

STORT VALLEY ROTARY

NEWSLETTER

MAY 2024



Tuesday 14 May 7-30pm at the Coach & Horses

Simon Marlow, ex-police officer, District Councillor talks about his new role as an Adult Social Prescriber attached to our GP surgeries.

PRESIDENT'S PREAMBLE



Fellow Rotarians and Friends,

My time and thoughts are all about achieving this year's Helping Herts Challenge which is walking 6 marathons over 12 days.

I thought it would be tough and I was not

wrong. Today I reached the half-way mark and my legs and feet are feeling every metre. I am of course not alone; Jim Tatchell, our Vice President, walks alongside me and he is also enduring pain, but more in his knees. We are being accompanied on every circuit by Ian Hirst and Ian Winnett from the Friends of the Hertfordshire Way. The support they have given us is very special.

Each day we have friends of Stort Valley Rotary, representatives from companies that have very generously sponsored us, our Helping Herts Team plus representation from our charities joining us. Spending 6 hours each day with the charities brings home very clearly the incredible work they do and the impact that we are having, both promoting, and financially supporting, their work. I should also mention my two black Labradors, Rosie and Pepper, who are to be seen walking along side us. You will be interested in pictures of them in the later report.

I have talked about Helping Herts many times in this preamble, but it is the official charity of Stort Valley Rotary and, as well as delivering incredibly good charitable work, it also promotes the work

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of Stort Valley Rotary. Our Club has become so much stronger.

During the Pandemic, Stort Valley Rotary transferred much needed funds to Coram Life Education which allowed them to take their educator out of Furlough, enabling them to continue with their work and to develop online training. Coram is one the 12 children's charities selected by Helping Herts and, with the funding they now benefit from, they have been able to employ a second educator and expand the work they do.

The impact Stort Valley Rotary and their official charity, Helping Herts, is having across the county of Hertfordshire should make us all feel very proud.

Kind regards,
Gordon Morrison,
President

Find us at:
stortvalleyrotary.com



Stort Valley

PERPETRATORS, POLICE AND PRIME TIME: INSIGHTS FROM AN INVESTIGATIVE PSYCHOLOGIST



In her presentation at our January meeting, Professor Catherine Lundrigan, Director of the Policing Institute for the Eastern

Region (PIER) at Anglia Ruskin University, drew on 20 years of applied research. She made reference to criminal investigations she has advised on, and the application of Investigative Psychology to the investigation and prevention of crime. She focused in particular on the value that geography has brought to her research and the power of location and environment in providing meaning to even the most extreme of criminal behaviour. She also spoke about her most

recent research, working closely with police and other stakeholders to address critical gaps in knowledge about online child sexual abuse and effective responses to it. She concluded by giving an insight into her media work – predominantly on true crime documentaries where she works with other experts to examine cold cases using modern-day techniques.



THEY'VE CRACKED IT AGAIN



Another great year for Stort Valley Rotary Club's annual Easter Egg raffle - this is their 6th foray, delivering the country's largest Easter Eggs to 11 local pubs and clubs. A £1 a

ticket gave customers the chance to win the 6000-calorie egg (It's meant to be shared of course!).

It proved very popular with some establishments seeking a second egg! A total of £1545 was raised which this year the Club will present to the Essex and Herts Air Ambulance which flies out of North Weald airfield.

The Club members own attempts to win an egg covered the costs of all the eggs supplied - plus a bonus! - the winner donated his egg back to be raffled again and that went out to another pub.



**STORT VALLEY ROTARY BELIEVES FUN TO BE AN DESIRABLE
ADJUNCT TO FUND RAISING**

GREG HELPS MENTAL HEALTH SUFFERERS WITH FINELY TUNED MUSICAL INSTRUMENTS



At our Tuesday meeting Greg Camburn, CEO of RETUNE, was our guest and told us about the work they do using music as a therapy to help understand and improve the nation's mental health. It is a massive problem with 1 in 4 of us suffering to some degree and costing the NHS billions. Waiting times for referrals are currently 18 weeks and increasing. Where do Retune fit in and how can they help?

Tom Ryder, the charities founder was hospitalised for poor mental health in his late teens and realised that fellow patients were using creative outlets such as writing, drawing painting, singing, dancing etc as coping mechanisms. He decided to explore this link further. As a talented musician he realised that, just as fine adjustments on a musical instrument or a radio can bring harmony out of discord, then retuning our mental health in small steps through creativity can bring big benefits. Whilst RETUNE's visits to hospitals and prisons have been very productive, they believe the age at which they can get the best

results is with year 5 in schools. They visit classes with their guitars and demonstrate the fine-tuning analogy first hand to very receptive audiences. They use the six strings of the guitar as the way,-into talking about six topics and their associated benefits: Sleep, Creative, Active, Listen, Social and Earth (the outdoors). A recent visit to Windhill School was a great success and they believe now is the time to expand and extend the reach of their work. It really is needed! The small team are very much hands on and give concerts with fellow musicians to demonstrate the power of music and raise funds for the charity. "You should go to one," says our Rotary Club member Jacqui Baron "it's fantastic."

