



Rotary Alumni 1210 Newsletter

May 2020

Alumni 1210 During Lock Down 2020

Rotary Youth Leadership Awards (RYLA) will not take place this year due to The Corona Virus Lock Down. We catch up with RYLarians from 2018 and find out about their plans for the future and what RYLA meant to them.

Oliver Hall

In the spring of 2018 I was approached by my head of sixth to participate in the Rotary Youth Leadership Award (RYLA), despite having very little understanding of Rotary at the time it sounded like an exciting opportunity and a chance to develop myself. A few weeks later I was visited by a member of my local Rotary club to give me some details and explain the aims of the course and the some of the things to expect during the week.

In August I arrived at Kibblestone scout camp where I was greeted by the Rotarians who were running the course alongside the Awesome Adventures team. There were also 28 complete strangers to meet, the fellow RYLarians I would be completing the course with. After introductions and a little getting to know each other we moved our bags to our accommodation for the week, for the boys it was 4 to a room and for me it was my room mates that I first got to know the best. It was then straight into group activities; the very simple aim was to push us all out of our comfort zone and give us the chance to get to know each other. The ice breaker activities included simple tasks in pairs and small groups before moving into activities with all 29 of us climbing and rolling over each other while the course leaders enjoyed soaking us all with water guns.



Oliver Hall RYLA 2018

After a large group exercise, which we didn't complete, we were split into three groups of 7 and my group which was an 8. I spent the majority of the week with my group and the group mentor. During the week we had time with our mentor to reflect on what we had learnt in the activities and fill in Johari sheets. Johari sheets are all about what you see about yourself and what others see in you. During the time outside of activities we were treated to inspirational talks by David Hyner as well as learning about Rotary and what it is doing in local communities.

We were woken every morning by music that made me feel proud to British, this was followed swiftly PT and a hearty breakfast. It was then on to the main activity of the day which was completed in the groups of 7/8. These activities offered a range of different challenges but all had the same aim of improving the leadership skills of all involved, alongside this the entire week also help with communication and team-work skills. The activities included rafting and a rescue mission.



Everyone returned at the end of the activity to get showered and changed after a long day before having a wonderful evening meal. After the evening meal is where we had to reflect and complete other smaller activities. There was then a small supper before everyone headed to bed, for one night bed was the floor under canvas which wasn't as bad as it sounds. Sleep and food kept us all going, with wake ups as early as 4am and nights as late as 11pm it was important we made the most of the little down we had. Although there was little down time, I think that is one of the best things about the course, being constantly on the go meant you never stopped learning and could make the absolute most of the week there.

The final night we were all presented with our RYLA polos and our Alumni badges before we headed down to the hall for the talent evening. The talent evening was fun and a great way to say thank you to the course leaders and Rotary clubs which had funded the course.

RYLA was one of the best experiences of my life; it was full of surprises that I couldn't possibly mention in case any future RYLarians are reading this. **I was promised fun, early mornings and long-lasting friendships by my local Rotary club and RYLA sure did deliver that. The course has made me feel more confident and in control when in a position of leadership. I also learnt it is just as important to support a leader and pitch in with ideas where appropriate for the good of the team and in order to complete a task.**

Since completing RYLA I have attended two of the annual Alumni events in Slitting Mill and at the most recent event I gave a small speech alongside one of my good friends who I attended RYLA with about what we had done a year on and our plans for the future. I have also given a presentation at my local Rotary club about my RYLA experience, I took questions and had chance to thank the people who had funded the great experience.

I have aspired to join the RAF from a young age and with the help of Rotary I got a station visit to RAF Cosford and a 30-minute meeting with the Commanding Officer of the base. This was a valuable insight into the future life I could potentially live and has set me in good stead.

I am currently volunteering with the Rotary Alumni of District 1210, helping with designs for book trolleys as well as additions to the website.



