



**Issue No: 145**

**Driving the wheel of fellowship**

## **April '17 Newsletter**

**Programme for the next two months.**

<u>April</u>		<u>Speaker</u>	<u>Finder</u>	<u>Grace &amp; Thanks</u>
Monday	3rd	Normal Meeting	Graham Johnson	John Turner
Monday	10th	Normal Meeting	Peter Osborn	Hugh Robertson Smith
Thursday	13th	Council Meeting	7-30 p.m.	
Monday	<b>17th</b>	<b>Easter Monday Bank Holiday</b>	<b>No Meeting</b>	
Monday	24th	Business Meeting		

<u>May</u>				
Monday	1st	<b>May Bank Holiday</b>	<b>No Meeting</b>	
Monday	8th	Normal Meeting	David Toone	Mark Thompson
Thursday	11th	Council Meeting	7-30 p.m.	
Monday	15th	AGM and Business Meeting		
Monday	22nd	Normal Meeting	Bernard Johnson	Susan Postlethwaite
Monday	29th	<b>Bank Holiday</b>	<b>No Meeting</b>	

If you are unable to carry out your 'duty' please find a substitute and tell Bridget Hunt Tel: 01455 209105

## **LOROS—27th February**

Our speaker Adrian Walker from LOROS spoke with passion about the Hospice based in Leicester. Over the year they care for 2,500 people in Leicester, Leicestershire and Rutland and provide high quality, compassionate care to support terminally ill adult patients, family and carers. The Leicester Hospice opened in September 1985 and costs around £7½ a year to run. One third of this is received through NHS funding—the remaining £4½ million is raised through voluntary donations and they are proud to say that 90p of every pound goes to patient care.

At the hospice they have 300 paid staff and over 300 regular volunteers. The volunteers come from all walks of life and staff reception, serve on the snack bar, spend time with day therapy patients, feed patients on the ward and drive patients to and from appointments along with many other jobs within the hospice as needed. A specialised confidential counselling service is made available to patients and their families. In addition individual and group sessions are offered. Patients, families and carers are given the opportunity to talk of their experiences with trained staff and trained volunteers. They are told that day therapy is increasingly becoming a popular service offering symptom management for patients, giving both their family and carers some respite during the week. Patients are referred to the hospice and their services through their GP and Macmillan and run throughout the week Monday to Friday. Social activities are a big part of the day therapy sessions. Volunteers play a large part in running these sessions including school children who recently visited to make mosaics with the patients.

The Educational Team provide training to clinical and non clinical staff both within the hospice and across the region.

The hospice works closely with the UHL (University Hospitals Leicester) to ensure they have good communication with each other to provide the best patient care.

Another service offered is the use of community nurse specialists who visit patients in their own homes. They are qualified nurses who specialise in palliative care and are able to offer both support and care beside the other services available.

The ward has 31 beds where some 550 patients are admitted

throughout the year.

The hospice is unlike most hospitals and is open to visitors 24 hours a day and has no limit to the number of visitors a patient can have at one time and there is an overnight room available should it be necessary. "Pat Dogs" are very popular visitors to the hospice and even pets are welcome to visit patients as they are considered to be part of the family. Finally it was good to hear that LOROS has been given permission for a £6million extension.

### **Lutterworth Big Indoor Bike Ride - Sunday March 5th**

Lutterworth Sports Centre played host on Sunday March 5th to Lutterworth Rotary Club's 'Spin into Spring' event. The club teamed up with spinning instructor Richard Stannard to run six one hour spinning sessions. Giving cyclists a 'virtual trip' around some of the world's more famous cycle rides, all with musical accompaniment. The event itself was a fundraiser for the Cystic Fibrosis Trust, LOROS & the Little Faces Schools in Kenya.