What can Rotary do to help this Stortford based charity? Member Colin George thought that through our involvement with Coram Life Education we could introduce Retune to many schools throughout Essex and Hertfordshire. There is certainly much synergy in the approaches of both organisations.



Visit www.retunewellbeing.com for more details.

**STORT VALLEY ROTARY ENJOYS LEARNING ABOUT AND SUPPORTING
NOVEL WAYS OF ADDRESSING ISSUES IN OUR COMMUNITY**

WE WELCOME THE FOUNDER OF UK-AID ALAN HILLIAR



We already knew about UK-Aid from our member Dave Anderson. He is an enthusiastic supporter of the humanitarian work that they do and wanted to help first hand - and some! He trained and got an HGV licence

and subsequently has driven several times to Ukraine via Poland to deliver aid. He is away on another trip at the time of writing.

Listening first hand to its founder Alan Hilliar telling us about their work, it is quickly evident where Dave and the many volunteers involved get their motivation.

UKaid brought help after the explosion of the Russian designed nuclear reactor at Chernobyl in 1986 when over 350,000 people were irradiated and millions of acres of land contaminated. Many children were born with genetic defects due to irradiation, and injured adults are still suffering. Alan and partner Pauline's charitable work in Ukraine now extends to helping victims of the Russian invasion. Relief, in the form of shipments of essentials, is still a large element of the charity's work. A new imperative is helping this beleaguered nation with the civilian casualties of war.

The war has made the delivery of aid to its distribution centre near Chernobyl, 'The Ukraine Revival Centre,' very dangerous as it is vulnerable to attack. But help they do. Recently they equipped a hospital situated in the basement of a bombed out building with beds to provide a make-shift ward.

Dave recalls his visit in March this year, "The 8-day round-trip was an experience I'll never forget. We encountered numerous checkpoints, patched up roads chewed up by tanks, and as we approached the bigger towns, anti-tank devices lining the sides of the roads."

He went on to take aid to a woman whose house was destroyed by a Russian bomb which killed her husband and children.

UK-Aid's UK base is in Felsted where the accommodation for the donated storage containers has been given free. The success of the operation is very much down to the slimmed down cost base, were no one takes a salary and the charity's offices are Alan and Pauline's home. Over 340,000KG of aid has gone out from Felsted since 2002 an incredible achievement.

They run a number of enterprising fund raising events here in the UK and have a charity shop in Harwich. However, they rely on the generosity of the public and businesses for the bulk of money needed to finance the trips delivering aid and to buy the goods and equipment most needed in Ukraine.

Visit the website UK-Aid.org to see what your donation could provide and don't forget the valuable boost that adding Gift Aid brings. Several local Rotary Clubs are already involved - so spread the word.

Alan told us that much of the continued success of the operation is down to the dedicated team in Ukraine led by Vasyl Pasichnyk, Director of REVIVAL Rehabilitation Centre for Children with Disabilities Cherniv, Ukraine. Together they've done great things - congratulations to Alan and Pauline and all your helpers here and in Ukraine.



UKaid
from the British people

**STORT VALLEY ROTARY VALUES ITS ASSOCIATION
WITH EXCEPTIONAL COMMUNITY HEROES**

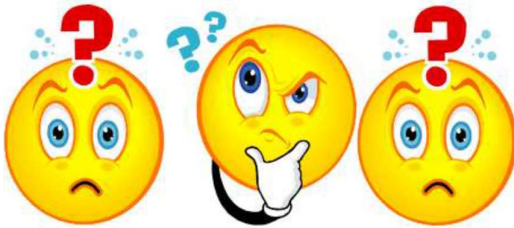
SUPPORTING ROTAFEST 2024



Celebrating collaboration and commitment: Rotafest 2024, Clare Burgess, Helping Herts Business Manager, joined other Rotarians at

On a Saturday in April, Rotafest presented Stort Valley Rotary, Helping Herts and VolMatch. The event was run by Janet Peirce from the Rotary Club of Luton Someries. It was a great event allowing fellow Rotarians to showcase their work and exchange ideas; Clare spoke about how SVR and Helping Herts have been working together to drive membership and benefit the 12 children's charities that Helping Herts support. The stands were not only informative but also a testament to the passion and commitment shown by Rotarians across the district; it was inspiring to see so many come together, all keen to share experiences and initiatives. A huge thank you to Janet for organising such a positive event.

