

YORK ROTARY NEWS BLOG ARCHIVE 2024-24

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60	14th June	Visit to Askham Bryan Agricultural College
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62	21st June	Understanding York Samaritans, our 2024 Dragon Boat Charity
63	27th June	The York Rotary Awards at York College June 2024
64	4th July	York Rotary President's Handover Lunch

Handover to President Paul

Updated: Jul 1, 2023



York Rotary held the annual President's lunch on the 30th June at York Racecourse. The lunch was attended by Rotarians, partners of Rotarians and partners of former Rotarians, together with our guest speaker. The occasion was a very enjoyable one.



Following lunch outgoing President Mary gave her final remarks before handing over to incoming President Paul. In her remarks Mary referred to the many events that have highlighted her year and how the success of those is only possible with the support of members and also their partners. Mary referred to how she put her own stamp on her year and very successful that has been.

In handing over to Paul, Mary told us that he is taking office as the 100th President of York Rotary and she wished him all the very best for the coming year.



Paul as his first duty as incoming President was to thank Mary for her fantastic work over the last year and for presiding over a very enjoyable and busy year, Paul said that he hopes to replicate those standards over the next coming year.

The handover was followed by a talk from Helen McGrath "My sight loss journey". Helen was joined by her guide dog Burley. It was fascinating to hear from Burley about her relatively sudden, but gradual loss of sight and the provision of a guide dog. Burley is Helen's second guide dog and is clearly a faithful

servant to her. The explanations about the massive cost of training a guide dog and user (£55,000), including the processes that go into that and the waiting list to get a dog were most interesting.



One point that goes into the guide dog training is Intelligent Disobedience where needed, the example Helen gave was that if she gave an instruction to cross the road Burley would not move if it was not safe to cross the road.

Following her talk Helen answered a wide range of questions from the audience. We appreciated Helen's time and admired her work as an ambassador for guide dogs, their work and training.

As part of the vote of thanks to Helen Burley was presented with a box of cordon bleu dog biscuits that we clearly recognised!

David Fotheringham

York Rotary Dragon Boat Challenge 2023

Updated: Jul 18, 2023



The York Dragon Boat Challenge took place on Sunday 9th July. The day started a bit misty, but it ended up being a lovely day, not too hot and fortunately we avoided rain.

A full compliment of 36 teams all arrived on time to enable the racing to start on schedule. All teams paddled three heats of three boat races and some heats resulted in very close finishes, on many others there were larger differences in times. Many of the teams entered into the spirit of the event with fancy dress, the Ged Bell prize for the best dressed team was won by York Steiner School team "Steiner's Cool"



As well as the racing there was a gala of

21 stalls on the north bank, those added to the atmosphere. Some years ago Diana Naish started the York Rotary tea tent on the north bank, this has always been a very successful feature. This year the tea tent was organised by Jane Albon and featured a slightly different offering, but it was very successful, the food was sold out by the end of the day and it raised £1,200 for charity funds. We were very grateful for the help of Inner Wheel and other friends in running the tea tent.



Back to the racing the excellent commentary throughout the day was provided by Bill of Dragon Boat Events Ltd and Elly Fiorentini of Radio York, Bill and Elly have now been providing the commentary for twenty years, a great achievement.

We were delighted to welcome the York Civic Party to the event, they were with us for several hours and toured the full event, talking to many of the stall holders and the participating teams.

There are a number of race prizes, apart from the Challenge trophy for the grand final, these were won by the following:

- Tailenders trophy, a sought after trophy for the slowest team, won by Kitchen for Everyone York with a time of 01.39.40

- Charity trophy, for the fastest charity team not winning the grand final, won by Tadcaster Swimming Pool Trust with a time of 01.09.09
- Ouse trophy for the fastest non charity team not winning the grand final, won by Ged Bell Butchers with a time of 01.09.17

The grand final was a very tightly fought six boat final, the race was won by Wetherby PEI's with a time of 01.08.30 The race results and times, which were very close (just over three seconds between the first and last), were as follows:

Team		Time
1	Wetherby PEI's	01.08.30
2	Ged Bell Butchers	01.09.17
3	YO1 Radio	01.09.33
4	Tadcaster Swimming Pool Trust Ltd	01.10.27
5	Citivale	01.11.36
6	ABG International	01.11.47



Watch the 2023 Dragon Boat Challenge video from the link below, as well as the Grand Final the video features a drummer's eye view of Tadcaster Swimming Pool Trust participating in the Dragon Boat Challenge.

0:00 / 3:24

President Paul Harvey presented the awards at the end of the day and he was able to announce that the amount raised had reached £81,000, as of Thursday 13th July that has increased to a magnificent £86,700 and we hope that will continue to increase over the coming weeks.



the event go to the **Dragon Boat pages** of our website

For more details and photographs of

In reporting on the 2023 Dragon Boat Challenge we are reflecting on another very successful event, it could not happen without the support of many people, including our sponsors, Shepherd Group, Simpsons, Visavvi and Coney Street Riverside York. The Dragon Boat Challenge will be back 14th July 2024, so put it in your diary.

David Fotheringham

Make it York



On July 14th we had a return visit from Make it York. Since our last talk, there has been a change of managing director. We welcomed Sarah Loftus, the new MD who took up the post two years ago. She inherited a huge deficit at Make it York but quickly turned things round to produce a profit in her first year. Make it York has its own website together with a website for Visit York, its marketing arm, which Sarah explained is somewhat confusing. Make it York manages markets and visitor attractions.

This year the Shambles market has proved popular with residents and visitors alike. The Christmas market has been known as the Saint Nicholas market for many years and many visitors found that confusing. This year it will be the York Christmas market.



Make it York also manages 'space', such as the very successful ice trail. More trails are envisaged for the future. York Trailblazers is an exciting city-wide programme of events and activities throughout the period 2023 – 2025, celebrating York's heritage. The endangered tansy beetle has been chosen as the emblem of the Trailblazer project reflecting its special status as a York resident.

Sarah was enthusiastic about the future for the city, an essential quality for someone in her position, and left us in a much happier position than did her predecessor.

Graham Todd

The history of the Jews in York



Our speaker at the meeting held on the 28th July 2023 was Howard Duckworth who spoke on the history of the Jews in York. Howard, who lives in York, is a member of the Ark synagogue in London as well as the warden of the York Liberal Jewish Synagogue.

The focus of the most significant moment in the history of the Jewish peoples in York is on Clifford Tower and York Rotary Club's recent connection with the Tower provided an insightful link.

It was in 1170 that the first Jews settled in York, mainly bankers but with other trades as well. In 1190 opinion turned against them and they fled to the Clifford Tower for safety. They were offered an escape if they converted to Christianity, although there is some evidence that the few who did were murdered none the less. Consequently about 150 died as a result of a suicide pact within the tower. It is said that the building was then set on fire and the bodies were thrown over the walls into the river.

This latter assumption may not be entirely correct as in 1170 land at Jewbury was granted by the King via Lord Howden for the burial of Jews.

In the 1980's some graves were discovered as a car park was constructed on the site. This work was stopped by the Chief Rabbi and the bodies were re-interred and the land was purchased by the Sainsbury family trust so that the graves would never be disturbed.

Little known is that In the 1890's a synagogue was established above a joiners workshop in Aldwark but this was closed in 1975 by Dr David Morris whose grandfather had started it. Eight years ago. the York Liberal Jewish Community commenced in the friends meeting house and now has a membership of nearing one hundred.



The one-time myth that no Jews are allowed in York since the Clifford Tower massacre has stubbornly remained throughout the centuries but has now been recognized for what it is and the Jewish community has taken new heart, and it is hoped that a new Rabbi will be appointed in coming weeks, the first in 700 years to live within the walls of York. If confirmed, it will be a significant moment for the life of the Jewish community and the city at large. The hope now is for a new building to be found that can be used as the Synagogue.

Of significance in that journey of healing was a service held within the Clifford Tower, using the Kings Chapel, late March 2023, the day the 150 were massacred in 1190. The service was very small, but extremely important for not only Jews in York but throughout the Jewish world.

John Wainwright

Visit to the Rotary Youth Leadership Awards (RYLA)

Every year, in late July and early August, the two District 1040 RYLA courses take place at the Scout Activity Centre at Hebden Hey. The centre is just north of Hebden Bridge on the edge of the Hebden Water valley near Hardcastle Crags and is approached along a 1.5 mile single-track road with no passing places! The centre is not luxurious but provides dormitories, meeting and dining rooms and basic facilities for the 32 16-17 year old participants and their adult leaders and support team.



This splendid opportunity is open to young people aged 16 or 17 years at the time of the course which concentrates on leadership development, yet offers many personal and group challenges which require teamwork. Courses run from a Sunday arrival before 10am to a 10am departure the

following Friday and the 5 days are crammed with activities. They are each allocated to 4 teams of 8 in which they remain for the week, so they soon learn to work together and get to know the others very well.

York Rotary has sponsored RYLA students for many years and on Tuesday 1st August, IPP Mary Lumley, Youth Services Team Member Dave Marchant and Leader Eileen Davis responded to the invitation to the RYLA Open Day. This was a chance to meet what was the second week's staff team, to look around the premises and surrounding environs which are used for the many outdoor tasks and to learn more about the course content whilst observing current activities and how they were organised.



The staff team is led by District 1040 RYLA Leader Lucy Armitage (nee Hodgson) of Halifax Rotary, pictured above with fellow Halifax Rotarian Linda, a mentor who is willing to turn her hand to many other tasks. Lucy is ably supported by Halifax Rotarian Ken Robertshaw who was the previous RYLA Leader and now acts as premises manager, driver and general supporter. There is a host of other highly committed adults; these include professional course leaders, volunteer mentors and administrator support staff, some of whom are Rotarians, Inner Wheelers and friends. The core team is residential but others come in daily.



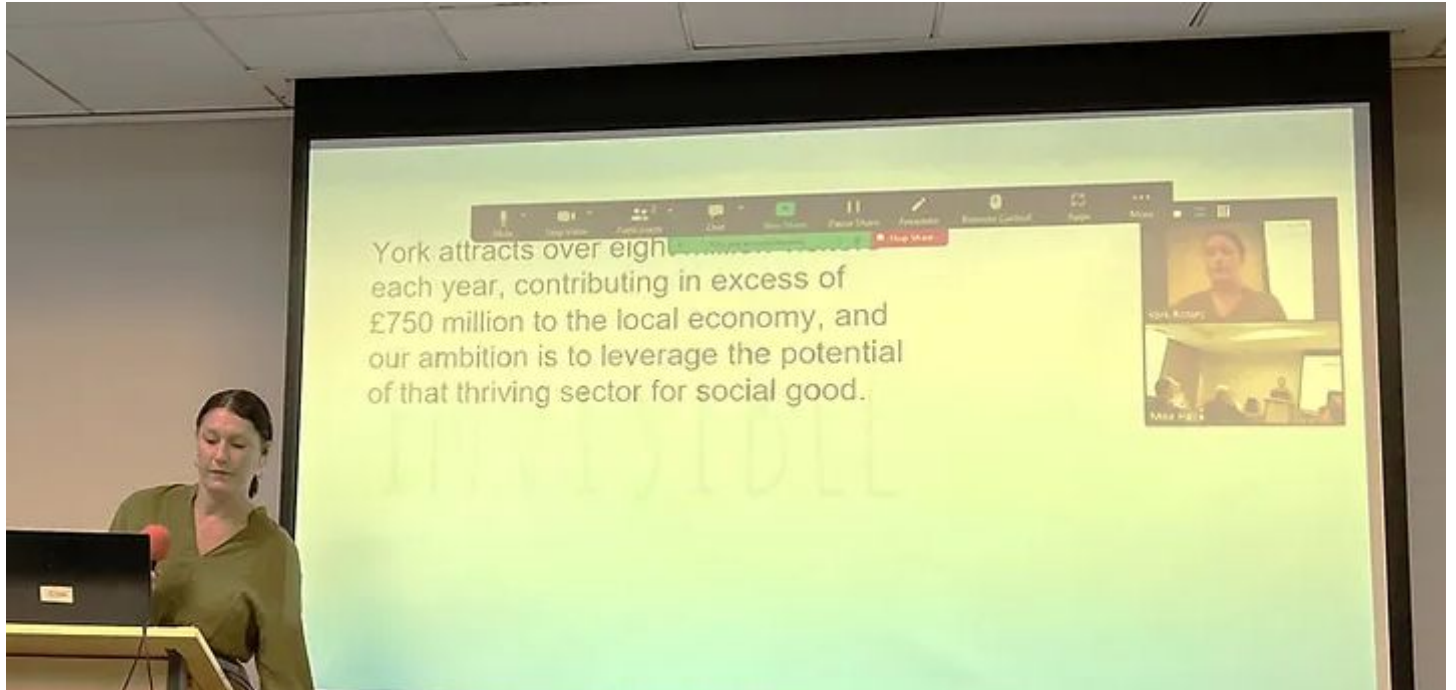
At the time of our visit, the 4 teams of 8 young people were engaged in the 4 main activities - "Murder Hunt" (as pictured above - don't ask!), "Rescue", "Mask", "Coracle", "Stretched", "Traverse", "Traverse - Mentor" and "Raft Race". Over the course, groups rotate around these daytime activities and then there are evening sessions which

via challenges, games and discussions (with odd names like "DJ" and "Auction") bring out personal strengths and development needs. There is an overnight "bivvie", a BBQ and talent night. One session is devoted to learning about Rotary. The environment for all of the challenges and activities is very supportive and participants are closely observed and directed.

This was an impressive visit and re-energised us to recruit young people for future RYLA courses. This is Rotary at its best - *People in Action* indeed.

Eileen Davis

Good Organisation



Have you walked the streets of our City, seen a down and out, and given a pound coin, or even walked past on the other side. When I first found out what this organisation, 'Good Organisation' is, I confess I felt something like that - not another one - but then.....



....we had three visitors to our lunch on August 4th, and they came with a refreshing view of what they called 'Invisible York'. They work with the visibly disadvantaged - those who are often invisible to us, those who are spiritually and intellectually disadvantaged, and driven to the streets, alleys, railway station and, yes, even to the shelters for the homeless and to Carecent.

Now would you take a City Tour round Heritage York with a homeless alcoholic, who is jobless? Probably not. Vicky, one of our guests is just that person, with more to come. She had cancer, and was bereaved. Quite a burden to carry' Vicky, with great courage, told us of her life, and she 'came out' for the first time to talk publicly, and before a Rotary audience. Good Organisation has re-socialised her.

Good Organisation takes some of the unsociable, and treats them as fully human beings, living with disadvantage. They've hit the media from as far apart as Russian T.V. to the BBCs Look North. They have tours which include Guy Fawkes, York's Railway Heritage etc. and have 5 star ratings. They print

postcards of York from the 19th century to today encouraging photography. Would you trust a homeless person with a camera? They did, and you should see the postcards.

Good Organisation is an organisation which challenges the language which comes with both us and with the homeless, it sees them as people, as gifted people, and it takes on the difficult task of re-humanising them, enabling them to become visible.

Invisible to visible; not valued to contributing; nothing inside to a person with spirit.

David Porter



10K Baggage Handlers in fine form!



A dozen intrepid volunteers braved the Knavesmire cold wind (yes, really!) on Sunday 6 August to run the “left luggage” storage area for those taking part in the Jane Tomlinson “Run for All” charity event. The club has supported this for many years now; it’s always exciting to receive some 4000 pieces of luggage, and even more satisfying to be able to return them to the correct participants!

The morning is always a curious mixture of having very little to do, then having a great deal to do, then a pause while the Run takes place, then a *very* busy slightly nerve-wracking time as the runners return in the hope and expectation of reclaiming their possessions. I’m pleased to report that on this occasion nothing was lost or misplaced and all contestants appeared to go away happy, with lots of thanks and appreciation of our efforts.

This all works, of course, only because of excellent teamwork, and I’m really grateful to the team for a) getting up early on a Sunday morning b) working so efficiently and effectively and c) keeping cheerful! Thanks everyone – now the Kids’ Triathlon marshalling (done by the time you read this) and the York Marathon Baggage Handling in October. With the donations given to the club in acknowledgement of our



support at the three events, we hope to be able again to contribute around £1000 to the Club Charity Fund.

Well done, team!

Mike Hay



York Hospital Radio



It was a pleasure to introduce two veterans of York hospital radio who both joined the station as teenagers and together have given over 100 years service to local hospital broadcasting. What an amazing achievement which members acknowledged.

Steve Eccles and Keith Lea explained the first hospital radio service established in the UK in 1925 was believe it or not here in York at the old County Hospital. Currently there are over 170 hospital broadcasting stations in the UK.

The current York Hospital Voluntary radio service was established in 1964 and currently broadcasts from The Basement Studio, Bridge Lane, York. It broadcasts 24 hours a day to patients, visitors and staff across the York hospital site. The station is a registered charity staffed entirely by volunteers which together provides a mix of entertainment, information, live sporting events, great music, Sky news and friendly chat.

As technology advances the station has introduced their very own app now ably in live streaming on <http://www.yorkhospitalradio.com>



It was clear from the presentation patients visiting/admitted to York Hospital benefit from hospital radio making life better and aiding their recovery.

Remember if you are in York Hospital you can listen at any bedside free of charge through your bedside radio.

John Lacy

Marshalling the Kids York Triathlon



The Kid's York Triathlon is a joy to behold. Entrants range from 5 to 16, and the commitment and determination on the faces of the competitors is quite remarkable, perhaps especially the youngest ones.

A number of York Rotarians have been helping with this event for several years, and we always look forward to it as a really satisfying afternoon. We are greeted with welcome arms by the organisers, who really do appreciate having us there, and reward our efforts not only with free bacon sarnies and drinks when we arrive (with alternatives for the veggies) but also with a significant donation to our Charity Fund.

The event lasts from 1.00pm until about 3.30, and the time seems to fly by, because it's very busy once it starts. So if you haven't previously been involved, perhaps next year? The photo above was taken at the end of the event and you can see that we are still smiling!

My grateful thanks to this year's great team for all their efforts!

Mike Hay

York Rotary Family Tree Planting Partnership, Community picnic



Sunday 20th August was the fourth family gathering and over seventy family and friends of the children who had trees planted for them by Rotary in 2019, they visited the site off Haxby Road.



