



Lions Clubs International British Isles District 105CE

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



MONTHLY NEWS MAY 2021

The month of April has been a very busy period for the District and the Multi District in preparations for the MD Convention. Our District, CE, was heavily involved in it. Convention Chair, IPDG Guch, led the team and had daily sessions, running through the motions until all was flowing smoothly. It was good to see the coordination between the Districts and how well they operated supporting each other as Multi District 105.

I hope you all enjoyed the Convention, although it was virtual it went well and dealt with the business of the day and more.

I was pleased to see that most of the presentations from the International President went to the Lions from our District CE; they were Robyn Banks, Rebecca Hall, Jan Dempsey, Ian Brown, Zara Dyer and Fran Starry. Congratulations to all the recipients for their achievements.

We also had the Council of Governors meeting during the month; I am proud to say that I Chaired the meeting as Acting Council Chairperson in the absence of Council Chair. The outcome of the meeting and resolutions will be made available at the Cabinet meeting on May 16th.

The International Convention is set for 25th-29th June virtually. The Keynote speaker for this occasion is the Nobel Peace Prize holder Malala Yousafzai. Amongst the items, there will be a virtual Parade of Nations, it will be interesting to see how that will be implemented. <https://licion.lionsclubs.org>

District 124 Romania are holding their National Convention on the 21st-22nd May, I and our International team members will be joining them to support the occasion.

Our District Handover event is booked for the 9th-10th July at the Holiday Inn, Peterborough West. There will be a Three Course Mediterranean Style Dinner, served on the Friday along with Presentations and then the Handover of the District Governors in succession. Saturday, during the day-time there will be training and workshops. In the evening will be a Three Course Dinner of your choice followed by meeting and greeting. Please make your bookings, contact by getting in touch with Lion Di Parkin Email: dlpcrp@hotmail.com . Tel 01780 757482. Club secretaries have been sent the details for convenience.

I have been attending virtually, Club meetings and Charter anniversaries during the month and have more planned for the near future. I long to meet everyone and have a chat face to face, not long now I sincerely hope. You have all endured the circumstances very well.

LCIF have launched an appeal for India, I am sure you must have seen and heard of mass devastation of the people due to the Corona Virus. Families have been destroyed, no bread earner, no one to look after the children, the situation is exceptionally bad. The help will be administered through the Lions officers in India. Please give generously for this worthy cause and save lives.

Walk for Diabetes, DGs Partners appeal, Manjit has walked over 797 miles, 874 is the target. There is no stopping now. She would like to thank everyone who donated and are donating for this cause. It is one of our Global Causes. Please record it in your service.

The weather is improving, Lions are out and about. Have a Great time with Your Families and Clubs.

DG Ujjal

Sight



Childhood Cancer



Hunger



Environment



Diabetes





Lions Clubs International
British Isles

India needs our support



Lions Clubs of the British Isles launch an appeal to support the people affected by the pandemic in India. Lions Clubs provide vital assistance where it is needed.

#StepForward #JoinUs #LionsGetInvolved

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As we can see from our TV screens the situation in India is not good.

Over the last two weeks LCIF staff have been consulting with Lions' leaders in India about their needs.

There is an urgent need for medical equipment and our Foundation is providing funding to support the Lions of India.

There is a short report on the LCIF Facebook site indicating that LCIF have launched an appeal – see the following Facebook link: [LCIF Facebook](#)

However, a global appeal is imminent and it is very important that, unless you are a Lion living in India, donations must go via the LCIF **Global Disaster Fund, annotated India**. Do not use the LCIF India account which is specifically for Lions resident in India. The Indian government regulates money entering India so it is most important to use the normal LCIF Global Disaster Fund account which is registered to make donations to specified MD accounts in India.

Donations for LCIF **Global Disaster Fund, India**, sent via District Treasurers/Charity Treasurers to the MD105 Appeal Fund will be forwarded at frequent intervals to the LCIF Global Disaster Fund.

Tax paying individuals wishing to make a personal donation may wish to complete a Gift Aid form which is attached to this email.

