

NEWSLETTER



CONTENTS

- P1: President's Welcome
- P2: Rotary International Theme 2023-24
- P3: Focus on Shelterbox
- P4: Supporting Disasters
- P5: Easter Fun Day
- P6: Talkin' Tables
- P7: Club Handover
- P8: Maidenhead Festival
- P9: Soap Making
- P10: Quiz With No Name
- P11: Boundary Walk
- P12: Crocus Planting
- P13: Indian Cultural Evening
- P14: Environmental Column
- P14: Feature: Ovarian Cancer
- P15: VTT Visit To Uganda
- P16: Social Round-Up
- P18: Welcome New Members
- P19: Christmas Lights Switch-On
- P20: Rotary Business Partners
- P21: Focus on Club Member
- P22: Upcoming Events
- P22: Birthdays and Anniversaries

ABOUT US

GIVE SOMETHING BACK: If you enjoy helping others, connecting with Rotary gives you the chance to do something really worthwhile.

FUN AND FRIENDSHIP: Rotary is a lot of fun. We arrange a lot of activities which provide a welcome distraction from busy lives and the opportunity to make new friends who share common values.

BUSINESS OPPORTUNITIES: Rotary was founded over 100 years ago as a business networking club and this is still part of Rotary life. Ethical practice is encouraged and, with members drawn from all walks of life, the opportunities to network are endless.

PERSONAL DEVELOPMENT: You will develop your cultural and social awareness through membership of Rotary as well as Public speaking, social, business, personal and vocational skills.

www.maidenheadbridgerotary.org.uk

FROM THE PRESIDENT!



Welcome everyone to the first club newsletter of this 23/24 Rotary year.

It's been just over three months since I took on the role & I can truthfully say that time has flown by, how it's got to late October already I don't know.

The president's handover party at Rajan & Renu's home in Maidenhead seems only a few weeks ago.

The lovely warm weather, wonderful hospitality and being able to welcome so many members, visitors & to induct 3 new members at my very first meeting was a privilege.

Since then, we've had great Sunday morning meetings, including various very interesting speakers at our meeting venue of Maidenhead Football Club, monthly club social evenings at various venues in & around Maidenhead.

Our fantastic club members have also given of their precious time to help with (to name but a few) a street collection following the earthquake in Morocco & the devastating floods in Libya, the Boundary Walk which this year saw more walkers attend and approx. £10k raised by those walkers for numerous charities, well done everyone who took part with the event. Our ongoing commitment to helping with Foodshare which is (unfortunately) needed more than ever in the current financial climate.

We've got lots to look forward to over the next few months including more speakers coming to talk to us at our Sunday morning meetings, our Club Christmas Meal, more club social events, and various volunteering opportunities.

All of what we've achieved and will achieve would not be possible without you the members, and for me a fantastic club council supporting me. Thank you everyone you're fantastic.

James

President – Maidenhead Bridge Rotary Club



ROTARY INTERNATIONAL THEME 2023-24:

CREATE HOPE IN THE WORLD



As the world rocks from conflicts in the Middle East and Ukraine, it's incredibly timely that this year's theme, announced by Rotary International President-elect Gordon R. McNally, is to **Create Hope in the World**. The theme was announced during the Rotary International Assembly in Florida, and McNally urged members to promote peace in troubled nations, help those affected by conflict and maintain the momentum of initiatives begun by past leaders.

As the President-elect himself said, "the goal is to restore hope—to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change for ourselves."

How can that be achieved? It starts by putting a greater emphasis on peace. Rotary members have taken action over the past year to support the people of Ukraine following the invasion by Russia, prioritising humanitarian relief, which has attracted more Ukrainian members in the process. However, as McNally noted, true relief won't come without peace and this is true not just in Ukraine but in dozens of other places around the world. **"Peace is the soil where hope takes root,"** said McNally.

Continuity is also vital, with the President-elect calling for Rotary members to continue the work of past leaders. In 2020-21, President Shekhar Mehta launched the Empowering Girls initiative, and McNally has pledged to maintain it and uphold the emphasis on diversity, equity and inclusion through Rotary.

He also noted that with polio cases emerging in many areas around the world, it was crucial for Rotary members to lead the fight against the disease. Rotary needs to continue raising US\$50 million each year to receive the full 2-to-1 funding match from the Bill & Melinda Gates Foundation, and only about 1 in 12 members currently donates to the campaign to eradicate polio.



Finally, Rotary members should offer hope to those affected by mental health challenges, a crisis exacerbated by the pandemic. With more people around the world facing issues with their mental health, and not seeking assistance, Rotary will work to improve mental health services in the next year and beyond— and that includes looking after our own members.