The weather was very pleasant and the families were really impressed with how much the trees had grown. As at previous gatherings we encouraged families to adopt a specific tree and give it some TLC and many showed photos of their child with that tree then and how it looked now. On Sunday more families identified and put their child's name on a specific tree so there are now around forty named trees on the site.



The children really appreciated the goodies generously donated by our local supermarkets. The support team were also very gratified with the many compliments from parents for this Rotary initiative. The area is now beginning to look more like a woodland.

More information and photographs will soon be on the Family Tree Planting section of the York Rotary website.

Frank Paterson

St Crux – Thursday 10th August 2023



We had a very successful day after concerns about the weather and pigeons! The weather was very kind to us and not a pigeon in sight!

After a rather slow start we hit the ground running... We had an influx of foreign visitors many of whom said they were attracted by the branding.... gazebo/bunting/balloons/banners on the railings and our new banner advertising the café and stall.

We had a number of Rotary visitors who made themselves known to us from different countries as well which was rather nice.



After the slow start, the Café and Stalls were inundated and overall we did

extremely well. We had record takings in the Café of **£732.50** and on the Stalls including Books, Bric a Brac, Ladies Accessories, As New Gifts and Produce **£566.17** plus a great sum of **£125.83** on Donations at the gate making an overall total after Hall hire of **£125.00** of **£1,424.54**. Our Zettle (cardless payment method) was well up at £542.50 - double that of April this year. We trialed a new system of seeking donations using Rotary buckets, which was successful and just needs a little refining for our next event.

So thank you all for the part you played in this Fundraising event - whether on the day itself or behind the scenes sorting and pricing, taking goods to the Hospice warehouse, donating goods, donating produce for sale or transporting goods and people to the hall itself whilst managing to avoid traffic wardens and cameras on Piccadilly!!!!!! Well done.

So a great day with lots of weary but very pleased people at the end of it.....me included.

Dates have been applied for in 2024 - Thursday 11th April and Thursday 29th August 2024 **TBC**

Sheila Weatherburn

25th World scout jamboree



Many will have read how the 25th World Scout Jamboree in South Korea was plagued with problems. Well on Friday 25th August we heard a first hand account from two 14 year old 1st Holgate Scouts - Charlotte Grant and Max Moody of their experiences.

They were part of the UK's contingent of 4500 scouts and leaders at the 35th World Scout Jamboree at Saemangeum in South Korea. The UK scout group joined 40,000 other scouts from over 150 countries.





They described how the Jamboree was marred from the start by a heatwave, heavy rain, lack of shade and unsanitary conditions. The heavy rain meant the scouts had to pitch their tents on pallets in swamp like conditions putting their resilience, tenacity and survival skills to the test. However after a few days the UK contingent increasingly concerned about the conditions on site and the possibility of typhoon conditions decided to withdraw from the campsite to hotel accommodation in Seoul.

It was evident from the presentation that the UK scouts were prepared to adapt to a somewhat revised programme by visiting tourist sites, cultural and sporting events and all that Seoul had to offer. What was also clear from both Charlotte and Max they gained incredible memories and life-lasting skills from this challenging experience which they were prepared to share to our club.

John Lacy



Another Bowling (relaxed) Challenge!



Mike Miller reports...

On a warm summer evening on August 22nd, 36 keen bowlers and 8 spectators gathered at the Railway Institute Bowling Club, to enjoy our annual bowls tournament, It was organized by Mike Miller (who wore a white bowls club shirt and brought his own woods, in the hope of convincing everyone that he knew what he was talking about !).

We talked about “woods”, “ends”, “shot”, and someone called “jack”, but after the usual chaotic start, we muddled through for an hour and a half. We were given lots of advice by some of the bowls club members, who had given up their evening to help. (Their reward was to be greatly amused by our efforts). It was a toss-up as to which was our biggest challenge – getting the wood near the jack, or understanding how to complete the scorecard.

Meanwhile the non players relaxed on the terrace, (with the help of the barman), and entertained themselves discussing how their age and ailments had prevented them from playing this year.

Afterwards, we went in the clubroom, and were served pies, peas, and chips followed by sponge and custard , by a pleasant team of lady bowls club members (who also had voluntarily given up their evening to be there,)

During the meal, our club forensic officer examined the score cards, in a valiant attempt to find any evidence of which team might have won. To the surprise of many, he was able to announce the results.

The top two teams were very close, and in second place was the team of Jim Wragg and Mike Saville, led by the very competitive David Impey, with a score of a net +14 points.



In first place, the all lady team of Enid Rayner and Jackie Grogan, led by Rosemary Cranidge, with a score of +16. The 3 members of the winning team were rewarded by a bottle of wine each, presented by our President Elect, Mike Hay.



l-r Mike, PE Mike, and the winning team (Rosemary, Enid and Jackie)

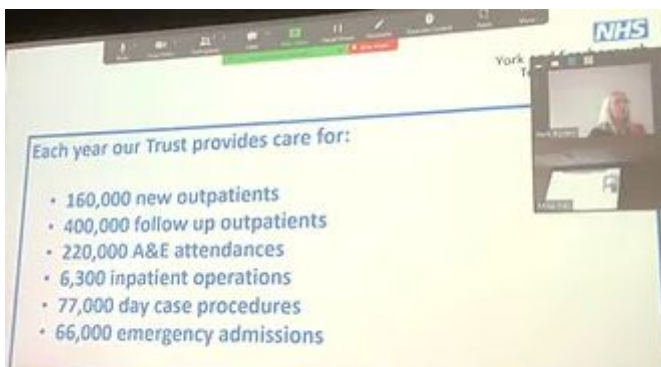
All in all, members thoroughly enjoyed the occasion and had lots of fun. Sometimes in Rotary, it's good just to relax together, without any other pressures.
See you next year!

An inside view of NHS challenges

We all have views on how the NHS works – many feel the staff and the care are wonderful but they are overwhelmed by other problems.

On September 1st we got the “inside scoop” from the Medical Director of York NHS Trust, Karen Stone. Recently related to this role in York (and moving here soon) she gave us a clear insight into the challenges faced by this huge and wide-ranging organisation.

Karen described the scope breadth of the Trusts’ work – including 220,000 A&E admissions every year.



They employ 10,000 staff and have a turnover of £700m per year – close to £2m per DAY. The logistical challenges are enormous, and of course have been exacerbated by staffing shortages, strikes, reduced funding and Covid to name but a few.



2. Elective Recovery

- Major post-covid impact
- 50,000 on the waiting list
- 66 waiting 78+ weeks
- 940 waiting 65+ weeks
- 246 cancer patients waiting 63+ days

Although waiting lists for elective surgery and recovery are still very high (at 50,000) Karen was surprisingly upbeat about the future.



- **New A&E at York open (£19m)**
- **New Urgent and Emergency Care Centre at Scarborough opens March 2024 (£47m)**
- **Diagnostic expansion at Selby, Askham Bar and Scarborough**
- **Wait times are coming down**
- **A&E performance is improving**
- **Overseas recruitment programmes succeeding**
- **CQC action plan has been accepted**
- **Re-energised staff engagement programme underway with values, behaviour and cultural framework**

She described several recent successes – including a new A&E unit now open at York and a similar unit opening in Scarborough in 2024 – and said the signs were that key metrics were now improving.

Despite the stresses that impact staff across the Trust, Karen was remarkably relaxed and we were left with a clear picture of optimism despite all the challenges!



Karen with Speaker Host Brian Joscelyne (I) and President Paul

Public Health in York - an insight

Mike Sullivan reports...



On September 8th we continued the series of health-related topics, this week considering the role of public health: Peter Roderick, Deputy Director of Public Health for York presented an informative and thought provoking assessment of how public health develops and informs health policy and practice, and how we all can contribute to managing our health.



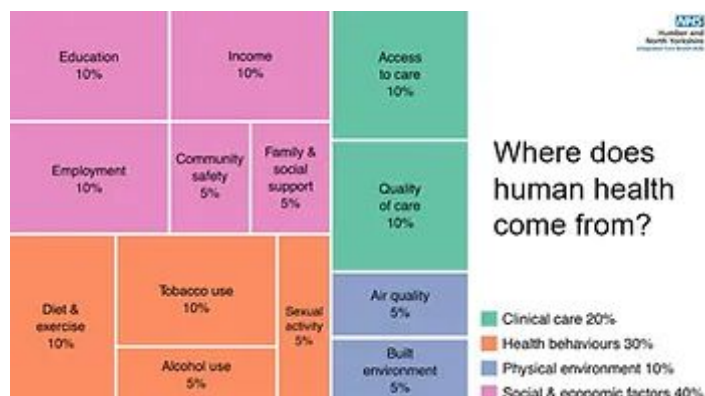
Starting with some definitions, public health as a discipline is the “art and science of preventing disease, prolonging health life and promoting good health”, whilst “health” is “not merely the absence of disease, but rather the complete physical, mental and social well-being of the individual”.

Having reminded us that John Snow, who identified in the 1850s how cholera spread, was born in York, Peter set out how public health offers direct interventions such as immunisation, and develops policy and broader societal actions to ensure the health of the whole populations is safeguarded.

To do this, it’s essential to understand where “health” comes from: some statistics were startling, for example, 40% of what makes us healthy is

determined by socio economic factors such as education or employment, and only 20% from the presence or absence of illness, and a further 20% through direct clinical therapies or interventions.

And how this works in York is demonstrated through, for example, that 10% of all deaths in York are smoking related, 30% of 11 years olds do not have a healthy weight, and child immunisation in York is too low to avoid the risk of measles.

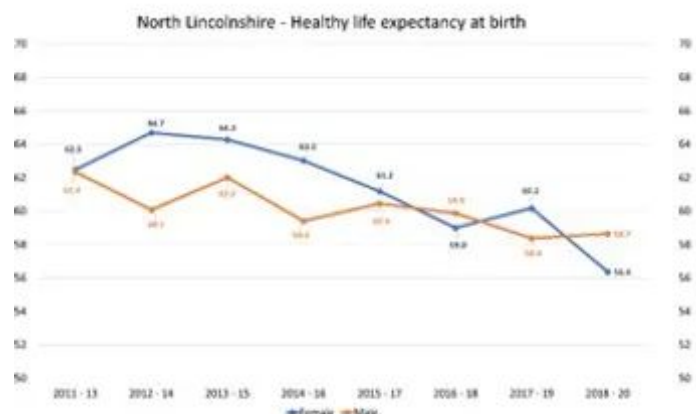


The things which underpin health are heading in the wrong direction:

- Adult **physical activity** levels falling since before the pandemic
- **Food** systems getting less healthy – more than half of all calories come from Ultra Processed Food, sugar consumption rising
- **Alcohol** consumption became more hazardous during COVID
- **Air quality** is getting worse (especially indoor) – contributes around 5% to mortality
- **Incomes** are being squeezed – benefits are worth 6 per cent less than in 19%, real income is 7.5% down for house-owners
- Rise of **precarious employment** (over a million people on 0 hours contracts)
- **Smoking** rates are falling – but only half as fast as the ambition, and lung cancer rates still increasing due to lag
- More people each year are **economically inactive** due to ill health
- Smaller, more expensive **housing** is being built, older housing is rapidly losing quality

Peter talked about the huge societal challenges for public health: reduced levels of healthy food in the diet; reduced adult physical activity since Covid; the problems of air quality; and how precarious employment models lead to stress. Overall, the higher the level of wealth, the higher both the level of overall health and higher uptake of health screening and health management. Conversely, the most economically deprived in York, when mapped by home postcode, are the most frequent users of A&E.

Possibly the most interesting point for those of us who feel ourselves creaking from time to time is that age alone is not automatically equated with ill health: the real problem is multiple illnesses; in York 30% of all hospital admissions are of people with more than one long term health condition. In York, and across England generally, life expectancy is declining slightly, as is the age to which one now expects to live without illness. These are worrying trends.



Public Policy

- Minimum Unit Pricing for Alcohol
- Taxes on UPF foods
- BOGOF and watershed policy
- Tobacco Age of sale increase
- Healthy Transport (Low Traffic neighbourhoods, Local Bus services)
- Improved cycle infrastructure
- Decent Homes Standards
- Online harms legislation to protect children's mental health
- Gambling and alcohol advertising
- Restrictions on High Fat Salt Sugar marketing
- Polluter pays levy

What may be done? Peter explained that there are policy approaches, such as restricting fat/salt/sugar in foods or supporting good public transport, and there are also individual actions: York has developed Health Trainers, 12 staff working across 15 venues in York offering advice on e.g. diet, exercise and up to 6 free sessions of support <https://www.york.gov.uk/CYHealthTrainers>, and debt advice sessions, particularly important during a period of costs-of-living increases <https://www.livewellyork.co.uk/information-and-advice/money-legal/money-and-benefits-advice/>

This presentation was well-received, and offers us all some (healthy) food for thought in how we can support a healthy population in York

So what's a CAT Hub?

Mike Miller reports..

As part of our “health” month, the speaker on 15th September was a GP, Dr Rebecca Brown, who works with the Haxby practice in New Earswick.

Instead of telling us about daily life as a GP, Rebecca unexpectedly chose to concentrate on her very worthwhile work with the CAT Hub (Children's Ambulatory Treatment), based with

Nimbuscare at Askham Bar. The need for this service arose especially as a result of the effects on children of the COVID pandemic. It was noticed that children particularly suffered disproportionately with respiratory and asthmatic problems, and needed many visits to A&E. There was concern that there was no coordinated study of the best way of treating them.



So the CAT hub was set up in 2021, with a team consisting of Rebecca as Clinical Lead from Nimbuscare, representatives from York Hospital, and a business analyst. Its aims included – to (a) reduce unnecessary visits to A&E, (b) improve parental knowledge, (c) improve staff skills, and (d) lead to improved processes.

Rebecca gave us a very enthusiastic and optimistic account of how these aims were being met, although she pointed out that funding was a problem. There was also evidence that the NHS nationally were taking a close interest in the project.

In spite of a few technical problems, Rebecca gave a very polished presentation, and we learned that when our own GP seems mysteriously unavailable, they may be doing very important work behind the scenes.



Rebecca with speaker host Mike (l) and President Paul

Visiting Danesgate

Updated: Sep 25, 2023

We have had a close relationship with the Danesgate Community for many years, and have supporting the amazing work that this school does for children with social, emotional and mental health needs.



On September 22nd a group of 12 members and partners, led by Frank Paterson, visited the school and were welcomed by their head teacher Chris Nichols and several of his staff.



Chris Nichols chats with us

Chris explained and we discussed the background to the school's operation and the challenges faced by the increasing demand for places for Pupil Referral - pupils excluded from mainstream schools - we met half a dozen of the pupils and had a chance to chat with them.



The beauty salon at Danesgate gives wonderful vocational training and skills for pupils

It was clear that they all enjoy their time at Danesgate and the environment has clearly helped them to change, adapt new behaviours and get close support from the dedicated teachers.

With 190 pupils on the roll at the moment, and over 100 staff, the ability of the school to provide individual care and education, in a positive and stimulating environment, was incredibly impressive.

We were taken on a tour of the school and its classrooms and vocational facilities such as a kitchen and beauty salon.

It was obvious to all that the service they provide is not only helping these children to better adapt to society and change behaviours, thus saving the city huge social and benefit costs; but they are being given education and vocational skills that will help them in their future lives.

It's a unique and essential role that Danesgate provide to York, and Chris and his team are to be congratulated on the dedicated way they achieve this.



Toasting Rotarian Blokes and Sheilas...

The Rotary Club of Ascot, Perth is based just to the west of Perth, Australia. Every month they choose a Rotary Club somewhere in the world, learn more about them, and then toast them during one of their bi-weekly breakfast meetings.

We were informed by their president, Dianne, that we had been chosen this month, and in return President Paul suggested we reciprocate - and so we did, during our September 22nd meeting.

Here's to Ascot Rotary.....Good on ya!



G'day, mates...

Walking for Ebenezer

Mary reports...

The annual York Rotary International Charity Walk took place on a very wet mid-September Wednesday (September 20th) at Wintringham in the beautiful Yorkshire Wolds.



At exactly 12.00noon the heavens opened and twelve hardy souls gathered in the carpark clad in waterproofs, carrying sticks and even a few golf umbrellas! Gallantly led by Paul Roberts they embarked on the 5.5 mile walk previously planned by Nigel Naish.



Joining the Wolds Way, it took them on a route which was a little challenging at times but well worth the effort to get the beautiful views across the Vale of York. The sun even shone at times but at one point walking against horizontal rain and gale force wind was not for the faint hearted! Returning to Wintringham via the small village of Thorpe Bassett the twelve were still in good spirits despite being rather soggy!

For the less adventurous (or more sensible!) Sheila and I had prepared a 2 mile village treasure hunt which took in part of the Wolds Way, the peaceful medieval church and Wintringham village street with its many pretty cottages and interesting buildings.



Unfortunately the torrential rain caught many of the 'treasure hunters' as well and they had to take refuge in the church!

York Rotary have a long standing relationship with Ebenezer Childcare in Livingstone Zambia. Following a visit Sheila and I made to Ebenezer.

In 2015 York Rotary undertook a project to refurbish classrooms and the kitchen at Ebenezer School and in 2022 we sent funds to purchase an egg incubator for the farm and the Director Owen Lisulu spoke to us via Zoom about their vision to become self-sufficient through the business the farm could generate. We are delighted that the 2023 International Walk event at Wintringham has raised an

amazing £1043!! This will go to refurbish the Basket Ball facilities and purchase a long wished for Ping Pong Table at the Ebenezer Orphan Village.



**EBENEZER
CHILD CARE TRUST**
Let the little children come unto me - Mark 10:14

International Team would like to thank everyone for supporting this event. There was an army of people in the background who provided the raffle prizes, cakes, scones, homemade jam, clotted cream and equipment and helped to serve the Cream Teas, sell raffle tickets and help on the day. As ever York Rotary members and friends helped to manage the car park, set up the hall at the beginning, cleared it all away again at the end and helped wash up. All of which ensured we could leave the hall as we found it at 5.00pm sharp!

The York Rotary International Walk has been supported for a number of years by members of York Sommeliers. We were delighted Chairman Jason Valentine could join us and many members of Sommeliers (some of whom are also Rotarians). Jason presented a donation of £25 to the event from York Sommeliers which was raised in memory of Nigel Naish.



I'm sure Nigel would have been very pleased with the success of the event, he would have been delighted that everyone had a good time and we raised such a lot of money for a very worthy International cause.

Wintringham Community Hall

RYLA 2023 : A visit to Scarborough

Eileen reports...

