



Rotary Dragon Boat event breaks records

- with thanks to "Friends" for your help



Photo: Paul Robson

The **York Rotary Dragon Boat Challenge** is a great community event, one of the highlights of the year on the River Ouse, and the flagship fundraising event for our Rotary Club. Since it started in 2003 it has raised more than £1,200,000 for local York charities, and every year there is a waiting list of teams wanting to one of the 36 crews taking part.

July's 2019 event was even better than ever, with total monies raised likely to top £90,000, a new record, and with a friendly, positive and thrilling atmosphere throughout the day – enjoyed by competitors and thousands of visitors alike.

Thank you to the *Friends of York Rotary* members who volunteered help at the event (or were participants in crews or charity stalls!) and we hope you all enjoyed it.

There's more photos and memories of the day on page 8...



"Friends" members Ali and Jon Bolton at the event

A Message from Elly

BBC Radio York's Elly Fiorentini, who is an Honorary Member of our Rotary Club, is FoYR's Patron

"So, have you recovered?"

There have been two great events which you have had



in the last few weeks. Dragon Boat Day was fantastic, and the York 10k. It was great to see so many *Friends* supporting Rotary. **Thank you.**

This week I received an e mail from a friend asking how I could help Sean Coxhead reach his £20,000 goal for MacMillan. Some of you will know Sean's story. (Ed. See our report on page 7)

Last year, despite having terminal cancer, he and the Good Gym team ran the Yorkshire Marathon. It was an emotional day and as race commentator it was a privilege to witness it.

His www.notseriousjustcancer.co.uk blog has been honest and heart-warming. He has days to live and yet he wants to realise his fundraising dream. The support from strangers has been incredible

I am hopeful that before the lights go out Sean will reach that £20,000 goal.

Such kindness from strangers makes us realise that there is a willingness to help people in this tough world we live in.

Elly

Upcoming "Friends of York Rotary" events for your Diary...

- Sept 15th** **"Friends" and family Barbeque in aid of Shelterbox**
Novotel, Fishergate, York from noon
See details on page 2
- Oct 20th** **Volunteering opportunity – Baggage Store at the Yorkshire Marathon event - University of York campus**
More details on page 4
- Nov 7th** **Networking /Social and Learning Evening**
"Storytelling on Social Media" 6.30pm location tbc
More details on page 2



First, a very big thanks to all those from *Friends of York Rotary* who helped us out at the Dragon Boat event in July. It was a fabulous success, as you can read in this issue! The volunteering help from *Friends* really did make a huge difference to our ability to run the day, and we are very grateful.

We are now planning events and activities for *Friends* over the coming few months and we welcome your inputs as to what you would like to see!

We know there are quite a few members of *Friends* who do not participate directly in our activities, and that is fine – we are still grateful for your support of Rotary! – but if you have ideas that would enable you to engage more directly with us, please do let us know.

Why not consider coming to a Friday lunch meeting of our Rotary Club, to check out what we do? The meal at the Novotel is always excellent, and costs just £18. We're very welcoming and we'd love to see you there.

Meanwhile I hope to see many of you at the *Friends* Family Barbeque on September 15th.

Brian Joscelyne
FoYR Co-ordinator
friends@yorkrotary.co.uk



Get in touch...



Friends of York Rotary



www.yorkrotary.co.uk/friends



<https://goo.gl/wXNu75>

Rotary Club of York



www.yorkrotary.co.uk



<https://goo.gl/4d2h7n>



<https://goo.gl/tE1cXW>

Upcoming FoYR events



Friends of
York Rotary



ShelterBox

Rotary



FAMILY BARBEQUE & SOCIAL

in aid of ShelterBox (and featuring a Shelterbox demonstration)

Disaster relief

Sunday September 15th 2019

12.00 noon to 3.00pm approx.

Novotel, Fishergate, York YO10 4FD

£10.00 (under 12's £5.00)

suggested donation on the day

cash bar

An exclusive event for



Friends of
York Rotary

members, their partners, and families

If you'd like to come, contact Brian at: friends@yorkrotary.co.uk



Storytelling On
Social Media

NETWORKING WITH "FRIENDS OF YORK ROTARY"

NEXT EVENT – A LEARNING SESSION AND 'SOCIAL' ON THE SUBJECT OF

"STORYTELLING AS A TOOL IN SOCIAL MEDIA"

Thursday November 7th 2019 at 6.30pm

During the very successful workshop/networking session earlier this year on the subject of "*Social Media as a Marketing Tool*", it was suggested that a follow-up session be held on the specific subject of using Storytelling as part of Social Media marketing.

