



Lions Clubs International

British Isles District 105CE

At the heart of your community
Lincolnshire, Nottinghamshire, Cambridgeshire, Norfolk, Suffolk & Essex



MONTHLY NEWS JULY 2020

Spread Your Wings.

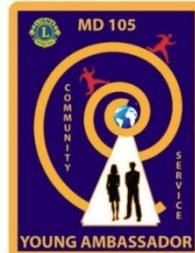
My Lions Family, Welcome to our New Lions Year. I hope you and your loved ones are well and safe in these unprecedented times. I am looking forward to work with you and serve our District CE as your District Governor.

We have new challenges and new ways of working to deliver Service to our Communities. We have learnt a lot and there is more to learn, we will do it together because 'Kindness Matters'.

I want to thank you for your selflessness and delivering 'Service' to your communities; medicines, food parcels, PPE, donations and holding your Club meetings and elections during this Covid19 situation. I am looking forward to getting back our freedom and meeting our families, then doing what we do best, 'To Serve'. This year we had the best uptake in Club Officer training. I want to thank those who took the opportunity and attended courses in their respected posts; you are now better informed and ready to 'Spread Your Wings' in the new year. Other courses will be available for you to attend during the year, please look out for them as they become available. I would like all Lions to use online courses to improve their knowledge. You may be the next President everyone has been waiting for. If you need any help, please ask your Leadership Team, they are ready to help. Knowledge Disperses Fear. Spread Your Wings.



I want to continue with the good work that was started, when we went 'Forward Together' with District Governor Guch in the formation of our new District, but now I want to you to 'Spread Your Wings', explore and find areas not being served, form New or Branch Clubs and gain members for your own Club. I ask you to add just two members to your Club this year, the Membership Team is there for any help you may require, just ask.



Many schools are opening up after lock down; as soon as there is a possibility. Please get in touch with schools near you to promote Young Ambassadors, Peace Poster, ROAR, Life Skills and others. Activity in schools is suffering, they are looking for something to cling to, this is our opportunity to get involved. Your Youth Team is waiting for you to engage. Please take part in Competitions to liven up the Clubs after this Lock Down.

We also have an Emergency Response Officer who has been working with multiple Local Authorities, keeping up with the Data Protection. Other services are offered by the Admin' Team, they are ready to give any advice. Confused to what is on offer, ask they are only a phone call away.

Lions, during Covid19 have been working with Local Authorities, parallel organisations like Rotary Clubs and businesses to provide Service as I mentioned earlier, I would like this activity to continue to get the Lions name out there in the media and social media. Please tell everyone what you are doing or they will not know. Wear your Lions Pin and Logo, display the regalia with pride and have presence. LCIF have donated £160,000 for Air Ambulances across the British Isles to help in the Covid19 situation to get PPE. LCIF funds also helped the communities when we had floods in the northern part of our District. Lions are still working there. Remember the Australian fires, they are over now and all have gone home; Lions are working on the ground picking up the pieces and building lives for the victims who lost all. Lions are a welcome sight that puts smiles on people's faces. Please make regular donations, however small, why not appoint a special fundraiser for LCIF.

The ICT/ Comms Team have been hard at work to provide you with a new website where you can find a lot of the information you need, you also have a New Lions Bulletin, and the Monthly News. Please use the Bulletin and Monthly News to get you message over, with pictures for all to see. The Service team is available for any help you may need, just ask.

The Region and Zone Chairs are at the sharp end of communication, your first point of contact with our Clubs and Lions members, please make use of their vast experience and they will give you the latest information so that we are all in touch and up to date. They will also ask you to further the DG Goals which I have declared to International, the success is in your hands.

We have Twinned with District 111NR Germany and District 124 Romania. There is already an active link with Romania, the German one is progressing well. Friendship and new ideas should develop with both twinning districts in the future. For more information on all activities please get in touch with our International Team.

Our Convention is planned for 12th to 14th March 2021. We have all been going through difficult times and this lets you voice our commitments, exchange ideas and experiences. Let us get together and Celebrate our hard work. Booking forms are available now. If you have any problems your SAA will lead you in the right direction.

My wife, Manjit, has chosen Diabetes as her Charity for this year, one of our Global Causes. Please support her initiative.

Work hard and have fun during the year with your families and our Lions family.

