collect water in canisters and jerry cans and the children, boys and girls, are expected to undertake this task from the age of 4.

Featured on the Eddie Stobart program as part of an on-going series, 1,000 rotary water barrels are collected from Blackburn for transfer to a holding compound/warehouse in Mansfield for on-shipment in containers to various parts of the world.

All the funds for these barrels come from individual donations made to the website www.rolloutthebarrel.org or from groups and organisations that support the project on a daily basis. Rotary clubs around the country are making a significant contribution as well as church groups, schools and two women's organisations, Inner Wheel and Soroptomists.

'The single objective is to prevent children as young as 4 carrying their own weight in water every single day just to survive', said Adrian Brewer. 'It's such a simple and cheap solution to a problem which causes long term health problems, lack of education and social derision. Water for us is a given, for some of these people it is a luxury.'

The program features Bill Leslie organising the loading with other Rotarians before Ashley Maddocks, the most popular trucker, drives them down to Mansfield. Unloaded in Mansfield the Rotary barrels are then allocated to projects around the world.

'Anyone can donate and nominate an area where these barrels might be of benefit,' said Bill. 'For £30 we can purchase and ship a barrel almost anywhere in the world, working with partners in various countries mainly in Africa at the moment but we have enquiries from all over.'

Currently, women and children are using barrels in Kenya, Uganda, Sierra Leone and Zambia with further requests already from Cameroon, Burkina Faso, Tanzania and latterly Pakistan, India, Laos, Thailand, Myanmar (Burma) and Nepal. 'Our ability to ship is only restricted by the amount of donations we receive but we are happy to receive the smallest amount', added Bill. 'Every drop does count.'

'Just give the kids a barrel is our mantra', explained Adrian. 'It's just so easy.'

Donations can be made through the website or through Just Giving and volunteers are always welcome as are people who are travelling to potential project areas or may wish to run an event or do something to raise funds. contact...Adrian Brewer or Bill Leslie by email info@rotb.co.uk

Committee Reports.

Community and Vocational.

There are five days of supermarket collections between 15th. and 24th. December. The proceeds to be equally divided between Katharine House Hospice and Rotary charities.

Foundation.

Martin and the Club are hosting an Ambassadorial Scholar, Julie Self from Canada.

Forthcoming events include:-

Christmas Festival of Music 15th December at St Mary's Church.

The Christmas card donations are to be organised again this year.

The annual Frugal Lunch is to be held on Paul Harris Day 22nd. February.

Sports & Entertainment.-

Club Darts evening to be held on 14 January 2013 at the Cricket Club.

We will also be entering the District Darts competition.

A Theatre trip to Phantom of the Opera at Milton Keynes on Wednesday November 21st.

The Club quiz to be held on 11 March 2013 at the Cricket Club.

District Conference. Hotel is booked, 1st.- 3rd. March.

Joint Service clubs Carol Service to be held on the 16th. December at Marlborough Road Church..

The Club Outing to be on the 8 April 2013 visiting Birmingham, "Back to Backs Museum and Cadbury World.

International:-

Unfortunately the Birmingham Chamber Orchestra cancelled due to poor ticket sales.

It is proposed that the Polar Bear Dip will be staged again for those hardy souls on the 1st January 2013.

Youth Opportunities.

The dates have been fixed for Children Singing for Children , 12 -15th. November 2012 because of an excellent response from schools it will require a fourth night, Monday 12th. Charities to be supported are Children in Nepal , Goodwill and Growth in Africa and See-Saw the bereavement charity. Ninety per cent to be divided equally with 10 % for other children's charities. Tudor Hall School have donated £800.00 toward the event.

The Young Musician competition will be held again at Sibford School, the heats on 18 & 19 January and the final on 23 February 2013

Young Chef to be organised again at Oxford College, Broughton Road, Banbury.

Rotaract, Interact.

Rotarians Ian Anthistle and John Bennett have met with Chris Martin head of sixth form at Blessed George Napier school to consider setting up an Interact Club. Initially this will involve the 6th. form pupils and their first meeting will be on 8th. November. There are currently 12 young people interested.

The Rotaract Club is now up and running and is becoming involved in their own projects and showing interest in assisting at some Rotary projects.

Christmas Street Organ Collection Schedule.

Saturday	15TH. December	Tesco's
Friday	21ST. December	Sainsbury's
Saturday	22ND. December	Tesco's
Sunday	23RD. December	Morrisons
Monday	24TH. December	Sainsbury'

HON SECRETARY –David Sullivan **CLUB WEBSITE** :- www.banburyrotaryclub.org.ukThe
Bunkhouse, 8 Chestnut Road, Mollington, Oxon. OX17 1BG.E. Mail: sullyhouse@googlemail.com Tel. Work
Home 01295 750460 Mobile 07739 12205
EDITOR –David Hitchcox, 1 Dorchester Grove, Banbury. Tel. 01295 –253733. Copy by preference to e-mail
which is david@hitchcoxbanbury.fsnet.co.uk **COPY DATE** is the penultimate Friday of the month.