So that's what we are going to do!! This will be led by Kirsty Halliday, who did such a great job leading the previous Social Media workshop.

We've not yet finalised the **meeting venue** (any offers??) but we will let all "Friends" know shortly - by email.



*Ian has been a Rotarian for 5 years, and is the current **President of our Rotary Club***
We asked him for his thoughts about Rotary.....

How did you hear about Rotary and why did you decide to join?

A friend of mine from Scotland invited me to a couple of York Rotary events where it very quickly seemed to me that I could get involved in a number of really important activities which would help local charities and organisations.

So in 2014 I joined Rotary York and that's when I really saw just how much was going on, making a difference to the lives of people locally but also internationally. There are walks, golf tournaments, quiz nights and of course the big Dragon Boat Challenge all run to raise money for our local and wider community – and it's all great fun.

I was soon asked to be Editor of our monthly internal newsletter *Rotagraph* which I did for 3 years giving me an amazing insight to all of the things that go on from a Rotary York and Rotary International point of view.



Tell us about your business background

I was actually born in Harare, Zimbabwe but my family all went back to Edinburgh when I was at an early age and that's where I was brought up.

I trained and qualified as an Accountant – had jobs in Edinburgh and then in Botswana followed by a stint in London before joining a multi-national corporation. I soon moved into commercial management working and living in Europe which gave me a great opportunity to absorb different local cultures.

How does Rotary help the York community?

Most of what we do is about helping local organisations, clubs and societies just to survive and sometimes to grow when often there is just no other funding available from anywhere else. Our big event of the year, the Dragon Boat Challenge, has been running for 17 years has incredibly raised well over £1 million pounds for local charities. We also work with local schools and colleges to provide mock interview and mentoring programmes to help our next generation of young people better prepare for the future.



What are your most favourite and least favourite things about Rotary?

As I said earlier the thing I love most about Rotary York is actually making a difference to the lives of people in the local and wider community. Our diverse group of members have such a wide range of skills and experience together with enthusiasm that it's just great to spend time with them helping to put something back into where it is most needed. I am more of a hands-on person rather than a "club lunch" person - and to be honest, I do sometimes get frustrated by resistance to change.

What's it like being President?

This is a great club with a rich history, tradition and so many achievements going back over almost 100 hundred years – so please look out and put in your diary some of our Centenary celebration events over 2020/2021.

The biggest challenge we face – the same as that for all other clubs or societies – how do we make ourselves relevant, of interest and flexible to our next young generation in order to capture their support to help us to continue to run all of our activities which are critically important to the communities we want to help.

And your thoughts about "Friends"?

For me our *Friends of York Rotary* initiative is really important on a number of levels. It gives people a free/no obligation opportunity to read about, see and experience what we as Rotary York are all about.

It gives them a chance to get hands on at some or all of our critically important fundraising events to support local charities - and I know for example that those who have helped us out at the last few years Dragon Boat Challenge and Baggage Handling events have had a really great (sometimes tiring !) and rewarding time.

In today's society I think this initiative gives our "Friends" an easier introduction and route into Rotary York than existed before and I hope that some will decide in time to join us in the Rotary movement!

The Baggage Challenge!

Our thanks to the *Friends of York Rotary* who came along and volunteered help at our "Baggage Store" that we ran for the Jane Tomlinson "Run for All" 10k event on August 4th.



The 10K baggage crew!

A total of 17 of us managed two flat-bed trailers where runners' bags and belongings were stored – in carefully organised sequence! – ready for them to collect after their run.



All went well, some said "like clockwork", and we were able to enjoy great views of the proceedings and share in the excitement of this huge event. Over 7000 runners took part.



Great views from the trailer



We will be organising a similar volunteering effort for the **Yorkshire Marathon (University campus)** on **Sunday October 20th**, and would VERY MUCH welcome Friends coming to help. If you are interested, please let us know at friends@yorkrotary.co.uk

How to raise money for local charities – while you're on holiday!!

Did you know that Riviera Travel make donations to Rotary?



Our Rotary Club is able to raise funds for local York charities through an "affinity" association with Riviera Travel, whereby any bookings made for Riviera holidays (by Rotarians, *Friends of Rotary* or their family members) generate a Riviera donation of **10% of your holiday cost** which is made to our Club Charity Fund once the holiday is completed.

If you use Riviera Travel, or are thinking about doing so, please consider this...we have already raised over £5000 from this scheme – it's a simple and effective way to help!