KEEP SAFE

UJJAL KULAR

DISTRICT GOVERNORS WIFE'S APPEAL.

Hi Everyone, I am Manjit, wife of your District Governor Ujjal. I am privileged that I have been given the opportunity to select a

I have chosen Diabetes as my Charity, after Diabetic myself but fortunately not of the kind found in children and adults through no fault from Diabetes and nearly losing a limb;

Many well-known personalities did not want to be identified as Diabetic such as Elizabeth Taylor and the Olympian Steve Redgrave, who dealt with it and took care of it successfully. This shows what can be done if diagnosed and treated correctly.



District Governor Ujjal. I am privileged that I have been given the opportunity to select a Charity of my Choice to benefit in Ujjal's year.

I am pondering with various other options. Diabetes is a condition that can be serious. I have seen family friends suffering ending in using a wheelchair.

to be identified as Diabetic such as Elizabeth Taylor and the Olympian Steve Redgrave, who dealt with it and took care of it successfully. This shows what can be done if diagnosed and treated correctly.



Diabetes Facts

Diabetes can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. In most high-income countries, diabetes is a leading cause of cardiovascular disease, blindness, kidney failure, and lower limb amputation. It is expected to affect 629 million adults by 2045.



More awareness needs to be raised within all communities in various ways. Funding for research is needed so that a cure can be found. I am no expert, but it is more than just cutting out sugar.

I hope you will look at this appeal sympathetically and help.

Thank You, Manjit.

HAVE YOU VISITED OUR NEW WEBSITE YET?

INSTRUCTIONS ARE SIMPLE

Just follow the links below.

Home Page: <https://lions105ce.org.uk> <https://www.lioms105ce.org.uk>

Members area: <https://www.lions105ce.org/membership-area.html>



LIONS NET NEWS

www.lions105ce.org.uk

DISTRICT WEBSITE RELAUNCH

On 1st July the District website was relaunched under the new webmasters, Lions Paul Wilkinson and Nick Parr from Southwell Lions Club.

Where is the website? Well the web address is at the top of this page.

The site has an area aimed at the public but more importantly, probably, it has an extensive **Membership Area**. This area is currently password protected and can be found in the weekly bulletin.

Within this area, you will find a wealth of information from details of District Officers; Lions projects, both international, national and local; help with IT and other useful documents. There are training sessions and other help such as a location map for other clubs within our District where you can click on the pin and find their meeting place etc.

If you have never visited the site before then give it a try. It should be your “Go To” place for information that will benefit your membership.

The IT team are keen to have your feedback and suggestions regarding the website so it can better serve you. Such feedback or suggestion can be entered via the website or e-mailed to webmaster@lions105ce.org.uk.

IS YOUR CLUB TO BE FOUND ON FACEBOOK?



For all their faults, Facebook and the other social media vehicles such as Twitter and Instagram are powerful tools for Lions, Lioness and Leo Clubs to get their message out to the public to attract new members; tell the public what you are up to and to get the public to support your events.

These accounts are FREE to set up and can be linked to the District Social Media sites. You can also link them to other Lions Clubs and useful organisations within your locality such as your local authority or community voluntary services umbrella group.



The IT and Comms Team are looking to set up training sessions on Social Media Accounts in the near future but, in the meantime, if you need any help do contact Lion Fiona on socialmedia@lions105ce.org.uk.



Lions Clubs International
British Isles District 105CE

At the heart of your community

Lincolnshire, Nottinghamshire, Cambridgeshire, Norfolk, Suffolk & Essex



The ICT Team are here to help you

WHERE TO FIND LIONS GRAPHICS

A well-placed Logo, Graphic, Photograph or even a Video can give your message more impact with the public and catch the eye of your audience. But where do you get such images from?



Well if you are artistic, you might be able to create your own and we have seen some excellent Cartoon Lions over the years. However, if you do not have that talent then there are lots of sources that are useful.

The most obvious starting point is the Resources section of the International website: <https://lionsclubs.org/en/resources-for-members/resource-center> for basic logos for clubs and international projects. However, for graphics with a message or that are fun then the most fruitful source is Facebook itself as most graphics can be saved to your own computer and reused as you wish. Two particular Facebook pages are: “*Lions SMiLE*” and “*Lions Clubs Members: Public Image, Graphics and Ideas Hub*”.

