



POLIO UPDATE

BREAKING NEWS...

A new polio case has been reported in Kanahar, Afghanistan. A 14-month boy from Loyawata will be permanently paralysed by polio. This is the 14th case in Afghanistan this year, compared to 6 this time last year. In response to the recent cases reported, at the end of September, polio vaccination teams visited 6.4 million children under the age of five in 27 high risk provinces in the country.

Currently Afghanistan, Pakistan and Nigeria are the only three remaining polio-endemic countries in the world. 4 cases have been reported in Pakistan this year compared to 5 this time last year. Meanwhile in Nigeria, no cases have been reported since 2016.

ROTARY INTERNATIONAL



This year's Rotary International theme for 2018-19 "Be the Inspiration" was chosen by RI President Barry Rassin. "Together we will see a world where people unite and take action to create lasting change - across the globe, in our communities and in ourselves."

Braunton Caen Rotary



NEWSLETTER

OCTOBER 2018

Know Your Blood Pressure

Every year the Braunton Caen Rotary Club runs a Know Your Blood Pressure event in association with the Stroke Association who co-ordinate these events across the country.



On Saturday 15th September, the Club yet again set up its marquee on the village green. Rotarians engaged with the public to encourage them to have their blood pressure taken by our health professionals (Paul, Barrie, Christine and Jackie).



The footfall in the village this year was relatively low, so we did not manage to beat last year's record number of clients. However, 53 people

had their blood pressure checked, of which 30 were reassured that they were fine and needed no further follow-up.

Twenty-three people had previously unrecognized mildly raised blood pressure and were advised to contact their medical practitioner within a month to be checked again.



Clearly, as many of these people do not often go to their GP, this could prove to have reduced the risk of stroke to these people by getting earlier treatment where required

The opportunity was taken to inform the public about the importance of optimizing their lifestyle for example through their diet, activity



level and moderation of alcohol and caffeine intake, of having their blood pressure checked regularly and how to recognize and react to the symptoms of stroke using the FAST protocol, through leaflets provided by the Stroke Association.





### Rotary Tips

#### Of the Month

- As the local doctors are not sending reminders to vulnerable people any more about getting a flu jab, if any of our members or readers think they or their families may need one, then be on the safe side and make an appointment for one.
- The next HeartStart course is at St Brannocks Rooms on Monday 15th October 19.30 to 21.30. Please phone Barrie 01271 813816 or e-mail barrie.budge@gmail.com, if you wish to attend.
- Now that the nights are longer than the days, please make sure your house number is visible and especially at night. Once, within 200 yards of a house in Georgeham an ambulance and community first responder took about ten minutes to find a house with an obscured number.
- Braunton Health Centre is not just nine to five. The Practice has some late GP appointments available on Monday and Tuesday evenings between 6.30 & 7.30pm and some early morning appointments on Wednesday mornings from 7.30am. These can be booked online or with the Reception team.
- And finally ..... why does Braunton, as the seventeenth largest village in Britain, still claim to be the largest? Please let us know!

## Polio Plus Fact Sheet

Although it currently circulates in only a few countries, polio is highly infectious and spreads rapidly. The disease which affects mainly children, is transmitted via contaminated water and food supplies. Five to ten percent of cases are fatal. As long as polio threatens even one child anywhere in the world, children everywhere are at risk. Only the global eradication of polio will ensure that no child ever again suffers its devastating effects.



### Key Facts

- If polio is not eradicated, within 10 years, as many as 200,000 children will be paralysed by it each year.
- In 2017 more than 430 million children were vaccinated multiple times using more than two billion doses of oral polio vaccine. This will be done every year until the world is certified polio free. Rotary funds will help do this.

- To date, 122 countries have benefitted from Polio Plus grants.
- Since 1988, the number of polio endemic countries declined from over 125 to three.
- On average a child can be fully protected against polio for 3 US dollars.

### How you can help

Take action by hosting fundraisers, raising public awareness, writing to your government representatives, donating, sharing stories and encouraging others to join our cause.

[www.endpolio.org](http://www.endpolio.org)

## Youth Update



### Southmead Literacy Project

Ready Steady Read with Rotary programme restarted on Monday 24 September at Southmead School with four new pupils being given the opportunity of intensive one-to-one tuition in literacy skills to help improve their reading and comprehension.

All eight pupils this year were particularly successful with advancing their literacy skills.

The programme is run by Braunton Caen Rotary in conjunction with the wholehearted support of Southmead Primary School.

### Youth Speaks

Youth Speaks is once again on the radar and we are delighted to have a Senior and an Intermediate team from Braunton Academy.

## Remembrance Concert

Planning continues for the Remembrance Concert in the Isaac Hall on Saturday 10th November featuring the Military Wives Choir, a Braunton Schools Combined Choir and the Braunton U3A. Posters will be displayed throughout the village shortly and tickets will be available soon. It promises to be an unforgettable evening.

## International

### Floods in Kerala

We heard last month that the floods in Kerala have displaced nearly one million people, while 373 have lost their lives. There has been an extensive rescue operation undertaken by the Indian Government and Rotarians in India but critical challenges lie ahead with the rebuilding of homes, schools and community centres.

