



District 105CE January 2024 Newsletter.

The latest news from the District Governor.



I attended Wroxham `s 48th Charter today and presented 2 MJF's to Lions Lydia and Andrew Spight congratulations to you both, well deserved. An excellent charter lunch with nine clubs being represented and thank you Lion President Mike and Wroxham Lions for your hospitality.

This has been a busy week with club visits to Loughborough and Southwell Lions plus a council of governors meeting. I presented Lion Janet Hines with a 10year chevron, Lion Terry Vout with a 20-year chevron, and Lion

Barry Earlston with a 45-year chevron.



The DG team intend to start collecting spectacles again in April, this time up to 15 boxes will be £30.00 and over 15 boxes will be £50.00 from your charity accounts to the district treasurer. We can only collect the exact number of boxes that you tell us you have in advance.

We have a good programme of events at convention including a talk from the Cardiomyopathy UK, which is Sue's charity for this year, so please if you do intend on coming get your booking forms in, the deadline has been extended to February 15th.

As you may be aware, a District Charity Fund is in existence to support clubs and zones in district CE in terms of disaster relief and humanitarian causes.

Natural disasters linked to adverse weather and climatic change are becoming more and more frequent, usually resulting in suffering and hardship for those affected. The existence of the district charity fund means that financial aid can be swiftly approved to support clubs in providing much needed support at a local level. To date, a small number of clubs have contributed to the fund in amounts varying from £100 to £250. I am therefore writing to all clubs within district CE requesting that you consider donating to this fund with a suggested minimum figure of £50 per club. If all clubs donated at least £50 then that would significantly increase the resources available in time of need.

Please bring this important message to the attention of your members. Donations should be made to the District Treasurer and the bank details for payment are sort code:40-52-40, account number: 00099737.

Paul.



There are spaces available for the upcoming New Voices Workshop which will be held in Dudley on 17-18th February. This is a free workshop and is a great way to share with likeminded Lions.

New Voices doesn't just mean new Lions, it's a programme to help people to find and use their voice in Lionism. If you are Interested in attending, please email jaime@cdsign.co.uk



105CE District Convention
14th-17th March 2024
Dunston Hall, Norwich
DG Paul Southerton



GET YOUR BOOKING FORM
NOW FROM THE LIONS 105CE
WEBSITE!

Facilities
Swimming pool
Golf Course
Spa/Gym
Gardens

[Click HERE to visit the website for details.](#)

Our International Guest speaker

We are thrilled to welcome Dr Gary Anderson, a dedicated Lion from Grand Rapids, Michigan, USA. He has been a private practice optometrist for 44 years and has held many offices within the Lions family, including club president, district governor and council chairperson. Dr Anderson has also participated in 40 Lions Vision Missions to Mexico, the Caribbean, Central & South America, and Kenya.





MULTIPLE DISTRICT 105

CONVENTION

2024 NEWSLETTER

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Wishing you will be here?

Welcome to the first Newsletter for the 2024 Multiple District 105 Convention



My Fellow Lions.

As your MD Events Officer I thought I would say how much I am looking forward to welcoming you to this year's MD Conventions at the lovely seaside town of Weston-Super-Mare and invite you to join us on the Pier on the Friday Evening for entertainment and fun and then on the Saturday in the Pavilion for Convention with some interesting speakers and discussion followed by the traditional Banquet and Ball where hopefully we will enjoy ourselves.

It is the team's goal to make this an enjoyable event, so get on and book. See you there.

Dave

IPDG Dave Ebsworth
Events Officer

We have an exciting weekend planned, starting on the Friday evening on the impressive Grade II listed, 366m Grand Pier. On Saturday, both our Convention and Banquet take place in the Winter Gardens, another impressive building, both venues have great accessibility and are really looking forward to our visit.



We are delighted to have a couple of great guests for the whole weekend, we have Past International Director & Board Appointee **Lion Teresa Dineen** from the Lions Club of Cork and **Lion David Evangelista** who is the Regional President & Managing Director for Special Olympics Europe Eurasia, both will be tremendous company and impressive speakers through our Convention.