One good way of getting ideas and graphics is to ‘like’ other Lions Clubs Facebook pages from across our MD and other countries. Australian Lions are particularly good at coming up with good graphics.

NEW LOOKS FOR THE WEEKLY BULLETIN AND MONTHLY NEWSLETTER

As you may have noticed the Weekly Lions Bulletin and Monthly News are having a revamp.

Our weekly news bulletin, is aimed at our members, keeping you updated with all the things that are going on in Lions as well as with our members.

On monthly Newsletter edited by Verdun takes a more in depth look at our work and is aimed at not only members, but anyone that is interested in the work that we do.

Weekly News	Monthly News
DG Update, just quick notes about what they have been up to.	DG Blog post...more detailed than the DG Update.
Announcements, Births, Marriages, Deaths and Anniversaries, Milestones. Let celebrate with our members	Awards or external Recognition of excellence and achievements that relate to Lion's. Individuals or clubs.
Last Minute Changes to Diary Dates only.	Diary Dates Must include Hyperlinks
Events happening this week with Hyperlink to Webpage.	MD Look, highlights from the MD.
Photo of the week...Chosen from Social Media Uploads or submitted via Email	Summary of activities from clubs Link through to stories on my LCI... if not find a way Share the story....
App or software of the week	Club Collection Projects Glasses, glasses cases, hearing aids, hunger. (this will also feed database for website)
# Of the Week	# of the Month
Suggestion Box Weekly	Suggestion Box Monthly

To help you know what and where to send your articles, please see the table below.

Weekly News Bulletin is Lion Kelly-Marie

Cut off Saturdays 12pm

Released Sunday Evenings.

Monthly News is Lion Verdun

Last Day of the Month

Released around the 10th of each month

MyLCI, MyLion and your Club



Just a quick idea that might help your Club if your Club President or Secretary struggles to keep either of these reporting tools up to date. There is a new (ish) role for Clubs of “Club Administrator” on MyLCI which gives the same rights as given to your President and Secretary to amend records regarding your Club and your Members. It is ideal if that person has more computer skills than either of those officers. Another idea used in some Clubs is that one person uploads the Club’s activities onto MyLion and again this is useful task for the Club Administrator to undertake.

Training videos on both systems are available via the international website.

HANDOVERS STILL GO AHEAD - one way or another!

Swaffham & District

Following a very successful year as Lions President, John Collins handed over the reins to David Elsom.

Southwell & District

Keeping to social distancing the handover from Lion President Peter Brooker to Lion Ian Edwards was successful.



Billericay Lions Zoom into the future.



President John Bellringer (bottom right) made 4 virtual awards in his departing speech then passed the chain out of screen to incoming President John Furlong (2nd row up far left). We plan to have an actual handover of the chain and Presidents awards in our first live meeting whenever it happens.

Southend Lions Club

President Carole presenting films to Southend Hospital staff, to be used on the Maternity Ward. This is for the babies when they leave. They have a graduation photo taken with a tiny mortar hat that was made by someone for them.



Beccles and District Lions Club

Gift Card donated to help the Beccles Primary Academy Shop.

Despite the Covid-19 Pandemic Beccles and District Lions Club has been able to help the Beccles Primary Academy by donating £250 so they could restock their 'Shop.' Their unique shop has been operating for the past 12 months.

The idea for the shop was to re-distribute food, household, clothing and stationery items that has been donated to the School. Over 30 local families have benefited from this valuable local Community Service. However, since the Covid-19 Pandemic the donations to the school shop have naturally dwindled. Because the school has been closed due to the lockdown and with restrictions in place, stocks eventually ran out causing the loss of this vital local Community Service.

Beccles and District Lions Club President, Lion Chris Eglington said "The club became aware of the Academy's unique shop following a very informative visit to the school after donating some of the Toys the public had so kindly given us following our Christmas Toy Appeal. The shop began through the Chair of Governors, Tracey Driscoll and the Head Teacher of Beccles Primary Academy, Heather Thorne seeing a need to offer help to local families who attend the school. From this very simple idea people started telling others and simply by word of mouth it has grown into such a major part of the local community. When we heard that the stocks were running out, we were only too happy to help."



