



Lions Clubs International

British Isles District 105CE

At the heart of your community



105CE Monthly news, August 2022

'Together We Can' – 'Lions is Life Changing'

Diary of a DG - July 2022 – Month 1

Sue and I had an amazing time in Montreal from 20th June to 1st July. Where I completed my District Governor training and along with around 70 other Lions from the British Isles and Ireland, we took part in the Parade of Nations which was an incredible experience. I eventually formally became District Governor of your District when I completed my swearing in ceremony and Sue carefully ripped my 'ELECT' ribbon from my badge.



Thanks must go to IPDG David for keeping the seat warm for me. That seems an appropriate time to congratulate IPDG David on his exceptional year, he must be one of the most organised people I know, and I learnt a lot from him over the past few years. Don't expect me to be as organised but we will get the job done!

Our feet hit the ground back in Heathrow on July 2nd and thankfully it has been a steady start to the year. Our first official duty was to attend the Handover of Hornchurch Lions on 9th July. This was our first visit to Hornchurch Lions Club, but we were welcomed very warmly and enjoyed a fabulous night, with delicious food, great company, and some dubious singing by Lion Harbinder, but he made up for it with his dancing later.

The following weekend was our District Handover which was a lovely afternoon tea at the Masonic Hall in Peterborough, thank you to Lion Andrew Wilcox for helping to arrange this for us and to everyone who attended to make the event very special for the whole team. Also, thanks to Sue for arranging the surprise cake. We also managed to squeeze in the first session of our new Global Membership Approach (GMA) team. This comprises 4 teams of four Lions looking at:

- New Clubs
- New Members
- Member Satisfaction
- Leader support
-

Last year we recruited 146 new members, which is brilliant, however, we lost over 200 members and a large proportion of these left in good standing. We don't have a membership problem; we have a retention problem. Please ensure all your members feel included, valued, and listened to, we are far less likely to lose satisfied members.

Next, I travelled alone to Nottingham West Lions Club and Nottingham West Pride Club Handover on the 16th of July. This was another excellent afternoon. Unsure about the dress code of Hawaiian or smart causal I opted for a bit of both. The room was a flood of colour, which set the scene for a very informal and relaxed Handover. More examples of great service and super plans for the year from both clubs. This weekend 29th – 31st July, was my first Multiple

District Council meeting as District Governor, where I get to vote! This was held near Kenilworth and includes the Vice Council and together we had an interesting and engaging meeting discussing all the various officer reports. More details to follow at the Cabinet meeting on 7th August. The two teams gelled very well over the weekend.

Sue and I slipped away early to attend the 6th Charter anniversary of the Lioness Lions Club of East Anglia at Seward's End Village Hall, near Saffron Walden. This was first official charter as DG, and it was so relaxed and friendly it was a great way to start a busy year of charter celebrations. Past President Angela talked about some of the many projects and fundraisers completed and President Robyn shared the impressive service metrics with the club and more details of a few of their projects.

I now look forward to the first Cabinet meeting next Sunday, which will be a bit different, with some group work to help plan the year ahead for our dedicated Cabinet officers as well as introducing a bit of service, which can then be taken back to clubs and zones and shared as options for use in their areas.

Sharing our service is a big aim for me this year, IPDG David talked about being PROUD to serve, I intend to build on this with our Lions Share Autumn Forum on October 15th in Peterborough, but before that we need you to document and share a service project that you are proud of with me so we can start to collate a booklet of projects.

On Monday morning Sue and I along with Lions David King, Ian Constable, Jimmy Latimer, and Kelly Marie Thompson fly to Romania for our annual visit to the orphanages we have visited with over the past 20 years. The trips are self-funded, but the Life Changing support we give to the children has only been possible with help from most clubs in this District, for which we are truly grateful.

This year we plan to handover the reigns to our twin club and our twin District. They have great plans for us including working with Special Olympics, Ukrainian Refugees, a hunger project in remote villages and not forgetting our children who we have known for so many years.

We can't wait to go, but I also can't wait to come back to share some amazing stories of service and to build our twinning friendship for the future.

Our calendars are filling up quickly, so please let us know of any charter dates as soon as possible. VDG Paul, 2VDG Colin and I will be starting our club visits very soon and look forward to seeing you all over the course of the year.

Together we can

Let's change live together.

'Together We Can' – 'Lions is Life Changing'



SPECIAL CONGRATULATIONS.

