



Lions Clubs International
British Isles District 105CE
At the heart of your community



MONTHLY NEWS, March 2022.

You will have seen the terrible impact on the people of Ukraine following the invasion by Russian troops, the Lions of the adjoining countries are gearing up for a huge influx of refugees. LCIF is ready to support the Lions and LEOs to help them. There will be further appeals for support, please discuss this within your clubs and send any donations through to our District Treasurer Lion Paula. Thank you.

Yours in Lionism

**Lion David Pope MJF
District Governor for District 105CE.**

Dear caring Lions & LEOs of District 105CE

In a little over a week our District Convention will be taking place. This is your AGM, your opportunity to vote on the resolutions, elect your Lion Leaders for 2022/23 and to hear from some of our incredible Lions from around our District and further afield. The convention committee have done a wonderful job and are really looking forward to giving you a very warm welcome to sunny Peterborough.

As you would expect I have been on my travels and earlier in the week I visited the Lions Club of Leigh on Sea, it was lovely to catch up with their members and hear about all of their activities, I also presented long service chevrons to Lions Pam Bassett and Debs Jones – well done, at the meeting they voted to completely fund an activities weekend for Southend Young Carers, a truly magnificent gesture – Thank you Leigh on Sea Lions, look forward to seeing you at your Charter Night in May.

The following day I went to Norwich and visited the City of Norwich Lions following the sad passing to higher service of PDG Lion Dr John Jones, it was good to see Lions Howard and Mike and talk through their plans for their club and I have offered them the district's support in their activities. The main reason for the visit was to recognise their Lions Club with obtaining Model Club status with their LCIF donations and to recognise the past District (and MD) LEO co-ordinator Lion Howard Zellely with his 50 Years Certificate of Membership personally signed by our patron The Countess of Wessex. Howard was the District LEO adviser when I joined over 40 years ago!

Later in the day I visited Long Stratton Lions Club at their Not the Christmas lunch and was able to present PDG Lion Roy Woodhouse with his 50 Years Certificate personally signed by our patron The Countess of Wessex. Both Roy and Howard were inducted on the same day, how fitting to be able to recognise their 50 years of service on the day !

I am delighted to let you know that PDG Lion John Groome, President of Kings Lynn Lions Club has been able to present a 50 Years Certificate, personally signed by our patron The Countess of Wessex, to Lions Richard Greenwood and Peter Grant,

On my Birthday I attended the Coningsby & Tattershall Lions Clubs presentation evening and Barn Dance. A really great evening, recognising the joint efforts of the Lions & Rotary over the Christmas period, thanks for the cake it's lovely!

Take Care and I look forward to seeing you all on my travels.

A VERY PROUD & HUMBLE DG

Yours in Lionism

Lion David Pope **MJF**

District Governor for District 105CE covering the counties of – Cambridgeshire, Essex, Lincolnshire, Norfolk, Nottinghamshire & Suffolk, and some adjacent areas.

Did you know that our 93 Lions Clubs in our super District donated over £1.5 million pounds to charity over the last two years – what a fantastic amount, thank you and well done.

Tel: Home - 01733 236536, Mobile - 07777 630153

District 105CE Convention 2022 information & booking form <https://www.lions105ce.org/district-convention-2022.html>



CLAIRE'S WALK FOR YOUNG CARERS

The Young Carers have to take the role of the adult in their home. This could be personal & intimate care, feeding the family or sorting out the bills. Some have local support but during the Covid shutdowns this stopped and now is more limited than before.

Some don't have help from the local authorities because they are afraid for the unity of their family; preventing them from accessing support services or to be able to cope with school-work and seeing friends.

Young Carers are there to support these children in whatever way the children need. They provide an essential service to an often-hidden group of children. Your donations will make a huge difference to both these children and their families.

Thank you – Claire

Claire has now visited these extra clubs, virtually of course, with her walk for young carers.

Wroxham, Taverham, Dereham, Reepham, Cromer, Wells-next-the-sea, Hunstanton, Kings Lynne, Swaffham, Wisbech, March, Whittlesea, Stamford, The Deepings, Bourne, Spalding, Boston, Skegness, Sutton-on-Sea, and Louth. What an effort!