Lion Sandy Barr, the Club's Welfare Officer, added "Once we were informed that the shop needed restocking urgently, because the food and hygiene supplies had run out. We asked exactly what was needed and the Club agreed to help. I contacted Sheryl Rumble, Morrisons Supermarket Community Champion, and arranged a £250 Morrisons Gift Card which was presented to the Beccles Primary Academy enabling them to restock the shop and to get the Community Aid restarted. Thus, even during the current lockdown situation Beccles and District Lions Club is still able to help and serve within the local Community wherever it can."

From Left to Right Academy Head Teacher, Heather Thorne; Club President Lion Chris Eglington; Immediate Past President Lion Chris Lambert; Welfare Officer Lion Sandy Barr.

Ben Greatbatch gets ahead with the help of Southwell and District Lions Club.



Despite Ben being furloughed he has been busy catching up on his college work and trying to maintain his fitness. Sadly the Mayflower Games he was due to compete in and represent Special Olympics EM was cancelled due to the corona virus and the fact that many of the athletes (Ben included) are in the vulnerable category meant it was called off just before lock down. As you can imagine Ben was absolutely gutted as he was really looking forward to it, however a couple of weeks ago he received confirmation from Special Olympics that he had been selected to represent East Midlands at the National Games in Liverpool in 2021. He still remains the only Nottinghamshire representative to compete at this level. He is extremely happy.



Prior to lock down, Ben was invited to be Assistant Coach at a regional Special Olympics tournament (similar to the Wild Cats event but for more severe disabilities). Ben went with his 'coaches' hat on and his head coach allowed him free reign on two games out of four. I have some great photos to show you! Ben stands still for longer when he is coaching so it is much easier to get a photo that isn't a blur lol.



Mencap (the London press office) approached Ben and asked if he would record a series of short exercise videos for their MencapTV. They have said they would like to feature Ben heavily in their promotions as they absolutely love him. During lockdown Ben has been working with Mencap UK to help promote physical activity to adults and children less able. Ben was videoed as part of the Mencap TV campaign doing short clips of exercise. He has more recently been asked to be part of a second campaign which will involve him being videoed using the activity packs that have been sent out to 10,000 homes across the country. These packs contain activity cards with brief different physical challenges on and encourage children and adults of all abilities to keep moving.

Once Lock down is over Ben will be working with his mentor to try and set up Nottingham disability sport sessions which will feed into the Special Olympics East Midlands teams. They attempted it prior to the outbreak but didn't get chance to promote it before lock down. Once the sports centres can reopen and they can get back to work safely then it will be all systems go for fundraising to get this project off the ground.

<https://youtu.be/kCf84SEIQ1k>

<https://www.facebook.com/Mencap/videos/2532656790319524/>

Your kind donation has so far paid for some training equipment for Ben to coach with, a safeguarding course, part payment deposit for the Mayflower Games (now cancelled) and Special Olympics Liverpool National Games next year. Thank you so much.

Hopefully we'll be back to normal soon and Ben can carry on going back into schools and coaching.

Kind regards

Jo, Ben's Mum.

Swaffham Lions Saga



With the Coronavirus closing the local churches, Swaffham Food Bank have had their main supply of food donations reduced. To Support the Food Bank, we have set up a collection point in Swaffham Market Place which will be open every Sunday 10am to Noon, they will be collecting the non-perishable food as well as hygiene items.



With the continued lockdown, vulnerable people are unable to collect their prescriptions, to ease this problem we have joined forces with the Icen Partnership in a prescription delivery service. Every Wednesday the Lions will collect the prescriptions from the local chemists and doctors' surgeries and deliver them to the patients' homes in Swaffham or the outlying villages. (known as the drug run).

Having received an urgent call from Morrisons Store in Fakenham to help with food that they wished to donate. With the pressure on space they required the Lions to collect it today.





On arrival there was 1375 kg of food, so with the help of Morrisons manager, who supplied a van and driver, the Lions transported it to the foodbank distribution centre at the Baptist Church in Swaffham ready for onward shipment to the Dereham foodbank centre.

Whilst there Morrisons also donated 234 children's books for the Lions to sell for their funds

Due to the Pandemic, we have been unable to put on events to raise funds for their work in the community. As with most households, the members have been tidying their garages and houses. The unwanted items that they have found, the Lions are selling on the internet to raise funds to continue their work in the community, so far, we have raised £250, selling items such as golf clubs, storage cabinets, hose reels to name a few.



