



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



MONTHLY NEWS SEPTEMBER 2021

To my Dear Fellow Lions of District 105CE

It was great to be able to get out and about during the last 10 days, I have attended Hornchurch Changeover & Fund-Raising evening, the 1B Zone meeting and Chelmsford Lions & Lioness back to the future Charter & Certification celebrations, all were lovely events with great food and great company. It was nice to see "DG" Ujjal in action as Chelmsford had rolled back time and "DG" Ujjal gave a splendid response to Lions Clubs International – I did get the chain off him, unlike Lion President Andrea as Past President Martin was set to wear it in bed that evening!!

My apologies to VDG Lion Dr Chris and all our Lions involved in the onion gleaming that took place in early August. 1680 kg was gleaned that weekend, a marvellous amount of food that now won't go into the horrendous food waste cycle, but will help feed the needy, well done all.

On 27th & 28th November our national team will be running another Lions Symposium, this is aimed at Lions with less than 6 years of service; if you are interested in attending and haven't already completed your application form, please drop me an email and I'll send the form over to you.

It's great to see all of the activities that are taking place, your communities are really benefitting from your efforts, without you doing your wonderful volunteering your communities would be a much worse place to live. Please keep up your efforts and please don't forget to record your activities on the MyLion system. At the time of printing, we had served just under 40,000 people, but 2/3rds of our clubs haven't reported any activities yet. A big thank you to the clubs who regularly report their activities – it really is easy to do, if you need help give your Zone or Region chairs a call, they know how to do it.

You will be seeing the devastation being caused by Hurricane Ida, I am certain that LCIF will be stepping up and supporting the local Lions Clubs to give invaluable support, as they do after all natural disasters. if you or your club wish to donate, please send the donations through to our District Treasurer Lion Paula, you know that 100% of your donation will get to where you wish it to go.

Lastly my sincere thanks for the kind messages of condolences following the loss of my lovely Mum on 13th August, after 5 years of suffering with Alzheimer's her body finally said enough is enough. Thank you for all your love & support and take care on your next journey Mum.

Yours in Lionism
A very PROUD District Governor
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.



Clacton Lions News



On Wednesday 25th August - 14 Lions and 4 guests, including 2 prospective Lions, enjoyed the late summer sunshine with a mini BBQ and social meetup at the CVST Beach Hut in Clacton on Sea. Organised by the Social Committee members Lions Lorraine and Paula, who provided the hot dogs, snacks and non-alcoholic drinks, a good time was had by all. There were beach games for the more energetic, but most just sat and relaxed while



watching the sun go down. Lion President Alan joined us after a full day's work (there are some Lions that still work full time), no dip in the sea for him this year, but Lion Rose and our youngest guest Ariane were tempted to risk it.

The fantastic 2-day air-show that comes to Clacton each year was scaled down this year due to Covid, but we still had a fly past on Thursday 26th August from two US Airforce F15E Strike Eagles, a full display from The RAF Battle of Britain Memorial flight and the amazing RAF Red Arrows took to the skies for a 30-minute display. With an expected 50,000 visitors arriving on Thursday, Clacton



Lions Club took full advantage of this. There was a Town Centre Community Fair taking place, and their members were out in force with their very popular Prize Every Time soft toy game. Lion President Alan, also known as Leo our mascot, was in demand for photo opportunities with both the children and the adults. All the toys used in our games are donated - Clacton on Sea Lions Club has built up a very good relationship with

local groups and individuals, who supply them with a steady stream throughout the year. All are checked, washed, and then given a new home whilst raising much needed funds - recycling at its best.



With our second Car Boot sale done for this Lionistic year, one of our next events is marshalling at the Summer Visit by the Lord Mayor of Sandwich which is in Brightlingsea. Clacton Lions has a lot to thank Brightlingsea for - they were one of our original sponsors Club and although the original Brightlingsea Club is no more, we still have members who live in Brightlingsea. Over the years we have built up a good relationship with the organisations based there and never have any problems getting our members to help at their events.

Some are fundraising events - we have held Pig Races in the past to help raise funds for the Cinque Port Deputies Christmas Gift Fund. Every year they provide a tasty three course Christmas Day meal plus a full days entertainment at the local village hall for those who would normally be on their own.

Some are service - we have helped with funding the CHAPS Men's Health Care Days there, also have provided manpower to help the event run smoothly and have made endless supplies of teas and coffees for all involved. We regularly contribute to the running of their Food Bank, both providing funding and actual items of food (donated by our members) to help those in need.



Marshalling at the yearly Ceremonial events are such fun - stopping the traffic so that the visiting dignitaries' processions can take place. Pictures below show The Blessing and Reclaiming of the Waters and The Summer Visit by the Mayor of Sandwich. Both events are steeped in history and full ceremonial robes are worn - not by us Lions though - we must wear our Lions High Viz jackets!!