Lion Derek Rutter and his Wife are celebrating 50 years of marriage this weekend.

Dear Lions



I have thought long and hard about which charity to support this year. This charity represents both Chris and me. It also represents 2 of my passions and 2 of the Lions Global Causes - Youth and Hunger.

A hungry child cannot concentrate. For 28p **Magic Breakfast** can give a child a healthy breakfast and ensure a child can concentrate during crucial lesson time in the morning. **Magic Breakfast** began in 2003. Carmel McConnell was completing research for her book 'Change Activist' when she realised that thousands of children began the day without breakfast. This then meant they were not able to concentrate and achieve their full potential. She took out a loan and created 'Magic Breakfast'.

Today Magic Breakfast provides healthy breakfasts to over 200,000 children in England and Scotland during normal term time, in over 1000 primary, secondary and Special Educational Needs schools, plus Pupil Referral Units. A "magic" breakfast is healthy and nutritious. It is designed to give children energy, protein, vitamins, and minerals, and is low in sugar, salt and fat. The food Magic Breakfast provides to schools complies with government school food standards and regulations in England. They provide Quaker porridge; Nestle, Kellogg's and Weetabix cereals; New York Bakery Co bagels; and Heinz No Added Sugar Beans. Schools buy their own milk and spreads. They also give schools information on the ingredients and allergens in Magic Breakfast food.

In the academic year 2020/21 Magic Breakfast provided:

9,426,223 bagels

834,171 boxes of cereal

4.6 million servings of beans

4.5 million servings of porridge

126,040 litres of juice



Any monies raised through this appeal will go directly to Magic Breakfast. For a school in England to be eligible for Magic Breakfast, at least 35% of pupils should be recorded as eligible for Pupil Premium.

This is where Lions come into their own.

Schools must submit an expression of interest form via the website. Once they submit the Expression of Interest form, and they have checked that their eligibility fits the criteria, they will hold your details on file ready for when funding is available, and the good news is that Magic Breakfast are looking to expand into the East of England as they currently have little coverage here. So, between us we can really improve the lives and life chances of our local children, and their families.

Lions is life changing. Let's Change Lives Together.

As well as making donations Lions Clubs are also asked to contact schools to tell them about Magic Breakfast. This is then an open door for all our other Youth Projects. See what I did there? I have linked my 2 roles together: DG Partner in Service and Youth Lead.

For more information, please check out the Magic Breakfast website

<https://www.magicbreakfast.com>

Please make cheques payable to LCI District 105CE, or for ease transfer directly into our District bank account, details below, so all money raised can be presented to Magic Breakfast in one go.

Account name: LCI District 105CE, Sort code: 40 52 40, Account number: 00099737, Ref DG Wife

Thank you in advance for your generous support.
Lion Sue Hibbert

Altruistic August 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1	Set an intention to be kind to others (and yourself) this month	2	Send an uplifting message to someone you can't be with	3	Be kind and supportive to everyone you interact with	4	Ask someone how they feel and really listen to their reply	5	Spend time wishing for other people to be happy and well	6	Smile and be friendly to the people you see today	7	Give time to help a project or cause you care about
8	Make some tasty food for someone who will appreciate it	9	Thank someone you're grateful to and tell them why	10	Check in with someone who may be lonely or feeling anxious	11	Share an encouraging news story to inspire others	12	Contact a friend to let them know you're thinking of them	13	No plans day! Be kind to yourself so you can be kind to others too	14	Take an action to be kind to nature and care for our planet
15	If someone annoys you, be kind. Imagine how they may be feeling	16	Make a thoughtful gift as a surprise for someone	17	Be kind online. Share positive and supportive comments	18	Today do something to make life easier for someone else	19	Be thankful for your food and the people who made it possible	20	Look for the good in everyone you meet today	21	Donate unused items, clothes or food to help a local charity
22	Give people the gift of your full attention	23	Share an article, book or podcast you found helpful	24	Forgive someone who hurt you in the past	25	Give your time, energy or attention to help someone in need	26	Find a way to 'pay it forward' or support a good cause	27	Notice when someone is down and try to brighten their day	28	Have a friendly chat with someone you don't know very well
29	Do something kind to help in your local community	30	Give away something to help those who don't have as much as you	31	Share Action for Happiness with other people today								

ACTION FOR HAPPINESS **Happier · Kinder · Together**

District Convention 2024

Currently there has been no firm commitment from any Club(s) willing to host our District Convention in 2024.