Swaffham Lions wished to thank people who showed their support for the NHS by making Rainbows and displaying in their windows. With over 260 chocolate eggs, donated through the White Hart, a team from the Lions bagged, labelled and delivered them to residents who displayed the rainbow, in Swaffham and surrounding villages.

An MD Officer vacancy



The Council of Governors invites applications from suitably qualified Lions for the position of MD Childhood Cancer Officer .

The Officer is responsible for the co-ordination of all matters relating to Childhood Cancers. The post forms part of the GST portfolio and the Officer attends Global Service Team committee meetings and compiles reports for submission through GST.

MAIN RESPONSIBILITIES:-

- To support Lions and Leos engaged or interested in projects to expand access to life-saving treatment and provide support to the children and families who face childhood cancers.
- To identify and obtain necessary information on childhood cancer organisations which may be of interest to Lions, Lioness and Leo Clubs.
- To compile and maintain an up to date list of organisations and individuals associated with Childhood Cancers.
- To meet with organisations already working on childhood cancer to discuss how Lions Clubs may support, expand upon or compliment their ongoing work.
- To promote awareness of February 15, International Childhood Cancer Day, to Council, District Officers and Clubs.
- To co-ordinate all Childhood Cancer related programmes. The Officer will have the responsibility of ensuring all District Officers are fully aware of materials available to assist them at every level.
- To promote funding opportunities offered through LCIF that might support Club and or District childhood cancer projects.
- To engage with, monitor and report to Council, District Officers and Clubs childhood cancer organisations within the British Isles with a view to establishing formal partnerships.
- To devise, encourage and develop ideas for Club and District projects for the furtherance of Childhood Cancer awareness, especially prevention, in the community and Diabetes education amongst sufferers.

**INTERESTED.....Application forms are available from MDHQ,
and the closing date for applications to be received at
MDHQ is JULY 20th 2020
Email: mdhq@lionsclubs.co.uk or phone 0121 441 4544**

THANKS FOR OUR SUPPORT

Forward together -we made a difference.

Thank you so much for your email – the Lions Clubs have been so supportive of East Anglian Air Ambulance.



Stuart Wyle, Head of Community Fundraising at East Anglian Air Ambulance said: "We are hugely grateful to the Lions Clubs for supporting us during this challenging time. Our crews have been incredibly busy working to support other emergency services on the frontline and to keep them safe we have needed large amounts of unbudgeted PPE, so that they can continue to provide critical care for those in need.

"The £12,000 grant will be used to buy reusable high-protection masks for our crews, which will cut down on waste and be more comfortable. Our crews will need to operate in PPE for the foreseeable future so making sure they have the best kit to enable them to do their job is paramount. We have been unable to fundraise in our normal way over the last few months and have had to cancel all of our fundraising events for this year, so this grant is an enormous help which will keep our crews operational, safe and saving lives."



We are still in the process of organising the face masks order which the generous grant will be providing funding for. We look forward to receiving them, and getting them put to good use.

I am sure you are aware, at East Anglian Air Ambulance we cover the Norfolk, Cambridgeshire, Suffolk and Bedfordshire – I would be remiss to point out that different Air Ambulance charities operate in Essex (Essex and Herts Air Ambulance) and Lincolnshire and Nottinghamshire (Lincs and Notts Air Ambulance) which form other parts of your district.

Thank you again for your support, it really is appreciated.

Best wishes,
Stuart Wyle
Head of Community Fundraising

Thank you for the email. I've been in contact with an Andy Pemberton thanking him profusely for the portion of the £160K that LNAA received. Just to reiterate the same to you, we were over the moon with this support! The Lions have been and continue to be great supporters of Lincs and Notts Air Ambulance and for that we are truly grateful.



As for the further donation of

£3,000 from Lions District 105CE well that has just made my day. Thank you so much for this. Naturally once we have received the gift, we can send you an official thank you but I just wanted to say thank you now as it has put a big smile on my face!

Jason Cater
Interim Director of Fundraising



Diabetes “Know Your Risk” assessment days.
Lions at work.



Diabetes UK London Bridges Challenge 2019 – District Diabetes Officer David King and members from New Century Lions and Chelmsford Lions, took part in this challenge and raised over £1000 for Diabetes UK.