Gordon McNally
Rotary International President 2023-24



FEATURE: SHELTERBOX

Shelterbox is a charity, founded in Cornwall in 2000, that does incredible work ensuring that no-one is left without shelter after disaster.

Responding to natural disasters such as floods, cyclones and earthquakes, Shelterbox provides items such as tents or shelter kits to allow people to have a temporary roof over their heads, as well as items to help their everyday life such as cooking sets, water filters and blankets. These essentials often arrive packed into sturdy green boxes.

Shelterbox founder Tom Henderson OBE is a former Royal Navy Search and Rescue Diver and a Rotarian, so the charity has been linked to Rotary since its inception. Shelterbox has in fact been Rotary's Project Partner in Disaster Relief since 2012.

As well as financial support, around 1,000 Rotary members are involved with Shelterbox as staff, response team members and volunteers.



Photo credit: Shelterbox.org

WE'RE A SHELTERBOX SILVER PARTNER CLUB!

In our last Rotary Year, we as a club raised over £5,500 for Shelterbox through street collections and fundraising events. This resulted in the charity recognising us as a Silver Partner Club, which we're incredibly proud of.



SUPPORTING DISASTERS

Sadly, there have been a number of natural disasters of the last 8 months, namely the earthquake that shook Turkey & Syria back in February and more recently the earthquake in Morocco and flooding in Libya.

But when disasters happen, Rotary is there. Quick to jump into action to do what we can to alleviate the pain and suffering of those that are affected. One of the inspiring ways we responded was by conducting street collections to raise funds for ShelterBox, a non-profit organization dedicated to providing emergency shelter and tools for families robbed of their homes by disaster.

In early February, Turkey and Syria experienced a devastating earthquake that left thousands of people homeless and in need of urgent assistance. The earthquake, which struck near the border between the two countries, caused widespread destruction and panic. In this time of despair, Rotary sprang into action to provide much-needed relief.



Rotary clubs in Turkey, Syria, and neighbouring regions quickly mobilized their resources and networks to assist the affected communities. ShelterBox, Rotary's trusted partner in disaster response, was the ideal choice to collaborate with in order to provide emergency shelter and vital supplies to those affected. ShelterBox is known for its rapid response and ability to deliver essential aid to the most remote and disaster-stricken areas.

As a club we also leapt into action to organise a number of street collections in Maidenhead town centre, supported by the other clubs in town. Members took to the streets with collection buckets, raising funds for ShelterBox's mission to provide shelter and tools to help those in need rebuild their lives.

In September, Morocco experienced a significant earthquake, leaving many families without shelter. Around the same time, Libya faced severe flooding, causing widespread displacement and loss. And once again our club took the lead to organise a street collection to raise funds for those affected by the disasters.

The earthquakes in Turkey, Syria and Morocco, and the flooding in Libya have been devastating for the affected communities. But in the face of these disasters, Rotary has once again proven its dedication to humanitarian service. Our commitment to raising funds for ShelterBox through street collections has not only provided immediate relief but also helped people rebuild their lives and homes. No matter where in the world people are in need, Rotary is there to offer a helping hand. By working together our clubs have raised more than £4,250 for Shelterbox UK.

Lisa & Norman



AN EGGCELENT EASTER FAMILY FUN DAY!

The sun was shining on Grenfell Park this Easter Weekend as Maidenhead Bridge Rotary took over the town centre park to host their annual Easter Family Fun Day.

Now in its 11th year, over 800 people enjoyed the free event helping the Rotarians to raise more than £1,800 which will be donated to Daisy's Dream, a Twyford-based charity that supports children and families affected by bereavement. The club also raised money for Foodshare by holding a special hamper raffle, won by Sue Ingram.

Children enjoyed the many activities on offer including bouncing like bunnies on the inflatable slide, having their faces painted, playing bar skittles and trying their luck at the coconut shy. Of course the main attraction was hunting around the park following clues to answer the Easter-Themed quiz so they could be rewarded with chocolates.

Families spent time playing and enjoying the sunshine, whilst decorating bunny masks, seeing how many marbles they could get inside a flowerpot under timed conditions and of course enjoying the many treats on offer.

A first this year was a new feature, pat a Pekingese, which saw lots of children petting these adorable miniature dogs and learning more about pet welfare. Although when special guest, Festival Fox, made an appearance, the small dogs weren't the biggest fans!

For the second year running we were joined by MooMusic who put on several singalong play sessions that had everyone, old and young, joining in. Event Organiser Adam Hunter commented "We have had a great day with excellent support from the local community. We're thrilled with the number of people who came to enjoy this superb park in the centre of town and join in the fun. Here's to doing it all again next year!"