Can you help connect older people to a free physical activity resource designed to improve health and wellbeing?

If so, you'll be joining organisations including charities, health teams and active partnerships who are already using this charitable project to support their local communities.

Backed by Sport England, [10 Today](#) is a set of 10-minute, video and audio sessions designed to help older people to move and stretch at home. Thousands of people already follow the routines online or on the radio (including recent daily broadcasts by BBC Radio 5 Live Sports Extra during the months of lockdown) and we're keen to reach many more.

Although Covid restrictions are easing, life remains uncertain and challenging for many older people. Physical and mental health have been adversely affected by the pandemic, but we know that regular short spells of physical activity can help to improve both. 10 Today is fun, accessible, and adaptable to different fitness levels. It can be done at any time, standing up or sitting down.

We hope you can help us to support people to stay active and connected by sharing 10 Today with your extensive networks.

We have resources available to assist your promotion including articles, flyers/images, and social media assets. You're very welcome to get in touch for more details or to discuss possible delivery channels. I would be delighted to hear from you.

Best wishes

Joanne Ainley (10 Today Project Coordinator)



Self-Care September 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes
6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself	
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing	
27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				

ACTION FOR HAPPINESS

Happier · Kinder · Together

WHERE THERE'S A NEED THERE'S A LION

Following Covid Testing Training from Public Health England (PHE), 12 members from the following Lion Clubs, Bourne, Hykeham, Glanford & Lindsey, Louth and District, descended upon the Cornhill Quarter of the City of Lincoln, during the period of the 9th till the 24th August. During the first weeks of August, Lincoln had the highest recorded number of positive covid cases in the UK. Networking with members of the British Red Cross (Lincolnshire), and L-Cats Community 4X4 volunteers.

Working daily between the hours of 10am and 3pm, some ten thousand Lateral Flow Testing kits (LFT) were handed out to members of the public, mainly targeting those in the 18 to 30 years of age group and other vulnerable persons. Free Bus travel passes were also handed out to those aged 16years and over, who had not had the first vaccination with busses regularly leaving Lincoln for the vaccination centre at the Lincolnshire Showground.



Fully trained Lions from Bourne, together with Red Cross personnel, conducted on site, Covid testing, which although the majority of tests proved negative, a number of positive tests were recorded, resulting in the test area being shut down and decontaminated before further tests could continue.

Our Lions Clubs provided most of the volunteers, living up to our moto of "WE SERVE". As a result, the positive recorded Covid cases in Lincoln has fallen dramatically, although the message is still strong, we must not become complacent in our FIGHT against COVID.



An Invitation from MD105 Council Chairman Lion Richard Williams



Here is an opportunity to attend a **Zoom Meeting** and discuss the work of Lions Clubs both nationally and internationally.

In attendance will be International Director **PDG Lion Teresa Dineen** from D133 (Ireland).

This event will take place on **Saturday 4th September 2021 at 7.00pm.**

To register your interest to attend this event please email richardwilliams@lionsclubs.co.uk



Advanced Lions Leadership Institute (ALLI)

I have just found out that there will be an Advanced Lions Leadership Institute taking place in Brussels from 18th – 20th March 2022.

Applications for attendance on this course must be submitted by 18th December 2021.

To find out more about this course and to obtain an application form please contact Lion Derek Rutter, glt@lions105ce.org.uk

Who are the Leos?



Leadership
Experience
Opportunity



Let's
Enjoy
Ourselves

They are either Alpha (aged 12-18) or Omega (aged 18 to 29).

What are Leos? They are a service project of Lions. Lions are encouraging young people to contribute to their society in the same ways as Lions; welfare projects, fundraising and service. They have collected for food banks, completed sponsored events, participated in gleaning, and helped with Santa's sleigh. They often support Lions events and provide

What do Leos do?

Fundraising such as raffles, sponsored walks or triathlons and cake sales. The only limit is your imagination!

Giving service such as building an eco greenhouse for a local primary school, conservation projects, collecting for food banks and the Christmas shoe box appeal.



Why become a Leo?

Be part of a worldwide organisation with over 200,000 other Leos in 140 countries

Meet like-minded people aged 12-18

Help others and make a difference

Develop personal skills such as communication, planning, team-working to add to your CV or university application

much needed, younger, helpers. They can be school, or community based.

How many do we have in CE? We have 2 Alpha Clubs with around 40 members.

Where are they? They are currently sponsored (supported by) Coningsby & Tattershall Club and by East Anglia New Century Club.

Why haven't we got more? Well, that's up to you. To form a Leo Club, it usually takes 15 members. However, as New Century are a District based club you can form your own small cluster, or branch, and begin under their umbrella until you have encouraged more to join.

