



District 105CE November 2023 Newsletter.



I have been at the Council of Governors for three days during the past two weeks with a lot of information coming out regarding the mission 1.5 million.

On Saturday with Sue we attended the 44th Charter anniversary of Clacton Lions club.

This was an excellent evening of friendship and fun. I had the pleasure with Lion President Paula of presenting two MJF's to Margaret and Alan Horton. Both were

overcome with emotion and surprise at what their fellow club members obviously thought of them.

Sunday morning was a brisk and breezy walk along Clacton Pier before we set off for heading up to Norwich to the 5th charter anniversary of Reepham Lions. This again was an excellent charter with good food and company and meeting with old friends.



DG Paul Southerton.

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
 27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times			

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Lions International
District 105CE
www.lions105ce.org.uk



LIONS CLUBS INTERNATIONAL FOUNDATION Hurricane Devastates Pacific Region



Lions are Providing Lifesaving Aid to Hurricane Victims

Dear Lions and Friends,

Hurricane Otis made landfall in Acapulco and surrounding areas of Mexico as a Category 5 hurricane reaching wind speeds of 165 mph, the strongest storm on record to hit the area. The full scale of the devastation is still unclear, with communication systems down, but it is estimated that dozens of people have been killed with several still missing. Homes and other buildings in the path of the storm have been destroyed.

Lions in the region are already poised to help and Lions Clubs International Foundation is mobilising funds, including a US\$50,000 Major Catastrophe Grant and a US\$10,000 Emergency Grant, to empower them as they help their communities recover.

Your generous donations to LCIF's Disaster Relief, specifically reserved for all disaster relief, helps Lions continue to serve!

To support Lions in their efforts to help those impacted by these natural disasters, donations can be made via our District Treasurer in the form of a Cheque or Bank Transfer. Donations to be made to 'LCI District 105ce', endorsed on the back 'LCIF Disaster Relief'.

Sort Code 405240
A/c No. 00099737

100% of donations benefit grants and programs and qualify for Melvin Jones Fellowship (MJF) or Progressive MJF.

Many thanks in anticipation of your donations, and let's hope the devastation caused by this disaster can quickly be overcome and the rebuilding of the infrastructure can start as soon as possible allowing families to rebuild their lives.

Yours in Lionism

PDG Lion Alan Hall
District 105CE - LCIF Coordinator
2023-10-27

World Diabetes Awareness Day 14th November 2023

World Diabetes Day 2023 is a global awareness campaign that aims to raise understanding about diabetes, advocate for improved diabetes care and prevention, and support those affected by the condition. This day serves as a rallying point for the worldwide diabetes community, including healthcare professionals, organizations, and individuals, to address the growing diabetes epidemic.

World Diabetes Day is an internationally recognized event that was established by the International Diabetes Federation (IDF) and the World Health Organization (WHO) to address the rising concerns about diabetes. It focuses on raising awareness about diabetes, its risk factors, and the importance of early diagnosis and effective management.

World Diabetes Day is observed annually on November 14th. In 2023, it falls on a Tuesday, providing an opportunity for a week of diabetes awareness activities and initiatives.

Participating in World Diabetes Day allows individuals to contribute to diabetes awareness and support those affected by the condition. Here are ways to get involved:

- **Wear Blue:** The official colour of diabetes awareness is blue. Wear blue clothing or accessories to show your support.
- **Share Information:** Educate others about diabetes, its risk factors, and the importance of a healthy lifestyle.
- **Get Tested:** If you are at risk for diabetes, consider getting tested for early detection and intervention.
- **Support Diabetes Charities:** Contribute to organizations that fund diabetes research, education, and patient support programs.
- **Advocate for Diabetes Care:** Advocate for policies and healthcare improvements that enhance diabetes care and accessibility.
- **Organize Awareness Events:** Host or participate in events, workshops, or seminars that raise awareness about diabetes in your community.

It was officially recognized as a United Nations Day in 2006. Since then, World Diabetes Day has grown into a global campaign that reaches millions of people in over 160 countries. It plays a vital role in promoting diabetes awareness and advocating for better care and prevention.