Adam



LAUNCH OF TALKIN' TABLES

The prize-winning Talkin' Tables initiative has arrived in Maidenhead, aimed at encouraging new friendships as the newest initiative in the battle to beat loneliness.

Maidenhead Bridge Rotary Club is supporting Chorley's Marjorie Hayward with her latest Talkin' Tables venture. On Tuesdays, starting from 14th November at 3:30pm until 4:30pm, they will have a specific table in Bakedd the Artisan Bakery and Café in Maidenhead, where people will be able to go and know that our host and other customers will be happy to chat to each other at least for an hour!

Grant Oliver of Maidenhead Bridge Rotary Club said "We don't want people waking up and thinking, 'Oh no, not another day on my own' - we want them to be able to decide to go and find a Talking Table. So our club has taken the lead from Marjorie's initiative".

As the founder of Talkin' Tables, Marjorie launched her first Talkin' Table in Chorley, Lancashire in July 2021. After the long isolation periods caused by COVID-19, Marjorie hoped to tempt the residents of Chorley to venture out to have more face-to-face contact. So she invented the simple concept of Talkin' Tables. The success of the venture surprised even her.

The idea is to bring people together around a table for a coffee, or tea, in the hope of making new friends. Each Talkin' Table is hosted for just an hour. The tables are free for anyone to join, but people need to buy their own coffee and snacks. The host welcomes people to the table and is there as a friendly face. Who knows what can happen from there?

Chorley, where Marjorie started "Talkin" now has over 20 tables, and nationally there are over 70, so the idea is taking off. Some 'tables' have become established friends and have organised outings and events and even gone on cruises together.

So why not give it a try? Every Tuesday 3:30pm until 4:30pm at Bakedd.

Maidenhead Bridge Rotary Presents... **Talkin' Tables**



**Conquering Loneliness one
Table at a Time!**

**Every Tuesday, 3.30 - 4.30pm
Bakedd, High Street, Maidenhead**

Don't stay home alone, Talkin' Tables is at Bakedd
every Wednesday 15.30-16.30.

This is your personal invitation to join a table for
good coffee/tea and good company.

Proud to be supporting



www.maidenheadbridgerotary.org.uk



CLUB HANDOVER



On Sunday 2nd July we had a very special club meeting, held in the beautiful garden of club members Rajan and Renu. The significance of this club meeting was the handover ceremony from retiring Club President Neil to incoming President James.

We also had a very special guest Neena, the Founder President from the Rotary Club of Jalandhar, India who joined us for an afternoon of celebrating all our 2022-2023 achievements. Some of those achievements include members donating more than 2,025 hours in volunteering and raising £13,973 for various charities including Daisy's Dream, The DASH Charity, Maidenhead FoodShare, Adult Dyslexia Centre, The Samaritans, Rotary Foundation, Shelterbox and so many more!

Another great achievement during our celebratory 10th year of being an official club was to welcome 9 new Rotarians to the family! And if that wasn't enough we also welcomed three new members to the club at the handover - hello to Kevin, Paul and Emily!

As is with tradition at most of our club socials, food was a must and this event was no except as we tucked into delicious treats brought by various club members, including Renu and Rajan's infamous samosas (one day they might share the recipe!)

It was a fitting occasion to say thank you to Neil for all his hard work as President and welcome James to the helm!

Thank you Renu and Rajan for your wonderful hospitality and congratulations to all club members for what has been another successful and rewarding year of Rotary service and friendship!

Kally



MAIDENHEAD FESTIVAL

I'm not going to hide it, I love the Maidenhead Festival. I love the music, the stalls and - surprise, surprise, the dancing. But the best part, the very best part, is the smiles. Trite as it might sound, Maidenhead Festival makes people genuinely happy - when the sun shines.

But on Saturday, 22nd July 2023, the sun went into hiding and sent the rain to Kidwells Park. However, a determined hardcore of smilers danced or huddled under umbrellas listening to local artists such as Tara Deane, Hog Wild and Foxtrot Oscar.

I felt sorry for the food vans and stall holders on the Saturday, the cloud bursts were keeping their customers away. "Tomorrow will be better", I just hoped the phone forecast was not proven wrong!

The weather improved just in time for the evening tribute acts - Taylor Swift (I recognised at least one track) and Inferno (ABBA - this time I knew all the songs). Somehow, the fireworks were kept dry enough to round off the evening.

Sunday brought the need for factor 30 - truly a festival of two halves! Our tame opera singer wowed us with arias as one of the many afternoon acts. The food and market stalls were buzzing and tills were ringing.

Steve Mitchell's tribute to George Michael is always a firm favourite of the festival, and 2023 was no exception.

When he finished, I was thinking, "Who can top that?" The answer was "A Million Dreams" - two women and a token man covering everything from ABBA to Queen - rousing the crowd with some of their favourite tunes.