Many of our members hold India close to our hearts, as a result of the close links we have forged with several people in the country as a result of our help with immunising young children against polio. We have therefore donated £500 to the RIBI disaster fund towards the rebuilding work.

# What's coming up in October, some key dates

On **Wednesday 10th October**, Zahid Kenny will be speaking to us about his charity "Reach Pakistan Changing Lives Forever". One of their projects aims to raise awareness of the plight of the brick kiln workers, and to raise funds needed to help release them. They also strive to provide education for those who have no hope to get into schools, give children an encouraging environment and help them to reach their full potential; and to start schools for the slaves and poor communities in Pakistan.

On **Wednesday 31st October**, we will be joined by four local charities who are the main beneficiaries from our Car Tour and Braunton Wheels events this year: Everything Ellie, Live Well in Braunton, North Devon Juvenile Diabetes Support Group, and Willows Wish. We look forward to hearing more about their work.



Our next Bingo night will be on Friday 5th October at the Parish Hall, Braunton. Great prizes .... why not come along!

## Braunton Caen Memory Café - Wednesday 31st October 2018

For people with memory problems, to come and join us for a chat, fun and refreshments, 14:00-16:00 Mariner's Close. This month's entertainment will be bingo and music.



## Fun & Fellowship

### Star Trek Charity Challenge



Do you like a challenge? Would you like to take part in one of the biggest charity fundraising events of the year supporting: Childrens Hospice South West and The North Devon Hospice?

Each year Braunton Caen Rotary enters a team in this event.. Sadly last year we were not able to enter due to the weather. The event was cancelled and the re-arranged date did not suit the team members due to other commitments. Next year, President Chris plans to put a team in but is looking for extra team members to join us.

There are two routes, but over the past few years we have done the shorter 8 mile route, this has less impact on recovery time on the Sunday.

There is an entrance fee of £15 and you are expected to raise at least £50 sponsorship.

This is a hugely popular event in the area, and exceptionally well run. It is great fun, but you need to be fit as it is usually cold wet and in the dark. Although a long way off, team training walks will be arranged. Please contact us at [admin@brauntoncaenrotary.co.uk](mailto:admin@brauntoncaenrotary.co.uk) if you are interested!

### Volunteering Opportunities with Braunton Caen Rotary

Do you like meeting new people and making new friends? Would you like an opportunity to socialise and get to know the local community? If so, why not help us with some of our activities?

5th October: Bingo 6.30 -9.15 taking money , preparing tea & coffee, washing up !

27th October: Spooky cycle 5-11 Marshalling on Tarka Trail at night.

31st October: Memory cafe 2-4 , talking & eating cake!

10th November: Remembrance concert 7-9 duties refreshments, ticket collection

1st December: Braunton Christmas Fair, Santa Sleigh collecting money - 2 hour time slots available.

10th December: Santa Sleigh collection static at Tesco, walking in week house to house collection. 13 volunteers a night.

And the final word from Rotarian James Benning .....

There was a young man from Forfar

Who caught the three three for Forfar

For he said "I believe

It will probably leave

Far before the four four for Forfar."

# October Diary Dates

Braunton Caen  
**Rotary**



- Wednesday 3rd October    Open Meeting, 19:00 Ebrington Arms
- Friday 5th October        Bingo at the Parish Hall, set up 18:15 for a 19:45 start
- Saturday 6th October     District Foundation event at China Fleet Country Club
- Wednesday 10th October   Car Tour/Wheels Meeting 18:00; followed by a speaker meeting: Zahid Kenny of "Reach Pakistan Changing Lives Forever" 19:00 Ebrington Arms
- Thursday 11th October    Club Council, 19:00, hosted by Chris Andrews
- Wednesday 17th October   Open Meeting, 19:00 Ebrington Arms
- Thursday 18th October    Village Fair Committee, 19:00 Williams Arms
- Wednesday 24th October   Open Meeting, 19:00 Ebrington Arms
- Saturday 27th October     Calvert Trust Spooky Cycle Event - marshalling assistance 17:00-23:00 (details tbc)
- Wednesday 31st October   Caen Memory Café 14:00-16:00 Mariner's Close, Braunton - all welcome
- Wednesday 31st October   Speaker meeting & cheque presentations from charities: Everything Ellie / Live Well in Braunton / North Devon Juvenile Diabetes Support Group / Willows Wish, 19:00 Ebrington Arms

## Club Contact Information

Website: [www.brauntoncaenrotary.co.uk](http://www.brauntoncaenrotary.co.uk)  
Facebook: The Rotary Club of Braunton Caen  
Club President: Chris Andrews 07792 173234 [coandrews@talktalk.net](mailto:coandrews@talktalk.net)  
Club Secretary: Caroline Sinclair 07811 424048 [carolatifsherton@aol.com](mailto:carolatifsherton@aol.com)  
Newsletter Editor: Paula Byrom 0777 277 0850 [paulabyrom@rpbfunerals.co.uk](mailto:paulabyrom@rpbfunerals.co.uk)

### Meeting place

Ebrington Arms, Knowle, Braunton EX33 2LW  
Wednesday Nights at 7.00pm—8.00pm



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Why not like and share our items



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