Having visited both sites, the welcome we received from the staff was second to none, they were accommodating, flexible and couldn't do enough to make our 72nd Convention Weekend a really memorable time. With Weston-super-Mare being a popular tourist destination there are lots of Hotels, B&B's, Guest Houses and camping facilities nearby, we are using the Royal Hotel and the Grand Atlantic, but there are plenty of other facilities for you to choose from.

Why not make the most of your trip to Weston-super-Mare and spend a few extra days experiencing the wonderful hospitality of the South West.

I sincerely look forward to seeing you all at our 72nd Multiple District Convention – don't forget to book for the social functions and to register your delegates to vote at the Convention.

Looking forward to seeing you in Weston
CC Lion David Pope



To book for Convention please use the link to the Convention website <https://www.md105convention.uk/Index.html>



MULTIPLE DISTRICT 105

CONVENTION

2024 NEWSLETTER

A selection of some of the best things to do in Weston-Super-Mare. HAVE A FUN TRIP!

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The Grand Pier

The Grand Pier is easily Weston-Super-Mare's most familiar and well-known spots in the town. With a cosy indoor-fairground and daily events in the summer months, it's one of the best things to do in Weston-Super-Mare whilst you stroll the shore.



A mix of fun, cheesy and totally kitsch seaside vibes, you'll get to see tribute acts like Queen, and also heaps of rides for the whole family to enjoy. From the cutest little roller coaster to the Formula One simulator, you'll be in for a treat.

Whilst here, grab a treat to eat at one of the Grand Pier's foodie spots, like; the Donut Factory for their fluffy ring doughnuts. Oh, and before you leave don't forget to check out the Museum of Memories, where you'll be transported way-back-when through memorable foods, toys and tv shows plenty of good entertainment to enjoy.

Weston-super-Mare Beach

Weston-Super-Mare Beach is a firm favourite on a sunny day! With a huge area of sandy goodness, it's perfect for traditional seaside chillout right on the shoreline. Plus, the water is quite calm for a little dip, too. Though always remember that the tidal range in Weston-Super-Mare is extreme, this means the water can go out quite significantly, exposing boggy areas of the shore.

These can be dangerous as you can get stuck. Always explore with caution and remember the tide comes in very fast. Afterwards, take a walk down the pier and try your luck on the penny drops, slot machines and soft toy grabbers. Also, if you're wanting to avoid the crowds around the Grand Pier, take a stroll or drive over to Brean Beach. It's huge and just as stunning.



Mendip Hills

Nestled just east of Weston-Super-Mare, the Mendip Hills is one of Britain's most beautiful natural landscapes to explore. With its picturesque limestone hills, the Mendips was officially declared an Area Of Outstanding Natural Beauty and perfect to visit for a day trip. Not only that, the caves are where the oldest complete human skeleton was found in Britain, the Cheddar Man (who is over 9,000 years old).

Don't forget to stop in the little tea rooms (for some scones and tea) and buy some cave-aged cheddar cheese (from the Cheddar Gorge Cheese Company) whilst you're here! We loved it.



Afterwards, stop by for a little gander in Axbridge – a tiny market town that's just shy of the Mendip Hills itself. Here, you can stroll the centuries-old streets, visit King John's Hunting Lodge and pop into the Oakhouse for a yummy lunch and tippie.



The Museums

Just shy of Meadow Street, the Weston Museum is one of the best things to do in Weston-Super-Mare if you're something of a history buff. Starting from prehistoric times all the way to the modern-day. Don't miss Clara's Cottage, a well-preserved 1940s home. It's a perfect spot to visit for an hour or so, especially on a rainy day. If history isn't your thing, then check out the Helicopter Museum instead. Every helicopter enthusiast dream spot, it's the largest helicopter museum in the whole world. Holding over 80 different types of helicopter models, collected from all over the world, it's one of the best things to do in Weston-Super-Mare for anyone interested in aviation history.



Once here, you'll get to see the world's fastest helicopter and check out the historic models that are pretty cool to see. For a more quirky and cosy museum, head to The Lambretta Museum. A kitsch little place that shows off gorgeous vintage scooters, posters, badges and other memorabilia. Not necessarily for everyone, it's best saved for those that are interested in Lambretta.