Thank you Maidenhead Festival, hope to see you next year.

Graham



SOAP-MAKING



Soap. The miracle substance that cleans and makes you smell nice (hopefully). What exactly is in that bar of magic and how does it get in there? Does it require the eye of the newt or toenail of bat?

Armed with aprons, masks, gloves and goggles, six Rotarians set out on a quest to answer these questions that took them to the heart of Woodley. Sarah was our host and teacher for the evening, giving us the background of soap and then guiding us through the process of soap making.

The first stage was to mix water with caustic soda (or sodium hydroxide as noted by the chemist amongst us). Sarah did this for us outside as this process is as scary as it sounds. As the white crystals of caustic soda dissolve in the water, they kick off an enormous amount of heat (the solution heating up to around ninety degrees Celsius).

Each of our beakers of this dead dodgy solution was left outside to cool while we started the fun part - the mixing of various plant-based oils and fats - such

as shea butter, olive oil, avocado oil and castor oil in precise measurements.

The shea butter had to be microwaved to persuade it to liquify and be sociable with the other oils.

While we were queuing for the microwave and the scales, there was time for an apron fashion parade and photographs. A teensy-weensy bit of an essential oil or two was added and the whole thing gently mixed with the dead dodgy solution from outside. This gloopy mixture was poured into a long mould. A whole load of messy fun. And after all that shenanigans, you've got soap, right? Nope, then it has to sit in the mould for 2 days for the caustic soda to work its magic with the oils - a process called "saponification" - well it would be wouldn't it? Ah, so then it would be ready? Nope, then you cut it up and wait 8 weeks.

So, no eye of newt involved in making soap, just enormous amounts of patience. Thank you to Sarah for hosting a fabulous evening of insights and fun.

Gille



QUIZ WITH NO NAME



A Night of Fun, Fellowship, and Fundraising! Earlier this year, the Holyport War Memorial Hall echoed with laughter, friendly banter, and the sound of eager brains at work, as we hosted our much-anticipated "Quiz with No Name," a spectacular evening that not only tested the participants' wits but also served a noble cause—raising funds for ShelterBox.

More than 85 enthusiastic quizzers flocked to the venue, creating an atmosphere brimming with excitement and camaraderie. The diverse crowd, representing various local communities, businesses and organisations, gathered under one roof for an unforgettable night.

As the questions unfolded and the competition intensified, only one team emerged victorious – The Craufurd Arms. The cheers and applause that followed marked not only their triumph but the spirit of friendly competition that defined the evening.

The Quiz with No Name offered a delightful blend of rounds to keep everyone engaged. From the ever-popular Dingbats Round challenging the most creative minds to geography and general knowledge rounds that tested the quizzers' breadth of understanding, the event catered to diverse interests. Importantly, the event team ensured that it wasn't a daunting Mastermind experience—questions were designed to be accessible to all, making the night enjoyable for participants of every trivia expertise level.

Beyond the joyous atmosphere and friendly competition, the true triumph of the evening lay in its fundraising efforts. We are delighted to announce that over £1000 was raised for ShelterBox during the event. These funds will play a crucial role in supporting ShelterBox's mission to provide emergency shelter and tools for families affected by disasters.

The success of the Quiz with No Name wouldn't have been possible without the enthusiastic participants, the dedicated organising team, and the generous supporters who contributed to the cause. To that end we extend a heartfelt thank you to everyone involved, emphasising that each pound raised brings hope to families in need around the world.

In the spirit of service above self, Maidenhead Bridge Rotary Club continues to exemplify the Rotary motto, proving that a night of trivia can make a meaningful difference in the lives of those less fortunate. Here's to more nights of laughter, learning, and lending a helping hand. Stay tuned for more exciting initiatives that combine fellowship, fun, and fundraising for causes that matter.

Lisa



FUNDRAISING: BOUNDARY WALK



At least 26 charities and community groups received a welcome cash boost thanks to the efforts of more than 400 participants in October's Rotary Boundary Walk. Together they raised more than £4,000 in sponsorship while the event raised another £2,500 for Rotary good causes.

A total of 418 walkers set out on the 13-mile circuit of the boundary of the old Maidenhead Borough based on the tradition of 'beating the bounds' which dates back to when the town was granted its charter in 1582. Another 36 people of all ages completed a shorter family route, which ensures the Boundary Walk is accessible to everyone.

Among the walkers were Zahra Bharmal and Farida Nagee who completed two circuits of the long route to clock up a full marathon. It is the second time Zahra had completed 26 miles at the event, after she lost out on a place in the London Marathon last year.