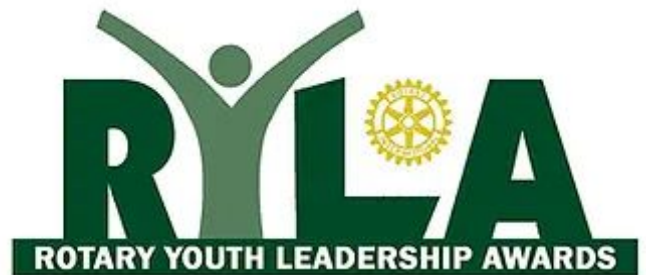


No young person who has completed the week at Hebden Hey can call themselves a “RYLArian” until they have reported back to the sponsor Rotary Club.

This year, York Rotary sponsored Theo from Scarborough to attend RYLA (*Rotary Youth Leadership Awards*) and on September 25th, President Paul and Pat Harvey, Mary Lumley and Eileen Davis visited RC Scarborough to hear his report.

He presented an interesting summary of his week and was joined by Isha, one of the 2 Scarborough candidates. Between them, they spoke of their expectations, challenges and immense satisfaction that they had completed the course in what was some of the worst weather this summer.

They had made new friends and were both keen to explain that beforehand they would not have been confident to make the presentation to so many Rotarians and partners, District Coordinator Lucy Armitage, her Deputy Ken Robertshaw and their RYLA Mentors. Proud parents looked on and expressed their thanks and appreciation for the opportunity which had so positively shaped their youngsters.



Sincere thanks are due to RC Scarborough RYLA Coordinator, David Grisdale, who organised the special meeting, President Trevor Bull and members of the Club who made us so welcome.

Medical and other equipment for Ukraine

Updated: a few seconds ago



Physionet are a Rotary sponsored charity who collect, repair, store and distribute surplus and unwanted NHS Medical and Disability equipment to hospitals and other organisations across the world (including Ukraine) whose need is identified. The equipment is packed into large shipping containers at their base on a farm in North Yorkshire. Although the costs of shipping are usually funded by the receiver (often with Rotary support) Physionet covers all the costs of collections, repair and storage in the UK. York Rotary has supported Physionet both financially and through helping with the collections of equipment from all over the UK and also through helping with loading the containers at the farm.



During the pandemic a Regional NHS Vaccination Hub was established in York which has just been decommissioned. There is a great deal of medical equipment to be disposed of which has become available to Physionet who have agreed to transport it to Ukraine using their established contacts. The three Rotary Clubs in York, with the help of Erlangen Rotary club, have agreed to donate towards the cost of transportation to Ukraine and to help with the collection of the equipment and the loading of the container. The equipment includes syringes, swabs, disposable kidney dishes, wipes, aprons, face masks, treatment tables, screens, folding

tables, trolleys and chairs.

Last week the first loading of equipment into the Physionet van took place, marking the start of the journey to Ukraine. York Rotarians Mary Lumley and Sheila Weatherburn are shown in the photographs helping two of the Physionet volunteer collectors handling the first van-load of equipment at the NHS site in York. This load (and at least three more!) will be collated and prepared for transportation back at the Physionet base and then loaded into a container which will be heading to Ukraine sometime in the next few weeks.

We will update this report once the equipment reaches the Ukraine.



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The Challenges of Wetherby Young Offenders Institution



Catherine Porter delivered the first in our series of talks about aspects of the Judicial system with a “no holds barred” account of Wetherby and the challenges it and the judicial system face. Catherine has many years’ experience of Wetherby and is currently the Chair of the Independent Monitoring Board at Wetherby.

Wetherby is a Young Offenders Institution which provides for around 160 young offenders (mainly boys) aged 15 to 18. About 2/3rds are sentenced and the remainder are on Remand for offences including murder, violence / robbery and sexual offences. A wide variety of services are provided for them involving numerous agencies including counselling, education, mental health and many more. She praised the dedication of many of the staff who worked there but said that the recruitment and

retention of staff was difficult and job descriptions often did not equate with the roles staff found themselves carrying out. The behaviour of many of the most challenging young people can be extreme inevitably leading some staff to question why they worked there. Time out of rooms is poor and being locked up for long periods inevitably impacted upon behaviour.

As is common in other institutions, some offenders felt that they were safer and had a better quality of life there than in the outside world and did not want to be released.

Her account led many of us to wonder if the justice system as currently provided stood any chance of addressing both behaviour and the causes of that behaviour. Was it merely acting as a method of keeping them away from society until they were released, often to reoffend?

It was not all “doom and gloom” however and Catherine spoke about some of her interactions with offenders which caused us to smile. We were also told about a Barbering facility in Leeds which provided some skills and experience potentially useful for a post-imprisonment life.

Hearing Catherine talk gave us a remarkable insight into a world which few if any of us will have experienced.

Bags to the left of them, bags to the right of them



This is York Marathon's 10th anniversary, and many of us have been helping with the baggage handling at this event for a good few years now. However, this year there were a few minor(?) differences.

Firstly, this was probably the coldest morning we have ever had for the event. In the past, we have had rains, winds and occasionally sun, but this time the temperature on my car at 6,45am was reading 2° C (some even reported temperatures as low as -0.5 C), although the compensation was a beautiful sunrise and almost unbroken sunshine for the rest of the day.

Secondly, due to a misunderstanding about the car parking, we were asked (told?) to park at the Innovation Centre, over half a mile from we were operating – a bit of a shock to the system at 7 o'clock in the morning! That will be fixed for next year, I am assured.

Finally, probably the most dramatic difference was that, because of the cold, runners left it *very* late to remove outer garments and hand in their luggage. This meant that at about 9am we were hit by a veritable tsunami of baggage; there was no time to put items in order, so once the marathon had departed we were faced with a) trying to get round the huge piles of luggage, and b) put them into place. My team worked with a will and an hour later we were able to have a pleasant break sitting in the sun with drinks various. But it was certainly hard work!



The afternoon team are always very dependent on the accuracy of the morning shift's sorting skills, and happily the afternoon was very straightforward with very few misplaced items and virtually no queuing. I only noticed a very few instances of, for example, Bag 2860 being sorted as Bag 2680; given the number of bags involved, the accuracy is very impressive and, I'm sure, impresses the runners.

This means that over the last few months Rotary has assisted at the York 10K, the York Kids' Triathlon and now the York Marathon, raising almost £1000 for our Charities Fund. A goodly result – very well done and a big thank you to everyone who has helped in any way!

PE Mike



Important supplies dispatched from Erlangen for Oktoberfest (Updated)



Erlangen and York Rotary clubs are collaborating on an Oktoberfest by Zoom to be held on Thursday 9th November by Zoom. This promises to be a fun evening of international friendship.

More details to enable bookings will be published very shortly on the York Rotary Website.

As the start of preparations for the event Wilfried and Horst from Erlangen are pictured celebrating the packing of vital equipment that is now on its way to York. The question is what is the equipment, watch further posts for more details.



The items have arrived and are now revealed as being a supply of authentic 1 litre stones, needed for drinking beer during Oktoberfest.



The first few people signing up for Oktoberfest will receive one of these for their use. We thank Erlangen Rotary for this very generous gift and for arranging transport of the stones. The packing included the front page of the Erlangen paper, this can be made available to anyone who would like to translate it!

Judicial Perspective on Law & Order



As part of the series of speakers on law and order Peter Collier KC spoke to York Rotary on the 13th October. Peter qualified as a criminal barrister, subsequently taking silk and ultimately being appointed a Circuit Judge on the North Eastern Circuit. He retired after 14 years distinguished service, latterly as Recorder of Leeds.

In his presentation he explained that the criminal law system in England exists for two purposes: to establish guilt and subsequently to apply an appropriate sanction. The establishment of guilt in medieval times was dealt with at grass roots by a 'jury' of local men. Developing over the centuries under the direction of the Crown saw the establishment of a system of Coroners and Criminal Courts overseen by the King's Justices whilst preserving the practice of trial by jury. Essentially that framework remained until modern times when a network of Crown Courts was instituted administered by High Court judges.

Peter then turned to the response to proven guilt. Historically punishment by death or banishment was administered, but as society developed and the causes of crime multiplied, restraint became a common sanction and prisons – debtors and bridewells or houses of correction - came to be established, initially and notoriously run for profit. Transportation to the colonies was also extensively used, even for relatively trivial offences. Only in the C19th was the system reformed with the construction of a network of public purpose-built prisons and the closure the bridewells.



Peter then turned to his experience of administering the law. There are two types of criminal in his experience – the hardened criminal deserving of hard sentence and the weak and inadequate offender for more measured response.

Assessing the appropriate sanction is a vital part of the judges task – punishment, deterrence, rehabilitation, public protection, etc

are all factors for consideration. Parliament has attempted to set guidelines for the standardisation of sentencing and has in recent years devised a grid of levels of culpability and sentence for the use of judges, who must determine an appropriate sanction which they must justify in open court and consider counsel responses before passing sentence. Subsequently the terms of sentence can be mitigated for good behaviour.



Peter concluded that whilst not perfect the system was balanced and fair, and his criticisms are reserved for government in keeping the system inadequately funded and in consequence providing the public with an increasingly inadequately resourced service.

Dragon Boat Challenge awards ceremony



The Dragon Boat Challenge awards ceremony was held at York Mansion House on the 26th October. The event was attended by over seventy people and was hosted by the full civic party. York Rotary delight in the support from York Civic Party.

The evening was a chance to thank our four event sponsors The Shepherd Group, Visavi, Simpson (York) Ltd and Coney Street Riverside. Their support is both enthusiastic and invaluable to the success of the event.

We were delighted to be able to announce at the event that the 2023 Dragon Boat Challenge raised £87,000, taking the total raised over the last 21 years to virtually £1.5m. This year four teams raised over £4,000 and for the second year running Sheppee International raised the most sponsorship, with a magnificent total of £7,560, they were presented with a certificate and further cheque for their charity.



The well sought after award of the Tailenders trophy, for the slowest team, was won by Kitchen for Everyone, they are delighted to be holding the trophy for a year. The trophy itself was made by David Walkden, a York Rotarian, many years ago and it was produced from an old floorboard which has stood the test of time very well.



The Ged Bell trophy for the best dressed team was awarded to York Steiner school for their team "Steiner's Cool", they wore wonderful sunflower outfits.



The Challenge trophy for the overall winners was presented to Wetherby PEI's (Physical Education Instructors) and their team Wetherby PEI's. The runners up were Ged Bell Butchers and they won the Ouse Cup for the fastest commercial team. Ged Bell have won the Challenge trophy several previously so we look forward to a great competition again in 2024.



A number of team charities attended the event and certificates were handed to all competing teams recognising the amounts they had raised.

At the end of the event the two Rotary Nominated Charities were handed payment slips of £14,614 each for their portions of the event proceeds. Representatives of the two charities Kyra Womens Project and Big Futures Foundation spoke briefly.



The evening closed with the announcement that the nominated charities for the Dragon Boat Challenge 2024 as being York Samaritans and York Rotary Charity Fund for the support of a wide range of local charities.

The 2024 Dragon Boat Challenge will be held on the 14th July and teams were reminded of the need to apply to participate in early February as the event is usually over subscribed.

For more photographs of the awards ceremony and more information about the Dragon Boat Challenge go to the Dragon Boat section of this website.



British Transport Police



It was a pleasure to welcome to our Crime and Justice theme of speakers -Detective Sergeant Gary Blackburn of the British Transport Police based at York Railway Station.

He explained that British Transport Police is national police force that police's the rail network of England , Wales and Scotland. The force police's more that 10,000 miles of track and covers over 3000 stations and depots . As well as overseeing the movement of millions of passengers each year.

During the talk he explained the challenges, crime trends and issues facing the British Transport Police. It was clear an increasing part of their work is dedicated to safe guarding and protecting the public's health and well being. Regrettably suicides on the railway are a regular occurrence and as such causes a great deal of distress and disruption to rail service. It was pleasing to note that the BTP work along side the Samaritans our chosen charity for next years Dragon Boat on a suicide prevention programme.

Finishing the talk Gary displayed the equipment carried and worn by the modern police officer - stab vest, body worn camera, extended baton , handcuffs , taser and mobile/radio.

John Lacy

The Challenges facing the Probationary Service



Nicola Stewart, a York based Senior Probationary Officer with 20 years professional experience , gave a very informative overview of the current responsibilities of the service on Friday 3rd November.

She outlined the frequent legislative changes imposed by politicians against professional advice in many cases. The prime purpose was now considered to be to protect the public - a long way from the original ethos to encourage rehabilitation through individual Advise Assist Befriend programmes. The scale of the task however was not matched by the resources allocated and currently a culture of risk management had developed .

In 2022 nationally over 243,000 offenders were allocated to 11,219 Probation officers. In York a staff of 19 were responsible for 708 local offenders. High individual case loads were unavoidable.

Recruitment is becoming increasingly difficult although Nicolas did not consider the potential dangers of working with offenders a principal deterrent. She found that stopping people from re-offending gave her tremendous personal satisfaction which overcame the downsides of a very taxing job.

HM Prison & Probation Service

Probation Service

The total number of people on probation (i.e. court orders and pre/post-release supervision) at the end of June 2022 was 243,127.

Preventing victims by changing lives.

Song for Everyone – Concert (Updated)



The concert has been organised as a fundraising event with funds shared equally between St Leonards and York Rotary Charity Fund and was held on the 21st October.

It was agreed that the concert performers would comprise The Steve Cassidy Band with guest artist Heather Findlay. Steve and Heather had not met before, but they hit it off immediately over coffee and cake in Tesco café scoping out the event, the synergy was amazing and that continued with the event itself.



The Concert was held in the Memorial hall at St Peter's school and was hosted by Elly Fiorentini from Radio York. It was a great night with fantastic foot tapping music – a fabulous mix of songs which many of us knew from different eras - covering country music, rock, ballads and instrumentals..... great musicians and powerful vocals. All thanks to Steve Cassidy and his Band with Guest artist Heather Findlay singing solo at the end of the first set and with the Band in the second set creating a great atmosphere. It was clear from the performances that The Steve Cassidy Band and Heather Findlay

enjoyed working together. The audience was captivated and during the encore Elly even got members of the audience dancing on the floor or from their seats.

The atmosphere of the event is evident from the video below:

0:00 / 2:14



Thanks are recorded to everyone who made the event possible, but a particular thank you goes to St Peter's school for allowing us to use their splendid Hall.

The concert included an excellent raffle and overall raised the magnificent amount of approximately **£2,024.78**, a cheque for their share of the proceeds was presented to St Leonard's Hospice on the 9th November. The proceeds will be put to great use by St Leonard's Hospice and York Rotary.



The evening really was a Song for Everyone



Oktoberfest by Zoom

Updated: Nov 13, 2023



For promoting International Fellowship Zoom is something that works really well and that was shown again by holding an Oktoberfest event on Thursday 9th November. The event was hosted by Erlangen Rotary, over 25 York Rotary members participated along with 14 members from Erlangen. Members from both York and Erlangen dressed appropriately for an Oktoberfest occasion.



After introductions the evening started by trying to sing a short German song by Zoom, the singing did not work too well because of the Zoom time lag, but we soon learned that at the end of the singing there was an effective count 1, 2 Suppen (3) and that was the signal to raise your stein or glass for a drink, which was repeated several times during the evening. The steins were generously provided by Erlangen and arrived in the UK by post before the event, fortunately most of them were still in tact after the post!



We were then told about the history of Oktoberfest which was first held in 1810 and with the exception of 24 years where cancellation was necessary it has been held 188 times. There are many aspects to the event including fair ground rides, horse racing, a great parade, musical entertainment and of course fantastic food and drinking. The great parade is 7km long and that includes much music.



The 2023 event was held over 18 days, one of which was a public holiday, it attracted 7,200,000 visitors who drank 6,500,000 litres of beer, but interestingly the sale of non alcoholic beers increased by 50%. There were 14 large beer tents and 21 small, with a total of 130,000 seats. The waiting staff can carry trays of 14 full one litre steins at a time, weighing 30kg, fortunately they do not spill too much beer.

There were 100 fairground stalls and the turnover from Oktoberfest was 500,000,000 euro. The event employs 13,000 staff and apparently hotels within an 80km radius of Munich are always fully booked for the event.



We learnt duties of the varied food available at Oktoberfest – “A hoibs Gockarl (spit-roasted chicken) and An Ochs (Spit roasted ox). We also heard details of the varied costumes that are worn for the event.



The details of the fairground rides were a fascinating part of the presentation, many were very colourful and from videos that we saw some are a challenge to go on, namely the conveyor belt ramp and that was challenging even before having had anything to drink!



One of the weekends is known as the Italian weekend, many Italians visit with their camper vans, after plenty of drinks tempers get frayed and many cannot then find their way back to their accommodation, medical centres are apparently overloaded. In spite of the challenges this is a fun weekend.

Finally we learnt some of the dos and don'ts of Oktoberfest:

- Dance on chairs only, not on the tables
- Do not bring your own food
- Being in a bad mood is not a good idea
- Don't drink so much that you cannot find your way home
- Don't try to take steins home with you, there is a fine
- Don't try to reserve seats
- What happens in the beer tent has to remain in the beer tent
- Use only authorised toilet facilities
- Don't photograph embarrassing situations
- Celebrate with tolerance and not aggression

After the presentations which were great fun we then had a multiple choice quiz in break out rooms. The eight questions were to guess the meanings of 8 German words, the words were obscure ones that could not easily be researched via Google. Friends from Erlangen joined us in breakout rooms and tried to advise/confuse us about the meanings of the words. The team scores were between 4 and 7 out of 8 and a prize of Lebkuchen was awarded to the winning team.

Prizes were then awarded for fancy dress and food and drink to the York Rotary rooms. Whilst from York we had seven rooms participating three were large involving between 4 and 7 people. Many people dressed for the evening or decorated their Zoom screens appropriately for the evening, Mary Lumley's room won the prize for their yellow, red and black dress and hats inspired and made by Mary.



ms of food Mike Hay's room won the prize, they ate all sorts of typical German snacks, some that they made, but most purchased from the local Polish deli, which included sauerkraut. Another room that might have won a prize was Frank Paterson's but unfortunately he lost his internet connection part way through the evening and rather than an Oktoberfest theme he missed the brief and adopted a Yorkshire/Scottish theme in terms of dress and food, serving Yorkshire puddings filled with haggis and a drinks display of whiskey. In spite of the internet setbacks Frank's room still had great fun.