Why bother? This is a great way to increase your service to your community. It will provide extra willing hands for your events and potentially increase Lions membership through them or their older family members. Also you'll get a great buzz from working with enthusiastic young people.

We have a new PR tool in the form of the Leo postcard, designed by an ex-Leo and current Lion. It features real UK Leos and has been designed to particularly appeal to the Alpha Leos.

So what are you waiting for? Talk about it with your Club and invite me to a meeting.

This is Mary from New Century Leo Club gleaning onions near Littleport last week



Young Leaders in Service Award

Does your club participate in the Young Leaders in Service Award project?

If you do, have you done this through your District Officer, or have you just looked at the resources on the international website?

Can I please encourage all clubs to participate through your District Officer, the International website resources are, to be charitable, a bit "tacky". The certificates issued through our own MD are much more impressive, and include the number of service hours done, they are all signed by the Chairman of the Council of Governors and include a letter from the Chairman of Governors.

Once set up Young Leaders in Service is easy to administer, indeed, most administration will be done for you by the participating organisations. It only remains for the club member with responsibility for Young Leaders, to contact me (District Young Leaders in Service Officer) and I will organise the personalised Certificates to be sent directly to you.

The Certificates available are Bronze Seal, for 25-49 hours of service, Silver Seal for 50-99 hours of service, and Gold Seal for 100 hours of service or more, all the service has to be recorded within in a calendar year of the date of the first hours recorded.

I would like to think that you will make the presentation of the Certificates a memorable experience for the young people, invite parents, representatives of the participating organisations, and a significant person to present the Certificates. Your County High Sherriff has responsibilities for Youth, and in full regalia he/she is an excellent person to invite. The presentation event can be a great opportunity to show case Lions work locally and worldwide, and to possibly gain interest either for new members or people who will be willing to help with projects.

Please contact me for more details, Lion Derek Rutter ylis@lions105ce.org.uk

Felixstowe Lions Club.

The magnificent sum of £1026 was raised in July by a sale of Antiques and Collectables on the Triangle in the town centre. We are holding a second sale on September 11th on the Triangle. Many thanks to all who supported the July sale and we look forward to seeing you again in September.

Local company, John Good Group, runs a charitable fund called the Matthew Good Foundation. The foundation was set up by Tim Good, Director of John Good & Sons in the memory of his brother Matthew Good, who passed away in 2011 whilst taking part in a marathon for charity. He was the 6th generation to work in the family company which has been in business for over 185 years and is still family owned.

The family business donates money to the Matthew Good Foundation each year allowing the staff of John Good Group to apply for grants and support many charitable causes in the UK and around the world. Felixstowe Lion, Dave Cole, who works for the group, was successful in applying for a grant to help support the charitable work the Lions carry out. The Foundation has generously agreed to match fund half of the amount raised at the Antiques and Collectables sale and a cheque for £513 has been received. The photo shows Dave handing over the cheque to Lions President, Richard Woolnough.

Following some recent inclement weather, some ground floor flats in the local Mays Court retirement housing complex suffered flood damage and the Lions Club were pleased to be able to donate items of furniture to help residents affected by the floods.

The Club is also continuing to support the local Grove Surgery with sweets for the staff and volunteers working hard on mass vaccinations.

We are also pleased that the Model Exhibition is again taking place on Sunday October 17th at the Leisure Centre. Why not come along and see all the wonderful collections and exhibits.



SOUTHWELL LIONS HAVING FUN, JUST WALKING AGAIN.



What is this place?



Two teams trying to remember what to do



I'll conduct the warmup



Ready for the off



I found a ball!



It's mine, all mine



Actual walking football action



Just too much for some!

YES, LIONS DO HAVE FUN!

WORKING TOGETHER TO FIND A CURE FOR BRAIN TUMOURS



WAYS TO GET INVOLVED:

DO... WEAR A HAT DAY

Last Friday in March –
Brain Tumour Awareness
Month



DO LUNCH!
DURING
SUMMER

DO... WEAR A FLOWER WEEK

Every year in June

Join our
Fighting Force

DO A CHALLENGE EVENT



LET'S CONQUER IT TOGETHER

DO... A WALK OF HOPE

ON THE LAST SATURDAY IN SEPTEMBER



SELL CHRISTMAS CARDS



Connect with Lions #WeServe #KindnessMatters



Lions Clubs International
British Isles

Your support is needed



By supporting Lions Clubs International Foundation you will be helping to provide life saving relief for communities affected by natural disasters, as witnessed recently in Germany, Greece, Haiti and Turkey.

Lions Clubs provide vital assistance where it is needed.

#StepForward #JoinUs #LionsGetInvolved