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



LIONS CLUBS INTERNATIONAL FOUNDATION Ukraine Refugees and Displaced Persons

Dear fellow Lions

As you will have seen, sadly there are many refugees fleeing the Ukraine following the invasion by Russia. LCIF have responded to this devastating news by providing support for these refugees.

Many Lions have contacted LCIF recently asking how they can support refugee efforts relating to the recent conflict in Ukraine.

LCIF has set up a 'Refugee and Displacement Persons' fund for donations to this disaster. Enquiries have been received from Lions in Romania and Poland about potential grant support for refugee relief and LCIF staff are working with Lions leaders in each country to develop a project plan for LCIF to support Lion-led distribution of immediate needs. Initial care packages will include food, water, hygiene items, and clothing.

After initial grants, LCIF will continue to work with Lions to evaluate further needs, and the potential for Lions to help.

How can you help?

The quickest and easiest way to ensure that efforts to assist people affected by the evacuation is to make a donation to the LCIF 'Disaster Relief Fund' - 'Refugee and Displacement Persons'

Donation should be forwarded to the District Treasurer in the usual way.

Sort Code 405240

A/c No. 00099737

Many thanks in anticipation of your donations, and let's hope this conflict can be quickly resolved and the people from the Ukraine can start to rebuild their lives.

Yours in Lionism

PDG Lion Alan Hall
District LCIF Coordinator
2022-02-26

Edwinstowe & Dukeries welcome 3 new members to the pride on one day. Cake supplied by one of them and consumed with gusto by all present.



New play area for Southwell Minster School Juniors

Southwell and District Lions have helped to fund a new play facility for the 40 pupils at The Minster Junior School, which was established over 1000 years ago to educate the choristers of the nearby Southwell Minster, and which acted as a community hub for keyworker children for the surrounding villages of Southwell during the first Covid lockdown. Although Southwell Lions made its donation way back in Spring 2021, supplier delays because of source material shortages and Covid backlogs has meant that the equipment has just been installed, ready to be unveiled after the half term break. Prior to the new equipment being installed, the only facility available to the pupils, aged from seven to 11, was a small open space with no play equipment. Rob Burns, head of the junior school, told Southwell Lions that the new equipment has arrived just in time for the weather to improve and the children are able to play outside.



Swaffham & District Lions

Swaffham Lions President Tony Lakey's 40 years' service as a Lion was recognised at the club meeting. Tony was presented with a 40-year chevron together with a letter of thanks for his service from the Lions International President Douglas Alexander, by the Lions District Governor David Pope.

Tony, due to his work in the police which has involved him moving from Dereham Lions, where he was President on 2 occasions as well as other roles, to Swaffham where he is the current President. Tony has a passion for community work and has led a Welfare team on many local projects including the annual Seniors Christmas Lunch.

Tony and his wife Nicci, a former Lioness President, enjoyed travelling to Lions International Conventions in Phoenix and Montreal.





We have been working in conjunction with The Nicholas Hammond Academy in Swaffham, in sponsoring a Writing Competition for Year 7 students. The students were set the target of producing a piece of writing entitled "What can I/We do to Help", linking it to the Lions' motto of We Serve. Their brief allowed students to write something which was real or fiction and could be in the form of a piece of prose or of poetry.

Some 22 students from Year 7 submitted an entry and the Lions found it extremely difficult to select the winners. Ultimately 6 were recognised and each of them received a book token plus a certificate. There were 3 Certificates of Commendation along with 1st, 2nd and 3rd places. The winner was Briar Hobbs, pictured here with Lion Vice President David Merchant, whose entry centred around a homeless individual who is approached by a passer-

by and offered some food and cash to help them on that day. It was well written and provided a feeling of understanding of how both individuals reacted to the moment

Clacton Lions



The best part of Fundraising is giving the money away – and that exactly what Clacton Lions Club did this month – gave away most of the money that was raised at the Christmas Hamper Draw and the Christmas Store Collections. Our members chose to support the two local lifeboat stations from the Hamper Draw collection. All three lifeboat stations of Tendring were supported with their Christmas 2021 Store Collections.