Steep Holm Island

Just off the shore of Weston-Super-Mare, Steep Holm Island is really easy to visit by boat from the area around Marine Lake in the town. With human settlements dating back to prehistoric times, there's a heap of diversity and history to discover; especially on the island trails. Despite being uninhabited, the island was once a thriving home to 6th-century British monks, St Gildas. Even the Vikings called the island home at one point!

One thing to note, it will be a full-day trip so be prepped for 12 hours exploring with Bay Island Voyages. This means you should pack all the foods, snacks and water for your trip on the island itself.



with lions
ROAR



To get involved..

For Districts
105A, SC, SE, & SW
Please email Viv Diggins at
diggins2000@hotmail.com



For Districts
105CE, CW, CN & N
Please email Steve Scall at
stevescall@gmail.com

You can also find out more about ROAR at:

Lions Members Website: <https://lionsclubs.co/MemberArea/home/lions-roar/Lions>

Public Website: <https://www.lions-roar.com/lions-clubs>

Search Social Media Using: [#lionsandkidzroar](#)

Lions, the ROAR2024 programme is in launch mode.

[#lionsandkidzroar](#) [#LionsClubsInternational](#)

You may well have heard of the excellent service success of Lions ROAR2023, the programme has gone from strength to strength, and we have engaged over 100,000 children since its launch!!

This exciting, inspirational, innovation ideas competition for primary schools, provides a fun enrichment experience for children aged between 7 and 11, it encourages them to 'think big and dream big' and to create 'world changing ideas.

Want to be part of the success? [Check out this video.](#)

You will be hearing more about the programme and how you can participate, in the meantime if you want to find out more, email [Steve Scall](#) or [Sue Denton](#) for more information about the programme and do reserve the following session in your diaries too: -

1. A District Officers ROAR Info Session at 7:30pm to 8:30pm on 7 Feb
2. A Club Members ROAR Info Sessions at 7:30pm to 8:30pm on 12, 13, 20 and 21 Feb.

You can also visit our website at <https://www.lions-roar.com/> to learn more about the programme.



<https://www.youtube.com/watch?v=hmYCcwdFpU0&authuser=0>

2024 Peace Poster competition.

This year's Peace poster Theme has been announced as '**Peace without Limits**'. Could you please order your packs by emailing youthpeaceposter@lions105.ce.org.uk as soon as possible, preferably before the middle of February so that I can order packs in time to be delivered to convention in March, this year. I will invoice clubs and expect payment to be received before issuing the packs.

Many thanks, peace poster officer Mel Godefroy

[#LionsMD105](#) [#LionsYoungAmbassador](#) [#YoungAmbassdor](#)



👩🏫 Congratulations to Mollie Speed who is the Lions Young Ambassador for District 105CE and is sponsored by Peterborough Lions Club.

✅ Here is her personal statement: During my time as Head Girl and National Student Leadership, I learnt that I could use my voice to speak out for peers' needs. At school, I saw friends struggling with everyday items they couldn't afford so campaigned for a uniform swap shop which was rolled out across 39 academies and period poverty projects in the local community. I have continued speaking up for peers at college where I am Charity and Community Outreach Lead. I have been invited into schools, talking about taking opportunities, to understand that they

can make a difference and shape their future, I have spoken at National Head Teachers Conferences to promote student needs. Through my passion for fundraising, I enlisted 80 academies to raise money for Ukraine, hitting £17,000. I've led many fundraising activities including one for Cystic Fibrosis UK after finding out that my friend's little sister was diagnosed.

👩🏫 We are looking forward to meeting Mollie at the British Isles Final.

✅ Put Sunday the 18th of February in your diary to hear from all our Lions Young Ambassadors.

Lions Young Ambassador Award Finals

Celebrate the 50th Anniversary taking place over the weekend of

16-18 February 2024

at The Village Hotel
Castlegate Park
Birmingham Road
Dudley DY1 4TB

Booking details can be found at:

<https://lionsclubs.co/MemberArea/home/lions-young-ambassador-finals-weekend/>

16-18 February will mark 50 years of the project that recognises young people volunteering in their local communities.



With the support of their sponsoring club, the most inspiring candidates have progressed to represent each of the districts at the Lions Young Ambassador Award finals. This is a fun – and busy weekend, not to missed, where the finalists are invited to share their story, participate in social activities, and enjoy an awards presentation.