In early August I will be issuing the Convention Calling Notice requesting Nominations, Resolutions and offers to host District Conventions in both 2024 and 2025.

I appeal to any Club, group of Clubs or Zones prepared to host the District Convention in 2024 to contact me now – time is already very short in terms of organising a District Convention. The actual closing date for offers to host both of the District Conventions is 31st December 2022, but to have a firm offer for me to take to the District Cabinet for the 2024 Convention prior to the end of December will mean the team, along with the District Officers involved, can begin the task sooner rather than later.

If any advice or further information is required, please do not hesitate to contact either me or the District Convention Coordinator, Lion John Potter, via conventionoff@lions105ce.org.uk
Thank you

David Merchant - Constitution, Nominations and Resolutions Officer - consnoms@lions105ce.org.uk

Southend Lions Club.

Southend Lions Club sponsor the local School, Lancaster School football team named Lancaster Lions Football Club, in various ways.

At the recent Football Tournament, seen in the photos

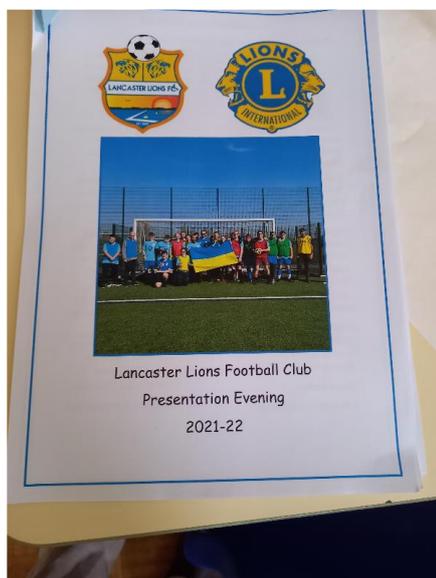


Southend Lion? with one of the competitors



Southend Lions giving out free Ice Cream after the Tournament

Front page of this event



Lion Andrew handing out the medals



YET ANOTHER COMPLETED MAGNIFICENT EFFORT.

Following a life changing accident and traumatic brain injury in 2016, Lion Zara Dyer and her partner Lion Ian Brown started the charity 3 million Steps to help support brain injury survivors and their families during their long recovery.

In 2018 Zara and Ian walked from John O'Groats to Lands' End and on the 4th May this year they started walking from St. David's on the west coast of Wales to Zara's hometown of Lowestoft, England's most Easterly point to raise awareness of brain injuries.



hours to complete the miles that we'd planned. If it was going to be like this going forward, then some swift replanning of the route would be needed.

The 'Side-to-Side' Challenge started with the spectacular scenery of the Pembrokeshire coast and even though people had said that the Welsh Coast path was difficult, with steep climbs and sheer drops, I don't think that we had expected it to be so difficult. Our first day on it took us nearly 6



far as we could, and started the next day from the other side of the works. In general,

We were chased by cows, had to battle through overgrown paths, climb over fallen trees and even change routes completely when we found paths missing. Overall, the weather was good, but we had a few days where we started in torrential rain that just didn't stop and putting on wet boots the next morning is not the most pleasant thing. We were scuppered completely by HS2 as our planned route took us straight through the construction site, as did all the other paths nearby, so we went as

though the days went to as planned, the weather got better and as we got closer spirits were high.

When we finished JOGLE it was just Zara and I on the last day, with only a few family members at the end, but to have over 20 people join us on our last day on the walk from Worlingham to Ness Point was great, and it made us feel that people had heard about what we were doing and felt that they wanted to come out and show their support.

Having not only family and friends old and new but also the mayor and members of the Lions from Lowestoft, Bungay and Great Yarmouth Clubs there to offer their support made finishing that bit more emotional.



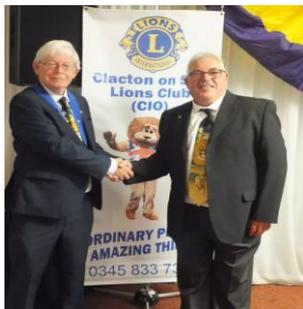
A huge thank you to all of the Lions clubs that helped us along our journey (there we're so many I don't want list them and offend any that I miss out), for your friendship, kindness and generous donations.