Many thanks
PDG Lion Alan Hall
District LCIF Coordinator



International Convention - 2021

Virtual - 25th to 29th June



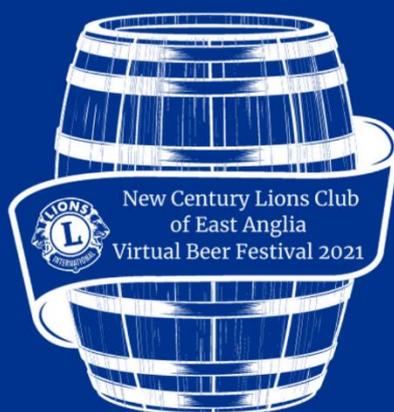
- Lions Clubs International's first-ever virtual convention
- Tour virtual exhibition halls
- Connect and network with fellow Lions
- Enjoy world-class entertainment
- Partake in the virtual parade of nations and flag ceremony
- Hear from Lions leaders and keynote speakers
- Club Delegates can make their votes count
- Still time to book

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

Do you enjoy trying new beers? How about raising money for charity at the same time?

Then the virtual beer festival organised by the New Century Lions Club of East Anglia is just for you!

Full details can be found on the Eventbrite page:



Charity Virtual Beer Festival

Saturday 12th June 2021 from 8pm

Enjoy 11 different beers (500ml bottles) in the comfort of your own home

Includes online tour of the traditional craft brewery Leatherbritches

Branded t-shirts, half pint glasses and raffle tickets available

Can't make the date? Enjoy the beers in your own time and we'll share a recording of the tour with you

Organised by the New Century Lions Club of East Anglia CIO 1191855. All profits go to LCIF which helps communities locally and globally.



<https://www.eventbrite.co.uk/e/charity-virtual-beer-festival-tickets-150302383475>

Swaffham & District Lions



As part of looking after the environment, Swaffham Lions are asking local residents which areas they would wish the Lions to litter pick. Once the areas have been selected, following any safety concerns, a team will be allocated to an area with the view of looking after the area on a regular basis.

The Lions nationally are trying to collect 2022 bags of litter before the start of the 2022 Commonwealth Games that are to be held in Birmingham. They will be displayed at the opening ceremony; its aim is to highlight the need to look after the environment.

With over 1million ink cartridges going into land fill each day, causing contaminates to pollute the water table and taking up to 1,000 years to decompose, Swaffham Lions have launched an ink cartridge recycling scheme as part of their commitment to look after the environment. The cartridges (no toners) can be handed in at Swaffham Community Centre or on Sunday morning between 10-12 at the Assembly Rooms. Swaffham Lions also collect spectacles, hearing aids and food for the Foodbank.



Thanks to Hazel & Peter for this week's Sunday food collection 33.6 kg of food collected plus some wonderful cosmetics for the Women's Refuge.

Newmarket Lions Club



With Leo the Lion our mascot in attendance, Newmarket Lions Club attracted much attention at the stall on the market on Saturday and saw far more children than ever dared imagine. With a piece on local radio about what was happening and coverage about it on Facebook, Twitter and the local press and posters all over town, Newmarket Lions were busy from 9:00 am finishing an hour earlier than planned as all the 125 sunflower planting seed kits and chocolate had been given out!

There were six lions in attendance including two potential new members Douglas and Stew who had been attending club zoom

meetings and they had so much fun they are going to join as members!

The children brought their artwork and received chocolate in exchange and if they wanted [and most did] a sunflower growing kit and an entry into another competition 'who can grow the tallest flower'. The children are posting pictures on our Facebook page Flower of Hope already! That's a GRRREAT result!



We have been impressed with the work that West Norfolk Riding for the Disabled do at the Magpie Centre. The centre, which has been running for 30 years, has just reopened following lockdown and has welcomed a small number of clients back, before lockdown up to 130 attended both riding or on carriages. The centre manager, Natalie Dade, explained they have 15 horses, 5 staff and up to 100 volunteers. The cost of running the centre, which relies heavily on donations and fundraising events, has still had to pay for hay, vets, staff and general running costs during lockdown without the ability to fundraise. Lion President Tony Lakey and Lion Pam Tallon presented at cheque for £500 on behalf of Swaffham & District Lions to Natalie Dade with Buddy a 13-year-old Dark Bay Irish Cob.