QUIZ HELPS FOOD BANK AND NIGHT SHELTER



Stort Valley Rotary Club's Annual Quiz at the Charis Centre raised a total of £1600. With the Club topping this up to £2000 the chosen charities will receive £1000 each.

Jocelyn Guilamaud from the Night Shelter told us about their work based at the Holy Trinity Church. It had just closed after a three month period looking after eight



homeless people through the worst of the winter. Statutory restraints stop them being open for longer, but their outreach work continues throughout the year. A notable recent success was getting a homeless young man off the streets and into employment in

major hotel. They plan to install a new kitchen this year so their share of the proceeds may well go towards these improvements. The Night Shelter need £60,000 a year to continue their work.



Jim Tatchell, a Trustee at the Food Bank and a Stort Valley Rotary member, told us that we might expect the demand for their services in this day and age to be lessening, but unfortunately not so - it is increasing. The Food Bank annual budget now exceeds £100,000 Jim thanked us very much for helping them tonight.

Quizmasters Alan and Rhian Capener provided the food for thought, whilst Just Add Parsley provided a splendid Ploughman's Supper. Local businesses and donations provided the prizes for the raffle which itself raised over £500 (included in the total raised).

STORT VALLEY ROTARY ENJOYS INVOLVEMENT WITH AS MANY LOCAL COMMUNITY CHARITIES AS IT IS ABLE

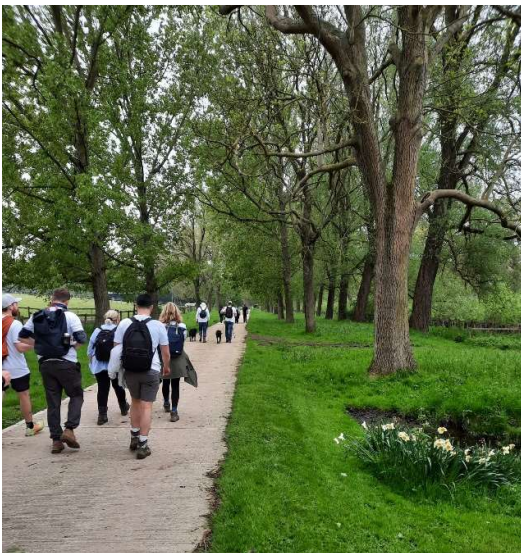
CELEBRATING SUCCESS

COMPLETION OF THE 6-MARATHON FUNDRAISING CHALLENGE

The past few weeks have been nothing short of extraordinary as Helping Herts and its partner charities embarked on a challenging journey to complete the 6-Marathon Challenge. With dedication, perseverance, and incredible support from our sponsors and partners, we are thrilled to announce that we have raised over £60,000 to date, making a significant impact to our charity partners.



Gordon Morrison and Jim Tatchell, the driving forces behind this endeavour, have demonstrated exceptional resilience and commitment. Their hard work has paid off, and they truly deserve a well-earned rest after this monumental achievement.



Despite facing some rainy patches along the way, the camaraderie, meaningful conversations, and the sense of

accomplishment made each step worthwhile. Everyone who participated in the challenge had an unforgettable experience and contributed immensely to our fundraising efforts.



As we celebrate this success, we eagerly anticipate the upcoming Great Big Walk for Herts on the 28th of September. This event promises to be another opportunity for us to come together, raise awareness, and support our community in meaningful ways.

We extend our heartfelt thanks to The Friends of the Hertfordshire Way for their invaluable support in creating the loops and guiding us throughout the challenge. We also express our deep gratitude to Chaldea, Stort Chemicals, Ceres Rural, Ceres Property, Longmores Solicitors, Ringway Hertfordshire, and The Watch Barn. Their generosity and contributions have made a significant difference and helped us surpass our fundraising goals.

The donation page remains open, and every pound raised will be match funded, to further benefit our 12 Herts charity partners.

**STORT VALLEY ROTARY ENJOYS ENJOYES A CHALLENGE
THIS ONE WAS TOUGH BUT WORTH IT!**

FORTHCOMING ATTRACTIONS

Tuesday 14 May	<u>Simon Marlow</u> , -An ex-police officer, a District Councillor and now an Adult Social Prescriber attached to our GP surgeries.
Tuesday 21 May	Outing to Coton Manor Gardens plus lunch.
Tuesday 11 June	A.G.M.
Tuesday 25 June	Guided historic tour of Cambridge including Kings College Chapel plus lunch.
Tuesday 9 July	<u>Ed Anthony</u> - Child Mental Health Social Prescriber attached to our GP surgeries.

August no formal meeting

Tuesday 10 Sept	<u>Matt Roper</u> of the Baptist Centre to speak on MENINADANCA a children's charity. bringing hope, changing lives. stopping female sexual exploitation and trafficking of children in Brazil.
Tuesday 8 October	<u>Pete Beatty</u> talking about his Atlantic one man crossing

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