We invited volunteers Steve Cole from Clacton Lifeboats and Amy and Roy Openshaw from Frinton & Walton Lifeboats to join us at our Business meeting on February 9th, where Lion President Alan was delighted to present them both with cheques for £600.



A couple of days later – it was Harwich Lifeboats turn. On Saturday 12th February Lion President Alan handed over a cheque for £300 to Lifeboat Operations Manager Peter Bull. He met with volunteers of Harwich RNLi Gail Mander, Phil Gilbert, Dan Bellingham and Charlie Charles who were very interested in the work done by our Club, and we are hoping to work together in the future.

Cheques were also sent to Tickled Pink – Asda Clacton's chosen charity, and EACH – chosen by Brightlingsea Co-op – to say Thank You for letting us collect in their store. Other cheques – again to say



Thank You – were given to 1st Clacton Guides, TPRS Tendring Primary Recycle Scheme and Walton Little Helpers. These groups supply us with cuddly toys which are all washed and checked and used in our fundraising games throughout the year.



And another Thank You – this time a Certificate of Appreciation to Clacton Shopping Village was presented by Lion President Alan to the Operations Manager Leanne Pfrang. A new event for Clacton Lions which raised the fantastic amount of £1,221.42. Leanne said "It was a pleasure to have provided Santa's Grotto, the delight it brought to those who visited Santa and the professional way in which Clacton Lions dealt with them. We were all impressed and look forward to working with you again".

Pride of Tendring Awards 2022 – for the last 10 years, Councillors of the wards within the Tendring area have been invited to put forward volunteers that give up their time to help others, whether that is supporting the vulnerable, helping people less fortunate than themselves, or just working to better their community. Councillor Andy Baker of the Eastcliff ward in Clacton put forward PP Lion Jim Godden for this award. Jim was very honoured but felt that this award should be for Clacton Lions Club as one person does not make the Club. The nomination was amended and on Friday 11th February Lion President Alan and his wife Judith, and PP Lion Jim with wife Lion Liz were invited to attend the award ceremony at The Princes Theatre in Clacton. There were 18 other worthy nominations – varying from a young carer from Brightlingsea to the vaccination volunteers in Clacton on Sea. It was a very proud moment for both Lion Jim and Lion President Alan- who is currently serving his second term as President, when they collected the Clacton on Sea Lions Club award and certificate from The Chairman of Tendring District Council Councillor Jeff Bray.



Newmarket Lions teamed up with Rotary of Newmarket again this year to host the Snowdrop Stroll and how lucky were the people of Newmarket. At a cost of just £5 PER FAMILY GROUP the locals were able to walk around millions on snowdrops and aconites on Sunday on the beautiful Landwade Estate.

It was spectacular to be able to walk around so many spring flowers and included in the bargain price was even a complimentary tour of a 15th Century Church by local curates which was built originally for the owners of the estate. It contains some very special glass which is reputed to be the best medieval glass in Suffolk, so it was very special especially as the church is so rarely open to the public!

The walks varied in length from 1/2 mile to just under 4 miles and maps were given out on arrival for people to decide on which route they preferred. Stewards were strategically positioned around the estate to help and answer questions and of course, to keep people safely away from hazards like the deep lake. The kissing gate proved to be a very popular bottleneck which was manned by Lion Mark Golder who was forever hopeful, well it was Valentine's weekend! Most of the Newmarket Lions were in the barn looking after extra sales from the hordes of walkers with the hot and cold food and drinks. With a Food Hygiene Certificate on display, the Lions were able to sell homemade cakes, sausage rolls and scones both cheese and fruit some with cream and jam, a selection of warming soups with French Bread and a selection of hot drinks including teas, coffee's, hot chocolate, and squash for the children.





'We were flat out all day with our first guests wanting coffee at the barn just after 10:30 AM and we kept everyone fed and watered until just after 3:00 PM. We had great support not just from the town and surrounding villages but also people travelled over from Haverhill, Cambridge, Fordham, Bicester in Oxfordshire and from Holland and even one lady from Dallas in Texas!' Said PRO Chris Rawlinson of Newmarket Lions Club.

