



## District 105CE, the last Newsletter Of 2023.

### GREETINGS FROM THE DISTRICT GOVERNOR.

Sue and I hope you all had a wonderful time with your family and friends over the Christmas period. We both had a good time with the family on Christmas day and thank you for your Christmas messages and cards.

Well done and many congratulations for what you have done for your communities, not just for December but since July. I have seen some amazing pictures and read articles on what our clubs have been doing locally and it makes me feel proud of being a Lion.



The next few months will be busy with the build up to our convention in March, along with club visits, presentations, and Char- ters. It is always a pleasure to attend these events and meet club members and to see the various and exciting activities that are being done in our communities.

On behalf of Sue and myself we wish you all and your families a happy and safe new year and we are looking forward to meeting as many of you as possible over the next few months.

### Spreading Joy on Christmas Day

In the spirit of giving and community, three dedicated members of our District Leos Club – Brodie, Faith, and Sophie – selflessly devoted their Christmas Day afternoon to a heartwarming cause.

The local cinema graciously opened its doors to those in our community who are homeless or experiencing loneliness during the festive season, and enthusiastically joined hands to assist in providing a haven for these individuals. Attendees were treated to not only refreshments but also the simple joys of a movie, creating a warm and safe space filled with companionship.

The Leos' involvement in this initiative reflects our commitment to making a positive impact on the lives of those in need. Their genuine enthusiasm and dedication to supporting the local cinema's endeavour, showcases the compassionate spirit that defines our New Century Leos Club.

As we reflect on the holiday season, let us take inspiration from these remarkable individuals who embody the true essence of community service. Together, we can continue to spread joy and make a meaningful difference in the lives of others.





## **Great Yarmouth Lions Club Santa's Sleigh: Spreading Joy and Festive Cheer!**

In a winter wonderland adventure spanning 21 magical nights, our club transformed into Santa's merry band of elves, joining forces to make the 59th year of Santa's sleigh tour the most memorable one yet. With over 30 dedicated non-member volunteers joining club members, braving all weather conditions, including the spirited participation of several Leos, our mission was to bring joy and festive cheer to every corner of our local community.

A highlight of this festive endeavour was the enthusiastic involvement of the local council Head of Licensing and the Head of the Borough council, who, in the true spirit of the season, donned the iconic red suit to lend a helping hand. We illuminated the streets and hearts of our community, creating cherished memories for all who joined the sleigh's enchanting journey. Santa, perched 10 feet high on his sleigh, added an extra touch of magic to the festivities. Our impressive sleigh, nearly the size of a double-decker bus, became a beacon of holiday spirit, spreading warmth and joy to everyone in its path. During Santa's busy festive activities, he also stopped off at two of our local primary schools and Age Connect to spread cheer!



Social media emerged as a powerful sleigh companion, playing a pivotal role in our success. With heartwarming stories, dazzling photos, and live updates, our online presence reached over 200,000 people in just a few weeks. The digital sleigh ride not only connected us with the community but also fuelled our most successful year ever in fundraising.



We were also featured on a local drama series, *Our Town*, on their Christmas Eve special edition! The second Vice District Governors wife, Lion Jaime, even got to sit on Santa's knee!

As we wrap up this extraordinary journey, our hearts are full of gratitude for the tireless volunteers, the supportive community, and the magic of Santa's sleigh. Here's to another year of spreading joy, making memories, and embracing the true spirit of the season. Until next year, may your days be merry and bright!

### **Swaffham and District Lions**

A Happy New Year to one and All. We had a very busy time over the Christmas period, starting with collecting for the foodbank, and taking part in the St. Peter & Paul's Church Christmas Tree Festival with our Lions tree.



Our big event was the Pensioners Christmas Party, held at the Nicholas Hamond Academy, where we put on a lovely Christmas dinner for 98 guests, plus all the helpers.

Transport was provided for those who needed it, and the food was cooked for us by the wonderful canteen staff at the academy, who very kindly gave up their time to provide us with the traditional turkey dinner and Christmas pudding.

The lunch was followed by a Bingo session led by Deputy Mayor Councillor Paul Darby with some lovely prizes.

Santa in his sleigh and along with his elves will have visited Tesco and Waitrose in the run up to Christmas to help us with our charity collections. Wishing you all the best for 2024.



## Clacton on Sea Lions News December 2023

### Clacton's Christmas Market at The Princes Theatre

A new fundraising event for us, but a very successful one.



Michelle who runs the Late Riser Car Boot sales we go to, also organises this very popular weekend event with 80 stall and up to 1,000 people expected each day. We were delighted when she asked us to be there to do a bucket collection for our Club funds. While collecting there, Lion President Paula presented her with a Certificate of Appreciation to say Thank You for the support she (and her husband Richard) has, and continues to show us.



Morrisons Store in Little Clacton has supported Clacton Lions for many years (over 25) and to show our appreciation, when we take our Christmas Hamper Draw to their store, we donate 50% of the profits to their chosen charity – which is currently Together for Short Lives. This is the only supermarket that allows us to collect in the store itself, rather than the foyer and this was most

appreciated as the temperatures dropped drastically in the days we were there. Operational Manager Luke picked the winning tickets and Lion President Paula presented them to the lucky winners.