Overall the evening was enjoyed by everyone who participated, we thank Erlangen Rotary for all the work that they put into the preparation and planning of presentations, particularly Wilfried, Horst, Michael and Johannes. As well as having fun we learnt a lot during the evening.

The challenge now is to find another new fun event to organise by Zoom in the future.

David Fotheringham

“Working for Rehabilitation” : Darren Burns



Darren is the Director of Diversity & Inclusion for the Timpson Group and Head of the Timpson Foundation, he spoke to York Rotary on Friday 10th November. His team recruit, train and support staff; in particular he came to explain how they take on ex-offenders, called Foundation employees. The company has 5,000 staff in 2,500 outlets, dealing with shoe repairs, key cutting, watch repairs, telephone repairs and photographs. Over the years, Timpson's have absorbed Mr Minute, Super Snaps, Johnson's and others – and are now both on the high street and in supermarkets. They have come a long way from the first Manchester-based shoe store in 1865 but are still family-owned.

The current boss is James Timpson and it was he who, on visiting Thorncross Prison in 2002, identified the need for ex-offenders to be given opportunities for a second chance in life and saw potential for the company too. So began a fresh approach to some recruitment (through the Timpson Foundation) so that 12% of the current workforce is made up of ex-offenders (Foundation employees) and the company is recognised for its altruism and commitment, recently advising other big companies on how to go about this ground-breaking approach.

Why do they do it? Timpson has always had a social conscience. Reoffending costs the taxpayer £18 billion per year and the rate is cut dramatically if ex-prisoners can find work and thus a place in society. It's a win-win. The approach is also good for business as people understand and want to support those who wish to make a new life for themselves and their families.

How do they do it? All prisoners are considered except arsonists, sex offenders and terrorists. Even a drug dealer has transferable skills!! There are several ways in which recruitment is done.

ROTL – Release on Temporary Licence, where Darren and his team identify a local need for staff and visit the nearby prison to offer the opportunity to work-ready prisoners. Those chosen are allowed out on day release for 2 years and learn in a safe environment with training and support. On release, they are work-ready.

Prison Training Academy. Workers are trained inside the prisons and on release are work-ready.

Interviews. Sometimes prisoners on short-term sentences are identified as having potential and are met on release and supported. It seems that many women take this route to employment.

Referrals. Third sector organisations make an approach to Timpson on behalf of those they are supporting. Timpson can promise and interview but not a job.

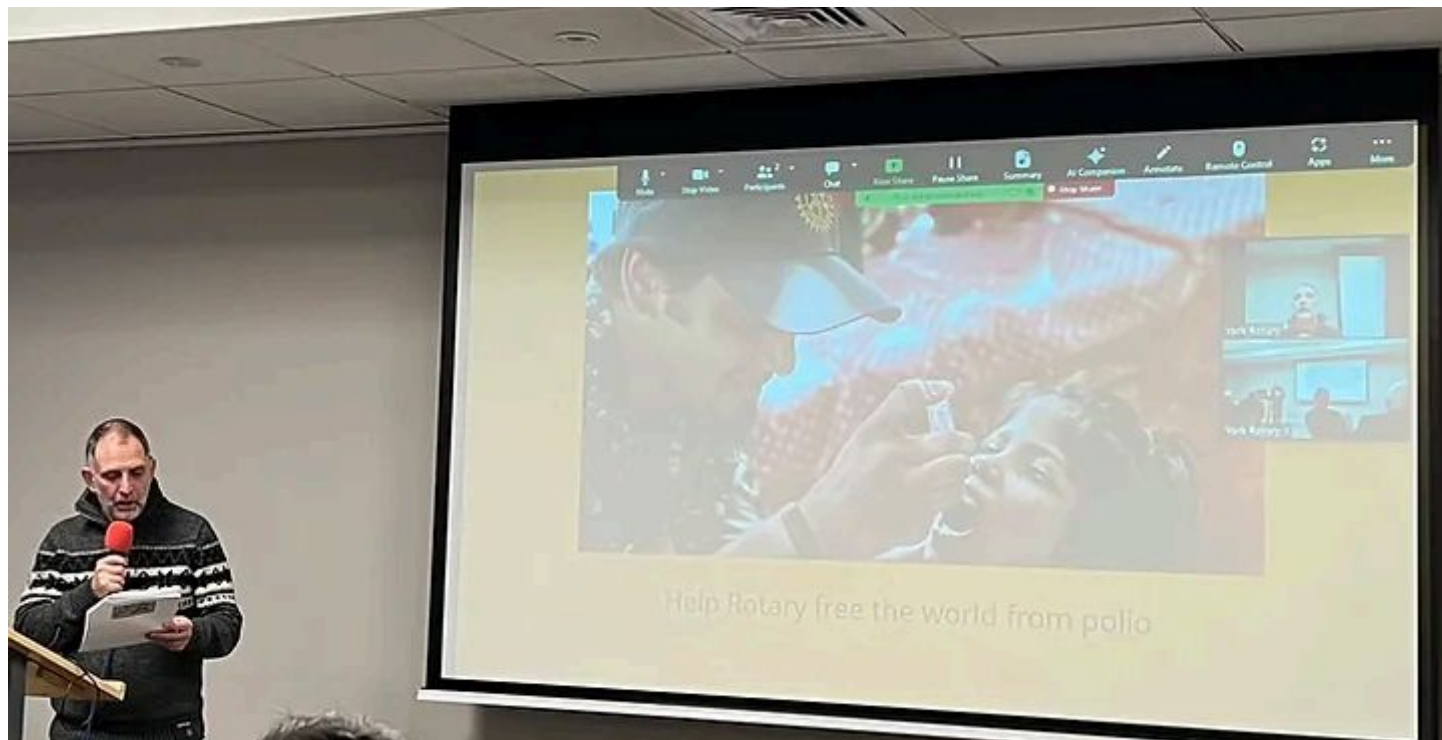
Employment Advisory Boards. These Government-run groups are pushing for second-chance employment and recognise Timpson's capability.

Once employed by Timpson, workers rise to Level 1 after 12 weeks and Level 2 after 12 months. In that time, they have targeted training and support. Timpson provides extra support with housing, benefit applications, mental health and other matters which assist the ex-offender to integrate back into society and build mutual trust and respect. They are rightly proud of the fact that only 2% reoffend.

It was excellent to hear of such a successful and positive approach as a conclusion to our somewhat depressing "crime and punishment" season. Despite a journey on the M62 from Liverpool, missing lunch and having to go straight to the podium, Darren gave a superb presentation. His commitment and leadership shone through – and we were very fortunate to share some of his time and energy. Wow!

Eileen Davis

The work of Rotary Foundation



During November and December we have had three weeks of talks about the work of Rotary Foundation, lead by Kevin Grogan, York Rotary Foundation team leader.

In week 1 Kevin talked about the Rotary Foundation mission to promote world understanding, goodwill, and peace by improving people's health, supporting quality education, protecting the environment and alleviating poverty.

Rotary Foundation is Rotary's own charity delivering a better world, it was established in 1928. Foundation is supported solely by contributions, gifts and donations and 91% of the funds are spent on programmes and projects.

Rotary Foundation donates funds in many ways such as District Grants, Global Grants and Disaster response grants.

In week 2 the topic was the work of Rotary projects the aim of which are to engage communities and make a difference, including opportunities for young people, disaster response and recovery and global giving. A number of members contributed talking about specific projects, most of which York Rotary had been involved with, including Young Citizen Awards, Youth competitions, Technology Tournament, Youth Leadership awards and others.



In the final week heard about Empowering Girls, but the main topic was about helping Rotary free the world from Polio. Ian Stockley talked first about the trip that he and Janet undertook to India in 2012 when they toured the area and helped at a vaccination clinic. Ian described how well the clinics were organised. This was followed by President Paul Harvey talking about the work that he and Pat

undertook working as vaccinators in vaccination clinics over eight years.



Paul started by some background information about Polio. The illness is an old one dating back to 1000 BC. In 1950 there were 7,760 cases in England, with the last one in 1984. In 1979, the Rotary Club of Manilla started a Polio vaccination campaign in some of the outlying islands in the area. Such was the success of this, that in 1985 Rotary launched its world wide Polio eradication campaign as its gift to the children of the world. In 1988 (when it was estimated there were over 350,000 cases of Polio

worldwide), the WHO and others joined in and took over the campaign. Such has been the success of this campaign that at the end of 2023 there were only 11 cases worldwide in 2 countries (Pakistan and Afghanistan). Rotary continues to raise funds to support the eradication of Polio and the Bill Gates Foundation contributes \$2 for every \$1 raised by Rotary.

The topic then moved to the clinics and the usual plan which involved:

- Briefing in Delhi and then dispersing to vaccination areas
- Saturday morning awareness raising
- Sunday vaccination
- Monday start House to House checking
- Back home

The work was carried out in very challenging conditions and Paul and Pat's experiences were in very remote areas of India. The vaccination process involved vaccinating a staggering 174m children in one day. India was declared polio free in 2014 after having no polio cases for three years. By the end of

Paul's presentation we really felt that the whole exercise was really well organised and also how important the work was and how it needs to continue.



Kevin concluded the talks by saying how Rotary Foundation is Rotary's own charity and he encouraged members and others to give it support by way of donations.

Christmas walk



A group of eight Rotarians and one dog held their Christmas walk on Wednesday 13th December.

The walk was from Al Volo restaurant outside Rufforth to visit the York Community Wood a year on from our last visit. The weather was a bit mixed, we started with a rainbow, but overall it remained dry.

The walk sets out around the perimeter of the former Harewood Win tip site which is now landscaped and it then picks up a path that walks along the edge of the community wood. Since last year progress has been made with the construction of stone paths that will meander between the areas of woodland. We did not have time to walk down to the Knapton end of the wood, but there progress has been made with the planting. The community wood will be a great facility, it is just that it will take a number of years to develop and mature.



After the walk we enjoyed a lunch at Al Volo overlooking Rufforth airfield. We now look forward to many more walks in 2024.

David Fotheringham

Annual sock collection



Once again a big thank you to all members, family and friends of the York Rotary / Inner wheel clubs of York who together collected over 400 pairs of socks for the homeless in York.

The socks many of them brand new were donated and taken to Carecent at the Central Methodist Church in St Saviourgate, York on Saturday 16th December to provide warmth and comfort to people forced to sleep on the streets.

Carecent is a breakfast club for all homeless, unemployed or otherwise excluded from our community.

The simple gesture of giving a clean, dry pair of socks makes those experiencing homelessness and in need feel supported especially this time of year.

John Lacy

Christmas lunch and entertainment



Our Christmas lunch meeting was held at the Novotel on Friday 15th December. The meeting was attended by over 80 Rotarians, partners, friends and guests. It was fantastic to see so many people at what was a very jolly meeting.



Prior to the meeting The Jackson 5 – 1 provided musical entertainment in the Novotel entrance, that was very much appreciated. They also performed after lunch as part of the entertainment.

The lunch at the Novotel was excellent and after lunch it was our chance to thank the Novotel for looking after us so well during the last year.

Following lunch we were entertained by the Rotary choir lead by Mike Hay. The choir performed four carols, interspersed with Tom Jackson's group of musicians. The choir then finished with a song where

Mike Hay sung the first part solo, because although the song itself is probably one of the best known in the world, the introduction is virtually unknown, and he enjoys surprising people when the "big tune" arrives. To see what that song became you need to watch the video via the link below. The entertainment finished with We Wish You a Merry Christmas and a Happy New Year.



Rotary choir



Mike thanked the choir for all their enthusiasm in attending the many rehearsals that he organised, though he did say that the performance was the first time that all members had managed to perform together! Brian Joscelyne who provided the piano accompaniment was particularly thanked because he, along with Mike was the only one who had attended all rehearsals. It was clear though that the choir had enjoyed all of their rehearsals and ultimately performing together. We look forward to the choir being able to perform for us again in the future.



The standard of performance by the choir was excellent and they are all thanked for participating and making the occasion a special one.

The meeting finished with President Paul wishing everyone a very happy Christmas and New Year and we went away happy with Christmas spirit.

David Fotheringham



The First York Rotary Awards at York College : December 2023



On Tuesday 19th December representatives of York Rotary visited York College Construction Centre to present the first of the new York Rotary Awards. We were welcomed by Ashley Stokes, Head of Curriculum for Construction, and the Deputy Head of Construction Mike Burdett.

The concept of the awards had been identified earlier in 2023 after Council allocated to Youth Services a refund from a closed community fund. The Team aims to focus more activities on the disadvantaged so Brian Houghton of York Rotary, with Ashley's support, organised the enhancement of existing termly awards in Construction with worthwhile monetary prizes. 16-18 year olds who missed out on apprenticeships in Design, Construction and Fabrication industries can undertake a 2-year course in 6 disciplines. As an incentive the College already made an award in each discipline at the end of each term to the student whom staff judge to be most deserving – they may have demonstrated positive attitude, work rate, commitment, attendance and helped others, or perhaps turned themselves around. From 2023 to 2025, York Rotary will enhance the award by presenting each winner with a £50 voucher from

Barnitts who have generously supported the project and also offer a 10% student discount when the student goes to spend their prize.

Ashley and Mike accompanied us to 6 work areas where the winning students were located – but they had no idea of the surprise awaiting them! They were called up and President Paul handed over the certificates and vouchers, explaining the whys and wherefores. Reactions demonstrated pleasure and pride as well as genuine humility and gratitude. To quote just two :

*It means an awful lot to me, I have worked really hard this term and this is great.
I might buy my Mum something!*

The following are the winners:



Professional & Technical winner
Daniel Hogben

Plumbing winner Michael Marshall, see the introductory photograph to this report

Painting & Decorating winner
Ibrahim Adam





Carpentry & Joinery winner Lewis Watkin

Bricklaying winner Tiago Rodriguez



Electrical Winner Herbie Oxtoby-Wilkinson

This was a most enjoyable visit and a great start to our 3-year project.

Eileen Davis

York Chocolate & Co



What a wonderful way to start 2024 on Friday 5th January with a heartfelt story about a relatively new charity for York, Chocolate & Co. Mother and Daughter team, Linda and Mariah Barrie, started the charity just over 2 years ago after losing close friends to suicide during the Covid lockdown. The usual support for these vulnerable people had disappeared and both thought they must do something to try and stop this happening.

Mariah has had 8 years experience working in a young persons charity after gaining her degree in Youth and Community Work. Linda, working as a volunteer, has supported the charity from its conception.

They decided Hot Chocolate drinks, company and support was the starting point and set up a Mobile Drinks Unit appearing in several sites over York. It proved to be very successful, but for the staff, incredibly hot in summer and incredibly cold in winter.



They needed a permanent base to support this desperate community and 2 years later on September 12th 2023 opened Chocolate & Co Cafe in Lowther St.

Staffed by recovering alcoholics and drug addicts, the cafe gives the team a real opportunity for a second chance by building their confidence and gaining full time employment. A video was shown with staff explaining how Mariah and Linda had saved their lives.



It is a great place to visit for both needy and regulars with an extensive range of Hot Chocolates, Coffee, Croissants and Cakes. Amazing daily soups with bread and a whole range of Toasties. Images showed a beautifully designed interior with lots of seating.

The cafe has been incredibly successful with its "Pay it Forward" scheme too. As customers settle their bill, there is an opportunity to buy less fortunate members of our community any drink and dish from the regular menu. A great opportunity for us all to support this charity on a regular basis.

Plans for the future include increasing counselling and classes to help even more people and to start to share their ethos with other York businesses to give employment opportunities to those in recovery.

See You there, Jane Albon

Chocolate & Co, Lowther St., York. YO31 7NB.



Quest for Friends of York Rotary

Updated: Jan 22



On January 19th, as part of the External Relationships Team, Jane Albon launched her quest to find new Friends of York Rotary. Earlier in the year, Kevin Grogan, spoke about York Rotary membership, and highlighted action had to be taken.

Jane's plans for the year, are to ask 1000 people to support York Rotary. At the meeting she explained that charity begins at home and that each member had 30 days to introduce a Friend. She gave everyone two request flyers, so hoping for 120 new friends from the home team.

Straight from the launch at Novotel, Jane headed to the York Volunteer Fair. Held at the Priory Street Centre, it was a 3 hour opportunity to find more friends. A great Rotary presence and 13 new friends signed up.

The flyer used has been designed for everyone to use at any event, so just ask if

you have an opportunity to meet friends too.

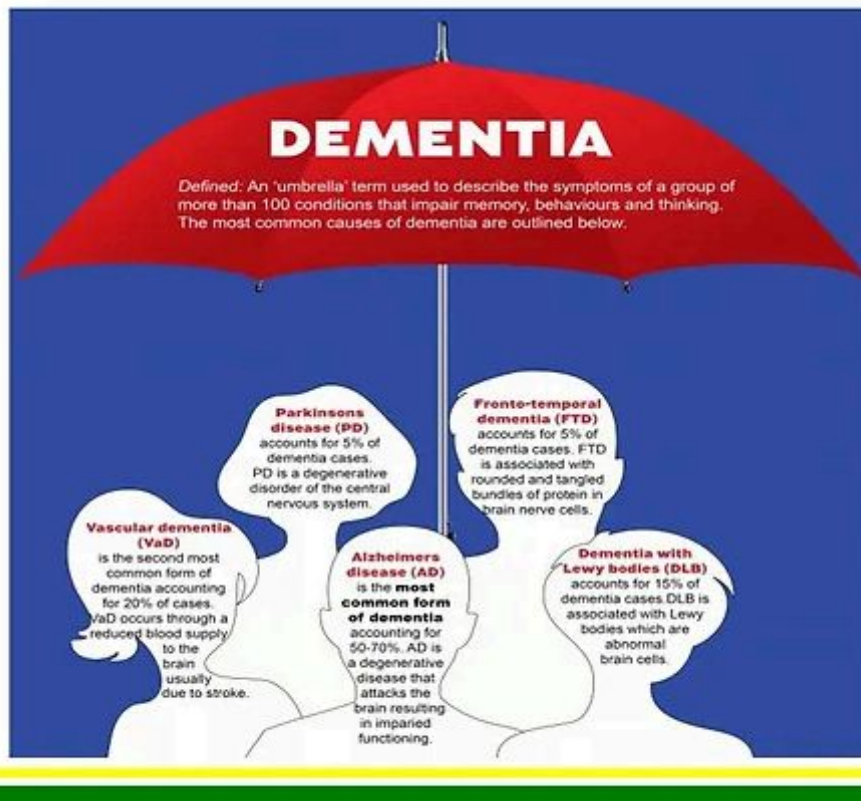
Dementia Forward



On Friday 26th January Fiona Andrews gave us a very full and complete coverage of both dementia itself and how the work of Dementia forward is there to provide help and support.