The process is very simple and is described on our Club web page

www.yorkrotary.co.uk/riviera-travel-affinity

Ed: No individual Rotarians benefit from this scheme, and of course Rotary are not formally endorsing Riviera holidays! (though many of us love 'em)

Introducing Ison Harrison...

New "Friends" member Jessica Bourke tells us about her organisation



"My name is Jess and I have just started working in York. I am a Trainee Solicitor and I work for Ison Harrison Solicitors. Ison Harrison are a full service law firm with 14 branches across Yorkshire. We opened our York office in November 2018.

I have moved to the firms York office after working in Ilkley for the past year where I was actively involved in the Rotary Club and the firm were recognised as *Friends of Rotary*. Since arriving in York I have been trying to become involved in community and networking events.

I specialise in Wills and Probate and I am currently running a special introductory offer with **50% off wills**. With a single will for £62.50 and a Mirror Will (for couples) for £87.50.

Ison Harrison York have also recently launched a Free Legal Advice Clinic which runs every Wednesday 12-2pm in our office on Micklegate.



I am thrilled to be working in this beautiful city, I am currently spending my lunch breaks trying to familiarise myself with street names and try out local cafes. Myself and my colleagues are very much looking forward to attending the upcoming *Friends of Rotary* BBQ and meeting the new friends."

Jess

www.isonharrison.co.uk/contact/york

My first 12 months as a “Friend”

John Fieldhouse, a York author/publisher and a member of Friends, reflects on a year being a “Friend of York Rotary”



“It’s been an enjoyable time, and skimming through my diary I’m amazed that I’ve attended; 4 networking sessions, 3 lunches, 1 walk, and have helped out at 3 competitive charity events.



My relationship with *Friends of York Rotary* began in May '18 when I attended a **networking event at Novotel** on charities and fundraising. A similar event was held in May of the following year at **The Hut**, and twist these were two further networking sessions, one in February at **Door 84** on the essential 21stC topic of “social networking”, and back in



November for all **Friends of Rotary**. I’d never heard of The Hut, but I’ve since learned much more about this vital daycentre, when in early August myself and another York author took part in The Hut Scribes project, working together on a creative writing project. Proof that networking works!



In September I attended the **Rotary barbeque** hosted by my friends and former clients Don and Sheelagh Salter, and it’s through their regular Macmillan coffee events I’d already met a number of Rotary members and Friends Of – more networking!

In April I found myself in the depths of the **Howardian Hills** on a **walk** led by Nigel Naish, and afterwards, helping to set up and dismantle an expertly-organized **charity fundraising lunch for 60 in Terrington Village**

The 3rd lunch was a **regular Rotary lunch** to which - as a Friend Of - I came to receive briefing for programme-selling the following Sunday at the **Dragon Boat Race**, and I was pleasantly surprised to find that the lunch was less formal than I expected.

Last October I lent a hand with the baggage-handling at the **Yorkshire Marathon (start at university)**. It was enjoyably challenging. Insufficient horizontal space to accommodate the tons of baggage, and a bewildering numbering arrangement to try and follow. A degree of chaos, but not without its advantages for the Rotary cause, because in token of their shortcomings - and extra Rotary effort - the organizers agreed to increase the amount to be donated to Rotary’s charity fund.



What a contrast to last Sunday (Aug 4th) at the **York 10K RunforAll event (start at Knavesmire)** when elevated by the additional height of flat-bed trucks some of us had the advantage of being able to spot our number-bearing customers approaching from 50 yards!



I’d never really imagined myself as a member of Rotary, and technically I’m not, I’m a *Friend Of*. I volunteer, help out when I can, and generally spread the word – networking in fact! I always feel welcome. Twelve months on and I can’t speak more highly of the organization.

Long may it continue! ”

John



The Rotary Club of York is one of the largest in the North of England, with over 80 members, and was founded in 1921, the 36th in the UK the 1,000th Rotary Club in the world



Friends of
York Rotary



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6 Move the Masses



New *Friends of Rotary* member Egg Cameron outlines some recent developments in her fitness and community service charity *Move the Masses*.....

Move the Masses has raised funds to run its innovative 'Move Mates' project for one year.



Move Mates is a walking buddy scheme where volunteers are paired with people to give them the confidence and support they need to get out of the house and get walking.



The charity receives referrals from health professionals, social prescribing services and other local charities, but people can self-refer too.

"We get a wide range of people using the service, some people lack mobility or are worried they might fall if they go out alone. We have other people who have anxiety and find it difficult to leave the house. There are no age restrictions so it's really open to anyone who feels a walking buddy would benefit them."