There was a great response of over 160 entries which ranged from some who had never stepped onto a static bike before to others who were used to cycling marathons and had booked to ride for all six hours. Entrants were plied with



free refreshments and responded generously by supporting the raffle, cake stall and 100 square competitions. A physio was on hand to revive flagging legs and the whole afternoon proved to be great fun for those involved.

It is expected that approx. £2,500 will have been raised for the nominated charities.

Particular thanks are due to the management and staff of Lutterworth Sports Centre for providing the venue and for all their support in its delivery. The next Rotary Club cycle event will be the Lutterworth Big [Outdoor] Bike Ride which this year will be held on Sunday 20th August and will be based, as usual, at Misterton Hall just outside Lutterworth.

### **Young Leicestershire - 6th March**

The Chairman of Young Leicestershire Robert Constable Maxwell our speaker spoke about the charity Young Leicestershire and what it did within the county. They are the biggest of the open-access clubs in Leicester and Leicestershire with over 15,000 young people now attending their network of member groups.

Their aim is to provide support and advice for sports clubs, youth organisations and young carer groups. They work closely with local communities and businesses to make optimal use of available funds and resources and encourage sponsorship.

The charity has 60 years experience behind them and professional experience which is unmatched in their field. They advise new clubs on recruitment insurance and training as well as other areas in getting the club up and running including the use of volunteers. They also make funds available to train volunteers to help as mentors. Young Leicestershire is run entirely as a charitable institution.

A very interesting talk followed by a multitude of questions from his audience.

### **Half Marathon for Macmillan Care**

Rebecca our waitress at the Greyhound Coaching Inn has recently run a sponsored half marathon at Milton Keynes in memory of her father who died in November last year. She was delighted in raising some **£895** for the charity Macmillan Care where nurses looked after both her father

and the family so well during this difficult time.

She said as she finished how amazed she was that with a dedicated purpose in mind how her legs kept running.

Congratulations Rebecca.



**Press Release** sent to Press at the beginning of the Month and written by Bernard Johnson.

### **Lutterworth Men in Sheds**

When trying to imagine a man's favourite place, a shed must be high on the list. Now imagine 10 men in a huge 'shed' filled to the gunnels with woodwork-ing tools and equipment; then consider that it is available every Monday from 4-6pm in The Enter-prise Centre in Lutterworth and costs only £1 and you have most men's idea of heaven.

This is the 'Men in Sheds' project which started at the Centre in January supported for 12 months by the Harborough District Council. The original Men in Sheds project was an innovative idea by Age UK using woodwork and other activities to support older men which started in April 2010.

There are a number of 'Sheds' throughout the coun-try each creating a pleasant atmosphere and cama-raderie and an article appeared in the British Medical Journal giving the health benefits of Shedding.

At the Centre each man has his own or joint project and Mike Dawson said, "It's been a great experience spending time with the group, learning new skills with a lot of help from Dave and the other group members".

For those who prefer other projects the Centre has cooking, art and computer studies and will expand to

include an additional group on Wednesdays. New community courses, for men and women, will start in the spring to include: making a bird box, quilling greetings cards, beginner's IT course and an Easter activity day on 13 April. Following a successful summer school last year there will be two options in 2017 starting 24<sup>th</sup> and 31<sup>st</sup> July, each will be for four days with 11-14 year olds choosing arts and crafts, cooking or woodwork and includes a trip out. Anyone who is interested should contact the centre: [info@enterprisecentre.org](mailto:info@enterprisecentre.org) or by telephone 01455 557085.



**Yvonne Coulson** has kept in touch with us since she came to speak to us about her work as a volunteer for **All out Africa**. She has sent us some photos of our Teddy Bears being used as a means of teaching Maths to 3—5 year olds in Swaziland where she is currently working which I thought you may like to see.

**All Out Africa** is a group of companies based in South Africa, Swaziland, Mozambique and Botswana and is non-profit foundation. One arm being the education of young children in local schools.