Fiona herself worked in the police service for nearly 30 years and in her last few years became increasingly involved in developing strategies to deal with the dementia problems that came her way. She delivered the projects to the Prime Minister's Champion Group and was invited to Parliament to celebrate the first year of their 'dementia friendly status'. Consequently, when she left the police force it seemed an obvious step for her to work in the area of dementia – to use her own words – to join the 'best dementia charity'.

Fiona started by explaining the way dementia develops and also the different forms that it can take, Alzheimer's (the best known and commonest form – around 60%), Vascular, Parkinson's, Frontotemporal, dementia with Lewy bodies, but pointed out that there are many other types: all with their particular causes and symptoms. She also went on to describe life-styles which could help to defend against the onset of the disease.



The work of Dementia Forward was emphasised and the way it focussed on dealing with people in a very specific way, depending on the individual concerned; a very 'hands on' approach to every person referred to them. In addition to this individual support Dementia Forward also offer Well-being Cafes, Singing for Fun and a range of Hub Clubs which alone offer some 400 places each month.

What we do

- **Dementia Support Advisors**
- **Memory Support Advisors**
- **Dementia Specialist Nurse**
- **Wellbeing Services**
- **Specific Young Onset Service**
- **Training and Awareness**
- **Working in partnership**

Helpline: 03300 578592 referrals, support



Overall, we were given an extremely thought-provoking and informative presentation by a person both knowledgeable about and devoted to the work she does. The effect on the audience can also be indicated by the variety of questions and the number of members who spoke to Fiona after the end of the talk.

Keith Hayton

York Transport Strategy Update

On the 2nd February Tony May of the Transport Advisory Group summarised the key developments since he spoke to us in 2022.

York Civic Trust published proposals in 2022 . CYC eventually published a draft Transport Strategy in November 2023 which contained most of the proposals detailed in the Civic Trust document. A public consultation is being held, that ended on 4th February.

The political structure is being changed and from 1st May York and North Yorkshire will be governed by a Mayoral Combined Authority with responsibility to produce an overall Transport Plan by Autumn.

This timescale is thought to be unrealistic and the hope is that the MCA will accept the following:-

- Local Transport Strategy Objectives

The Local Transport Strategy Objectives

- 1. An inclusive, accessible, affordable city**
- 2. Delivery of the Climate Change Strategy**
- 3. Delivery of the Economic Development Strategy**
- 4. Health and wellbeing through healthy places**
- 5. Enhanced safety and personal security**
- 6. Improved environment - less pollution, noise**
- 7. Enhanced reliability in the transport system**
- 8. Protect heritage and enhance public spaces**
- 9. Accommodate future growth sustainably**
- 10. Future-proof the city against climate change**



- LTS - Policy Focus Areas

The LTS Policy Focus Areas

1. Shape a city accessible to everyone
2. Improve walking, wheeling and cycling
3. Shape healthy places
4. Improve public transport
5. Cut carbon, air pollution and noise
6. Manage roads for Movement and Place
7. Reduce car dependency
8. Improve freight and logistics
9. Maintain, enforce and manage
10. Monitor and finance



The outstanding need is to convert the aspirations into specific costed action plans. The talk generated a lot of very interesting and relevant questions which Tony responded to well.

Frank Paterson

Haxby Road Primary Academy – the pleasures and challenges



Haxby Road is a school with whom the Club has a supportive and still developing relationship. As a part of this year's Education theme, Laura Robinson (Headteacher) and Caroline Wilkinson (Early Years Lead) were invited to come and talk to the Club on the 9th February about the challenges which the school faces with its Early Years Provision. They did not hold back on these challenges and by the end of their presentation, we were both in awe of their enthusiasm and despairing of what they had to cope with.

Haxby is a school with a roll of over 200 and is in the 7th most deprived ward in York. COVID and its aftermath has had a major impact upon the life and

operation of the school, particularly so on the more disadvantaged children and those with SEN. Examples include: increased absences from school, delays in health checks, delays in speech and language development, problems with a child's personal social and emotional development, missing out on hearing stories, singing and conversations, speaking in an accent gained from listening to tv a lot during lockdowns and much more.



Parents have also been affected with mothers being more likely to experience the strain of parenting and having their mental health negatively affected. This has been a particular problem with lone parents and families with children with additional needs. These challenges have also had an impact on staff recruitment and retention.

One thing which possibly neither of our speakers were aware of is that a number of us were particularly impressed with the fact that they carried a variety of "Cue Cards" on their lanyard for use with non-verbal children of whom there seemed to be a growing number.

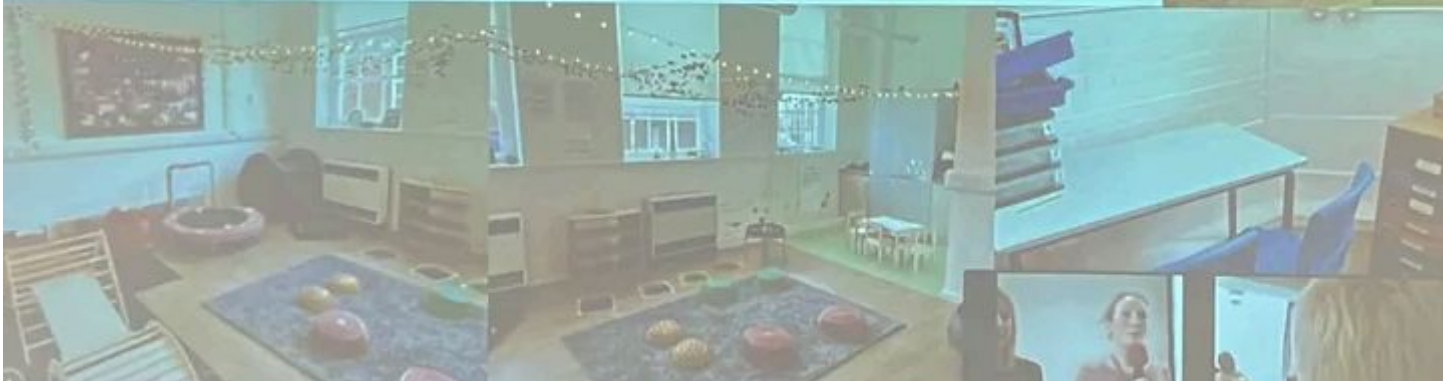
A number of the "catch up" strategies in use at the school were explained to us and also we saw pictures of a few of the learning zones.

Sensory Room and Learning Zones

Several children joined Haxby Road this year who struggled to access their main provision and classrooms due to a range of complex needs.

As a result, we set out our Sensory room, to allow these children to work in a smaller space and be regulated to begin to access the mainstream classroom in small bursts.

This is something we have had to set up to be able to meet the needs of the children.



It seems hardly surprising that Haxby Road Primary Academy scooped the title Primary School of the Year recently.

Paul Harvey

More Rotarian Lies



In another return to the much-loved format of "Would a Rotarian Lie to You" (WARLTY) around 50 members partners and friends gathered "virtually" via Zoom on February 8th, for more merriment, stories and outright lies.

Our friends from Erlangen Rotary have always been part of our WARLTY events, and seem to get particular pleasure from mixing with us socially and enjoying the action. On this occasion we had eleven German participants plus partners, which made for a great evening – despite their having to grapple with our strange language and customs (such as Teddy Bears Picnics!)

There was the usual mix of strange stories and outrageous untruths. Robin Rich tried to convince us he had been a minor actor / dog handler in "All Creatures Great and Small"; a very convincing description but not a word of truth. Duncan described how he set up a Teddy Bears Picnic in the woods for a commercial client which, strangely, did actually happen.



Albrecht Winnaker convinced many that he had met a dog in Scotland who had "died" for his country's independence, by falling onto its back every time the UK National Anthem was played. Few guessed that that was true – but it was!

Trish Joscelyne fooled no-one with her tale of how she uses Monkey (a large cuddly toy) to pass messages to Brian about "jobs to be done". And Kevin's description of how his parachute didn't open

until rescued by his instructor and his knife? Well that did apparently happen, but not to Kevin!

Highlight of the evening was probably the "This is My..." segment, where three Rotarians described how they know our special guest, Ann, who appeared on her screen looking extremely poe-faced throughout. Few believed Eileen's story of how Ann had appeared on her drive with a shotgun, en route to a Murder Mystery evening. But when Ann finally confessed and produced the shotgun in front of her, there were audible gasps.

WARLTY is perhaps now part of the fabric of our club and especially its relationship with Erlangen. And a really fun evening without having to leave the comforts of home! Thanks to all the story-tellers who took part and did such a good job!



St Peter's School York



The Headmaster of St Peter's School, Jeremy Walker spoke about the challenges and pleasures of his role.

St Peters is the third oldest school in the world (founded 627 AD) and has had four Saints as Head Masters. Embracing and managing change has been fundamental to St Peters throughout its history. Over the years, the school has grown, partly by acquisition (most recently taking on responsibility for York Minster Choir School thus preserving both the choir and the history of choral singing in York) and also by growth in numbers (around 1250 today). The school is currently

moving to a two-tier system (2 to 10 and 11 to 18). The school is run as a business, with Jeremy both the Headmaster and CEO. The school employs more than 300 people and puts over £19 million into the local economy.

Education has developed considerably over the years. Whilst there is pressure on young people to get qualifications and letters after their name, it could be argued that by their mid-20s, no employer will be interested in these. Employers will be more interested in their employability skills and work experience. Hence, through its pastoral structures and co-curricular activities, St Peter's spends a lot of time developing skills and attitudes focused towards complex problem solving, social interaction, emotional intelligence. The end objective is that a pupil should be able to walk into a room anywhere in the world and just get on with what is required. The philosophy of always being able to do what is right, not what is easy underpins this approach.

One challenge pupils face today is that of mental health. The universal presence of technology means that there are few moments of peace and quiet (the mobile phone is always there). Older generations knew that once they had got a job, they would be able to enter the housing ladder and were likely to eventually qualify for a pension. Many of the current generation feel that they have little job security, will have a multitude of professional lives, will not be able to retire at 60 or even for many years thereafter and owning their own home may be financially difficult.

St Peter's plays its part in providing opportunities to the wider community. It is an active member of the York consortium of educational institutions co-operating in the delivery of joint activities and masterclasses to all sectors of education. Also it is supportive of York Rotary Club by allowing the Club to use its facilities on a number of occasions during the year.

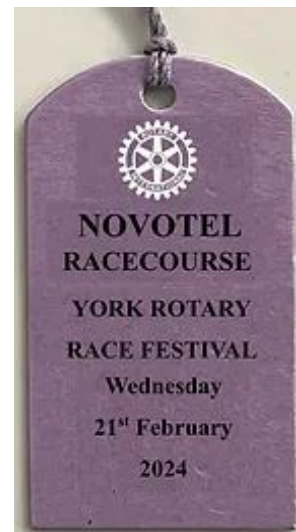
The spectre of VAT on school fees is a possibility if there is a change in Government. However, the Club was told that to introduce it made little fiscal or moral sense. Pupils may be forced back into the State Sector which is already struggling for funds and capacity. Peter's parents are a cross section of society, they are not all wealthy oligarchs.

The future for Peter's brings with it a number of challenges. Although the school is a "not for profit" organisation, it has to generate a profit each year in order to reinvest. Whilst all costs are rising, the school must not be over reliant on school fees and it has managed to reduce this from 98% to 93% over past few years through increased external lettings, establishing overseas schools, and increased pupil numbers. Fortunately, it is over subscribed. It is intended that the number of bursaries the school offers will increase to around 50 this Autumn.

Many members of the Club have a relationship with Peter's, either having been or now having family members being educated there. It certainly looks the case that Peter's resilience and its strong reputation developed over the past centuries will enable it to continue to be one of the great schools in the region.

Paul Harvey

YORK ROTARY RACE FESTIVAL



York Rotary held a Race Festival at York Novotel on Wednesday 21st February. The evening was gifted to us by the Novotel as thanks for our use of the hotel during the last year.

The evening comprised Racing brought to us by Race Manager Tyrone, with eight races interspersed by a lovely buffet.

We invited members and guest to join the evening and as well as attending the evening there was also a chance to buy horses. In addition sponsorship of races was provided by eight organisations as follows:

- Barnitts - Barnitts Maiden Stakes
- Browns York – Browns Handicap
- Eborlight York – The Eborlight Gold Cup
- Herbert Todd – Beautiful Kitchen Stakes
- ABM Scaffoldng – ABM Scaffolding Chase
- The Dringhouses Chase – Dringhouses Friends & Neighbours
- The Bally Hell Sweepstake sponsored by Frogan's Lame Donkey Sanctuary
- Wm Birch – The Birch Tree stakes



It was suggested that those attending the Race Festival might like to dress appropriately for the races and people did not disappoint. Many ladies wore fascinators, but it was perhaps the men who surprised more, as you can see from the photo, Frank was wearing a hat appropriate to the time when he started working! Also Kevin and Jackie dressed very appropriately.



enjoyed a lovely buffet meal.

The racing was managed by Tyrone with Rotarians acting as on course bookies. People were very generous with their support of the races. The races were a variety of flat and jump races from several race courses, some of us even had fun trying to guess from the race preview the name of the race courses before they were announced. The final race was a group of racing pigs who added to the variety and caused much amusement.

During the interval between races we

As part of the event people were invited to buy race horses for each race and all 64 race horses were sold, in each race the owner of the winning horse won a bottle of champagne. The names of the race horses and their owners were detailed on a colourful race card. Many of the horses had imaginative names, some examples were – Frank Paterson “Flying Scotsman”, it did not live up to the speed implied by the name however! Tom Jackson “Old Swinger”, again it did not perform as we had hoped. Other



YORK ROTARY RACE FESTIVAL

Wednesday 21st February 2024 at the Novotel Racecourse



Winners

Race 1 The Barnitts Maiden Stakes					Barnitts home & garden
Horse	1 Bert	2 Turpin's Triumph	3 York Imps	4 M's Triumph	
Owner	Kaith Davis	Janet Fotheringham	David and Celia Impy	Ma Wilcox	
Horse	5 Freemantle Flyer	6 Toddy's Rewards	7 Welsh Dragon Stakes	8 Kiddie's delight	
Owner	Ros and Mike Hay	Graham Todd	Leighton Davies	Jane Marshall	

Race 2 The Birch Tree Stakes					BIRCH A 100% LTD
Horse	1 Toddy's change a light bulb	2 Briarne Star	3 Natures Purest	4 Copper's Run	
Owner	Justin Todd	Brian Houghton	Jane Albon	Barry Campbell	
Horse	5 Paddy	6 Gallopaway	7 Rocket Robin	8 Wif the Wander Horse	
Owner	Paddy Sessions	Lisa Galloway	Barbara Lovelle	Graham Wilford	

Race 3 Herbert Todd Beautiful Kitchens Stakes					Herbert Todd & Son A 100% LTD
Horse	1 Mary's Mile	2 Henry's Choice	3 Twist Lowe	4 Flying Scotsman	
Owner	Mary Lumby	Henry Robertson	Brian & Trish Josephine	Frank Paterson	
Horse	5 Toddy's Bathroom beauty	6 David's Train	7 Toddy's best bedroom furniture	8 Severus Saint	
Owner	Matthew Todd	David Rayner	Graham Todd	Mike Hay	

Race 4 Browns Handicap					BROWNS EST 1962
Horse	1 Toddy's kitchen glory	2 Mount Parade	3 Barry Blue Light	4 Old Swinger	
Owner	David Todd	David Rayner	Barry Campbell	Tom Jackson	
Horse	5 Fock Flyer	6 Don't call my wife a Welsh Dragon stakes	7 Billy	8 Mallard	
Owner	Brian Houghton	Leighton Davies	William Maw	Anna Baslin	

INTERVAL - BUFFET SUPPER

examples of names were Mallard, Crikey Mikey, Cranidge's Crime, Barry's Blue Light and Toddy's NEFF Oven (not sure how an oven can race but there we are!).

The evening was considered a great success and raised approximately £2,000 for our charity fund, though we hope that will rise to £2,700 on the basis that we should receive some third party matched funding. It is not always easy to think of different events to hold, but this one raised money and judging by the reactions of those who attended they really enjoyed themselves.

Thank you to all those who helped in various ways and to the generosity of the Novotel that enabled the evening to be held.

Sheila Weatherburn and David Fotheringham

International projects – Tools with a Mission and help for Ukraine via Hope and Aid

Updated: Mar 10



York Rotarians talked about York Rotary projects.

At our meeting on the 8th March two

Tools with a Mission – Firstly Roger Sutton talked about support for Tools with a Mission. Roger is collecting surplus tools and those will be sent to Tools with a Mission and via that route they will be assembled into tool kits prior to being sent abroad. The kits are being used for apprenticeship training. Kits are being assembled to cover the following disciplines:

- Mechanics (Garage/Motor/Cycle)
- Electrical
- Plumbing
- Joinery/carpentry

Roger will be collecting tools until the end of April. For more details of the requirements click [here](#) or contact Roger Sutton 07790 596658

E-mail: rogers@yorkrotary.co.uk



Help for Ukraine - Following Roger's presentation Mary Lumley provided an update regarding help for Ukraine via Hope and Aid direct. Your Rotary started collections in 2022 and in the two years since then the following have been supplied via Hope and Aid:

Boxes of food	170
Boxes of blankets	30
Boxes of toiletries	18
Boxes of coats	<u>46</u>
	264

In addition to the above 68 sleeping bags and 19 sleeping mats and tents have been sent. The need for food and supplies to support the 20,000 displaced people that Ukraine on Palms, the charity partner of Hope and Aid helps.

If you are able to help with ongoing donations of food and other items please bring items to York Rotary meetings or alternatively to one of the collection points listed on the York Rotary website Supporting Ukraine | York Rotary

As part of Mary's presentation we watched an inspiring video of the work of Hope and Aid, that can be accessed via the following link: <https://fb.watch/qGThesXykg/>



President's Dinner



The York Rotary President's dinner was hosted by President Paul Harvey, the 100th President of the club. The dinner was attended by 85 people comprising invited guests including the full Civic Party and many Rotarians and their partners.