Another stand-out walker was Hardev Singh Panesar, who this year completed his 29th Boundary Walk, raising almost £1,000 for charities in Maidenhead. Over the years the committed fundraiser has made about £50,000 for various charities, mainly the Thames Valley Adventure Playground in Taplow.

The biggest team entry was a 49-strong contingent raising money for autism awareness while large groups were also fielded by The Link Foundation, Tuneless Choir, scouts, guides and fundraisers for research into Motor Neurone Disease.

The event is organised jointly by the Rotary Club of Maidenhead Bridge and Rotary Club of Maidenhead which deployed scores of volunteers to man refreshment points and steward road crossings along the route, which started and ended in Boulters Lock Car Park in Lower Cookham Road.

This year saw the introduction of a new app called Zuvolo which guided walkers around the route but also allowed organisers to track their progress.

Event organiser Lisa Hunter said: "Rotary has been helping to develop and test the Zuvolo app. From a safety perspective we are now able to track walkers around the route which will help us make the event more sustainable into the future as we will be less dependent on stewards."

She was delighted with this year's increased turnout. "Numbers have bounced right back after Covid. Thanks to everyone for taking part and to all the Rotarians and other volunteers for giving up their time to help," she said.

Maidenhead MP Theresa May once again joined walkers for the start of the walk, along with deputy Royal Borough Mayor, Cllr Simon Bond, Rotary Club presidents John Hudson and James Ticehurst, and Rotary District Governor Kate Hodges.

Mrs May said: "It is a great local event and it's wonderful to see so many people across all ages come together to enjoy the walk and also raising funds for good causes. It shows the best of Maidenhead."



CROCUS PLANTING FOR POLIO



The unpredictable autumn weather played ball on Saturday 28th October as volunteers from Maidenhead's Rotary and Rotaract Clubs came together to plant crocuses around the town. Rotarians of all ages donned wellies and got their hands dirty to sow a carpet of purple crocuses which will flower early next year.

The initiative aims to raise awareness of the global campaign to eradicate the polio virus. The disease, which causes paralysis mainly in children under 5, was once widespread in more than half the countries in the world.

Rotary International was a founding partner of the Global Polio Eradication Initiative in the 1980s, when 350,000 children a year were affected. Today, thanks to a global vaccination and monitoring programme, the wild polio virus is endemic only in two countries, and there have been only 9 cases worldwide this year.

More than a dozen volunteers from Rotary and Rotaract planted crocus corms at Maidenhead Library, the Desborough Theatre behind the Town Hall and the approaches to Maidenhead at Thicket Corner and Furze Platt Road.

Harrie Hayward, Project Coordinator from Maidenhead Bridge Rotary, said: "One of the reasons I joined Rotary was this idea that an organisation would decide to rid the world of a disease, and then do exactly that. It's totally amazing that the vaccination campaign has been so successful. The polio virus is literally fighting for survival as the number of cases is pushed down every year."

Rotary's slogan is 'We are people of action', and we prove that by going out into the community and doing things, whether delivering food parcels during COVID, getting people moving on the Maidenhead Boundary Walk or supporting other groups organising local events.

"We had some new members, members from Maidenhead Rotaract, Rotary project partners for 18-30 year olds, and Rotary Direct members from elsewhere in the Thames Valley. It's great to see people of different ages and backgrounds coming together for worthwhile projects." Harrie continued.



INDIAN CULTURAL EVENING



On the evening of Saturday October 28th 2023, Maidenhead Bridge Rotary Club hosted a memorable and successful Indian Cultural Night at Holyport Memorial Hall, the first of its kind. The event brought the local community together in a celebration of Indian culture while raising funds for two deserving charities: Alzheimer's Dementia Support and the Indian charity Goonj.

The event was a resounding success, attracting a diverse and enthusiastic crowd of individuals from Maidenhead and beyond. Maidenhead Bridge Rotary Club, renowned for their commitment to community service and philanthropy, pulled out all the stops to create a night that will be long remembered.

On arrival guests were greeted by members of the club adorned in full traditional Indian attire and were gifted beautiful bangles by the club. They then walked through a beautifully decorated entrance which included a statue of Hindu God 'Ganesh' and rangoli, a traditional Indian decoration made with brightly coloured ground rice.

Guests were treated to a delightful and authentic Indian meal prepared by Kebabsaab Catering, which featured a delightful array of flavours and aromas, highlighting the rich and diverse cuisine of India. The delectable spread included a wide selection of appetizers such as samosas and channa masala, curries, saag panner, tandoori naan and mouthwatering gulaab jamun with kulfi for dessert.

Rajan Gujral, Event Organiser, commented "We organised this event to coincide with the start of Diwali, India's biggest and most important holiday of the year. Diwali is a festival of lights that celebrates the triumph of light over darkness, good over evil and the human ability to overcome challenges. Our Indian Cultural Night, and Rotary, certainly ticks all those boxes!"