The Asda superstore opened its doors in Clacton seven years ago and since day one has supported Clacton Lions. Again, to show our appreciation we also donate 50% of the profits from our Christmas Hamper Draw to the charity of their choice, and this year (also last year) they donated it to our Presidents Chosen Charity. Last year it was The Lions Brain Tumour Research Appeal and this year it is Sailship Training and Learning for Life. With temperatures of minus one, our members braved the 'rather chilly' for four days selling tickets for the three Christmas Hampers. Store manager Dave picked the winning tickets and again President Paula presented the winners with their hampers. We were surprised when we delivered the second prize winners hamper, she was a 'regular' supporter of our car boot sales!



foyer of the store. Store manager Dave picked the winning tickets and again President Paula presented the winners with their hampers. We



Like many other Lions Clubs, we have partnered with The Ink Bin, supplying them with used ink cartridges to be recycled – and they help us raise funds from them too!! We have recycling bins in over 40 locations in Tendring where spectacles, printer cartridges, hearing aids and mobile phones can be donated. We have received £955 since we partnered with them, last year was our best (so far) - we received £536. Lion President Paula and Welfare Officer Andrew presented their founder Becky Baines with a Certificate of Appreciation in a chilly looking but festive looking grotto.

Our Christmas Collections at the local supermarkets hadn't started yet, but there were two appeals for help that we were able to support. Past President Keith was asked to don the

Father Christmas outfit and visit the Jaywick Community Resource Centre. They, and all attending had a very enjoyable afternoon. After watching the panto it was time for 'work'. Aided by Lion Alan (aka the Christmas Pudding), they handed out presents to 50 children AND their parents.



Over in Toplefield, Fundraising Chair Steve was asked by his niece to don the outfit and help at the countdown for their Christmas Light Switch on. It was a chilly but very well supported evening and the children flocked to talk to him, to tell him of their Christmas wishes. He even managed to fool his neices children by adopting a well practiced Scandinavian accent. Well done to you all.

With temperatures at minus one again, Lion Lorraine braved the wind tunnel at Tesco Supermarket in Clacton to help collect at Clacton Foodbanks Christmas Appeal. Unfortunately these dates clashed with another event so we weren't able to support it like we usually do, but we would like to say Thank You to Lion Lorraine for giving up her time on the coldest day of the year.



This months Lion in the Limelight award was given by Lion President Paula to the 'clean up the lockup' team. It was in a bit of a state after all of the car boot sales and despite cold and wet weather conditions, this dedicated team sorted it, cleaned it and got rid of all the non-recyclable rubbish to the local tip. We can now start collecting for next years Car boot sales. Very well deserved award – Thank you to you all.

### **Carols for Everyone rocks Southwell Minster and raises £2,500 for Maggie's Centre**

Southwell Minster was filled with festive cheer on 9<sup>th</sup> December when the crowds packed in to celebrate the coming of Christmas at the Carols for Everyone community celebration.

Carols for Everyone has been held every year, except in 2020, the pandemic due, for over 40 years and has been organised by the Lions since 2001. A mixture of favourite carols, seasonal music and special performances, the mainstays of the concert are the Southwell Orchestral and Choral Societies, conducted this year for the first time by internationally acclaimed baritone and former Southwell chorister Marcus Farnsworth. The event was once again compered by the great Nick Harding.

Additional entertainment was provided by the ever-reliable Southwell U3A Recorder Group and the enchanting choir from Holy Trinity Infant School, many of whose members joined in the Lions' energetic rendition of 'The twelve days of Christmas', complete with almost all the actions. New Organ Scholar Tim Selman treated us to a rousing rendition of 'Bring a torch, Jeanette, Isabella' by Denis Bédard.

Every year, Carols for Everyone supports a deserving local or international charity. This year, we chose Maggie's Centre in Nottingham to be our nominated charity. Maggie's, based in the heart of the City Hospital in Nottingham, provides a warm and welcoming space for people to go for shelter from the clinical, sometimes stressful environment of the hospital after their own cancer diagnosis or that of a family member or a friend. Understanding every person's individual circumstances is central to what they do, so they can guide them to the support that will help the most.



Thanks to all those who bought tickets and their amazing generosity in the closing collection, we raised, after expenses, nearly £2,500, all of which goes to Maggie's Centre.



As well as our thanks to the performers, we must

also thank The Dean, for permission to use the Minster, The Minster vergers and staff, the Minster Concert Stewards, the Minster Bellingers, the Cathedral Shop for selling tickets and everyone who displayed a poster.

But, most of all, thank you to everyone who came out on a cold, wet night to support Maggie's Centre and Southwell Lions' Carols for Everyone Christmas Concert. We hope to see you all again on 7<sup>th</sup> December 2024!

Finally for 2023 we took to the surrounding communities with our Sant's Sleigh and the generosity shown was heartwarming. Many children were so excited to converse with Santa. The sentiment shown by many adults ranged from, "at last Christmas has begun now that the sleigh is here!" to many reminiscing on their own childhood remembering the sleigh visits when they were children. The result was around £8,000 collected for charity. Many thanks to one and all, and best wishes for 2024.

# Happier January 2024

## SUNDAY



## MONDAY

1 Find three things to look forward to this year

## TUESDAY

2 Make time today to do something kind for yourself

## WEDNESDAY

3 Do a kind act for someone else to help brighten their day

## THURSDAY

4 Write a list of things you feel grateful for and why

## FRIDAY

5 Look for the good in others and notice their strengths

## SATURDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

**It's not too late to book for 105CE convention  
in March 2024.**

**The new look district website will take you to  
the details and forms.**

**[www.lions105ce.org.uk](http://www.lions105ce.org.uk)**

**See you there?**



*Happy 2024.  
May it bring you everything  
you need.*

*Be healthy, be happy, and  
above all else enjoy 2024.*