Paul opened the dinner by thanking Max of the Novotel who has been involved with over 500 York Rotary meetings and events since we started meeting at the Novotel. Max is moving to the Novotel in Geneva and as thanks for his service on our behalf he was presented with a token of our appreciation.

After an excellent dinner, President Paul proposed the toast to "The City of York and York Rotary Club working together for our community. Paul talked about the long relationship with the city since the first meeting of the club at the Mansion House in 1921 and how much we value that relationship. Paul also



mentioned that at least 17 Lord Mayors have been members of York Rotary along with 18 Sheriffs. He finished by thanking the Lord Mayor and Civic Party for their support in the last year and he offered them membership applications forms, only time will tell if they take Paul up on the offer, but we hope that they will.

The Lord Mayor Councillor Chris Cullwick responded and thanked York Rotary for the work that we do and he mentioned the highlight of the Dragon Boat Challenge. Chris concluded by presenting the Club with a "Significant Service Award" signed by Gordon McNally, Rotary International President 2023-4 and David Phillips, District 1040 Governor 2023-24 in recognition of the work done by the Club in raising £1.5m over the past 21 years through the Dragon Boat Challenge.



We then had an inspiring talk from Tyneside Rotarian Garreth Murrell about his Atlantic Rowing Challenge.



After a decade-long military career which included tours in Northern Ireland and Bosnia, Garreth lived with the devastating effects of Post Traumatic Stress Disorder (PTSD) long after his service ended.

Having overcome his own mental health challenges, Garreth set up the charity "Veterans at Ease" and it has helped over 400 veterans, serving personnel and their families deal with PTSD and find the peace of mind they rightly deserve.

Garreth had one big expedition in his sights immediately after retirement. In December 2022, he assembled a team of "Veterans at Ease" members to complete the Talisker Atlantic Rowing Challenge - a gruelling row across the Atlantic Ocean from La Gomera in the Canaries to Antigua of over 3000 miles.



We heard that the fundraising and training that went into planning and arranging the event started in 2017 and Gareth was delighted that the Atlantic row started in 2022 and that they were boat number 22 because 22 was the number of his regiment.

We were fascinated by the many challenges on the way, including the trials of rowing up 40-foot-high waves, and then free-running down the back of these waves for some considerable distance. One night when the boat's batteries were flat due to 11 days of storms and hence their positioning and collision avoidance equipment was not working, they saw the green and red lights of a boat rapidly approaching them. Fortunately, using torches and a hand-held radio, they made the other boat aware of their location and what transpired to be a racing yacht travelling at 35 knots, narrowly missed slicing them in two by 100 yards.

Following this inspirational talk, we saw a video of the event that can be watched via the link below. Gareth closed by responding to a number of very relevant questions. His team's participation in the challenge raised over £40,000 for their charity,.

0:00 / 8:54

A copy of the book "Welcome to Antigua - one Ocean Rower's thoughts on crossing the Atlantic" which Garreth wrote about this amazing expedition can be purchased from Amazon at <https://amzn.eu/d/0XfayYo>

The event was a formal occasion, but was held with the correct level of informality and fun, resulting in a very enjoyable evening.

David Fotheringham


Pathfinder driving course refreshments

Updated: Apr 9



During the Easter holiday week York Rotary assisted with the refreshments for the Pathfinder driving course being held at Rufforth Airfield. The course is being held over five days.

The Pathfinder course is for students aged 15 to 17. 30 students are participating along with their adult sponsoring drivers. Students drive in the car provided by the sponsoring adult. The course is marked out



Learn and practice:

- Core Driving Skills
- Driving and Road Safety Theory
- Essential Car Control
- Speed Awareness
- Brake and Avoid

ABOUT PATHFINDER

Who can take part?: Anyone aged 15 to 17

Contact us on 07786 510 060
Book online at www.under17driver.co.uk

Pathfinder is supported by the Offices of the Police and Crime Commissioners for Gloucestershire and West Mercia

with an array of cones along the airfield. The students have to pass theory tests as part of the course and at the end of the week they get a certificate assuming they complete the course and pass all elements. The first day was spent getting used to driving, as the week progresses additional and more complex tasks will be introduced each day.


There is at least one classroom experience each day, on the first day it focused on speed awareness, it was presented by East Yorkshire police and was very informative.

The course costs approximately £380 per student to run, but the students pay a sponsored rate of nearer £200. For a five day course and an opportunity to spend 20 to 30 hours driving with some instruction the course fee represents very good value for money.



The staging of the event is complex and involves instructors and supporters. Each student drives mainly with their sponsor, but during each session instructors join them for part of the driving training.



The courses are normally run Easter week, a week in August (12th to 16th August 2024) and half term week in October.

Taking the course is invaluable to all the students and it is supported by the police as being of great benefit. Having initial driving experience in a safe off road environment is a very safe way of training, and it leads to safer less accident prone drivers. York Rotary are pleased to be involved in assisting.




Safer Drivers Save Lives

Mary Lumley who organised the refreshment provision on behalf of York Rotary thanked all the volunteers who assisted. Mary said that the volunteer instructors and marshals, parents, grandparents and young people all expressed their gratitude for the endless supply of hot drinks and biscuits they were able to have each day! They also said we had often supplied a sympathetic and kindly ear when things got a little stressful! Thank you to Mary for making our assistance happen.

It would be lovely to think that these courses could be offered more regularly for people approaching seventeen years of age.

David Fotheringham

All Saints' School



The second in our Youth Services Speaker Month, Sharon, an Assistant Headteacher at All Saints Roman Catholic School, gave a consummate presentation about her “dream job”. She summarised effectively the history of the school, founded in 1686, her own background and current role, the curriculum and success of the older students whom she leads and finally summarised the challenges faced in 2024.

With a long history, All Saints, founded in 1686 as the Bar Convent Girls School, went through several more recent changes becoming a grammar school in 1920s, admitting boys in 1970s and joining the Nicholas Postgate Catholic Academy Trust in 2023. The original

site is now the “Lowersite” housing the younger pupils and the “Uppersite” is a more recently acquired, idiosyncratic, former manor house, home to the older students and where Sharon is based.

A Business Studies Graduate, Sharon worked in industry for 10 years before starting her family and then seeking a more satisfying career and deciding to train as a teacher. She joined All Saints in 2007 and has worked her way up to her current position as the Assistant Headteacher / Head of Sixth Form. The Sixth Form of almost 500 is the largest in the City of York and attracts both internal and external applicants, creating a diverse community from a wide geographical area.



The academic focus is on A Levels with specialist teaching but the broad curriculum includes extra-curricular offers, personal development activities and good pastoral care, all within an ethos of care and compassion. The cognitive load of courses is challenging but opportunities to enhance the curriculum are seized - trips of all kinds, partnerships, visitors, the Duke of Edinburgh Award and leadership courses - promoted by Sharon and her staff who are always on the lookout for fresh ideas and opportunities. There is a basis of trust in relationships and expectations are clear.

Student success is reflected in the 74% moving into university places and a further 10% into apprenticeships. Destinations are evolving; medical-related applications are increasing at the expense of



Oxbridge subjects and apprenticeships are growing. This has implications for our mock interviewing! Staff retention is unsurprisingly high.

Sharon and her team seek to educate for the future and to keep up with changes in society. Current issues include post-Covid effects on attendance and reading, mobile phones, vaping and some growth in poorer mental health. Artificial intelligence is already impacting. She ably fielded questions about violence against teachers, OFSTED and mental health.

York Rotary provides mock interviews for All Saints' students and there are 2 more RYLA nominees this year. We might be able to offer support with invigilation, work

experience and wellbeing – please share ideas with me as I am the Rotary School Ambassador. I mistakenly gave Sharon a promotion to Deputy Head, but linking regularly with her, sharing a Rotary lunch and hearing her presentation amply justifies my error! It was a very well received and impressive presentation.

Eileen Davis

International project support

Aid to Ukraine:



As part of the continuation of support to Ukraine three pallets of Pasta have just arrived in Ukraine as part of a Hope and Aid convoy, one of the pallets can clearly be seen in the rear of the lorry shown in the image to the left. The cost of the pasta, that exceeded £800 was mainly funded by money provided by Erlangen Rotary following their visit to York last summer. It is very sad to see the appalling conditions where this aid is being delivered. Unfortunately the need for this aid will continue for a significant time.





Ebenezer Childcare Trust:

York Rotary have supported Ebenezer Childcare Trust and their school for a number of years. Most recently using the proceeds of an International walk held in 2023 £800 was sent to fund a ping pong table and also to support refurbishment of their basketball area, this is referred to in the extract from their newsletter.

Grateful to Mary Lumley and the York Rotary Club UK for raising funds for the ping pong and part of the basketball makeover.



To read the full news letter click



UK ECCT Newsletter, Issue 38.pdf

Download PDF • 8.12MB



Pebbles:

As part of a relationship with Hermanus Rotary Club, York Rotary has supported Pebbles Hemel-EN-Aarde Education project with a significant donation that was aided by a Rotary District Grant, the project involved restoration of a historical building to serve as a new ECD. We have had a recent video update from the pupils at the school, that can be accessed via the link below.

THE CHALLENGE

For the Rotary Club of Hermanus and its Rotary partners was to restore this historical building to serve as an new ECD Centre for up to 70 children




Spring walk, 17th April



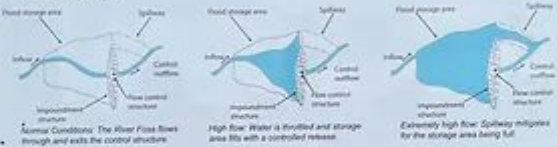
A group of seven went on the first Rotary walk since January. Over the last two months walks have been cancelled due to unsuitable ground conditions, so it was nice to be out on a cold, but mainly sunny day.

The route was provided by Graham Wilford, the brief given to Graham was a walk that was not muddy and Graham achieved that brief. Graham was not with us, but the route was clear and we did not get lost.

We started walking from the edge of Strensall Common and we walked a circular route of approximately 4.5 miles, mainly on the flat. As we walked down Lilling Lane we had nice views of Sherrif Hutton Castle in the distance. As we continued it became apparent that a very large civil engineering scheme had been taking place in the area. From an Environment Agency information board it was apparent that it was the major scheme creating the Foss Flood Storage area at a cost of £17.5m with the aim of reducing flood risk to approximately 490 properties in York and Strensall (a cost of £36,000 per property). The scheme will achieve a wetland area supporting wildlife, as well as protecting properties, so that can only be to the good.

Foss Flood Storage Area 

How it will work:



Normal Conditions: The River Foss flows through and exits the control structure.

High flow: Water is throttled and storage area fills with a controlled release.



Extremely high flow: Spillway mitigates for the storage area being full.


The work we are starting here will provide great benefits for people and the environment. We're building a new embankment to hold back water in the landscape and so lower water levels in the River Foss during a flood. This new flood storage area will reduce flood risk for 490 properties in York and Strensall.

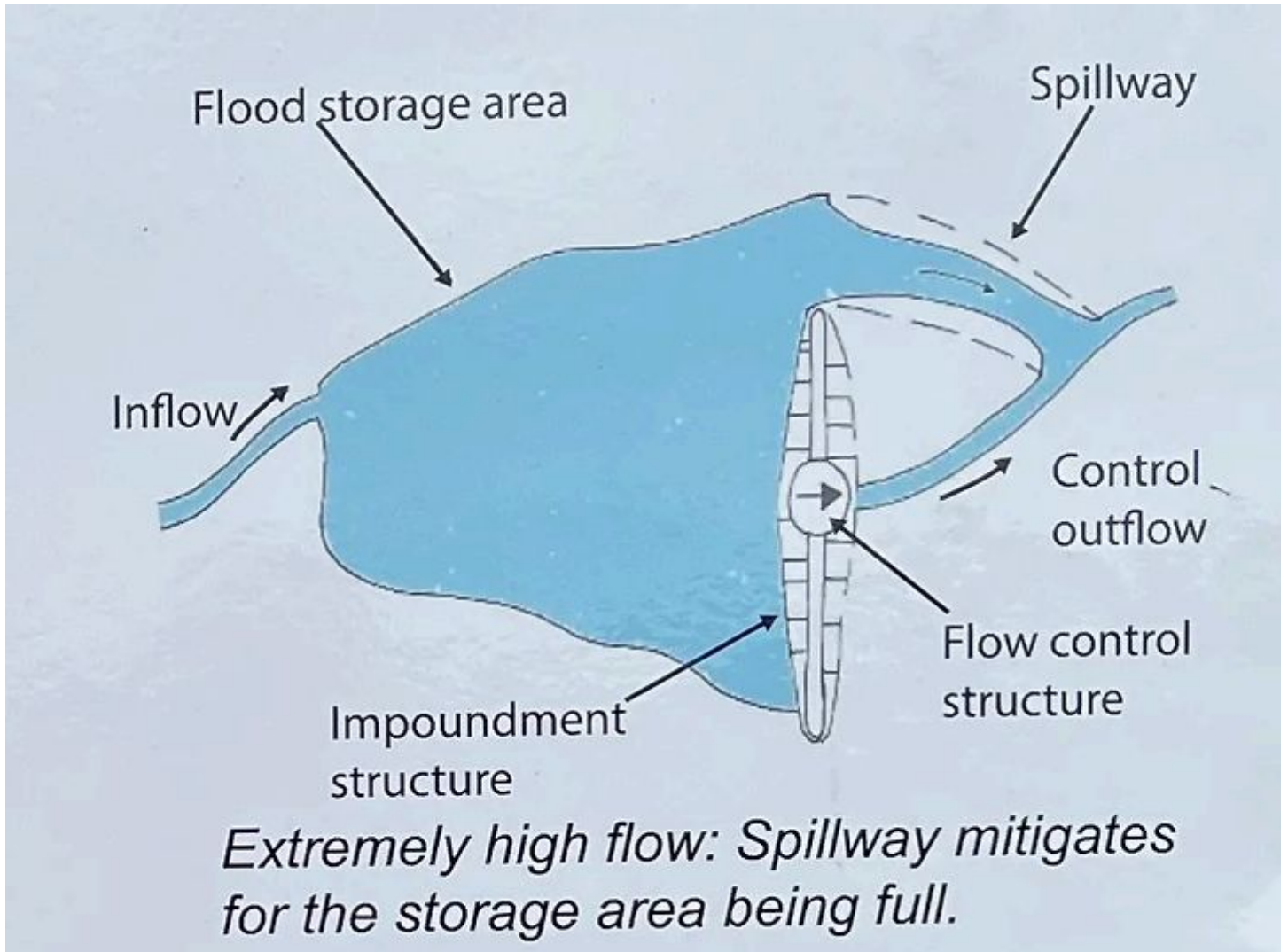
The creation of two ponds connected to the River Foss, together with improvements to the river channel, will result in new wetland habitats to support wildlife. The total cost of the project is £17.5 million, funded by Defra. The work begins in April 2022 and will finish in by Autumn 2023.

Find Out More
Visit our website by scanning the QR code in the right, or send any questions to enquiries@environment-agency.gov.uk

Check your flood risk.
To sign up to flood warnings you can either call Floodline on 0345 9881188 or visit <https://www.gov.uk/check-flood-risk>
Floodline helpline: 0800 80 70 60.





The scheme includes what is described as an Impoundment Structure. Paul Roberts was impressed by the description of the structure which in reality was a dam with controlled outflow provisions!



We ended the walk by going over the York – Scarborough line via an unstaffed pedestrian crossing. The walk was completed by lunch at Tykes restaurant, Flaxton. As is often the case the walk was an opportunity to look at and learn about something new and to be able to share it with friends.

David Fotheringham

York Theatre Royal working with young people



On April 5th, Vicky Biles from York Theatre Royal came to talk about the work YTR does with young people in the community, especially those who would otherwise have little or no contact with the dramatic arts.

YTR runs a number of Youth Theatre groups for different ages, not only in the theatre building itself, but out in the community in a number of different venues. The young

people have the opportunity to explore many aspects of drama from writing, to performance, or 'back stage' work.

Another initiative is 'Pay It Forward' where regular theatre goers are encouraged to buy pantomime tickets which can be given to families who would not otherwise be able to attend and for whom this is often their first experience of live theatre.

In the wider community context, Vicky touched on the regular Community Projects run every couple of years which can involve up to 500 people, with only one or two being professional actors. Several Rotarians recalled the 2023 production of "Sovereign". Vicky put out a teaser that another major project of the summer of 2025 would shortly be announced. She couldn't, at this stage, reveal the subject, but said she thought it would be something that would appeal to many in the room.

Vicky's talk stimulated a lot of questions and she was kept busy after the meeting closed!

Mike Fieldsend

Teaching by the Vision Impairment team



On Friday 26th April we were delighted to welcome Abi Hall, senior teacher for the Vision Impairment, SEND team, working for the City of York Council.

Abi explained that she had been teaching for two decades in both main stream and special educational needs primary schools. In 2017 she began post graduate studies to specialise as a

teacher for children and young people with visual impairment, taking up her current role in 2019. Since then the team has expanded to cover the needs of children and families in the city.

Abi described her role teaching the Visually Impaired as being challenging but at the same time very rewarding. She demonstrated with the aid of slides and video clips some of the methods adopted to help the children learn new skills including braille and electronic equipment. All very interesting and delivered in a very enthusiastic and knowledgeable manner.

The Playgroup, which the club supported with a grant, is a great success and the equipment we supplied was proving to be very useful.

Abi proved to be an excellent speaker and answered the questions that were raised at the end very well. There is no doubt her personality and drive will have a large bearing on the success of the project.

Brian Houghton



Fundraising update, St Crux and Riviera Travel



St Crux – Thursday 11th April 2024

In spite of the dreadful weather running up to the event, it was a lovely day with sunshine. Even the pigeons stayed away for some of the time until tourists sat on the church wall and fed them!

We were able to put tables out in the Courtyard as the sun gradually started to surface, and all the stalls and Rotary Branding stood out to great effect. It was a rather slowish start with low footfall but the Welcomers on the gate, with their Rotary

buckets and smiling faces, did a great job attracting people walking up and down the Shambles, to come in and try the café. We were well staffed with Rotarians/Friends of York Rotary (FOYR), Partners/ Neighbours and Friends on the day and the night before helping load the van and then were at St Crux early the next morning to help unload the van before setting up the courtyard in readiness for opening. It's become a well- oiled machine!