Newmarket Lions and Rotary of Newmarket have a debrief meeting on Monday 21st February when the final total will be announced regarding the amount of money made for the two chosen charities which this year was for Newmarket Community First Responders and End Polio but are hopeful that it will be in the region of £2,000 which is awesome!

News from Lions Club of Felixstowe



The Lion's Club was pleased to host a talk given by Sandy Davies and Poobie Naidoo on Loos4Learners (L4L). This is a project to raise funds toward building toilet facilities at remote schools in Ghana. Pupils, especially girls, need to be able to access such facilities, which are sadly lacking. The photo shows Sandy and Poobie with Lions President Richard.

By the time you read this, we will have held our first event of the year, the ever-popular Pig Race at the Trades and Labour Club. (No pigs are harmed during the event!).



The Great Easter Egg Hunt will take place in the Spa Gardens, near The Hut, on Sunday 10th April from 12 noon. We will be hiding 100 eggs so come along and see how many you can find!

This pic is of the last hunt we did so you can see how many eggs were involved!

Upcoming events to look out for – the Saturday Car Boot sales (on the Sea Road site) will hopefully be starting from April, and we hope to hold 3 Antiques sales on the Triangle over this year. Follow us on Facebook to find out more details of these events.

The Lions would like to thank you all for your continuing support in helping us raise funds to enable us to help our local community and those in need.



LAST CHANCE TO BUY YOUR BALLOONS

105CE CONVENTION 2022 – The Final Details

Dear Fellow Lions

Convention 2022 is almost upon us! **The Convention Committee** and all the team are really looking forward to welcoming you to the **3rd Convention of our District** in Peterborough during the weekend of **10th – 13th March 2022** at the **Holiday Inn Peterborough - West, Thorpe Wood, Peterborough PE3 6SG**

It is great to see that so many of you have booked to attend the face-to-face Convention this year. There is a full programme of activities for you to get involved in together with some quieter moments so that you can spend time catching up with friends and colleagues.

Members of the Convention Committee will be on-hand during the Convention so if you have any questions or issues just ask.

Brain Tumour Research Balloon Race. Throughout the weekend **BALLOONS** will be on sale for the Brain Tumour Research Balloon Race, raising funds to support this brilliant charity. Please buy a balloon or two – every little helps!! Lion Lynne Roberts will be available throughout the weekend to help with online purchases.

Convention Registration. You will also need to book in at our Reception (down the corridor opposite the main entrance) to receive your pack etc. Our Reception will be staffed from 11am to 5.30pm on Friday and from 8am to 12noon on Saturday.

Training on the Friday afternoon there will be a **Certified Guiding Lion Course** and workshop/presentations on **Diabetes, Gleaning** and one on **Health** (involving resuscitation). However, please bear with us as, due to the commitments of external presenters and the arrival time of our International Guest, we may need to be flexible on timings.

Friday evening is the Host Night – an Italian themed evening with buffet and entertainment. If you wish, please dress in keeping with the theme.

Saturday brings us together for our Business Meeting. Coffee will be available in the Foyer of the Buckingham Suite from 9am and I would ask you all to be **seated by 9.45am so that we can start promptly at 10am**. We have a significant amount of business to get through as well as a lot of fun, so that prompt start is essential as are prompt starts after the morning Coffee Break and Lunch. Stalls will also be around the hall and down the corridor for you to browse and maybe make a purchase or two.

If you have brought spectacles to be recycled or food for the Food Bank these will be collected in the foyer of the Buckingham Suite.

Business Meeting - Delegates and/or Alternates. Please be aware that Delegates and/or Alternates must have registered at our Reception by 10.30am on Saturday to be eligible to vote on any of the Resolutions, Endorsement or Candidates.

Saturday evening is our formal Banquet and Ball again with entertainment and, you will be glad to know, I have been assured that the speeches will be kept short! Those attending the Banquet and Ball will find their tables listed outside the Buckingham Suite and will be able to pre-order drinks that will be taken to their table.

Sunday morning will give us the opportunity to have an Open Forum with our DG Team and International Guest.

Accommodation. If you have booked accommodation at the hotel then you will need to collect your key from the Hotel Reception (please be aware that it may not be available until around 3pm

– this is especially likely if you have just booked for the Saturday as the Hotel is now fully booked for Saturday night).