Each of the finalist receives a £500 bursary to be used for welfare work on their chosen project, or for training to help them in this work. The overall winner becomes the Young Ambassador for Lions Clubs International of the British Isles. They are presented with a further £1,000, a trophy, the opportunity during the year to promote their project, and to take part in the European Young Ambassador Final.

Clacton on Sea Lions News January 2024

Christmas Fundraising Collections.

Like many other Clubs in the district, Clacton Lions members had a very busy December. Our chosen charity – to receive 50% of the money raised this year was The Essex and Herts Air Ambulance and 10% of the monies raised in the supermarkets are donated to the stores chosen charity. We started with a 2-day bucket collection in the Co-op Superstore in Brightlingsea, quickly followed by a weekend in Santa's Grotto at Clacton Shopping Centre. After a couple of days break it was off to Asda Clacton, then Morrisons Little Clacton, where Father Christmas and his elves were kept busy collecting and posing for pictures. At Morrisons Little Clacton they were also asked to hand out small wonky carrots to the children for Rudolph – only LP Paula could have found the largest non-wonky one!



Lion President Paula received fabulous feedback for our efforts making it all worth it – and we raised a fantastic amount of money too.

I had a lady come to me at Asda to say that her special needs child had been to see our Santa and had spent the rest of the day clutching the soft toy and excitedly saying 'Santa gave this to me'. Mum was so pleased that Santa had taken time to talk to him and make his experience so good.

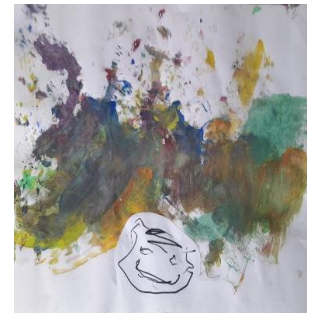
I also received the following comment from a lady whose child saw our Santa at the Shopping Village. I just want to say that *G* really enjoyed his experience. Can you tell the staff that they were great with him. Can you also tell the man that is portraying Santa this: -The majority of Santa experiences we have booked, the experience is not as personable as you were with my son, as I am sure with all the other children. You really spent time on him and gave him a really fun experience. With some experiences it is like being in a revolving door, in and out as quickly as they can. So, thank you and thank you Christmas Elves.

Cheque Presentation Evening at Sams Hall

One of the best evenings of the year – that's what the members say. After 2 months of Christmas Fundraising, the fantastic total of £7,000 was raised and this was the night that we give most of it away. £2,500 was donated to The Essex and Herts Air Ambulance Trust – with accident survivor (thanks to the Air Ambulance) and volunteer Sean collecting it for them. £615 was donated to Morrisons chosen charity Together for Short Lives with Community Champion Wendy collecting it. Asda Community Champion Amy chose local charity 'Sailship Training and Learning for Life', and they received £540. Brightlingsea Co-op chose Brightlingsea Food bank to receive their £55 and their cheque will be taken to them by Rose and Bob who also volunteer to help at that foodbank. Thank you, cheques were also donated to TPRS, Second Act Charity shop, and Harwich and District Social Group who supply us a countless supply of good quality soft toys to help with our fundraising.



We also took the opportunity to present the winners of our Clubs Peace Poster Competition with their certificates and prizes. Our local heat winner was Grace Ratcliffe from Tendring Technology College, and the local Special Schools winner was Ralph Pearce from Shorefields School in Clacton.



Saying Thank You is so important.



LP Paula awarded two certificates of Appreciation this month. The first to Tracey and Geoff at Kings Road Post Office who sell our quiz sheets, display our posters and deal with the numerous amounts of spec cases that we sell on eBay each month. Their picture is below. The second was for the local jewellers' shop JK Gems, who support our Golf days, give us advice on jewellery items to sell on eBay and also give us a great price for our broken gold and silver jewellery.

We do love our recycling and our small printer cartridges help us raise funds via the Ink Bin scheme. If your Club doesn't recycle them yet for your Club funds, then have a look at their website www.theinkbin.co.uk



and wait for the cheques to come in. Easy fundraising and you are making a difference to the environment.



We are never too busy to have a social evening and 21 members donned their best Christmas jumpers and had a fun evening. It involved best jumper competition, best bauble design, four Christmas themes Quiz's and a fun pass the parcel. An evening of laughs and fellowship.