When sharing your support for diabetes awareness and participating in discussions about World Diabetes Day 2023 on social media, consider using these relevant hashtags:

#WorldDiabetesDay #WDD2023 #DiabetesAwareness #KnowYourNumbers
#T1D #T2D #DiabetesPrevention

By using these hashtags, you can join the global conversation about diabetes and connect with others who are dedicated to raising awareness and supporting those affected by the condition.



Bleed Control Kits

It all started with a visit by some members of Billericay Lions Club to Braintree Lions Club on 10th October 2022. Trevor Hull, one of the members of Billericay's visiting party, was sufficiently inspired to help a member of the public who was making a presentation to the Braintree members that evening.

Back in January 2020, Julie Taylor lost her nineteen-year-old grandson Liam when he was stabbed multiple times outside a pub in Writtle in Essex. He died almost instantly. But his death may have been avoided if a Bleed Control Kit had been available at the time.

It is a sad fact of life today that we are all living with rising knife crime. The devastation that this can cause a grieving family is all too clear to be seen if you speak with Julie.

Since then this grieving grandmother has devoted her life to preventing other families suffering the same tragic loss as hers. She set up the Liam Taylor Legacy with a view to raise awareness about these lifesaving catastrophic Bleed Control Kits and more importantly to raise money to purchase as many of these kits and distribute them to as many venues in Essex as possible. So far, she has raised in excess of £33,000.



These public-access specialist first aid kits are carried by the Army and air ambulance crews, and they include items which could save a life, including large "specialist plasters" to seal the most severe stab wounds until help arrives.

Putting on his Zone 2C Chairman's hat Lion Trevor could see that this was a very worthwhile project that our district should be getting behind. Trevor has already started to ask the clubs in his zone to agree to purchase 5 of these lifesaving kits each and with the agreement of our District Governor and the Immediate Past District Governor Trevor would now like to encourage all the clubs in our district to get behind this District Project.

These kits, which cost £105 each can be purchased by emailing Julie Taylor Julietaylor195@gmail.com directly. If your club should decide to support this worthy cause, could you please notify Lion Trevor Hull

zone2c@lions105ce.org.uk of how many bags that your clubs have agreed to sponsor or if you have already done this please so that he can keep a record.

If you would like Julie to come to your club to speak more about this project, please feel free to get in touch with her to arrange a visit.

ROAR National Awards Day 2023

The Roar 2023 National Awards day can be viewed on Zoom on the 6 December at 10.30 am until 12 noon.

Join us through the following zoom link

<https://us02web.zoom.us/j/89147579192?pwd=cDF3VEJJaSld3aitPZ0pmMVZwSC9GZz09>

The meeting ID is: 891 4757 9192 The passcode is: 623155

If your Lions club is interested in seeing how this exciting new youth programme engages children, then please join us on the day.



Water Aid (WaSH)

Clean water, Sanitation, Hygiene education are basic necessities for a healthy and productive life.

When people have access to clean water and sanitation, waterborne diseases decrease. Children stay healthier and attend school more regularly, mothers can spend less time carrying water and more time helping their families.

WaSH group has identified a need in Kenya. I am working with Europe WaSH group who are meeting at the Europa Forum in Austria from the 26th to 30th October.

Want to know more about water sanitation and hygiene, here is promotional document prepared by Loughborough University, just click the link below.

[040-hygiene-promotion-in-emergencies.pdf \(lions105ce.org\)](#)

Further information can be found via the following links:- https://www.who.int/health-topics/water-sanitation-and-hygiene-wash#tab=tab_1

<https://www.unicef.org/wash>

<https://en.wikipedia.org/wiki/WASH>

Swaffham and District Lions Club

On bank holiday weekend the Branch Club Lionesses were at the Classic Car Show on the Swaffham recreation ground, selling programmes at the gates, and also running our own Tombola and Bric-a-brac stall. Everyone enjoyed a lovely sunny day until about 1.30 when a thunderstorm and torrential rain put paid to it!

Our next fund-raising event took place on Sunday 24th September when we held an Afternoon Tea for Macmillan Cancer Support at Lioness Karen's home.

On Saturday 28th October our Lions Zone will be hosted a Social Evening at Great Dunham Village Hall from 7pm-10pm, with a Beetle Drive and Hot supper.



Eastwood Lions donate a bench seat to the Community.

