

Cardiff Breakfast News

Whitchurch Festival and Fête



Saturday July 16th was the day of the Whitchurch Fête and the culmination of the Whitchurch Festival. The club again helped by organising and selling tickets for the Grand Draw, and erecting a Shelterbox tent on the Common.

The main prize for the Draw of £100 was donated by the club, and this was supplemented by many prizes generously donated by

Whitchurch traders. The net profit was £695, better than last year, of which half will go to the Whitchurch Community Hall Association, and half to the club's Charity Fund.

Wales Air Ambulance had been the club's principal charity for 2015-16. An air ambulance helicopter landed on the Common during the Fête, so President Sheelagh was able to hand over a cheque for £1000 to Catrin Hall, their Community Coordinator for South East Wales, in person.



Wednesday Breakfast Meetings (7.30 am at the Whitchurch Golf Club)

- 7 Sept Speaker: Charles Pope, President of Cardiff University Rotaract, and collection of goods for Northlands
- 14 Sept *No morning meeting*—Rotary Quiz vs Llanishen @ Cardiff Golf Club
5.45 for 6 pm
- 21 Sept RYLA feedback and presentation of RYLA certificates; visit of Interactors
- 28 Sept KIVA project update
- 5 Oct Fellowship and collection of goods for the Huggard Centre
- 12 Oct Visit of District Governor Steve Jenkins
- 19 Oct Committees
- 26 Oct Feedback from the District Conference
- 2 Nov Speaker: Ritchie Wood, "The Battle of Mametz Wood, 7-12 July 1916"

Rotary Club of Cardiff Breakfast

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Other Coming Events

Wednesday 14 September Rotary Quiz First Round vs RC Llanishen. 5.45 for 6 pm at Cardiff Golf Club

Friday—Sunday 21—23 October District 1150 Conference in the Royal Welsh College of Music and Drama

Monday 7 November Curry and Jazz Evening (*see below*)



Welcome to our Curry and Jazz Evening

Monday 7th November

Juboraj Rhiwbina

6.30 for 7 pm £20



Experience gourmet Indian food (dips, plated starter and buffet main course) whilst being entertained by our Jazz Band. Places are limited so book early.

Contact Mary Davies (2052 2848) or Richard Cunningham (2075 2486).

Supporting the Club's charities for the year including **Action for Children Wales** and the **5C's**.

Donations to Charities

The Club's Charity Trust Fund is used for two purposes: to fund our charitable activities, and to make donations to other charities supported by Rotary or chosen by the Club. Hon Treasurer Peter has provided this list of the charities we supported in the Rotary year 2015-16.

Rotary Foundation Annual Fund	£2000.00
Rotary Foundation "End Polio Now"	£300.00
Cancer Research Wales	£500.00
Shelterbox	£600.00
Wales Air Ambulance	£1000.00
5C's	£500.00
Cardiff County & Vale of Glamorgan Youth Orchestra (concert)	£1400.00
Prostate Cymru (from the Bike Ride)	£2052.22
RNLI (through Whitchurch Primary School)	£50.00

We also supported charities nominated by our speakers:

Tennis Foundation	£175.00	SSAFA	£75.00
Velindre Cancer Care (Lord Mayor's charity for the year)	£150.00		
The Aloud Charity	£75.00	Creative Therapies	£75.00
LATCH	£75.00		

Dictionaries and Encyclopaedias

Rotarian Neville Jones writes:-

On Tuesday 19th July Michael Sant and Neville Jones represented the Club at the “Graduation” Ceremony of the Year 2 Class at Tongwynlais Primary School. The Club has been donating *Dictionaries for Life* for the last eight years which have been presented to Year 2 pupils who are about to take the next step in their education by leaving the Infant School and becoming Year 3 Juniors. It was a delightful occasion, enjoyed by staff, proud parents and grandparents and “graduates” alike. For us Rotarians, it was a privilege and a pleasure to be present. A letter of gratitude for the continuing support of RCCB in providing the Dictionaries has been received by the club from Mrs Sally Phillips, the Headteacher.