Read more at www.movethemasses.org.uk/buddies

Rotary
Club of York



Like to know more about what Rotary is up to in York? Fancy a good lunch? And an interesting speaker?*

Our Club is always happy to welcome *Friends* to our lovely weekly lunch meetings (12.30pm Fridays at the Novotel; cost £18).

Don't be shy – just let any Rotarian know, and we will shower you with *welcomeness*!!

*speaker list here: <https://www.yorkrotary.co.uk/diary>

Physionet Explained..



The Rotary Club of York has a special relationship with this local charity



York Rotarian Russ Rollings tells us more....

Physionet was set up in 2005. Working in sugar plantations in Fiji, a North Yorkshire agricultural consultant was appalled by the devastating effects diabetes was having on workers there, with few wheelchairs and other simple aids for those who had lost limbs to the disease. He decided that the surplus UK hospital equipment either no longer needed or not meeting new specifications could be refurbished and sent to third-world countries where it would have huge benefits.



More sticks than you can shake a stick at!

Hospital trusts and other UK healthcare providers were contacted and they were delighted that items which would otherwise have gone for scrap could be collected, repaired and refurbished as required and despatched to organisations abroad who would ensure that it would get to those people who needed it to improve the quality of their lives. Due to the basic facilities in rural areas and many urban areas in Asia, Africa and Oceania, Physionet does not send sophisticated and large items of equipment which require expert operators or technical support and servicing; simple items such as wheelchairs, crutches, children's mobility devices, mechanical lifts and other non-life support equipment makes a huge difference to thousands of people giving them more independent lives and relieving pressure on carers.



Workshop corner of the store where everything is serviced and repaired fit for work in foreign countries.

Rotary and Physionet have had a close relationship since the beginning and most volunteers are members of Rotary Clubs. In North Yorkshire, we have a superb large storage barn at Gelsthorpe Farm, two miles west of Kirk Hammerton on the A59 (YO26 8ED). Collections are made from hospitals and other providers across the north of England and Scotland by a team of drivers using our trusty Transit van. Equipment is then recorded, refurbished as required and prepared for despatch. Contact is made with agencies abroad and they list what they'd like and pay for shipping, which is by sea, usually in 40ft containers. We usually despatch at least one container every four weeks to destinations such as India, Sri Lanka, Zimbabwe, Fiji and the most recent to South Africa.



The trusty (rusty!) van, 17 years old and 175000+ miles on the clock.

More information is available at www.physionet.org.uk

We are always looking for help with loading containers and anyone who can wield a spanner or two to help service equipment such as wheelchairs. Do contact me if you would like to help!

Russ Rollings

email: russ@yorkrotary.co.uk



Gelsthorpe Farm sign

Fairfax House and I

"Friends" member Hannah Phillip looks back at 10 years of being Director of the finest Georgian townhouse in England.



"It's ten years since I came to Fairfax House. Recruited from Australia, I arrived in April 2009 fresh from managing the National Trust of South Australia's historic flagship mansion Ayers House in Adelaide, and somewhat daunted by taking on the challenge of moving countries (admittedly coming 'home' to Yorkshire but after an absence of twenty or so years) and being handed the wonderful opportunity to stamp my own mark on this exquisite townhouse. My overriding thought was – what can I bring to this fabulous building with its already well-established history?

Those who know me well, however, realise that I am a rather determined person and in spite of my initial apprehensions, I was keen to build on its fascinating history, architecture and collections by taking the house forward into the present-day and bringing it the attention it justly deserves as *the finest Georgian townhouse in England*.



In spite of its rich assets, Fairfax House has always had an uphill challenge to be more than a tucked-away treasure. It was crucial for us to explore new ways of engaging visitors in the story of the Georgian urban world and why this period of transformation and development in British history was so important.



My first task was establish the House as an accredited museum. Awarded in 2011, this gave us the necessary scope to seek grants and enter into object loans with other accredited museums.

At the same time, we began our new volunteering programme and training course. Our team brings the house to life for the 24,000 visitors who pass through the doors of each year.

We then set out to deliver a programme of public events. Performances of *Fairfax House After Dark*, wine-tastings in the form of *Explorina Lord Fairfax's Cellar*.



special-guest lectures, concerts, workshops, installations, tastings, performances, story-telling, festivals and our annual Georgian Studies symposium have all come to be a key part of what we do.