The Café and Stalls were steady throughout the day with a stream of many tourists. Left over cakes and chutneys were sold the next day at the Novotel and raised well over £50. There was a great atmosphere and lots of banter and geniality.

Overall we raised **£1384.71** taking into account a last minute donation, this was only £21.83 less than August 2023.

With many thanks to all Rotarians who provided goods for the outside stalls and also provisions for the café, we were very pleased with the overall result which will enable us to support local charities in the coming year.

Our next St Crux event is August 29th when we are hoping that the sun will shine

Riviera Affinity Programme

We had 6 bookings in 2023 from this excellent fundraising opportunity which pays 10% commission to participating Clubs – totalling **£1629.81**. **Overall to date the Club has raised the magnificent amount of £9,967.11 with 54 passengers travelling.** Many thanks to all Rotarians/Friends and Families who supported this initiative. For 2024 we have 2 bookings to date.

For more information prior to booking a trip with Riviera or encouraging friends and family to make a booking attributable to Riviera click [here](#). As the figures above indicate this is a very worthwhile think to

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Which?
TRAVEL

RIVIERA TRAVEL

ABTA

*Based on 10 days travel, 2 nights in 2025. Prices are subject to change without notice. Prices are per person, based on 2 people sharing a double room. Prices are per person, based on 2 people sharing a double room. Prices are per person, based on 2 people sharing a double room. Prices are per person, based on 2 people sharing a double room.

do.

Sheila

2024 Dragon Boat Briefing



With only 61 days left until the 2024 York Rotary Dragon Boat Challenge the Team Captains' briefing was held on the 14th May at the Novotel. The briefing was attended by representatives of all teams along with York Rotary members.



The briefing covered in detail the event arrangements, including a thorough details of the safety requirements for the event. We heard about the fundraising arrangements for the event. To date £1.5m has been raised via the dragon Boat Challenge, the 2023 event raised £90,000 and the target for 2024 is £100,000, we hope everyone help us to achieve that goal.

As part of the briefing we heard about the work of York Samaritans, one of the nominated charities for 2024, we were all impressed by the details of their invaluable work.

We were also joined by Elly Fiorentini of radio York, Elly will be providing the event commentary, as she has done for the last 20+ years, we are very grateful to Elly for her support.

The teams at the briefing were all very enthusiastic about the event and are all underway with their fundraising, including some great ideas for developing those.

We look forward to the Dragon Boat Challenge on the 14th July and we hope for good weather on the day.

David Fotheringham

Foss Barrier visit

Updated: May 20



On Friday 17th May twenty members of York Rotary were privileged to have a tour around the refurbished flood barrier. This was a follow up from an earlier visit in January 2018 when the Foss Barrier rebuild was commencing.

We were taken round the barrier by Mark Fuller of the Environment Agency Strategy Team. Mark has been involved with the barrier since before the 2015 floods and he was extremely informative and answered the many questions that were put to him in a very knowledgeable way.

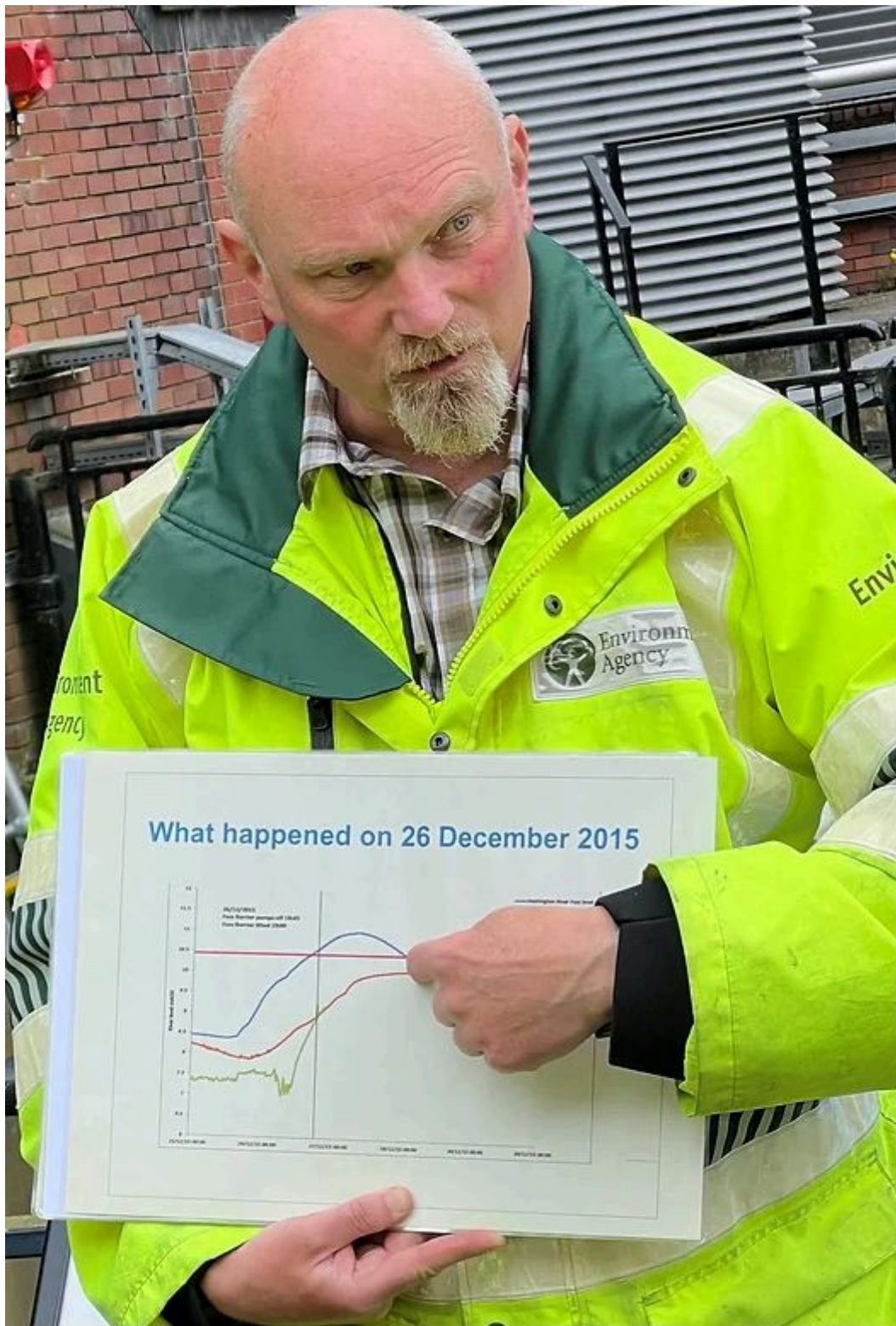
We started outside the barrier and heard about the original barrier and the refurbishment works that were carried out, together with details of why the barrier failed in 2015 and what has been done since then to address the issues in the original barrier.

The original design was from the 1980s and was based on flooding expectations at that time. Unfortunately, in the 2015 flood, with the barrier closed as normal, the flow in the River Foss exceeded the maximum pumping capacity of all eight pumps running, resulting in the water level upstream of the barrier rising rapidly. As the water level began to exceed that downstream, the critical point was being reached where it would have become impossible to raise the barrier due to the increasing imbalance in water levels on either side, with the consequent risk of unprecedented flood levels in the Foss. With the high river level also resulting in water starting to enter the electrical switchgear rooms, the decision was



taken to lift the barrier. Although this decisive move – criticised at the time, but subsequently confirmed as having been the correct decision – still resulted in the flooding of many properties, it in fact avoided the flooding of a much greater area, had the barrier remained in place.





After a major exercise involving the military delivering equipment to the roof of the barrier building by Chinook helicopter the barrier started to become operational within three days a great result. Mark explained the background to flooding in trends over the last 100 years and indicated the general trend of increase in flood levels. We also heard about other measures being undertaken to hold back water flows upstream to try to help addressing future problems (one example is the £18m flood alleviation scheme on the Foss near Strensall).

The refurbished barrier is designed to accommodate a 1 in a 100 year storm plus climate change provision. The new barrier is better protected and its flood defences are increased from a level of 10.40m to 10.85m.



The new installation is capable of pumping a staggering 50m³ or tonnes of water per second, a staggering quantity.

We visited the tower that houses the actual barrier and saw all the mechanism that operates the raising and lowering of the barrier gate which weighs 18 tonnes.





From the barrier we went to look at the plant and control buildings. We saw where the eight pumps were located and we saw all of the associated infrastructure. The flood barrier is served by two independent high voltage supplies into the building and there are mechanisms that allow the supplies to switch over if one of them fails so that the installation can still operate.



As a further backup to the incoming supplies there are five standby generators that automatically operate in the event of a failure of both incoming supplies. The generators can supply a total of 5Mw of power and if they were operating they would use a staggering 68,000 litres of fuel a day. The barrier stores 68,000 litres of fuel and there is a mechanism for remote refuelling from the road if the generators were needed to run for more than

24 hours. One large cost of operating the barrier is an average annual electrical cost of approximately £100,000. We were impressed to see inside one of the generators and to note the massive size of its engine.



We finished the tour by visiting the control room where we had a detailed explanation of the computerised controls and the manual overview of those controls. We were all impressed by the way in which all of the systems had varying back so as ensure the safe continued operation of the system catering for all reasonably foreseen eventualities.



After the floods in 2015 and the barrier failure the rebuilding programme took seven years. The length of the programme was caused by the need to keep the barrier installation operational throughout. The redevelopment of the barrier cost approximately £40m which is not surprising given the complexity of the work that had to be undertaken and the constraints of working on a live site.

The visit was very informative and enjoyable and we thank Mark for conducting the visit.

David Fotheringham

International walk and social

Updated: May 23



The York Rotary International walk and social was held on Wednesday 15th May 2024. The event was centred on Gilling East Village hall and comprised options for a long or short walk/treasure hunt followed by afternoon tea and the chance to ride on the miniature railway that surrounds the hall.

The long walk was ably lead by Paul Roberts, 20 walkers participated. We

departed the village hall and walked up to Gilling castle, from the castle we walked across to a dam associated with a reservoir (the photograph show the part on the dam. We then walked across to Ampleforth across the grounds of Ampleforth Abbey school past the various cricket pitches where school matches were being played. The walk return across fields to Gilling East hall and the welcome afternoon tea.



Those on the short walk treasure hunt enjoyed a stroll around the village answering treasure hunt clues set Mary Lumley and Sheila Weatherburn. Of the 24 available marks the highest scorers were Ceila and David Impey 23 and the booby prize of French bean plants was won by Tom Jackson with a score of 16.

The afternoon tea of scones and cakes was enjoyed by all, many thanks to the catering team for their excellent work. The tea then followed by a raffle.





As an added attraction we had a chance to look at and ride on the Ryedale Miniature Railway which was opened specially for us. The miniature railway fully surrounds the village hall with an extensive network of tracks and associated infrastructure of three different gauges (3.5", 5" and 7.25"). The railway is a fully operational railway system, with a complex signalling system, but in miniature. Many of us enjoyed having a ride on the railway and were very impressed by the power and speed of the miniature railway.





[Click on the image below to see the short video clip of the train returning to Gilling East station.](#)

The event raised funds for The Butterfly Foundation for peace which works with disadvantaged children in Malawi to develop their self esteem and education. Mary Lumley and the organising team are delighted that a total of £940 was raised.

David Fotheringham

York Rotary Choir Entertains at Club Assembly



On Friday 24th May President Elect Mike Hay presented his proposals for the next Rotary year and the York Rotary Choir performed.

Mike presented his plans with enthusiasm and started with giving thanks for the support

that President Paul had received during the current year.

WHAT IS LIKELY TO STAY THE SAME?

Lots of things, especially:

- Genuflection and bowing to the president remain optional
- More seriously:
 - We'll of course continue to offer service and support to the community, both local and international
 - A continuing emphasis on Fellowship - I believe that's an important reason why we're here.
 - A commitment to increase membership – is crucial.
 - Fund-raising activities remain similar, but tailored to our strengths and availability. "Friends of Rotary" is becoming a significant resource which we should use as much as we can.

The items that are likely to stay the same where then presented, of those the important aspects where service and support, continuing fellowship and fundraising.

WHAT MIGHT BE A LITTLE DIFFERENT?

- Music is one of my themes – including, I hope, a platform for up and coming young musicians
- Find out more about our members – "Long-standing members talks"
- My particular interest – the Open University
- Early succession planning

The next aspect of the presentation focused on what was going to change and it was not surprising that Mike indicated Music as being one of his themes along with the Open University, longer standing members talks and early succession planning for the club. Mike also wants us to continue having fun in what we do and said "let's not be too serious - we're all volunteers and we're in Rotary presumably because we enjoy it."

Well done Mike, we look forward to a great year with your leadership when it starts in June.



Club Assembly then followed Mike's Music theme and the York Rotary Choir AKA Mike's choir performed. Three numbers were performed starting with Sumer is icumen in (14th Century), followed by Now is the month of Maying (17th Century, Thomas Morley) and The Teddybearspicnic 20th century. The Teddybearspicnic starred Luigi the bear.

As always the standard of performance was excellent and is best seen by watching the video below.

Congratulations to the choir and we look forward to seeing you perform again soon.

David Fotheringham

Habilitation Service Specialist Guide Dogs



We had a wonderful and inspiring speaker on 7th June – Kate Reed - Senior Habilitation specialist for the Guide Dogs North Eastern Region. Kate has worked with children and young people with visual impairments for the last 15 years and has gathered a wealth of experience in this time.

As an Habilitation specialist Kate works with a range of children and young people aged from 0-25 and provides mobility and orientation training and independent living skills in multiple settings including Nurseries, schools, community and home environments.

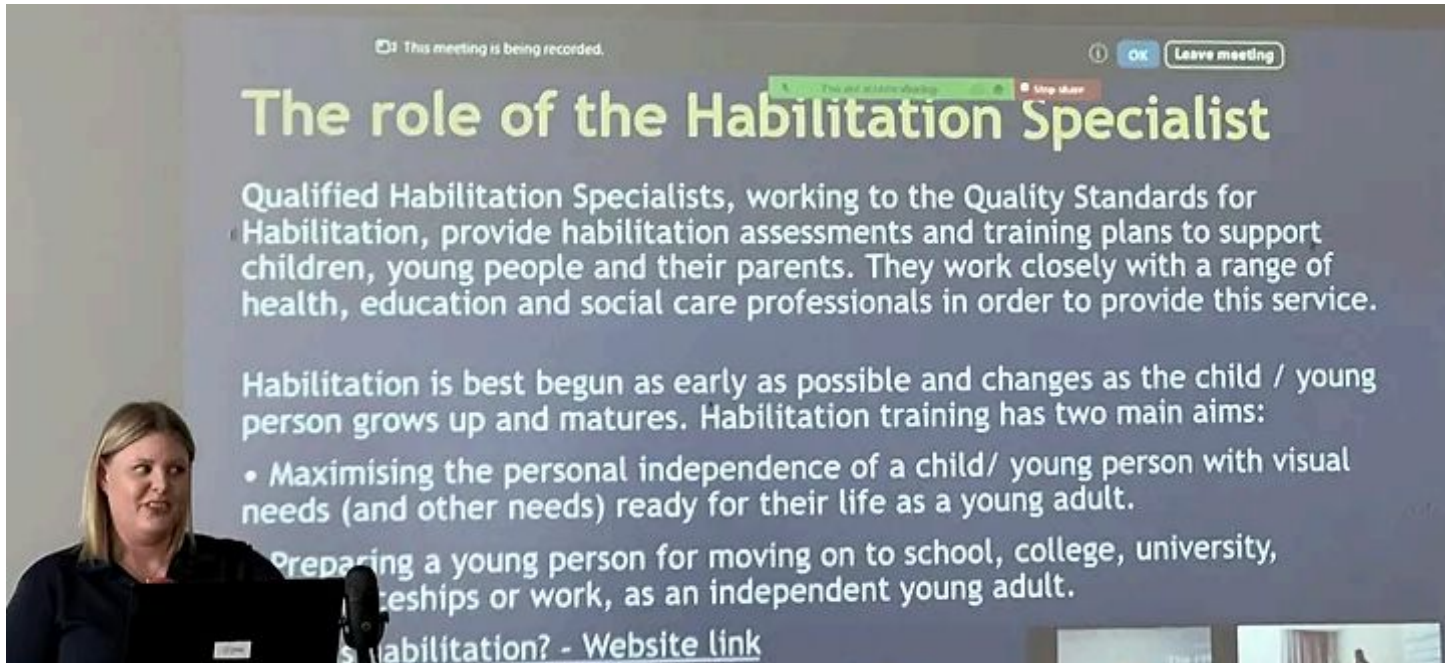
As part of her senior role, she also supports other Habilitation staff within Guide Dogs to ensure best practice and continued professional development.

Kate explained that one of the main roles of the Habilitation specialists is to provide assessments and training plans to support children, young people and their parents. She works closely with a range of health, education and social care professionals in order to provide this service.

Many people ask 'What is Habilitation training'?

briefly Habilitation training has 2 main aims: -

- Maximising the personal independence of a child/young person with visual needs ready for their life as a young adult.
- Preparing a young person for moving on to school, college, university, apprenticeships or work, as an independent young adult.



Kate showed a video entitled 'Margot's Story' who Kate has been working with since birth.

This emphasised the importance of early intervention and specialist support.

It was interesting to learn that many people think Guide Dogs just relates to 'GUIDE DOGS' but so much more support is offered to children, young people and their families alongside this traditional thinking.

On a personal note Margot's mum (my daughter Laura) says 'Kate's support has been invaluable to Margot as an individual as well as us as her family. Words will never be able to express how grateful we are to Kate and what a difference she and Guide Dogs has made not only to Margot's development but also to our lives as a family'.

This is just the start of Margot's journey through life.

More information can be accessed at www.guidedogs.org.uk

Tim Duffy

Tender Loving Care to Trees



On 5th June 20 volunteers from the Aviva Community Service team and Rosemary Cook, a Friend of York Rotary, spent the morning on the site between the River Foss and Haxby Road applying some tender loving care to some of the 1150 trees, planted by Rotary in 2018/19 to commemorate babies born in York during those years.

The trees are a mix of native species and the proximity to the river has certainly contributed to their healthy growth but it means that the other vegetation has also flourished. Pulling out the grass and weeds around the base of the saplings is back breaking work but the various groups who have volunteered over the last five years to apply some TLC have certainly made a huge difference.