Eastwood Lions were delighted to have the **City of Southend Mayor, Cllr Stephen Habermel** together with **Anna Firth MP** on Friday September 15th, to unveil a community bench at the Eastwood Community Centre (ECCA).



The bench was donated by Eastwood Lions and included a plaque in memory of our late Lions Mike Grimwade and Graham Longley. In the photograph with the Mayor, Cllr Stephen and MP Anna are Eastwood Lion President Eric, Lions Brian, Jean and Jan; together with some ECCA Trustees Verina, Paul and Roger.

A small celebration was held in the Community Centre kindly provided by the ECCA trustees through Centre Manager Verina Weaver.

Sleaford & District Lions

'At the end of September 9 members of the Sleaford and District Lions Club decided to take part in a somewhat different social event.

They made their way to a local vineyard at Burton Pedwardine where they all spent 3 hours or so picking grapes which are eventually turned into the best white and red

British wines you could imagine.

It was very therapeutic, and everyone had a great time without getting sore backs etc.

At the end of the pick, all the members there were treated to wine tasting and wonderful.

nibbles to accompany all the various options to be tasted.

Everyone thoroughly enjoyed the morning and are looking forward to doing it again soon.



Spalding Lions Club.



We have presented 100 books to each of the local schools seen in the photos. This was an idea we started to commemorate 100 years of Lions and to help school encourage youngsters to enjoy

reading. This idea has been gratefully received.



We have also attended Surfleet Fun Day and Moulton Harvest weekend where we had our stall for tombola and various games. We enjoyed good weather on both days, and it was a pleasure to engage with those who attended the events whilst raising funds.



Our most recent event, organised by Lion Elaine, was a 60's 70's and 80's night with a hog roast supper. This very successful event was to raise money for the 'Hope for tomorrow' charity which funds mobile chemotherapy units of which we have one in our local area. This unit is a valuable asset as it means patients do not have to travel as far for their treatment.



We have another local event soon and then it won't be long before the Santa suit is brought out of moth balls! We recently invited local SEN's schools to an afternoon at Tuby's Fun



Fair. Gosberton House Academy and the Spalding Chappell Centre came along with staff to enjoy free rides and candy floss, thanks to the generosity of Roger Tuby Jnr and his wife Sophie.



Roger Tuby Snr was a Lion and initiated the idea of giving pupils from SEN schools an afternoon of fun many years ago with Spalding Lions Club. This year was the first recent opportunity since COVID restrictions. Two other local schools who had planned to attend had to cancel unfortunately but the 70+ who did come along had a great time. It was a wonderful afternoon with laughs, smiles, laughter and screams of delight.

Club Partnership.

Lions from Helen Keller Internet Lions Club and the Lions club of Littleport along with New Century Leo Club, special Lion friends and 3rd Ely guides worked in partnership to run a win every time Teddy Tombola and upcycled tin can Alley game at the Ely Apple Festival. Set in the beautiful grounds of Ely Cathedral we used our brand-new Lions gazebo for the first time which gave us a fantastic presence compared to our old one.



One of our selfie (and a pint)

UB40 and talked to lots of people Lions undertake. A fantastic day accounts and promoting Lions to the



members managed to get a from Martin Meredith of about the projects that raising £255 for Charity local community.



Lions from Helen Keller Internet Lions Club, Lions club of Littleport organised an Autumnal Halloween Fayre at the Haddenham Cherry Tree on Saturday the 28th of October pub. With help from the Cambridge New

Century Lions Club and New Century Leo Club we ran a pumpkin Carving competition, a nerf gun tin can Alley, 2 tombola, and had other craft and charity stalls in attendance. The weather held and it was a lovely Autumn Day raising £124 after expenses.



Wisbech Lions

So so glad we could help this family with £1000 to create a memory ❤️.



Their story.....

From diagnosis day to this day, we have been overwhelmed by the support and love we have received from our friends, family, and the wider community. It took us a good 2 years to feel ready to share our story with the world but that has only been a positive step for us.