The Side-to-Side Challenge would take us 1 million Steps, which we hoped to raise 1 million pennies which will go directly to the people that need it, so far we have raised 877,500 pennies so any donations to help us reach our target will be gratefully received.

Donations can be made by clicking here <https://www.justgiving.com/campaign/1millionpennies>

Or visiting the website <https://3millionsteps.org/side-to-side-routes/>

Clacton-on-Sea Lions Club



Outgoing President Alan Mercer handed over the Presidential Collar to Lion Keith Blower at our recent Changeover evening at the Wick Lodge in Clacton. Lion Alan was thanked by all for his service over the last year, especially bringing the Club back together after the Covid pandemic stopped all service. Lion Keith has been an active member of the Club since he became a Lion. He first met us when he attended a Charity Auction that we held and joined us shortly after that. Lion

President Keith's chosen Charity for his year is the Brain Tumour Research Appeal, he is aiming to raise enough to pay for one day's research - £2,740.



After a break of 2 years, members of Clacton on Sea Lions Cub (and their wives) 'manned' Gate 1 at the Tendring Hundred Show in Lawford on Saturday 9th July, providing free child security wristbands. The show organisers estimated that there would be 20,000 visitors on the day – when it was in fact more than that. Gate 1 provided approximately 2,000 wristbands on the



day, though not all on children though – requests were made for wristbands for dogs, dads, prams, and dolls too. Our fellow Lions from Mersea Island 'manned' gate 2. Well done to all involved in keeping the children safe. Time to let our hair down and have some fun – Lion Mags Horton holds a yearly garden party, and this year it was a red, white, and blue Jubilee theme. After last





year's party when the heavens opened and we had to retreat inside, this year it was the complete opposite – it was 'hunt the shade!!' Lions from Clacton and Mersea Island attended, as well as Mag's friends and neighbours. All tried to dress up for the occasion. Lion Christine Chamberlain from Mersea Island was judged to be the best dressed and won a special jubilee cake – made by Lion Mags of course. A great time was had by all and £100 was raised for President Keith's charity – The Brain Tumour Research Appeal.

The Marie Curie Community Fundraiser for East England – Angela Taylor, arranged a 'coffee and chat' get together at a local restaurant, where we got the chance to meet some of her volunteers based in Tendring, our (new in post) local Morrisons Community Champions and



one of the wonderful Marie Curie Nurses. Angela and her colleagues have lots of new fundraising ideas planned for the next 12 months, and we are pleased that we will, once again be able to support their Daffodil Appeal campaign in March 2023. Angela and Liz discovered that they both worked in the Marie Curie organisation many years ago – at the same time. Liz as the West Midlands Regional Co-ordinator and Angela as a Volunteer. Our

first social event was a Crabbing competition and Picnic at Batemans Tower in Brightlingsea, when all the childhood memories of crabbing at a young age were revived. A local photographer saw what was happening and sent his drone up in the air to capture the picture below. The winner of the most crabs caught, and the largest crab badges was Steve Gray. This was the first time that we had tried this event but was such fun and so well supported, it will become an annual event.



Based on Clacton seafront The Greensward adventure golf and café opens up specially (after their normal hours) every year, to allow us to have a social event there. It was a fun evening - even though we do have some serious golf players in our club, and a sit-down fish and chip supper cooked by the lovely Pauline, was very much appreciated. After the severe heat of the last few days, it was a bit cooler, aided by a lovely sea breeze.



Based on Clacton seafront The Greensward adventure golf and café opens up specially (after their normal hours) every year, to allow us to have a social event there. It was a fun evening - even though we do have some serious golf players in our club, and a sit-down fish and chip supper cooked by the lovely Pauline, was very much appreciated. After the severe heat of the last few days, it was a bit cooler, aided by a lovely sea breeze.



Reepham Lions Donate Benches to Bircham Centre



Two new benches have been placed in the gravel garden area at the front of the Bircham Centre in Reepham Market Place, thanks to a generous donation by Reepham Lions.

Earlier in the year, Reepham Lions approached the Bircham Centre Trustees to see if there was anything they particularly wanted that would enhance the service that the Centre gives to the community in Reepham. The response had been that they would like to offer

residents somewhere to sit and watch the comings and goings in the Market Place. Just in time for the Reepham Food Festival, the new benches were presented to Les West, Chair of the Trustees of the Bircham Centre. Lions President, Barry Howes, was delighted to make the presentation. "The Bircham Centre is a hugely important resource for Reepham and very much at the heart of the community", he said. "We're delighted to donate these benches. People are now able to sit and watch the world go by in our lovely Market Place,



catch up with friends or just have a moment of quiet before continuing with their busy day.”