Michael S also went to The Court School, Llanishen, on Wednesday 20th July and presented Dictionaries there at their final school assembly.

Rotarian Stephen Finch adds:

Three of the regular Bryn Celyn readers, Chris Moseley, Liz Jenkins and Steve Finch, attended the Year 6 leavers’ party on Wednesday 20th July when they were entertained by Year 5 singing their “school song” - written by the children. The Year 6 leavers then stepped into the future and played out meeting one another 20 years on and discussing what they were doing and how their lives had changed. 24 *Usborne Children’s Encyclopedias* were presented to the group as they move on to their new schools in September. Mrs Keys the Headteacher then presented each student with a yearbook covering their time at the school and gave each of the readers a colourful tea towel with self-portraits of all the children and staff.

Interact and RotaKids get Rotary Recognition

Every year, Rotary International gives official recognition to clubs who achieve a number of set objectives. These include such activities as participating in projects which promote international understanding, community projects, taking part in the Rotary Youth Leadership Awards scheme, and supporting RI’s Area of Focus (promoting peace, fighting disease, providing clean water, saving mothers and children, supporting education and growing local economies).



We were delighted when, out of five Interact Citations awarded by the President of RI to our District, one came to each of our three Clubs.

Citations to RotaKids are awarded by the President of RIBI (Rotary in Britain and Ireland), and our RotaKids Club was a recipient.

The Interact Citations will be presented on Wednesday 21st September when we shall also present certificates to this year’s participants in RYLA, who will tell us about their experiences.



Dementia Friendly Communities and Dementia Friends



At a breakfast in July, DG Elect Maggie spoke to us about her plans to promote Dementia Friendly Communities during her year of office 2017-18. We are printing this summary for the benefit of those who missed the original talk.

Dementia Friendly Communities is a social action movement launched by David Cameron in 2012 and adopted by the Senedd in 2014. It spans all age groups in our society.

The project is to allow people who have mild to moderate dementia to have the confidence to remain independent in their communities for as long as possible, ensuring they do not live in isolation. This is achieved by offering everyone a free 45 minute session to help us understand how changes in memory and perception affect a person with dementia and what steps we can all take to make their lives and those of their carers and families easier.

There are now five Co-ordinators in Wales funded by the Alzheimer's Society. In Wales, the Commissioner for Older People and the Health Minister have a target that all communities will be dementia friendly by 2020. An economic analysis commissioned by the Alzheimer's Society showed that dementia friendly communities could save £11,000 per person per year by helping people to remain independent in their communities, to stay out of the care system for longer and have a better quality of life.

Following permission from the Mayor or leader of the town council, Co-ordinators will start work by setting up a steering group in that community. They are delighted to have Rotarians working with them who are helping to create awareness by publicising the project, passing on business contacts, becoming dementia friends, supporting the special programme for schools and supporting the Scouts' "Million Hands" project. We now have several Rotarians who have completed the one day training required to become a Dementia Champion and they are delivering the Dementia Friends sessions throughout their communities as a service project within their Clubs. Brecon & Hay is the first community in Wales to become a Dementia Friendly Community with tremendous continued support from Brecon Rotary Club.

Businesses who have face-to-face contact with members of the public, from shops to transport, are also encouraged to make small changes within their organisations to comply with the dementia friendly environment checklist and also ensuring their staff become dementia friends. These changes help everyone in our communities who suffer with anxiety and other mental illnesses, not just those with dementia.

My aim is that every Rotarian in our District will be a Dementia Friend by the end of my year as District Governor in 2018 and I believe with the support of Rotary, we can help fulfil the ambition that Wales is a Dementia Friendly Nation by 2020.

DGE Maggie Hughes was invited to represent Rotary at an event held at the Wales Millennium Centre, Cardiff, to celebrate the communities, organisations and individuals who are helping to make Wales a dementia friendly nation. Already the number of Dementia Friends in Wales has reached 45,000, which is a great achievement for an initiative which began in February 2014.