Prior to the cultural programme, Katie Hodges, District Governor of Rotary in the Thames Valley, started the evening with lighting a lamp. This is a very symbolic Hindu ritual, to ward off any darkness and negativity.

The entertainment for the evening was equally enchanting, as the event featured live performances of traditional Bharatanatyam dances and energetic Bollywood songs. Dancers adorned in colourful attire brought the art of Bharatanatyam to life, mesmerising the audience with their grace and precision.

The event was not only a feast for the senses but also a tremendous success in raising funds for two vital charities, with more than £2000 raised. Alzheimer's Dementia Support, a local organization that provides invaluable assistance to individuals and families affected by Alzheimer's and dementia, will greatly benefit from the generous donations. Additionally, the Indian charity Goonj, which works towards providing essential resources to underprivileged communities in India, will receive crucial support to further their noble cause.



ECO ACTION HUB

The Hub is now open on Sundays from 11 till 2, as well as 10am-4pm on Thursday-Saturday as before. It is in the Nicholson Centre, two shops left of Card Factory.



It is worth a visit, with the displays changing regularly and loads of interesting information available, as well as a lovely area for children. It is also a drop - off point for Terracycle for things like Pringles Tubes. There have been several events there, including climate-friendly gardening on the 14th October.

We will be writing book and media reviews for them, as we do for the club. We also hope to hold an event there in the run up to Christmas ... watch out for more details on this!

www.ecoactionhub.co.uk

FEATURE: OVARIAN CANCER

I recently attended a Zoom talk to our Soroptimist club, about ovarian cancer. The speakers were from the Dianne Oxberry Trust which is based in the north west of England that is committed to raising awareness of the importance of early diagnosis.

Dianne was a well-known TV presenter, who was diagnosed with ovarian cancer only ten days before her death, and left two young children. Speed of diagnosis is the single biggest factor in securing a positive outcome to an ovarian cancer diagnosis. Symptoms are often dismissed by the individual which means all too often the diagnosis comes late – sometimes too late.

We heard about the Spread the Word Campaign. Their volunteer ambassador, who has had ovarian cancer herself, told us of the main symptoms – which make the Word part of the campaign.



W: weeing more often

O: overly bloated feeling

R: reduced appetite

D: dull ache or pain in pelvis or tummy

If present for 3 weeks or more see your GP. Other symptoms to watch for are listed on their website.

They say “If you could save a loved one’s life in just three minutes, would you? Knowing the symptoms of ovarian cancer and spreading the word could save your life – or the life of someone close to you”.

Please look at and share their posts on social media – it really could make a difference.

www.dianneoxberrytrust.org

Sushi Gow



VOCATIONAL TRAINING TEAM: VISIT TO UGANDA



The Vocational Training Team (VTT) visit to Uganda took place in November 2022. The VTT teach emergency birth skills in rural Uganda.

The VTT was established in 2013, with its first visits in 2014, followed by visits almost each year since then. The team visit the Kamuli Mission Hospital and its Nursing School and the knowledge they pass on to the communities makes a real and dramatic impact to improve infant mortality.

The £200 donation from the club made a real difference. The donation covered the cost of the trainers, their transport and this time I also purchased 50 reusable Afripads (sanitary pads) which I gave to the people who attended the community team event. The community workshop trained 82 people. They ranged from traditional birth attendants, village

health team leaders, community health teams and teenagers with HIV from the adolescent clinic.

The previous Vocational Training Team (VTT) in 2019 identified the need for highlighting the importance of menstrual hygiene and the use of Afripads. I used a local charity to deliver the training and the reason I did that was that it would be relevant to where they lived and the supplies used are available to them. This is so that the training given would continue to give lasting benefits after the team left.

One trainer came from Soroti and gave a talk to students and health professionals on 2 different days. The trainer discussed the importance of personal and menstrual hygiene and the use of reusable pads.

There were two trainers who came to the community workshop. They gave their talk on menstrual hygiene but they also taught the group on how to make reusable pads using cotton cloth and flannel to absorb the menstrual loss. There was a discussion on how to care for the pads both in how to transport them after use and how to clean them. This session was done in the local language Teso.

The people who attended the workshops told us about what they use during their periods. They use rags, banana leaves or even that the girl or the woman would dig a hole and sit on it for the entire day.

The cost of making a reusable sanitary pad is about 25p whilst buying a sanitary pad is 75p each. The reusable sanitary pad lasts about 6 months whilst the single use is disposed of and adds to the plastic waste in the environment.