Liam Tilley

I took part in the RYLA course in 2018. I only have positive feelings about my experience. I have developed greater self-confidence and leadership abilities. In addition to making a number of close new friends that I still meet up with regularly. I am aspiring to become an Army officer in the future, the skills and traits I have learnt has put me in good stead for the future.



Sophie Barker

My decision to do the RYLA in 2018 was one of the best decisions I have made. It was so much fun; it boosted my confidence and has given me some incredible friends. I'm just finishing my first year at Keele University, where I am doing a Master's Degree in Physiotherapy.



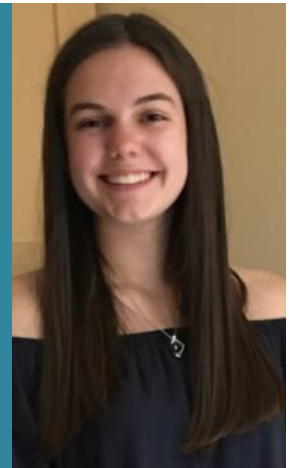
Freya Turner

I went on RYLA in 2018, it was such a great course and I met some amazing friends. **It has definitely made me a more confident person and given me so many transferrable skills.** I am currently completing my first year at Gloucestershire University studying Professional Policing.

Lucy Spencer

The Rotary Youth Leadership Award was the best thing I have decided to do. Initially I did it to go towards my Gold Duke of Edinburgh's award, but soon realised it would leave a longer lasting mark on me than that. I have met the best people in the best way who I know will be my lifelong friends. The week threw us in at the deep end which has enabled us to create a friendship bond you wouldn't normally see. My confidence has grown so much as a result of RYLA, which has proven to now be a positive asset to have for the career path I wish to take. I thoroughly enjoyed the week I spent at RYLA meeting the leaders and my other team mates, and wished I could have stayed longer!

I am planning on attending Keele University in September to study Psychology and Education with an international year - something I may not have aspired to without the confidence that RYLA encouraged, with the end goal of becoming a Primary School Teacher.



Visit a Rotary club anywhere in the world

from the comfort of
your own home

Add your club to the list of clubs meeting
online - and you may get an interstate or
international visitor at your next meeting!

bit.ly/addmyonlinemeeting

While the world deals with the Covid-19 pandemic, more and more Rotary clubs are meeting online via Zoom or streaming their meetings on Facebook.

The Rotary Club of Mt Lawley has created a list of online Rotary club meetings happening around the world so that you can "visit" other clubs. To add information on your online club meetings and to access the database, please take a short moment to fill out this form.

bit.ly/addmyonlinemeeting

https://docs.google.com/forms/d/e/1FAIpQLSejyht_ZM8z3x-k11wclKAh9X4i8lZMPzqvzHMQnFMPMF6Gg/viewform

District 1210 Rotary Clubs Donate PPE



Nursing staff at The Gem Centre, Wolverhampton modelling the new visors provided by The Rotary Club of Wolverhampton.

The Rotary club of Cannock and Rotary District 1210 are working with local print and graphics company Kazoo PSG (Cannock) to produce much needed protective visors for front line NHS staff

Visors manufactured meet the current PPE specification and are a robust personal protective measure against contact to the eyes nose and face.

Rotary Clubs donated this much needed PPE to frontline staff at hospitals, care facilities, schools, pharmacies, ambulance service and many others across Staffordshire, Shropshire, The potteries and West Midlands; 30,000 supplied to date and still going.



Blythe Bridge Rotary Club donates 180 face visors to support North Staffs GP Federation's work at the Hot Clinic in fighting Coronavirus. Really generous and they will be a big help to local clinicians



West Midlands Ambulance service are on the frontline - courtesy of District 1210 donations they have received visors/respirators and filters so that they can continue to transfer patients safely to hospital during the pandemic.



It is with the deepest sadness that
we report
PDG Dr Fraser Dukes
passed away on
6th May 2020

Fraser was a great friend and
supporter of Alumni 1210.

