



**POLIO UPDATE**

**BREAKING NEWS...**

One new case of polio was reported this month in Afghanistan with date of onset of paralysis 17 July.

The total number of cases reported in Afghanistan in 2018 is 12.

During the August immunization campaign, almost ten million children were visited by vaccination teams to protect them from the virus.

Meanwhile in Pakistan the total number remains at 3 this year, the most recent case being reported on 18 May.

So far this year, the total cases reported globally are 15, as compared to 9 at the same time last year.

ROTARY INTERNATIONAL



This year's Rotary International theme for 2017-18 "Making a Difference" was chosen by RI President Ian Riseley. "Whether we're building a new playground or a new school, improving medical care or sanitation, training conflict mediators or midwives, we know that the work we do will change people's lives — in ways large and small — for the better."

# Braunton Caen Rotary



## NEWSLETTER

SEPTEMBER 2018

### Braunton Museum & Information Centre

Until 1974 and the opening of the first Museum in Braunton there was no single point of reference for the collecting and storage of relics and information pertaining to Braunton over its eleven centuries of history.



The Museums first location was the ground floor of the Church House also known as the Shambles, which had previously been used as Butcher's stalls and a Charity School. This mediaeval building on the edge of the Churchyard was leased from the church and restoration and decoration was carried out with financial help from a number of grants.

The Museum opened its doors on the 6th July 1974, this location served well for a number of years but eventually the collections outgrow the Shambles location.

In August 1997 the Museum moved to its current location a former Bakehouse and two cottages, this was possible by part funding and by a generous bequest from Lt. Cmdr. Gammon.

The Museum soon became the centre for family history, displays and information on agriculture, maritime, trade and social life. More recently displays relating to WW1 &

WW2 were added along with the farming history of the Saxon great field.

The Museum has a strong future supported by many volunteers, trustees and the local community, Braunton Caen Rotary being one of the most recent by donating



£1,500 from their proceeds of the Village fair. Going forward the Museum is hoping to increase the size of the exhibitions and the Museum itself, this will need lots of support from many areas of the community, and the ability to command funding for these projects.

The Museum were so pleased to receive the gift. It relies solely on donations for its survival and will be a welcome boost to its funds.

### Barnstaple & District Branch of Parkinson's UK

Meanwhile, Braunton Rotary Club were delighted to donate £1,500 from their proceeds of the Village Fair to the local branch of Parkinson's UK.



The Branch is very active and holds two one-hour exercise classes every Wednesday at Grosvenor Church, one advanced and one seated for less able participants, run by physiotherapists from NDDH. Also, there is a one-hour Movement to Music class held in St Peter's Church Hall twice a month on Mondays. It has also formed a Shanty Singing Group as singing is good for the voices of people with Parkinson'.

The Branch has a meeting on the first Saturday of every month at Goodleigh Village Hall when as well as tea/coffee and cakes, there are speakers, demonstrations, quizzes and a raffle and this is very well attended.

The money donated by Braunton Village Fair was very gladly received as this will cover the cost of the exercise classes for a whole term and a Speech Therapist for 2-3 months.

## Polio Update - Afghanistan

A nationwide polio vaccination campaign was launched in Kabul on 05.08.18 for the third time this year, led by the Ministry of Public Health in Afghanistan, UNICEF and the WHO. Around 9.9 million children under the age of 5 were targeted for vaccination against polio across the country. However, 1.2 million children from areas inaccessible will have missed the vaccine. These children will not be protected from the polio virus. The main provinces affected are Kandahar, Helmand, Urozgan & Zabul. The polio programme continues to look for ways to reach these children to protect them from permanent paralysis due to polio.

The nationwide campaign was supplemented with vitamin A capsules, which will help to build a child's



immunity and reduces the risk of diarrhea, respiratory infections and measles. Vit A supplements can improve a child's chance of survival by 12-24%.

Except for Afghanistan, Pakistan and Nigeria, the poliovirus has been

eradicated from all other countries, thanks to the polio vaccine. In 1988 when the Global Polio Eradication Initiative was founded so the world could end polio, there were 350,000 polio cases globally. So far this year, there are only 15 cases: 12 in Afghanistan and 3 in Pakistan.

Braunton Caen Rotary donated £1870.16 to the Polio fund for the Rotary year 2017/18. This figure is increased to £5,610.48 when trebled by the Bill & Melinda Gates Foundation.

On average, one child can be fully protected against polio for US\$3, which means that Braunton Caen's donation will protect almost 2,500 children against the risk of suffering lifelong polio-paralysis.

## Youth Update

**Literacy** - At our meeting on 8 August, our Literacy Consultant, Elaine McIntosh, provided the club with a clear insight on the impact that the Literacy Project has on those children selected to take part. Not only does their reading and comprehension improve, but also their confidence and attitude in class and generally in school. This was endorsed by the Head of Southmead

School who says "one of the greatest differences has been seen in the children's confidence. Often reluctant to speak and read in class they are now beginning to do so more frequently. As the children walk through the classroom to take part in the sessions they do so with a smile, clearly enjoying the sessions. Parents have been delighted and very grateful for the extra support their child has been given. Thank you to

the Rotary Club for supporting these children through the Ready, Steady, Read programme."

**The Carol Lay Award** – At the District Handover in July, former Braunton Academy pupil and stalwart of the Academy's Youth Speaks Senior team, Scarlett Rolls, received the prestigious Carol Lay Award for achievement. This award, instigated in memory of Rotarian Carol Lay, is given to the young person judged to have

made a significant contribution to helping other young people. The photo shows Scarlett receiving her award at District Conference in June by Past DG Stephen Lay.



## Mary's Meals Fundraiser at West Down

Rotarians Mike and Lynda hosted a walk/music/BBQ at their home in West Down on August 1st.