A great big Rotary thank you to them and to Ebba and Hannah at York Cares who have been so supportive.

The next TLC session will be the annual Family Picnic on Sunday 25th August 2024 between 11.0am and 3.0pm.

Frank Paterson

Visit to Askham Bryan Agricultural College



On Thursday 13th June two Friends of Rotary , Linda Pawson and George Arksey , joined 12 members and partners for a vocational visit to the Askham Bryan Agricultural college.

Tim Whitaker , Principal and CEO welcomed us and gave a succinct summary of the range and scale of college activities. It is one of the top specialist land based colleges in the country and the only one with degree awarding powers. Almost 50% of the 3500 students are aged between 16-19 and for 350 the on-site residential accommodation has been graded 'outstanding ' on the last three Ofsted visits . The college campus covers 80 acres but there also three working farms on the 260 ha estate which implement best practice in sustainable arable farming, woodland management , animal husbandry including sheep, pigs, beef and dairy herds .

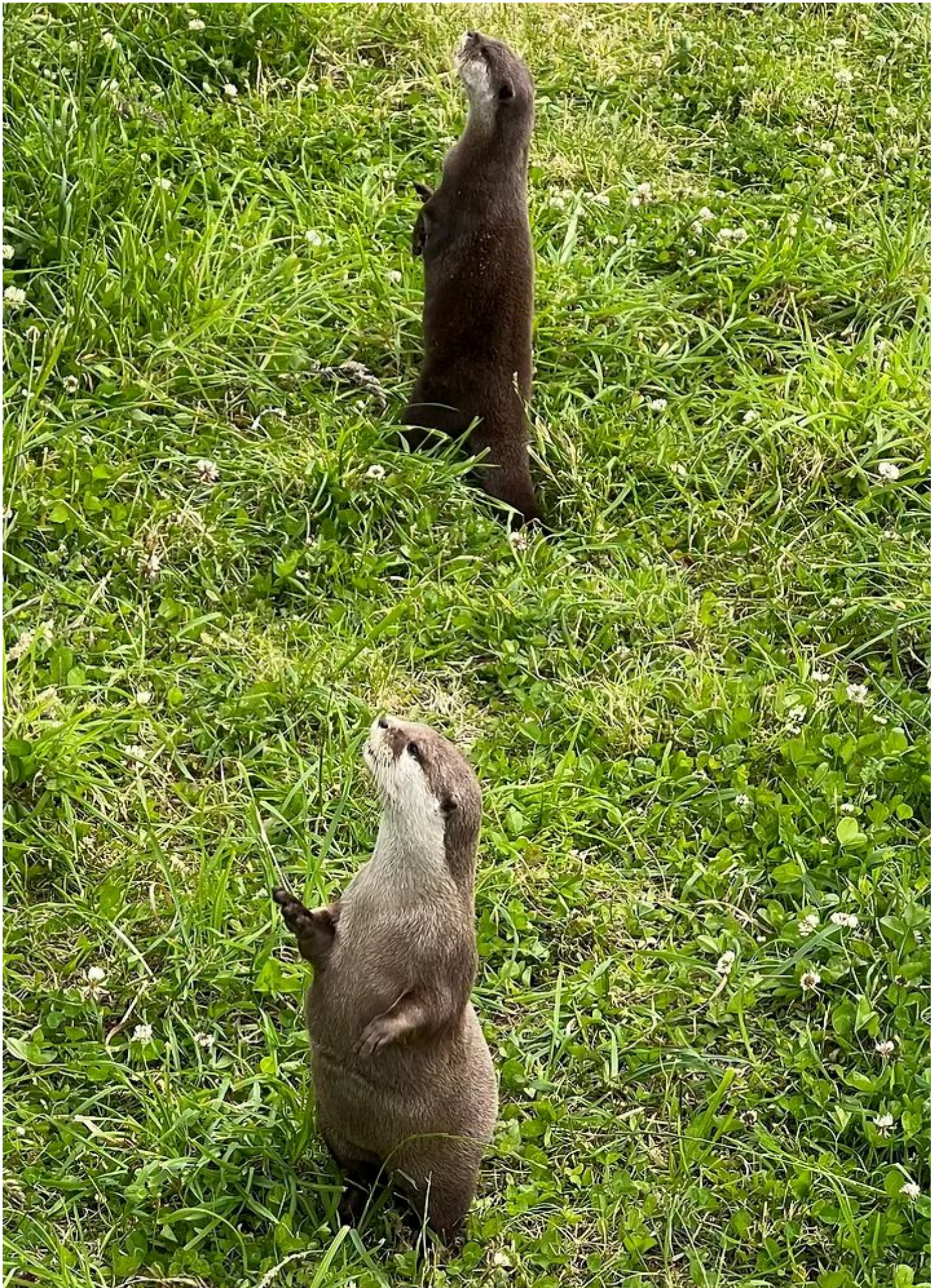
In total over 460 people are employed including 189 directly involved in teaching. Last years expenditure of £28.6m included £14.2m for staff costs. Income of 28.5m came largely through educational grant funding but there is a growing element from commercial activities.

The extensive curriculum is designed to meet the needs of a wide range of potential employers - surprisingly only 18% of the students pursue a subsequent farm based agricultural career. There is a very low student drop out rate and a high job placement record.

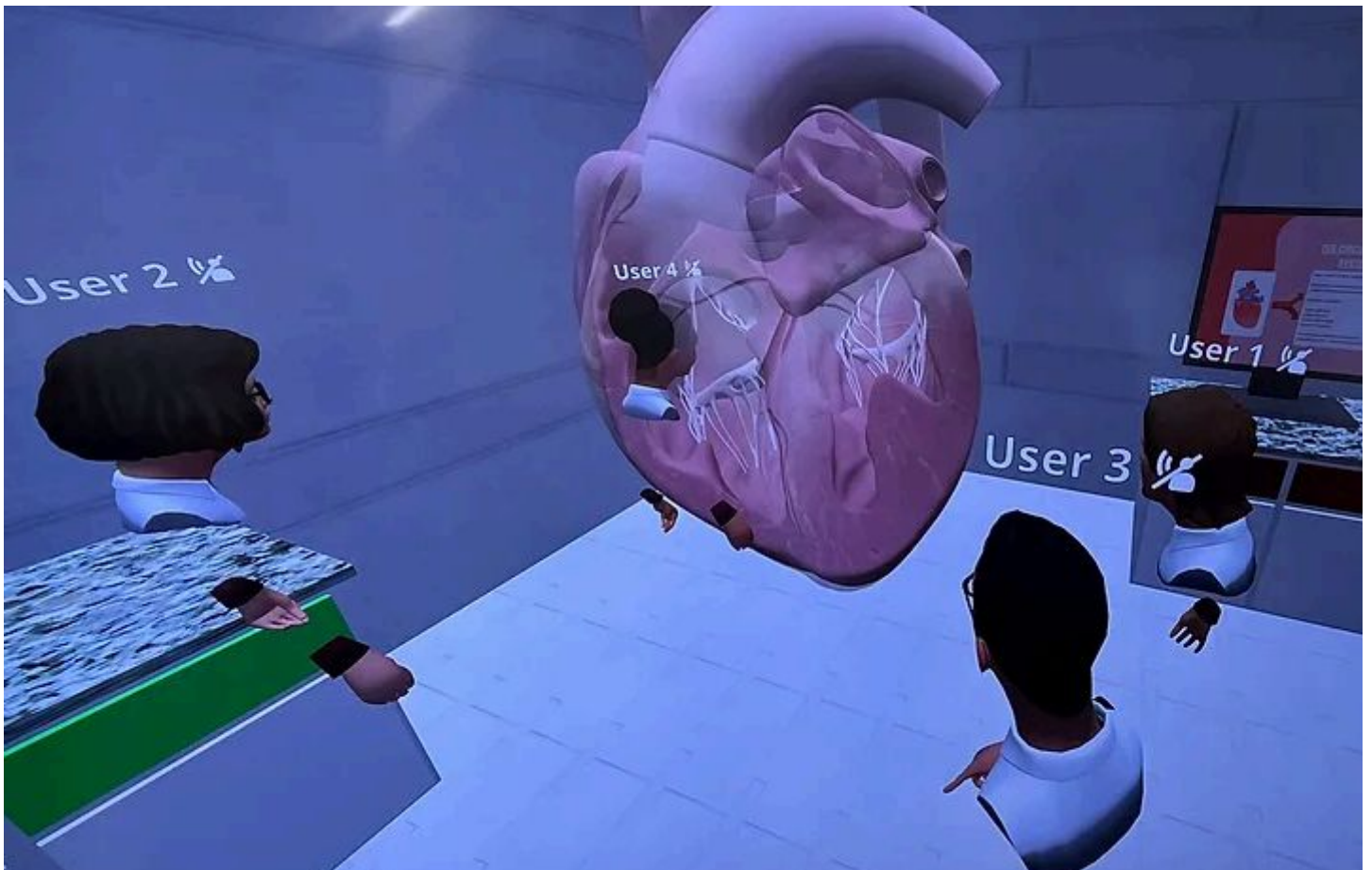
We were then given a tour of the zoo facilities by the education officer, Connor Mc Millan . The wildlife park opened in 2017 serves as a hub for the local community, welcoming 20,000 visitors a year as well as hosting schools, young people and other local community groups for tours, talks and workshops. The park is home to over 100 species of mammal, birds, reptiles, amphibians, fish and invertebrates - many of which are threatened. Again the curriculum is designed to prepare youngsters for a wide range of job

opportunities now available in pet shops , kennels , zoos , theme parks. We were all very impressed by the knowledge , enthusiasm and commitment of our very articulate guide.





The visit finished with a WOW experience in the virtual reality suite. Stacey Vipas , head of Digital Learning demonstrated the equipment which gained Askham Bryan the top place in the recent annual UK and Ireland Green Gown Awards for Digital Futures. They are the first land based college in the UK to use virtual reality technology to improve the student experience. Using the VR headset gives the wearer a totally different perspective of everyday images and Stacey believes the potential benefits are significant. The images below show the group having a tour of a heart.



Our conclusions on the visit – The population of York should be more aware of the contribution Askham Bryan Agricultural College makes to the wider community!

Frank Paterson

Inner Wheel raises funds for York Samaritans

Updated: Jun 21



On Friday 14th June, Linda Lacy and Val Revell handed over the Inner Wheel Donation of £620 .00 to Judith Kirk (r) and Hannah Mason (l) from the local York Samaritans (being the Inner Wheel's Charity for 2023/4).



Quote from Judith "We take calls every day of the year and in 2023 we spent 5,350 hours taking calls from both the York area and across the UK.

"Being the charity of choice for York Inner Wheel this year, your kind donation will make a big difference to us and allow us to continue supporting our local communities and callers from all over the country."

York Samaritans premises in Nunnery Lane

This donation adds further to Rotary and Inner Wheel's support for York Samaritans this year, with the charity is also the principal beneficiary of the Dragon Boat Challenge event (see following news story)

SAMARITANS



Understanding York Samaritans, our 2024 DB nominated charity

On *June 14th* we were delighted to welcome Judith Kirk and Hannah Mason from York Samaritans to explain how their life-saving operation works in York.



York Samaritans was chosen as our 2024 Rotary Nominated Charity for the Dragon Boat event, and Judith and Hannah clearly demonstrated how much they deserve this nomination.

With over 5,500 suicides across England in 2023 (that's 11 people per 100k population) there is a constant flow of phone calls and conversations into Samaritans, handled by over 23,000 volunteers, 24 hours a day, 365 days a year – even Christmas Day.

Volunteers commit 16 hours per month to this work, and receive intensive training and regular update training. There are 120 volunteers in York, based at their Nunnery Lane premises. As well as call, they receive emails, internet chats, and sometimes personal visitors for face-to-face sessions.

Calls are more or less continuous, with very few breaks, and most of the calls they receive are likely to be from people in difficulties of various kinds, or needing to talk, or just lonely. Some calls, especially suicidal thought calls, are very difficult to handle and Samaritans give support and counselling to their own volunteers in these circumstances.

Although York Samaritans can take calls from anywhere in the UK, they have a large outreach support programme in this area, helping prisons, hospitals, workplaces, railways and schools.

Members were surprised to hear that ALL Samaritans staff are volunteers and need to



raise £36k per year in York to maintain their building and services.

The funds received from Dragon Boats are therefore especially significant for them. They will help upgrade their phone system to be more internet-based; and allow expansion of space to accommodate further volunteers. There's no doubt this is an extraordinary charity, well worthy of our support.

Our values

These are Samaritans' shared values, which shape everything we do.

<p>Listening Exploring feelings alleviates distress and helps people to reach a better understanding of their situation and the options open to them.</p> <p>Confidentiality If people feel safe, they are more likely to be open about their feelings.</p> <p>Non-judgemental We want people to be able to talk to us without fear of prejudice or rejection.</p>	<p>People making their own decisions wherever possible We believe that people have the right to find their own solution and that telling people what to do takes responsibility away from them.</p> <p>Human contact Giving people time, undivided attention and empathy meets a fundamental emotional need and reduces distress and despair.</p>
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l-r: Brian Joscelyne (co-chair of Dragon Boat Team), Judith, President Paul and Hannah

The York Rotary Awards at York College : June 2024



On a hot and sunny day, it was a great pleasure to visit York College to present the third term 2023-4 Awards at the Construction Centre. Vice-President Paul Roberts kindly accompanied 3 members of the Youth Services Team – Jane Albon, Vic Brookes and Eileen Davis. We had to do without project leader Brian Houghton, who unfortunately was unable to attend, but his influence and input were recognised. As on previous occasions, we were welcomed by Ashley Stokes, Head of Curriculum for Construction, and Mike Burdett, Deputy Head of Construction.

We were accompanied to the 6 work areas where we met the winning students and some of the teaching staff. VP Paul presented each winner with a "Student of the Term" Certificate and our Award, a £50



voucher from Barnitt's who have generously supported the project and also offer a 10% discount when the student goes to spend their prize.

The winners' photograph



s were taken by Vic and are incorporated. As this is the end of the specific course for each student, it was interesting to ask about next steps – some will remain at the College on higher level courses and some seek apprenticeships or jobs. Whichever direction they take, their CVs will be enhanced by being selected for the Award. Term ends next week and everyone is looking forward to the summer break.

We took the opportunity to evaluate the project with Ashley and Mike; both feel it is very worthwhile and are appreciative of our support. We planned for the Award to be supported over 2 years 2023-5 but an extension has been agreed to use up our share of the wound-up Technology Tournament fund, so we will support a 3rd year in 2025-6.



Here are the winners :

- | | |
|----------------|--------------------------|
| Finlay Watson | Professional & Technical |
| Jack Harrison | Plumbing |
| Charlie Hyde | Painting & Decorating |
| Tyler Fletcher | Carpentry & Joinery |
| Matthew Barton | Brickwork |
| Dan Rees | Electrical |

A lovely occasion – young people at their best!

Eileen Davis

York Rotary President's handover lunch

Updated: Jul 31



York Rotary held the President's handover lunch on Friday 28th June. The occasion is a special one, not just because it was the handover, but because we also entertained our partners to lunch along with the partners of former Rotarians.

The lunch started with a very informative talk by Julia Spence, Governor of Askham Grange Women's prison who talked about running a Category C women's prison. Julia gave a very frank description of prison life and management of a prison, she explained how successful Askham Grange prison is, something that we do not hear about too often.

Following lunch and in one of his final acts as President Paul was very pleased to present a Paul Harris Fellowship to Sheila Weatherburn for her service to the club, but in particular to the Fundraising team and for her leadership of that team for the last three years. During the last three years under Sheila's leadership the team has raised £31,000, that includes proceeds from Riviera travel which was something that Sheila introduced to the club. Leading the Fundraising team is no easy task so Sheila was a very well deserved recipient of a Paul Harris Fellowship.



Before handing over to President Mike Hay Paul gave his reflections of the year which were as follows:

Reflections on my Presidential Year

I gave myself three objectives to achieve during my Rotary year. The first of these was to explore some social themes of interest to me, namely Education, Health and Justice and by doing so to raise awareness of some of the challenges around us.

If I was to be allowed only a few learning points from this, I would suggest that a good one to start with would be that our York, those who live here and the numerous organisations that serve and support the city, desperately need the help which we often give. Another might be that we have learnt how dysfunctional, struggling and more words like that, are many aspects of the society around us.

I am sure we will remember for a long time, the account of the running of Wetherby Young Offenders Institution but we can contrast that with the uplifting talk from Timpsons.

We will remember the impact of COVID at Haxby Road Primary and the astonishing enthusiasm of the two staff who came to talk to us. And I am sure we will always remember Rabbi Elishiva and her very frank and honest account of Judaism in York and the wider world.

The second was to talk about the Club and what it does with as many people as possible. I have been surprised at how little many of those I have spoken to, know about Rotary and the Club and then delighted with their reaction when they realise and understand what we do. One of our greatest faults is that we are a rather bashful organisation. We should learn to be otherwise !

And the third was to wear odd socks at every Rotary meeting

I did – and nobody noticed – or if they did, they were too polite to comment (See below)!

Immediate Past President Paul Harvey PHF

Putting Paul's odd socks into context or his last thought for the day prior to the lunch Paul told the story of the socks referred to above and those are shown in the photographs below.





A new Rotary Year:

Following his reflections on the year Paul handed over to President Mike Hay. Mike thanked Paul for his excellent year as President.

Mike then went on his first formal task of the year which was to present a Paul Harris Fellowship to Mary Lumley. Mike reflected on the work Mary had done in projects to support Ebenezer school in Zambia, including visiting the school with Sheila. Mary was only our second female president and she had a very successful year. One of the successful projects that Mary promoted in that year was the very successful



Remembering Sarah concert. Mary brought the Bluebirds to the concert and performed as part of that group in which she is a member. The concert raised £1,808.50 that was presented to the Matthew Elvidge Trust. Mary was another very worthy recipient of a Paul Harris Fellowship.



Finally Mike introduced the rest of his presidential team for the year, he also said that he was delighted that the occasion included Rotarians partners joining us along with partners of former Rotarians, making it a real family occasion. Mike commented that he sees Rotary as being one large family and it is important that we all come together for occasions like this and whilst we occasionally have disagreements, as families do, we all come together to carry out great work.

We all wish you the very best for your forthcoming year Mike and all Rotarians will give you their full support.

David Fotheringham