Reepham Lions were proud to play an important role in the celebrations to mark the Queen’s Platinum Jubilee. Members spent the morning of Sunday 5 June preparing sandwiches and filling lunchboxes for the 250 residents attending Reepham’s Jubilee Tea Party. The mountain of loaves in the Town Hall kitchen to be transformed into sandwiches was a daunting sight, but Lions members set to with gusto. The boxes contained four different types of sandwiches (cheese and pickle, tuna mayonnaise, ham and – appropriately – coronation chicken) plus a pot of crisps, as well



as home-made cakes provided by Reepham WI, Reepham Tennis Club and other members of the Reepham community. Sadly, plans to hold the Tea Party in the Market Place had to be abandoned because of the weather. The boxes were therefore distributed to the three wet-weather venues which had been planned.

The boxes were appreciated by attendees at the Town Hall, St Michael’s, and the Scout Hall, all of which were decorated by volunteers from many of Reepham’s organisations including Lions, Rotary, WI, Scouts, Bircham Centre and the Church.

Lowestoft Lions contribute to funding to save Domestic Violence and Abuse Forum

A charity which helps victims of domestic abuse rebuild their lives but was close to closing its waiting list because of a shortfall in funding has been thrown a lifeline.

The Waveney Domestic Violence and Abuse Forum, whose home is at the Kirkley Centre in Lowestoft, has supported thousands of survivors across the Waveney area over the last four decades but it was at risk of closure after it lost more than £20,000 in crucial funding.

However, following a successful appeal for more cash to numerous organisations, including Lowestoft Lions offering financial help, they now have enough funding to see them through until next March.

Irina Hodkinson the Charity Manager said “We were down by £20K due to previous funding streams coming to an end and we made an appeal for help. We are grateful to all the organisations who came forward to help, the latest of which was Lowestoft Lions Club who donated £1300.”



“We now have sufficient funding to let all of our clients who were part way through their trauma treatment to finish their course of 12 therapy sessions and we have sufficient additional funding now to allow new people to start their therapy, which is brilliant.”

The Lowestoft Lions president John Swatton said “We are pleased to hear that the Forum now has sufficient funds to be able to continue its vital work and are pleased that our contribution has gone some way to help”

Irina Hodkinson added “The charity supports women, men and families who have been affected by domestic abuse, offering services including trauma therapy and safety planning for those still in an abusive relationship.”

“We are very grateful to Lowestoft Lions and to everybody who have helped to support our charity – it has helped our clients tremendously. If you see the feedback and they say I no longer just survive - I am now thriving - it is just amazing!”



SUPPORTING LOCAL CHILDREN AND THEIR FAMILIES

Alastair Murray
President, Southwell & District Lions

July 20, 2022

Dear Alistair

On behalf of everyone at the Children's Bereavement Centre, I would like to say a huge thank you to you and all the committee at Southwell & District Lions for your recent kind, and very generous donation of £1,000. This is a staggering amount of money and will have a real impact here at the charity.

Your support will help to make sure that local children and young people who experience trauma due to the terminal illness or bereavement of someone they love, receive the right kind of support and guidance they need at what is probably one of the most difficult times in their lives. To give you some context £200 could fund eight weeks of one-to-one support for a child or young person so the £1,000 you have just donated will change the lives of five local children and their families.

In the last year alone, we have supported more than 900 children, young people and their families and delivered more than 3,500 one to one sessions of support and we can't achieve this without the support of people like yourselves.

Giving is not about making a donation, it's about making a difference. Thank you for helping us make a difference to the children and young people we support.