Our journey was the same as most other families before March 2017, we saved money for the future, imagined our lives for years and years to come and dreamt of doing lots of amazing things..... one day. Then Finley's diagnosis day arrived, and our world was completely turned upside down, we no longer planned for the future but lived for the moment, we

decided to do everything we possibly could now and to not look too far ahead. We left home, after a phone call the night before, to go to Addenbrookes to find out why our biggest boy Finley aged 6 was losing his sight, nothing could have prepared us for the devastating words we were about to hear, Juvenile Battens Disease. Diagnosis day will stay burnt in our hearts and minds forever, our gene counsellor was a lovely man and gave us lots of time support and words of advice. Many of these words have seen us through our darkest days and ensured our marriage has survived and become so much stronger. As we drove away from Addenbrookes, together, in silence and filled with fear, we knew our lives had changed forever but we also knew we had three little boys waiting for us at home that were the same three little boys we had left that morning. They needed routine and stability, opportunities to make as many memories together as possible and that's what we strive every day to give them. As if hearing the diagnosis wasn't hard enough, we then had to travel around our family and one by one break their hearts like ours had been broken. This was probably the hardest thing we will ever have to do, but we did it together and they could not have been more amazing and stronger for us. Lots of tears were shed that day and there have been many shed since. but these have by far been outweighed by the laughter and fun we have all had together. We thank Battens Disease for bringing the most unimaginable and sometimes completely exhausting amount of fun into our lives and for bringing our families and friends so much closer together than we ever thought possible.

The next step on our journey was making the decision whether to have our other 2 little boys Arthur 4 and Harrison 18months old tested to see if they also had Battens Disease. This was a decision we made together and one that we felt would give us at least some clarity on our future. As we quickly learnt there are not many answers that come with Battens disease, but this was something we could have control over and then we could plan for our future and know the hand we had been dealt. We also told our closest friends about Finley's diagnosis, and they were, like our family an absolute rock of support for us and helped us to start making amazing memories for us all. There was no more `we must do that one day` or `we must try to fit that in at some point`, we were living life at a million miles an hour and 3 years later that hasn't stopped, and we love it! We have had some incredible adventures and the memory making just continues to stack up, we are so grateful for our family, friends, and community for supporting us to do this and sharing these with us.

So, July 2017 quickly came round and while we were both still learning to accept Finley's diagnosis and anticipating the next step on our journey, we remembered the advice from our gene counsellor and were allowing each other to deal with things differently and at different speeds, we were in it together and this advice was so so important. We now knew that our baby boy Harrison was also affected by juvenile battens disease and that our sensitive crazy Arthur was sandwiched in between his brothers, unaffected from the disease but probably set

to be most affected out of all 3 of our little boys. But this didn't stop our fun, the tears came as did the heart-breaking.... again, but we had no time to waste on sadness, doubt and fear, there were many an adventure to be had!

Since then our journey has gone from strength to strength. The boy's school has been an incredible place of support, love, and amazing education both academically and emotional wellbeing for our boys and for us. They have learnt as much as they can about Battens Disease and have been supported by some wonderful professionals. Harrison started school in September of 2019 and all three boys couldn't love school more. We moved house and found our beautiful forever home, safe in the knowledge it could be the home to hold all of our wonderful memories and also be the house we will need throughout our journey. We found the BDFA, and the communities linked with this very small but extremely vital charity. The BDFA gives us the knowledge we need and the opportunity to be with parents on a similar journey to ours. They do so much more than this with supporting research and fighting battles and we know they will always be there for every hurdle we come across. This was the driving force behind the most recent chapter of our journey in September 2019..... the start of our forever ongoing fundraising project – Pedal4memories. This was a huge decision for us as it meant that we would be going completely public with our story and opening ourselves to the world. There were concerns about this the main one being how to keep our boys protected from their diagnosis as we had decided early on that it's a hurdle at a time with them and as it stands at the moment, they know Finley is and will lose all of his vision but as Harrison is symptom free they know nothing about his diagnosis and that is it at the moment. And that's enough for us. We trusted our community and we weren't wrong; we have had an overwhelming outpouring of love and support from our community, but they have always kept our boy's best interests and our choices at the forefront of any publicity or messages. We have been gifted wonderful experiences and they have really set our fundraising project ablaze with momentum. We could not be more grateful for this and know that as our journey develops, we have a wonderful backing of friends, family, and the community.

We are a Battens family, and this has brought many tears, but it also has brought many adventures, friends, opportunities, and a new perspective on life. We don't let the label define us; we are proud of it because it makes us who we are, but the bottom line is that we are Team Dodkin.... a family living for the moment and loving it.