**All Out Africa** came from a humble beginning in late 2003. Its only asset being a 1985 land-cruiser affectionately known as the passion wagon which was used to ferry volunteers between community and conservation projects in Swaziland. To learn more about the organisation go to its Website on **All Out Africa**



## **Graham Henry Johnson - Family History - 20th March**

Graham was born on 23rd August 1940 at the Fielding Johnson Hospital in Leicester by caesarean section, brother for Michael and Molly.

He came home to live at 18 Regent Street Lutterworth over the corner shop run by his mum and dad. His grandmother on his father's side was a Rainbow. The Rainbow family can be traced back as first coming to Lutterworth in 1712. The old family home is still in Baker Street - the original building dates back to 1690. It was a family business of farming ,hauliers and in later times, around 1850, a bakery. This house with little shop windows can be seen in Baker Street to this day. Graham's family moved to 17 High Street, Lutterworth next to Barclays Bank in 1946 which was a retail bakery - Restaurant - Wedgewood Cafe.

In 1946 he started at the Edward Sherrier School until 1948 when his parents enrolled him in Longrood School, Bilton. Being a hopeless student he left in 1955 and his first job was at Burton's Garage as a petrol pump attendant and trainee mechanic. His wage, after tax and NI was 29/6d for a 44 hour week and he lasted 7 months!

Graham's next job was at Follsain Wycliffe Foundry in the Accounts department which was a good learning curve from his boss Ron Judkins earning £3 for a 40 hour week.

In 1958 he left Follsain to work in the family business; 2 retail shops, bakery, florists, greengrocers and outside catering for £7 a week but unlimited hours. The shops were then closed to put all his efforts into Outside Catering.

In 1958 he was Founder Member of Lutterworth Round Table (59 years ago this year).

In 1961 he became a Director of Johnsons of Lutterworth Ltd at £15 per week and in 1962 he married his late wife Gaynor. In 1963 their son David and in 1965 their daughter Stephanie, were born in Lutterworth Cottage Hospital.

In 1976 he joined Lutterworth Rotary Club, being proposed by Trevor Jones and Peter Handley.

In 1996 he retired and formed a new company Graham Johnson Celebrations Ltd undertaking party planning. So Johnsons still continues 110 years after his grandparents, Arthur and Clara bought 17 High Street, Lutterworth in 1907.

During his talk he told us some stories from his days in catering when on one occasion one of his staff tripped at the top of the stairs with a cauldron of tomato soup which went all down the stairs. Another when at short notice he was asked to be MC at a wedding in Leicester and in announcing the guests said "vicar and wife" and finally when catering for the Concorde's 25th Anniversary lunch they were headlined in the local press as the Supersonic Caterers. Graham concluded saying his hobbies are golf, walking and holidays.

### **Santa Fun Run Cheque Presentation - 22nd March**

Air Ambulance	£1770	Age Concern	£840
LOROS	£950	CML Magna Park	£1650
VISTA	£730	Enterprise Centre	£450
Home - Start South Leicester	£470	Share and Care	£120
Home - Start Blaby/Wigston	£390	Supporting Charities	
Town Mayor's Appeal	£730	and Groups	£600
Lutterworth Rotary	£400	Wycliffe Rotary	£400

**Total £9,500**

Lutterworth and Lutterworth Wycliffe Rotary Clubs' cheque presentation was held on Wednesday 22<sup>nd</sup> March at the Lutterworth One Stop Shop, Gilmorton Road to jointly give cheques to the sponsored charities who took part in their annual event ( the 8<sup>th</sup> year) held on Sunday 27<sup>th</sup> November 2016..

A staggering **£9.500** was distributed through the two Lutterworth Rotary Clubs.

As Ed Hemsley said ( MC for the night) we, the committee were delighted at the continued support we have from the people of Lutterworth and other local organisations after 8 years of running the event.

Please make a note in your diaries for our 9<sup>th</sup> Santa Fun Run which will be held on Sunday 26<sup>th</sup> November 2017.

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