He will be greatly missed

DON'T BOTTLE IT UP



Rotary
Great Britain & Ireland



Rotarians 4
Mental
Health

**“I’m not afraid to speak up
– Neither should you”**

Henry Slade
England Rugby International

1 in 4 people in the UK officially suffer with some form of mental illness – in reality, almost everyone will encounter a mental health issue either directly or indirectly at some point in their lives. Even if you’re not in the 25% directly affected, help break the taboo of Mental Health.

Don't suffer in silence.

#ramh #dontbottleitup



Like us on our Facebook page

Alumni 1210: The Alumni Association of Rotary District 1210

TELFORD'S LUKE MILLINGTON WINS ROTARY YOUNG CITIZEN AWARD 2020

Inspirational Luke wins Rotary Young Citizen Award after raising tens of thousands of pounds for children's hospices

21-year-old Luke Millington, from Telford, decided to lead a fundraising appeal for Hope House and Ty Gobaith Children's Hospices and is celebrating after smashing his £50,000 goal - raising £60,000.

Luke made a video to show how the charity has helped him since he was diagnosed with the incurable muscle-wasting condition Duchenne Muscular Dystrophy. It tells how his nurse Rachel has supported him and made him see that anything is possible, such as learning to drive.

Luke said: "I'm in a wheelchair but it's not the be all and end all - I just carry on. There is stuff I can't do but what's the point of thinking about what you can't do?"

He added: "I've been playing wheelchair football now for five or six years because football is something I like that I didn't think I'd be able to do. We tackle and crash and it's pretty cool! My dream is to play for England. I need to play a lot better before that, but I can get there I think!"

His story and incredible positivity captured everyone's hearts and the hospices were bombarded with messages for Luke, along with donations.

Luke is thrilled, because the money raised will fund support for five more children at Hope House or Ty Gobaith in 2020. He says: "I feel really lucky to have Hope House in my life but sad too that they can only afford to help one in every three children who need them."

Telford Centre Rotary were so impressed with Luke that they nominated him for a Rotary Young Citizen Award. Luke has also helped the Club with their Tree of Light - which commemorates loved ones at Christmas.

Luke said: "I would like to say a big massive thank you to the Telford Centre Rotary Club for nominating me for this fantastic Award. When Hope House approached me to become their Ambassador, I was thrilled with the opportunity to help raise funds for the charity that has helped my family and I so much."

He added: "Attending fundraising events has given me important life skills such as the confidence to take part in public speaking. It has also given me the opportunity to get involved with Rotary. When the world has come out of these unprecedented times, I hope to continue with helping Hope House and Telford Centre Rotary with other fundraising projects." Luke will receive a trophy, certificate and £300 to go towards his chosen project or charity from Rotary in Britain and Ireland.



The Rotary Young Citizen Awards Presentation had been due to take place at the UK's first-ever Volunteer Expo, organised by Rotary International in Great Britain and Ireland at the NEC in Birmingham this month but the event has been postponed until May 2021 due to the Coronavirus Pandemic.

Rotary in Britain and Ireland President Donna Wallbank said: "Luke shows how one person can make a difference to many others and highlights the need that is still there to help those who are not currently receiving the help that Luke is able to receive. Luke is obviously a passionate fundraiser and so very deserving of this award which in turn allows his voice to be heard for those he wishes to support too."

Vanessa Thomas, Head of Communications at Hope House and Ty Gobaith Children's Hospices said: "Luke is an amazing young Ambassador for Hope House Children's Hospices and a complete inspiration to everyone who meets him. He was the first of our young service users to share his story. His bravery in speaking so honestly and frankly about his life with Duchenne Muscular Dystrophy and the challenges that he and his family face touched everyone's hearts and helped people to see the importance of children's hospices."

She added: "We are eternally grateful to Luke for helping to raise an incredible £60,000 through his Luke's Story appeal which will fund vital care and support for other young people, and for being such an inspirational and positive role model for other children and young people who are diagnosed with life-threatening conditions."