Clacton on Sea Lions

Costume Jewellery salesAs we have received literally hundreds of donated items, the selling of donated costume jewellery continues this year, with the proceeds going to Lion President Paula's chosen charity – Sailship Training and Learning for Life. The Charity is based in Clacton and provides work and life skills training for people of all ages living with a learning disability



Last Car Boot sales for 2023



We have been blown away by the generosity of the general public in Tendring, who have been donating items for our car boot sales for over a year now. Our members love these events but as the weather changes and the dark mornings come, it was decided that the one on Saturday 7th October would be our last one until the Spring. Don't be deceived by the beautiful blue skies – it was rather chilly. Since January 1st 2023 we have raised a staggering £5,644 from our car boot sales.



Quiz Sheet Sales in Asda



Magical Musicals Quiz Sheets – Lion Andrew donned a very fetching pink wig for this event in Asda Clacton – at least I think it was a wig!! Their Tickled Pink event was the week before but we hadn't the heart to tell him. The Quiz sheet is also on our website – you can download it from www.clactonlions.co.uk/quiz-sheets



100 questions where you need to work out the Musical Shows or Films hidden in the cryptic clues. Hours of fun for just a donation of just £1.

Lions Autumn Forum / Lions Share event in Peterborough



Lion President Paula represented our Club at this event, putting together an informative and very interesting Powerpoint Presentation on the fundraising events that we currently do. Well Done Paula.

This month the Lion in the Limelight award was presented to Lion Adrian, to say Thank You for all the help and advice he gave to Lion President Paula, enabling her to deliver a professional and very well received Powerpoint Presentation at the Autumn Forum. Thank you Adrian.



Beetle Drive Evening Social



with this game, some weren't, but it all the evening. Lion Terry scored the highest amount and won the coveted mystery prize - we never did find out what was in it!

A thank you donation from Clacton Carnival Association

Clacton holds a week long Carnival in August, organised by Clacton Carnival Association. This week usually clashes with one of our busiest time of the year, but some of our members helped to manually count all the money collected (a fantastic £2,496.84) from the street Procession held on Saturday 12th August. At their presentation evening, Chairman of Tendring District Council Cllr Gary Scott handed out the cheques on behalf of Clacton Carnival and Lion President Paula collected a cheque for £100 from them thanking us for our help and support.



Taverham & District Lions.

The Environmental Team of Taverham and District Lions Club spent an afternoon doing Litter Pick in Taverham and Drayton villages.

A vast area was cover near the High School, Garden Centre, Woods and a busy shopping area in Drayton even a church yard.

The team of six Paul Coker, David Plunket, Sue and Nigel Howes, Manjit and Ujjal Kular did a little bit for the environment.



Are you interested in a QUIZ SHEET FUNDRAISER with no outlay, no risk, and hardly any effort?

Once again Peterborough Lions Club are offering our quiz sheets on a 50:50 basis. **At £2/ea that means you keep £1 from each one sold**, sending the other £1 to us. **We cover the printing costs, the prize costs, even the distribution costs** – and that's after we've put all the time into compiling and designing the quiz in the first place!

Why would we do this? Because **"We Serve"**. Assisting your fundraising efforts means that additional funds are brought back into the community for the good works that Lions do all across the country. Once the hard work has been done to create the quiz, printing some extra copies costs peanuts. And even after taking out costs from our 50% there's still a decent contribution to our fundraising efforts, including for this year's President's Project supporting the homeless around Peterborough. It's the perfect "win-win"!



So, why wouldn't you take part? **We'll have "starter packs" of 25 sheets at Lions Share on 7th October – take a look at them, judge them for yourself.** If you think you can sell more than 25 let's talk – some clubs already sell hundreds. We take the risk, you only owe us £1 for each one you sell, and you have until the end of the year (the quiz closes on 13th January, and many people buy them as stocking fillers).

The Peterborough Lions Quiz has been running for decades (started by Lion John Cheetham) and selling on a 50:50 basis has been a huge part of their success over that time. **Come and say "hi" at Lions Share, or contact Mark Rogers directly at mark@peterboroughlions.org.uk, 07740195046**

Finally, if you're already doing something similar that we could sell on a 50:50 basis, tell us more!

Peterborough Lions