I travel the length and breadth of the UK to seek out special objects for loan and establish new partnerships. Fairfax House now has well over a 100 museums, institutions and collectors with which it can count itself 'good friends': including London's V&A, British Museum, Historic Royal Palaces and The Royal Collection

We are not afraid to bite of more than we can easily chew at Fairfax House. I think my proudest achievement of all has to be the acquisition of the exquisite 'King David Panel', Grinling Gibbons' first-known, York-made sculpture. We had just a couple of months to raise the money to purchase it, or see it leave the country for a private collection. We had to raise £300,000 – and with the help of many grant and donation givers, we did just that.

Looking back at the past ten years it has undoubtedly been a roller-coaster of a journey. We often say that we punch above our weight at Fairfax House, and I like doing just that. My team are exceptional in every way. Our volunteers have a dedication and passion for this house that makes me immensely proud and it is a joy to work with them. We have an enormous amount to be proud of – and an enormous amount still to achieve."

Sean's Story

"Not Serious Just Cancer"



Our Patron, Elly Fiorentini, has brought our attention to the blog/fundraising website of Sean Coxhead, who has terminal bladder cancer and now has a very short life expectancy. Despite this tragedy, Sean is leading a massive fundraising drive for Macmillan Cancer Support, **MACMILLAN CANCER SUPPORT** and (*as we go to press*) has just made his £20,000 target.

Through various events and also a JustGiving page, Sean is expressing his thanks for their nurses' support. His bravery and compassion



is amazing. Take a look at his web page www.notseriousjustcancer.co.uk

Friends of York Rotary member Sarah Child, who is Fundraising Manager for Macmillan in this area, commented: *"Sean is an inspiration and I am honoured to support him and his family, we are truly grateful for his continued fundraising for Macmillan"*



Moving MySight



As well as raising funds for local charities, our Rotary Club is always up for giving a bit of "hands-on" help, and when the call came in from *Friends* member Karen Froggatt, CEO of **MySight York**, we were happy to respond. MySight moved a couple of weeks ago to their new premises in Merchantgate and needed help dismantling their office furniture, wall-boards and cabinets, then re-assembling them again in the new location.



Five Rotarians turned out with power screwdrivers and a few more weighty tools and got the job done.

Read more about MySight at www.mysightyork.org

Raising potentially over £90,000 for charities (including St Leonard's Hospice, this year's Rotary nominated charity), Rotary's Dragon Boat day continues to provide fun, challenge and fantastic charitable support. Here are some photos and reflections on the day....



Trophy winners "Team Swift" (RAF)



Elly Fiorentini with Bill (DBEL)

My Reflections on the day

- **Ali Bolton**

Friends of York Rotary member

"Early on Sunday 14th July my husband and I rocked up to the banks of the Ouse to help set up for the annual Dragon Boat day masterminded by York Rotary.

Dressed in our brand new FoYR polo shirts we felt part of the team. We were warmly welcomed and immediately given clear tasks which meant we were fully occupied helping out with the enormous feat of organisation that is essential to the success of the event.

Even though I had previously taken part in a boat, I had no idea how much work York Rotary put in behind the scenes.

The day was busy, fun and rewarding. We also got good weather! **Ali**



My Reflections on the day...

- **David Fotheringham**

Chair of the organising committee
(from an article in our *Rotagraph* magazine)



"What a superb day! Once again Elly Fiorentini (BBC Radio York – and Patron of Friends of York Rotary!) provided a great commentary and her usual banter with Bill from DBEL. We continued to promote social media interest in the event, the Twitter feed was seen by over 20,000 people over the 4 days, centred around the event, a fantastic result in promoting the event and raising the profile of Rotary, and as well as a Radio York interview I gave an interview to York TV.

The North Bank activities went well again. The Rotary tea tent organised by Diana, Inner Wheel and others was again a welcome addition. The tea tent raised approximately £711, a great result. Once again a fantastic day overall and great thanks to the Dragon Boat Committee who have worked hard during the past year, the 30 Rotary Team Contacts who have assisted in an invaluable way and finally the 80+ Rotarians, partners, Friends of York Rotary and Inner Wheel members who helped on the day (and the days immediately prior).

The help from Friends of York Rotary is an important aid to stage the event, I am sure we all hope that will continue and expand."

My Reflections on the day

- **Conal Gregory**

Friends of York Rotary member

"My first experience as a Rotary "Friend" turned out to be on one of our warmest days of the summer. It was to help sell programmes for the annual Dragon Boat Race and accept any donations to the most worthwhile charities selected by Rotary. Everyone was in good spirits, whether watching the lively boat races or enjoying the ice-creams! Don Salter found great spots to entice people to support the event and the Rotary Club of York should be congratulated on another triumph. Roll on 2020!"

Conal



Rotary's Tea Tent on North Bank