The picture shows members judging the best design bauble which was won by Jamie Bush. Best jumper was won by Steve Gray.

This month's Lion in the Limelight award was given by Lion President Paula to Lions Jim and Liz Godden, who, despite Jim's limited mobility problems, made sure that the Christmas Collections went smoothly, sorting and cleaning hundreds of small soft toys for Santa to give away. Jim was not at the meeting, so it was presented to Liz with instructions that Jim was to dust it!!



Swaffham and District Lions Club



The New Year has started fairly quietly after all the activities of the Christmas period. We collected a total of £1300 with our Santa charity collections at Waitrose and Tesco in the run up to Christmas, and we thank everyone who very kindly supported us, a great result.

Lions Club President Nicola Claxton had the pleasure of presenting a cheque for £250 to Sadie Grist and all the young stars of the production "Grimm's Tales" at Westacre Theatre. The money will be used to help support the work the theatre does for children and young people in the



local area.

Our next event will be the Pancake Race which will be held on Shrove Tuesday, the 13th of February on the Campingland. For more information email the Lions on swaffham-lions@gmail.com

Diabetes Diary Dates for 2024

Living with diabetes day - Norwich

Diabetes UK together with Norfolk and Waveney Integrated care board welcomes you to join us for an education and awareness day.

By Diabetes UK and Norfolk & Waveney ICB

Date and time

Tue, 16 Apr 2024 10:00 - 16:30 BST

Venue

**The Nest
Holt Road Horsford NR10 3AQ**

<https://norwichdiabetesukevent.eventbrite.co.uk/>

Dates for your diary.

- 10th to 16th June 2024. World Diabetes Week.
- 7th to 13th October 2024. Hypo Awareness Week.

For further information please email on gstdiabetes@lions105ce.org

Or go to [Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)

Learn more [Learning Zone - Discover more about your diabetes. | Learning Zone](#)



BOURNE LIONS CLUB

BOURNE LIONS CLUB CHARITABLE TRUST FUND REGISTERED CHARITY NO. 1077290



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1950-60'S EVENING



LIVE ENTERTAINMENT

BY KELLY ANN



TICKETS £10 PER PERSON
WHICH INCLUDES LIGHT REFRESHMENTS.

7.30PM

SATURDAY

24th

FEBRUARY

2024

PLEASE PURCHASE TICKETS IN ADVANCE FROM
HARRISON & DUNN (NORTH STREET BOURNE)
OR CONTACT GAIL JOSH TEL: 07944655639

BOURNE CORN
EXCHANGE.



Nottingham West Lions Pride Club Branch

Celebrating Jit Osaan



Come along and celebrate the life of our founding Member and Past President Jit Osaan, on Sunday 25 February 2024 from 3:00pm to 6:00pm with a 3 course buffet lunch and live Bollywood music by Bhagwati Makwana.

Bring along your family and friends, indulge in the mouthwatering cuisine, listen to your favourite songs and at the same time let's remember Jit and raise funds for the Nottingham Renal Unit.

Many Thanks to Bhagwati, Tony and all the staff at Laguna for always supporting Lions Clubs International...

February 25 2024, 3:00pm to 6:00pm

Laguna Tandoori Restaurant
43 Mount Street, Nottingham NG1 6HE

Discounted parking at NCP Mount St.



Live singing by
Bhagwati ❀ ❀



NWLPCB
Reg Charity No. 1188304

Tickets:

Adults - £22.50

Children under 12 - £15

RAFFLE

For Bookings & Details Contact:

Ravinder Manku: 07859 937282

Sumita Bhambi: 07949 131751

Nina Viridi: 07944 051187

REMEMBER 105CE CONVENTION BOOKING
EXTENDED TO February 15th. BOOK NOW!



Billericay Lions

A TASTE OF GREECE

Saturday 9th March 2024
7.00 for 7.30 pm

Emmanuel Church Hall
Laindon Road, Billericay

Tickets £22.00

For tickets please call 0345 833 9849

Visit our bookstall outside Poundland
on Saturday mornings

or email greece@billericaylions.com



All profits go to Lions Charities

Billericay Lions is a Registered Charity – No. 1008040