It was a humbling experience, I have never experienced anything like it. At the community workshop they all engaged; men and women in making the sanitary pads. They saw it as a future possibility for their community. It would allow girls to go to school, women not to feel isolated and ostracised during the times of menstruation. There were people trained to make the pads and this is also an opportunity for income. Everybody went home with a reusable sanitary pad. Each of the packs I bought had two pads within them, so I broke the packs up and the spares went to the Kamuli Mission hospital.

A decision has been made by the local Rotary Club (Ngora Information Rotary Club) to undertake this as one of their community projects. The charity trainers were also surprised about the fantastic engagement and the reaction and will be working to take this forward.

Your donation allowed the local community to imagine a future where girls and women would not be isolated or ostracised during their monthly periods. It would allow girls to go to school. Thank you - it made a real difference.

Gillian



CLUB SOCIALS ROUND-UP

Rotary's not all work and no play! We love a good night out from visiting gin distilleries to walks to gala balls, to quizzes to meals out and comedy nights! We know how to have fun and build great friendships at the same time!

Check out the photos below from some of our recent antics...



Maidenhead Bridge Rotary Club



We are people of ACTION



Making a difference in our
community

Join Now:

www.maidenheadbridgerotary.org.uk

WELCOME NEW MEMBERS!

At Maidenhead Bridge Rotary Club, the spirit of community and service extends a warm embrace to our newest members. We are thrilled to welcome individuals who share our passion for making a positive impact in the world. Joining our Rotary family means becoming part of a vibrant and dedicated community where friendships flourish, and service is at the heart of all we do. Together we look forward to creating lasting connections, fostering personal and professional growth and, most importantly, making a meaningful difference in the lives of those we serve.

Welcome to Maidenhead Bridge Rotary Club—where fellowship, service, and the joy of giving back unite us all!



Kevin



Emily



Paul



Deborah



Amy

LET THE FESTIVE SEASON BEGIN!



The festive spirit illuminated the heart of Maidenhead as the town came together for the annual Christmas lights switch-on event.

Among the merry celebrations, our club played a vital role in spreading joy and goodwill. Rotary members, adorned in festive cheer, orchestrated a Meet & Greet Santa stall that quickly became a focal point of excitement for attendees of all ages.

Families were welcomed with warm smiles, creating a magical atmosphere as children shared their Christmas wishes with Santa Claus himself.

There were lots of other stalls offering tasty treats and festive gifts, as well as the Traylen's Fun Fair and live entertainment all day from choirs,

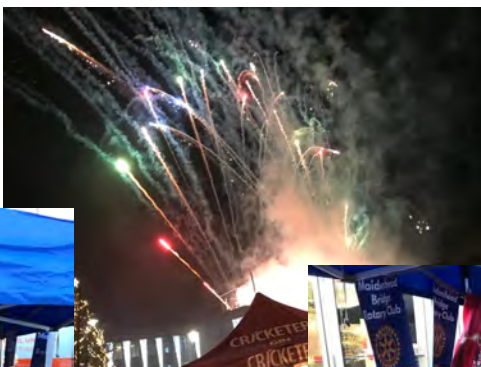
acoustic acts and bands!

The highlight of the event was obviously the big light switch-on which was followed by a spectacular fireworks display off the roof of the Town Hall!

The Meet & Greet Santa stall wasn't just a delightful stop for photo opportunities; it was a platform to raise funds for meaningful initiatives. Through the collective efforts of Rotary members and the generosity of the community, an impressive £157 was raised during the event. These funds will be directed towards local projects, reinforcing our club's dedication to making a positive impact right at home.

As the Christmas lights adorned the town, the spirit of giving illuminated Maidenhead, showcasing the power of community and the joy that comes from both receiving and giving during this festive season.

Lisa



ROTARY BUSINESS PARTNERS

JOIN OUR COMMUNITY: MAKE A DIFFERENCE



The Rotary Business Partners scheme has been set up to enable members of the local business community to help the Rotary Club of Maidenhead Bridge meet the many needs that exist locally and to give member businesses publicity.

Members of our Rotary Partners scheme assist us by helping to cover the costs of our fundraising events. This allows us to maximise funds raised and it is important to know that all funds raised for charity by Rotary Clubs goes directly to good causes.

For an annual payment of £150.00 (which is tax deductible) the Rotary Club of Maidenhead Bridge welcomes a business as a Rotary Business Partner and will provide that business with:

- Logo and link to Business Partner from Rotary Club of Maidenhead Bridge's website.
- An invitation to a Rotary Club of Maidenhead Bridge meeting.
- A credit in press releases where appropriate.
- Featured on our Facebook Page (390+ likes) and Twitter (1,380+ followers) account for a month.
- An advert in our club newsletter (circulation of more than 60+ local people, and added to social media)
- An approved strapline in your advertising i.e. "supporting Maidenhead Bridge Rotary" and the use of the business partner's logo.
- An opportunity to help out with an event which may be close to your heart
- The opportunity to promote a local cause which requires charity support.
- A certificate to show that the business supports the community through the Rotary Club of Maidenhead Bridge and Rotary Partners Scheme.