The Rotary Young Citizen Awards were started in 2007 to celebrate the amazing achievements of inspirational young people across Great Britain and Ireland, many of whom have assumed important responsibilities at a very young age. Discover your local Rotary and find out how you can make new friends and a difference in your community. Find out about the other inspirational Rotary Young Citizen Award 2020 Winners at www.rotarygbi.org.



Within hours of the Theatre Severn box office opening tickets have started selling for a 'live' performance of the Supervet later in the year. The organisers, Shrewsbury Severn Rotary Club, are hoping the Noel Fitzpatrick talk on Sunday September 27 about his life and dedication to advancing veterinary orthopaedic surgery will be a sell-out.

Through advances in some of the most complex problems affecting the animals he treats, Noel hopes humans and animals can benefit equally through a One Medicine approach – a cause he is passionate about.

"If people enjoy the TV series this personal insight cannot fail to impress," said Rotarian Julian Wells, himself a vet now retired, and a member of Shrewsbury Severn Rotary Club.

Tickets for the talk, which starts at 6.00 pm in the main auditorium of the theatre, are priced £30 and proceeds will be for Rotary, other local charities and the Humanimal Trust.



Greetings from District Governor Brian

I hope you are all staying Safe, Well and coping with these changing times

As Paul Harris said in 1935



how true that rings today. Who would have imagined at the beginning of January 2020 that by the end of March we would all be socially isolating and our collective meetings would be banned. But they are and we have and are changing. Online meetings have become the norm and fellowship via these virtual meetings has replaced contact meetings for the time being for many of you. Be that with your Family, Friends or fellow Alumni members.



We have also found that with social isolation the volunteering aspects of our society members has increased and many more of you are seeking ways to support and participate in community and larger projects, just look at the response to Toms walk for the NHS, fantastic. Online meetings give us as Rotary Alumni an ideal way to engage with these community volunteers via Rotary at "No cost" to you or us, providing new ways for helping and creating a source of opportunity for our work "Service above Self", particularly to connect to the many and varied events that are being supported throughout the Staffordshire, Shropshire and Black country area of the West Midlands.

Many in the community have commented on how pleased and happy they have been to engage with Rotary in all sorts of activities, Rotary Books4 Home, PPI equipment for local Hospitals and Hospices and now Social distancing kits, Foodbanks and reopening charity shops.

Life will return to its former ways but potentially not for a quite a while and many of the changes we have made will remain as the ease of participation and help from you our online partners increases and is seen to work for both.

As the last quarter has unfolded we were delighted to be selected for a "Champion of Change" Award for Rotarian Dr Viqar Qurashi of the Rotary club of Sedgley & Wombourne.

Host two District, then very successful Regional Finals for the "Young Musician" and "Youth Speaks" (The Debate), as well as the District "Young Chef" and other competitions.

Sadly the National Finals were not able to go ahead for these due to our National EXPO event at the NEC in May being delayed for a year.

We are however delighted to announce that Luke Millington (volunteer for Hope House) sponsored by Telford Centre Rotary club was selected for a "Rotary Young Citizen Award 2020" and was presented on the BBC 24 News channel on line program on the 22nd May.

Rotary provides Fun, Fellowship and that opportunity "With a purpose" to all, so no matter what your interest or desire to get involved is focussed around, talk to your local Rotary club or contact

www.rotary1210.org ;

<https://www.facebook.com/RotaryD1210/>

We look forward to welcoming you to our events and discussing how your ideas for the future can be incorporated. Rotary can be your chance to "Connect".

Brian Reilly

District Governor D1210
Staffs, Shrops and parts of West Midlands

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Membership Information

Alumni 1210 has not established any dues or financial commitment for membership.

The members will seek to inform other Alumni about the Association and encourage their participation. They request the assistance of Rotary clubs in this endeavour.

The Association plans to meet annually at a District Event although the officers will meet more frequently.

Rotary
Alumni 1210



www.RotaryAlumni1210.co.uk