Yours sincerely,

R. Wilson

Rachel Wilson
Fundraising and Marketing Manager

T 01636 551739

E info@childrensbereavementcentre.co.uk

W childrensbereavementcentre.co.uk

3 Kings Road, Newark, Notts NG24 1EW
Registered charity number 1098935
Company number 4747134





Coningsby & Tattershall
Lions Club



BEER & CIDER

★ **FESTIVAL** ★

Tattershall Village Hall
Lodge Road, LN4 4LL

Friday
5th August
5pm - 11pm

Saturday
6th August
Noon - 11pm

Craft Beers from around
the UK including
The Best from Lincolnshire
Cider, Wine & Soft Drinks
are also available

Saturday

Nicky Haxby
Singer-Songwriter



Saturday



HOT FOOD
SERVED HERE



Coningsby & Tattershall Lions Club



Registered Charity Number: 1183298



www.lions105ce.org.uk www.coningsby-tattershall-lions.club www.lionsmd105.org

I am. We are. LIONS



WROXHAM & HOVETON LIONS CLUB CIO

Registered Charity 1184399

Serving the Community for over 40 years

HOVETON VILLAGE CHARITY

SUMMER

FETE

**Hoveton Village Hall &
Playing Field**

SUNDAY 7th AUGUST

10am to 4pm

ADULTS £2.50,

CHILDREN UNDER 16 FREE, PARKING FREE.

All proceeds to our Charity Fund to help the Community

**Bar
Hot Dogs
Burgers
ice Cream
Teas, Cakes
Live Music
by Airmail**

**Classic Cars
Honda Bike Club
Vintage Tractors
Craft Stalls
Trade Stalls
Charity Stalls
Fire Engine**

**Bouncy Slide
Kids Drive Cars
Games
Roundabout
Hook a Duck
Climbing Wall
Face Painting**

MERSEA ISLAND LIONS CLUB

FAMILY SUMMER SHOW 2022



SATURDAY
20th AUGUST 2022
11am to 4pm
WALDEGRAVES HOLIDAY PARK

Come and join us for a fantastic family day out

- Classic vehicles
- Vintage buses
- Live music
- Circus skills
- Variety of stalls
- Artisan 'This is me' craft stalls & demonstrations
- Food and drink stalls
- Lions tea tent
- Bouncy castles
- Children's entertainment marquee
- and much much more



Entrance: Adults £4 under 16 Free
www.merseaislandlionsclub.com

BANK HOLIDAY MONDAY - 29 AUGUST 2022



**LOWESTOFT LIONS
CHARITY**

For a
roaring
day at the
park

FAMILY FUN DAY



**Magic
Olly**



**Stevi
Ritchie**



Harber Lights

NICHOLAS EVERITT PARK, OULTON BROAD

**Dinosaur Roadshow - X Factor's Stevi Ritchie
Harber Lights (Band) - Vibrations Roadshow
Magic Olly - Punch & Judy - Costume Characters
Children's Entertainment - Craft & Gift Stalls
Games - Food & Beer Tent and so much more...**

**10am
to
5pm**

Admission - Adults £5 & Children £2



@LowestoftLions



/LowestoftLionsClub

www.lowestoftlions.org.uk

FOLLOWED BY POWERBOAT RACING



BRIGG DISTRICT LIONS cio
invites you to a

1940's EVENING & 3-COURSE MEAL

IN
THE JOLLY MILLER, BRIGG RD,
WRAWBY

16th Sept 2022 - Event starts at 19:30

Entertainment by "The La Di Dahs"
1940's dress optional

Tickets £25 each from 07842 012527
or albertnew1@outlook.com

--- AND THEY WILL SAY ---
"THIS
WAS OUR FINEST HOUR"

Winston Churchill



Southwell & District Lions Club (CIO)

Registered Charity No. 1186703

GOLF DAY

Raising funds to support our local community
and overseas Lions appeals



Tuesday 20th Sept : First Tee 10.30

Southwell Golf Club : Occupation Lane,
Southwell NG25 0TS

£ 160 for team of 4 : inc. bacon cob and buffet

To enter a team and more info contact

Steve Foster

07748 803114

fizzie149@yahoo.co.uk

SATURDAY
5th NOVEMBER

11_{am} - 4_{pm}

FEEDING THE 5000

THE CORNHILL
LINCOLN

  @LIONSF5K



JOIN US
FOR FREE
FOOD!

FREE FOOD FOR THOUSANDS, MADE FROM TOP QUALITY PRODUCE THAT WOULD HAVE OTHERWISE BEEN WASTED. ENJOY A BITE TO EAT WHILE FINDING OUT MORE ABOUT LIONS CLUBS INTERNATIONAL & HOW YOU CAN HELP YOUR LOCAL COMMUNITY.

DISCOVER MORE ABOUT OUR WORK IN THE FOLLOWING AREAS:
CHILDHOOD CANCER – DIABETES – SIGHT – HUNGER – ENVIRONMENT



Lincoln BIG
Business Improvement Group