This was a great evening and the weather was kind. Those attending walked around and beyond West Down taking in the views and breathing the fresh country air. On return to the hosts' garden we were treated to a sumptuous BBQ and an acoustic set by local



musician David Little. Ed the Chef did us proud and it was great to hear live music on a warm evening. Donations of over £230 went to provide school meals for pupils in areas around the world. Mary's Meals feeds over 1.3 million children per day and The Rotary Club of Braunton Caen is



proud to have supported this amazing charity for many years. It costs about £0.07 per meal.....food for thought!!

At this superb evening it was made public how The Rotarian Mystery Slimmer was progressing. He started his "mission to lose 2 stones" on June 1st, and

from a starting point of 14st 9lbs, it was declared that he had almost lost 1 stone. His last declaration informs The Rotary Club of Braunton Caen he needs to lose another 11 pounds to achieve his target of a 2 stone loss. As he stands to raise over £300 sponsorship in aid of Mary's Meals this will eventually provide lots of meals for hungry children in poverty.

Thankyou Mike, Lynda, Ed and David for this fabulous event.

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

**KNOW YOUR BLOOD PRESSURE on Saturday 15th September 2018**

Braunton Caen Rotary will be holding a stroke awareness day on the Village Green, where we will be raising awareness about the link between high blood pressure and stroke, offering the opportunity for blood pressure testing. So please come along, bring your friends, we will be there between 10:00 and 13:00.



**BRAUNTON CAEN MEMORY CAFÉ - 26th September 2018**

For people with memory problems, do come and join us for a chat, fun and refreshments, 14:00-16:00 Mariner's Close. This month's entertainment will be provided by Rosemary with some movement (not exercise!) planned.



Caroline, Co-Founder & Director of UMOJA, will be visiting us on 12th September to tell us the latest news about the charity in Northern Tanzania that supports vulnerable youth



by providing an holistic education, ensuring physical and mental health and a good livelihood.

## What is Blood Pressure All About?

You are your brain. If you have a soul it is kept there. It is where your innermost thoughts are kept. Your character whether good, bad, social, antisocial, inspirational or plain old dull resides in your brain. The rest of the body is only there to either keep it alive or find another person with a brain to do things to make the next generation of people with brains. (Parents of older teenage children often tell them they have no brains when they do this. Ironic!).

Your brain needs a regular supply of food in the form of simple sugar. The body makes this from more complicated foods such as meals, snacks and food between them. It usually regulates sugar levels fairly well. However if the amount of sugar in the blood is too high or too low it is either a temporary thing or could be diabetes.

Your brain needs a constant supply of oxygen. Without this it will begin to die after only a few minutes unlike many other parts of the body which can stop without oxygen but recover when oxygenated. The heart and lung muscles are good examples of organs which can be restarted. Normal breathing gets oxygen to the blood which is circulated all round the body and especially the brain. If breathing stops but the heart continues to circulate oxygenated blood the brain could possibly stay alive up to fifteen minutes. This is why it is important to find where your nearest defibrillator is kept.

Blood is pumped away from the heart in arteries and flows back through veins. It is recorded with two numbers. The higher one is the force at which your heart pumps the blood and the lower number the pressure in the artery between pumps. If the pressure is too high several things could happen. One is a burst pipe which if in the brain is called a stroke. If in other parts of the body it will also do harm. High blood pressure rarely has symptoms so regular checks are important to find if you have this condition. If left it will cause damage especially to blood vessels, heart, brain, kidneys and eyes. If the lower pressure is too low this is not anywhere as serious usually but check with your GP anyway.

The only way of knowing whether you have high blood pressure is to have a blood pressure test. Most chemists will do this in addition to community nurses and health centers. Because we care for our neighbours, Braunton Caen Rotary is having a Blood Pressure session in the morning of September 15th on the Village Green for anyone which will be free and really good fun. There will also be information leaflets available from the British Heart Foundation and the Stroke Association.

A long time ago a sudden collapse often causing death was often called "the stroke of God's hand". This used to include heart attacks.



**Restart a Heart Day** Plans are underway for several British Heart Foundation Heart Start courses during the week of the European RESTART A HEART DAY which is October 16th every year. If any local community group wishes to book a course, please contact Rotarian Barrie Charlesworth, via email [admin@brauntoncaenrotary.co.uk](mailto:admin@brauntoncaenrotary.co.uk)

# September Diary Dates

Braunton Caen  
**Rotary**



Tuesday 4th September	Wheels run down meeting, 19:30 hosted by Paula & Roger Byrom
Wednesday 5th September	Open meeting 19:00 Ebrington Arms
Tuesday 11th September	Club Council 19:00 hosted by Caroline Sinclair
Wednesday 12th September	Speaker meeting: Caroline from the UMOJA Charity 19:00 Ebrington Arms
Saturday 15th September	Know Your Blood Pressure on the Village Green - 10:00-13:00 - come along and have your blood pressure taken
Wednesday 19th September	Open meeting 19:00 Ebrington Arms
Wednesday 26th September	Caen Memory Café 14:00 - 16:00 Mariner's Court, Braunton - all welcome
Wednesday 26th September	Visit to St Brannock's Church, meet at 18:30 by main door of church

**Know your blood pressure**

Get yours checked for free

Location: Braunton Village Green

Date: 15th September Time: 10.00am - 1.00pm

Rotary Braunton Caen **Rotary Club** **Stroke association**

## Club Contact Information

Website: [www.brauntoncaenrotary.co.uk](http://www.brauntoncaenrotary.co.uk)  
 Facebook: The Rotary Club of Braunton Caen  
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find us on  
**Facebook**

Have you looked at our Facebook page?  
Why not like and share our items

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