SPECIAL CLUB ANNIVERSARIES THIS YEAR

<u>Region</u>	<u>Zone</u>	<u>Club</u>	<u>Anniversary</u>	
Region:2	Zone:C	Basildon & Wickford	50	Jul-20
Region:4	Zone:C	Lowestoft	50	Aug-20
Region:4	Zone:A	Woodbridge & District	50	Oct-20
Region:5	Zone:B	Scunthorpe	50	Feb-21
Region:3	Zone:B	Dareham	45	Sep-20
Region:3	Zone:A	Wroxham & Hoveton	45	Nov-20
Region:3	Zone:A	Great Yarmouth	45	Jan-21
Region:4	Zone:B	Newmarket	45	Jan-21
Region:4	Zone:B	Saffron Walden	45	Feb-21
Region:1	Zone:B	Huntingdon Grafham Water	45	Feb-21
Region:6	Zone:A	Boston	45	Mar-21
Region:6	Zone:A	Skegness	45	Jun-21
Region:4	Zone:C	Beccles	40	Jul-20
Region:2	Zone:A	Chelmsford	40	Jul-20
Region:6	Zone:B	Sleaford & District	40	Sep-20
Region:4	Zone:A	Stowmarket & District	40	Sep-20
Region:1	Zone:A	Hunstanton	40	Nov-20
Region:3	Zone:C	Hethersett & District	40	Dec-20
Region:2	Zone:A	Braintree	40	Dec-20
Region:5	Zone:B	Isle of Axholme	40	Dec-20
Region:3	Zone:A	Acle & Brundall	40	Jan-21
Region:5	Zone:A	Barton on Humber	40	Jan-21
Region:2	Zone:A	Clacton on Sea	40	Feb-21
Region:5	Zone:C	Nottinham WestT	40	Mar-21
Region:5	Zone:A	Grimsby Cleethorpes	40	Apr-21
Region:6	Zone:B	Spalding	40	May-21
Region:5	Zone:C	Southwell & District	40	Jun-21



Brain tumours kill more children and adults under the age of 40 than any other cancer



Your support will help fund vital research

FRAN'S VIRTUAL

WEAR A

HAT DAY

WITH FLOWERS

19.06.2020

#WearAHatDayWithFlowers

www.lions.org.uk/WAHD

Join on
ZOOM
@ 6 pm



Registered charity number 1153487 (England and Wales) SC046840 (Scotland). Company limited by guarantee number 08570737. LCI MD105 Brain Tumour and Paediatric Cancer Foundation registered charity number 1181428 (England and Wales).



**East and Midlands Phoenix
Internet Lions Club**

**President Elaine Kitchen
5 Loveden Court, Cleethorpes
North East Lincolnshire, DN35 0JH
Tel. 01472 238841
Mobile 07806 896856
E-mail kitchene52@gmail.com**

Let me ask you, have you been isolating because of your vulnerability or have you been working in the community, delivering food parcels, meals, prescriptions, knitting hearts, making phone calls to vulnerable people who are isolated in their homes?

If you have been isolating because of your vulnerability, did you join your Lions Club for meetings on Zoom? How did you get on with it? Was it better than turning out to meetings in the evenings, particularly when they are cold, wet or icy?

Did you enjoy working in your community helping very needy people and families? In doing this did you meet people who were doing the same, without being part of a club or group? They just did it out of kindness of their own hearts to help their neighbours and friends.

What about asking these people if they would like to join Lions? Not everyone wants to go out at night to meetings as they feel vulnerable and don't want to enter their home in the late evening on their own. Why not ask them if they would like to join the Phoenix Internet Club who meet on Zoom on the first Monday of each month. Each of the members then work within their own community in one capacity or another to support vulnerable individuals and families.

Come on Lions, this is a perfect opportunity to get new members, by talking to all the selfless people who have worked so hard during this COVID 19 epidemic, to harness their enthusiasm towards Lions activities. To also talk to those people who cannot get out because of their circumstances i.e. having children, being disabled, feeling vulnerable when they go out.

The Internet Club is the best platform for busy working people and for people who are housebound for various reasons i.e. disability / parents of small children / looking after elderly family members. I am sure that they enjoyed all the interaction with the people they met and will be lost when it all finishes. Well, what are you waiting for? Contact me on the above numbers or by email to find out more.



SPREAD YOUR WINGS.