If you are staying on Thursday night, please book in at the Hotel Reception and indicate your choice of meal on the list that will be available there.

ZOOM - Digital Attendees. It is wonderful to see that so many of you can attend in person, however, we are aware that there will be fellow Lions who are not able to attend in person but who would still like to be part of the Convention. Therefore, the whole of the Business Meeting will be available via Zoom, the link & password detail will be available to you through Lion Adrian Robinson on it@lions105ce.org.uk so you too can join in the activities.

Have a great time and we are looking forward to seeing you however you attend.

Kind regards,

SAA/Convention Officer Lion John



LIONS CLUBS INTERNATIONAL
DISTRICT 105CE INVITE YOU TO
TAKE PART IN THEIR

ONLINE BALLOON RACE

TO RAISE FUNDS FOR THE LIONS
BRAIN TUMOUR RESEARCH APPEAL

£5 PER BALLOON
WWW.BALLOONRACE.COM/LIONS105CE

1ST PRIZE £100 + 10 RUNNERS UP PRIZES

Race launches on District 105CE Convention day
on Sunday 13th March 2022 and ends on
Mother's Day on Sunday 27th March 2022

SCAN ME

Charity number 1181428



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



LIONS CLUBS INTERNATIONAL FOUNDATION Cyclone Batsirai - Madagascar

Dear fellow Lions

As you will no doubt have seen on the media Cyclone Batsirai has hit Madagascar and has caused significant damage, leaving 120 dead, over 124,000 people with their homes damaged or destroyed and some 30,000 more displaced.

Tropical Cyclone Batsirai made landfall on the central-eastern coast of Madagascar on February 5th, putting the lives and livelihoods of vulnerable people at risk.

In the worst affected areas, towns have been completely devastated. Houses have been swept away by the violent winds and access is now only possible by air.

There will be considerable rebuilding required, not only people homes but also of the infrastructure on the islands will require reconstructing.

Your generous donations to LCIF's general disaster relief fund delivers hope and relief worldwide. Initial aid is presently being arranged and transported to Madagascar with health teams and water, food and tents.

How can you help?

The quickest and easiest way to ensure that efforts to assist people affected by the cyclone is to make a donation to the LCIF 'Disaster Relief Fund'

Donation should be forwarded to the District Treasurer in the usual way.

Sort Code 405240

A/c No. 00099737

Many thanks in anticipation of your donations, and let's hope the people on the islands of Tonga can start rebuilding homes as soon as possible and the families on the islands can start to rebuild their lives.

Yours in Lionism

PDG Lion Alan Hall
District LCIF Coordinator
2022-02-15



LIONS CLUBS AND MEDICALERT
SUPPORTING CHILDREN HERE IN
THE UK



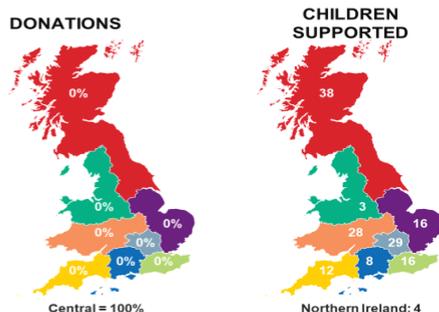
Sponsored by Lions Clubs International since 2013, The Early Start Programme provides free MedicAlert membership for vulnerable children every year up until their 10th birthday, along with an item of medical ID jewellery.

- The programme has protected over 500 children, providing them and their families with peace of mind enabling them to live fuller lives.
- **155** children protected in 2021 across the UK, **38** in the North District.
- Since **October 2021** we have averaged **30 applications a month**, at this rate the projection for **2022 applications** will be at least **360**.
- We expect this upward trend to continue which means that now, more than ever, we need Lions clubs to allocate some of their hard-won donations to continue to support the programme.

The table below shows how many children are being supported through the Lions ESP. whilst money is in the fund MedicAlert will continue to provide lifesaving medical identification, and through the nurse run call centre offer advice and support.