Our Rotary Business Partners scheme will give a business the opportunity to gain publicity through an association with the Rotary organisation and the chance to join other like-minded people to make a significant difference to our local community.

If you would like more information about becoming a Rotary Business Partner, please call Lisa on 07876 341334 or email info@maidenheadbridgerotary.org.uk



FOCUS ON A CLUB MEMBER: JAMES TICEHURST



What do you do for a living? I'm a Management Accountant

What do you do for fun? I enjoy watching TV and can often be found blitzing a boxset. Socialising with friends is also important to me and, while not necessarily everyone's idea of fun, I do enjoy going to the gym!

Where are you from? High Wycombe

Can you tell us something we may not know about you? I love skiing and I'm going in February to Morzine in France!

Where did you go on your last holiday? Turunc in Turkey, a holiday resort on the Mediterranean Sea coast. It is located 20 km south of Marmaris, surrounded by the Taurus Mountains.

What is your favourite book/film and why? Historical fiction style books, Stardust or The Fifth Element.

What inspired you to join Rotary? The ability to do something different and being able to make a difference, however small that might be.

What have you enjoyed most in Rotary so far? The ability to help others and make a difference., whilst meeting new people and making friends.

Which Rotary events are you looking forward to? I know it's already happened but I really enjoyed the Indian Cultural Evening as we've been planning it and talking about it for so long, it was amazing to see it come together and be such a success. In terms of future events, I'm looking forward to the Christmas Hamper Making for families in need and the return of our Health Awareness Day

If you could describe our Rotary Club in 3 words what would they be? Evolving, different & non-conformist!



UPCOMING EVENTS



4th - 10th December

06.12: FoodShare Volunteering
07.12: Lions Christmas Quiz Night
09.12: Rotaract OAP Christmas Party
Volunteering

18th - 24th December

20.12 FoodShare Volunteering
21.12: Panto Stewarding
22.12: Panto Stewarding
23.12: Panto Stewarding
24.12: Panto Stewarding

11th - 17th December

13.12: FoodShare Volunteering
16.12: Panto Stewarding
16.12: Club Christmas Party
17.12: Club Meeting & Hamper Making

25th - 31st December

25.12: MERRY CHRISTMAS!!!
31.12: New Years Eve Party

15th - 21st January

17.01: FoodShare Volunteering
21.01: Club Meeting (Football Club)
Focus on Green Actions Tracker

1st - 7th January

01.01: Happy New Year!
 03.01: FoodShare Volunteering
06.01: Rotaract Meeting
07.01: Club Meeting (Football Club)

8th - 14th January

10.01: FoodShare Volunteering
14.01: Swimarathon Day!!!!

BIRTHDAY CORNER

Happy birthday to the following club members:

- | | | |
|-----------------------------|--|---------------------------|
| • Claire – 15th August | • Paul S – 1st Oct | • Kally – 2nd November |
| • Eddie – 16th August | • Ola – 3rd Oct | • Tilly – 6th November |
| • Gille – 18th August | • Lisa – 5th Oct | • Gillian – 12th November |
| • Nancy – 31st August | • Norman – 7th Oct | • Neil T – 14th November |
| • Kevin – 19th Sept | • Aaron – 8th Oct | • Mark – 15th November |
| • Adam & Portia – 20th Sept | • Lalitha – 18th October | • James – 25th November |
| • Debbie I – 27th Sept | • Victora, Costa & Jane – 22nd October | • Paul B – 7th December |



INDUCTION ANNIVERSARIES

Congratulations to the following members who are celebrating club induction anniversaries:

- | | |
|----------------------------------|--|
| • Norman: 21st August – 1 year | • •Nas: 5th November – 6 years |
| • Raaj: 21st August – 1 year | • Karen: 19th November – 5 years |
| • Jenelle: 4th October – 3 years | • Costa & Becky: 20th November – 7 years |
| • Brian: 16th October – 1 year | • Lisa, Adam, Donovan, Mark, Claire, Anna, |
| • Rajan: 20th October – 10 years | James, Ailsa : 23rd November: 11 years |
| • Caley: 20th October – 4 years | • Debbie Ingledew: 4th December – 7 years |
| • Fiona: 1st November – 3 years | • Roxane & Portia : 5th December – 2 years |
| • Sushi: 2nd November – 9 years | |



Rotary



Club of Maidenhead Bridge

JOIN LEADERS | EXCHANGE IDEAS | TAKE ACTION
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