January 2021 – December 2021

Area	Donations	Children Supported
District 105N	£0	38
District 105CP	£0	3
District 105CE	£0	16
District 105CW	£0	28
District 105A	£0	29
District 105SE	£0	16
District 105SM	£0	12
District 105SC	£0	8
Central Office	£1,200	-
Grand Total	£1,200	150



Every parent receives a letter advising them that the membership has been paid for by the Lions Clubs of the UK. A great way to raise our profile.

Clubs often ask me can they fund a local child? The answer is yes if you identify a specific child, MedicAlert will direct your donation towards that membership. For more details, please contact me.

PDG Lions John Sutherland MJF

MedicAlert co-coordinator

LIONS EARLY START PROGRAMME

MedicAlert has since 2019 supported the Lions Early Start Programme by adding £1 to every £2 raised by Lions clubs to support the ESP.

We now have more children waiting for MedicAlert ID than funds being donated by Lions

A donation of £300 per club will keep this vital service running.

Send donations to the District

MD105 Convention - Birmingham

29th April to 1st May 2022



MD Convention Chair
CC Richard Williams MJF



MD Convention Host
PDG Guch Manku PMJF



- From the wonderful city of Birmingham, the heart of our MD
- A fantastic opportunity to 'really' meet up with friends old and new
- To celebrate our 70th Anniversary in style
- To Attend our AGM and have your say
- With an inspirational line up including Past International President Lion Jim Ervin
- Creating a magical post digital get together for us all to remember
- Convention Hotel is The Holiday Inn Birmingham City Centre
 - Call 0121 634 6200 to book rooms and quote Lions 'L28'
- Convention Venue is next door at The Birmingham Conference & Events Centre



- Friday 29th April - Evening
 - Social to Celebrate our 70th Anniversary
- Saturday 30th April - Morning / Afternoon
 - Convention - Our AGM
 - Partners visit the many local attractions
- Saturday 30th April - Evening
 - Gala Dinner - Dress to Impress
- Sunday 1st May - Morning
 - Convention - Meet the Council of Governors



104th International Convention Montreal - 24th to 28th June

'Rise together'



- The biggest Lions vent for 2022 in the beautiful city of Montreal
- A fantastic opportunity to meet up with friends old and new, from near and far
- Celebrate our 104th Anniversary in style
- With an inspirational line up headed by our International President Douglas Alexander
- Experience and learn from the excellent exhibits
- Attend the Parade of Nations
- Sing along with Smoky Robinson
- And enjoy all that Montreal has to offer
- Book by 31st March for reduced fee of \$175

<https://lcicon.lionsclubs.org/>



Young Leaders in Service is a project we have, that gives Lions an opportunity to work with their local Youth, aged 11 to 18.

In schools the students must get involved with service in their communities as part of the national curriculum. As Lions we ask that the students log their hours of service, have them confirmed by the staff and then we reward them with a certificate (Bronze for 25 hours, Silver for 50 hours or Gold for 100 hours) from Lions Clubs International signed by the Chairman of Council. These awards then help the student with university and work applications. Lions can work directly with schools, Youth Clubs, Young Carers groups, or indeed any organisation that gives young people the opportunity to serve their

community. Get in touch youngleaders@lions105ce.org.uk



RAYLEIGH LIONS CLUB (CIO)

CHARITY NO. 1184449



Annual Charity Quiz Night
at Hullbridge Community Centre, Pooles Lane, Hullbridge,
Essex SS5 6PA

Friday 11 MARCH 2022

7:30pm for 8pm start

Prizes go to winning team's chosen charity

1st prize £250 2nd prize £175

3rd prize £100

£5 per player - maximum of six in a team

Please register in advance. There will be a maximum number of teams so please don't just turn up on the night.

There is a bar for drinks – you can bring your own nibbles.

For more information/application forms

***Tel: 01268 778299 or e-mail Lion Irene at**

irenepracy@talktalk.net or rayleighlionsclub@gmail.com

to register your team

DISTRICT DIARY

March 2022

- 1st Witham Club visit - District Governor,
ROAR Knowledge sharing (Zoom) 19.30 – 20.30
PR Drop-in session (Zoom) 20.00 – 21.00
- 2nd ROAR Knowledge Sharing (Zoom) 19.30 – 20.30
- 3rd Convention printing - District Governor
- 4th Edwinstowe presentation evening – Vice District Governor
- 5th District A Convention and Mersea Island Charter - District Governor
- 6th Littleport Club visit - District Governor,
Louth Charter – Vice District Governor
- 7th ROAR Knowledge sharing (Zoom)
- 8th Southwell Club visit – District Governor
Membership drop-in session (Zoom) 19.00 – 20.00
- 9th ROAR Knowledge sharing (Zoom) 19.30 – 20.30
- 10th Humberston club visit – 2nd Vice District Governor
- 10th – 13th 3rd District Convention Peterborough
- 14th Trip to National HQ delivering spectacles AND Whittlesey Club visit – District Governor,
Acle club visit – 2nd Vice District Governor
- 19th Nottingham West Charter – District Governor – Vic District Governor
- 21st Caistor Club visit – District Governor
- 22nd Brigg Club visit – District Governor
- 23rd Norwich West Club visit – District Governor

April 2022

- 2nd Peterborough Charter- District Governor - 2nd Vice District Governor
Caister Charter – Vice District Governor
- 3^{rs} Southwold Charter – District Governor
- 4th Grantham club visit – Vice District Governor
- 5th Lioness Lions Club visit (Zoom)
PR Drop-in session (Zoom) 20.00 – 21.00
- 6th GST Roadshow - LCIF session 1- Online 19.00 - 20.30
- 7th Attleborough Club visit – District Governor
GST Roadshow - LCIF session 2 - Online 14.00 - 15.30
Newmarket Club visit – 2nd Vice District Governor
- 12th Membership drop-in session (Zoom) 19.00 – 20.00
- 13th Chelmsford Club visit – District Governor
- 20th ROAR Knowledge Sharing (Zoom) 19.30 – 20.30
- 21st Centennial 100 Champions Club visit (Zoom) – District Governor
ROAR Knowledge Sharing (Zoom) 19.30 – 20.30
- 24th Coningsby & Tattershall Charter – District Governor
Loughborough charter – Vice District Governor – 2nd Vice District Governor
- 26th GST Roadshow - Hunger session 1 - Online 19.00 - 20.30
ROAR Knowledge Sharing (Zoom) 19.30 – 20.30
- 27th ROAR Knowledge Sharing (Zoom) 19.30 – 20.30
- 28th MD Convention – Birmingham – District Governor
- 29th MD Convention Birmingham

May 2022

- 1st MD Convention Birmingham
- 3rd ROAR Knowledge sharing (Zoom) 19.30 – 20.30
PR Drop-in session (Zoom) 20.00 – 21.00

- 4th GST Roadshow - Hunger session 2 - Online 14.00 - 15.30
- GST Roadshow - Diabetes session 1- Online 19.00 - 20.30
- 5th ROAR Knowledge sharing (ZOOM) 19.30 – 20.30
- 7th Southend on Sea Charter – District Governor
- 10th GST Roadshow - Diabetes session 2- Online 14.00 - 15.30
- Membership drop-in session (Zoom) 19.00 – 20.00
- 11th Beccles Club visit– District Governor
- 12th Halesworth Club visit– District Governor
- 13th Beccles Charter – 2nd Vice District Governor
- 14th Leigh on Sea Charter– District Governor
- Spalding charter – Vice District Governor
- 15th Cabinet meeting Peterborough– District Governor
- 21st Deepings Charter – Vice District Governor
- 22nd Lincoln Charter– District Governor – Vice District Governor
- 23rd GST Roadshow - Cancer session 1 - Online 19.00 - 20.30
- 31st GST Roadshow - Environment session 1- Online 14.00 - 15.30
- GST Roadshow - Sight session 1- Online 19.00 - 20.30

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

ACTION FOR HAPPINESS

Happier · Kinder · Together

REMEMBER MARCH 28TH IS THE DEADLINE FOR DIARY INCLUSION FOR YOUR CHARTER CELEBRATIONS, FUNDRAISING EVENTS ETC.



Lions Clubs International
British Isles

Ukraine Crisis Appeal



Lions Clubs of the British Isles launch an appeal to support the refugee efforts related to the current conflict in Ukraine. Lions Clubs provide vital assistance where it is needed.

#StepForward #JoinUs #LionsGetInvolved

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