Grantham Lions Club

Please see a photo of the three lovely Easter Eggs made by one of our Lions Ladies, Which the Club raffled off and made a grand total of £846 for our Charity Account,



Edwinstowe and The Dukeries Lions Club (CIO)

We were busy Lions up to Easter and beyond but to help everyone in the community we need to raise funds so we have decided to walk from John o Groats to Lands End albeit virtual. Some of us have agreed to actually walk the distance starting 31st May and we are asking fellow Lions for help and a donation button will be set up on our Facebook page. We would be so grateful. Once we get close to our area we will do the walk not virtually but do it via hostelrys in Edwinstowe, Ollerton, Bilsthorpe and other Villages just to get refreshment obviously and to raise awareness in the locality. Our Facebook page will let you know when you can come and say hello.



Easter saw us at King's Mill Hospital and Boughton Young Peoples Centre

giving 51 Easter Eggs to the children at the hospital and the 35 children at the Centre. Both establishments gave a massive thank you with the Hospital giving The Lions a certificate of appreciation.

Members of the club are to be found regularly supporting public-spirited members of the community in the area litter picking. Belated congratulations go to two long standing members of our club, Jon & Diane Yarwood, who received the Melvin Jones Fellowship Award for their commitment to our community



Community projects we have been involved with are Portland College which is a leading specialist college working with disabled people to develop their employability, independence and communication skills, so they can purchase apparatus to help whilst in lockdown and afterwards.



Sam's Place @ Rainworth which offers a realistic work experience placement for people with a learning disability, together with independence and social skills and

Walesby Junior Football Club in helping them to replace football equipment which was vandalised and Bilsthorpe Scouting Group to help purchase camping equipment for Scouts involved in the Duke of Edinburgh scheme.

The Rope Project is a scheme which supports families who have fled domestic abuse. Helps

families by way of supplying household items i.e. kettles, microwaves, cutlery, bedding, beds and anything that is classed as essentials to survive and we Lions are proud to be involved both physically and help when needed.

Listen out for mentions of the Edwinstowe and The Dukeries Lions on streaming BOWE Radio as we are proud to be involved with this fantastic local venture with our jingle -: Bowe Radio supported by your local Lions Club taking pride in our community Check out The Edwinstowe and The Dukeries Lions Facebook page to learn more.

We Lions are so, so, grateful to Groundwork @ Tesco and Thoresby Charitable

Trust for their generous help enabling us to now go ahead with the refurbishments of our Santa Sleighs which are looking very tired as is the lighting and music appliances. Just hope Santa doesn't need a Refurb.



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Reepham Lions Club.

As soon as they could at the end of March 2021, the girls of Red Rose FC, Cawston, were out training in preparation for their return to football. They were so pleased to be able to meet up again and enjoy the opportunity to play the game they love. As well as their coaches, also at the training were 3 members of Reepham Lions who had come along to present the girls with new shirts which the Club has sponsored. This was a total surprise. The girls were delighted to have new kit and, as there is a possibility that they will be allowed to play in a local mini league before the end of the current season, they are looking forward to the opportunity to wear their new shirts.

Southwell Lions Club

Southwell rugby club new coach Andy Powell a former Wales International and British and Irish Lion receives a cheque at the club from Ian Edwards, President of Southwell and District Lions who explains that the Lions are very aware that the Covid epidemic has denied access to team sports for too long for many local young people and we are delighted to assist in the Re-opening of the very successful junior section at the club. We wish Andy and the senior squad a successful season as senior rugby returns in the autumn"



LIONS ROAR2021 – NOW AN MD YOUTH PROJECT

This easy to run Youth Service Project, helps to serve your local primary schools.

You can help children THINK BIG and help them CHANGE THE WORLD.

ROAR2021 is a great youth and service project for your club!

Check out [LIONS ROAR PROJECT](#) – You Must Act now to get schools on board for this year's programme!!

Every Lions Club can help support their local primary schools and inspire local children.

This is the fifth year Lions have been offering ROAR to local primary schools and the programme is open to schools and Lions Clubs across the British Isles. The programme runs from now to December, see the information below to get started.

ROAR in your local schools will be organised and run by **8billionideas** (previously 7billionideas) the award-winning education company.

Clubs can sponsor as many local schools as they wish, some clubs have sponsored up to ten schools in recent years adding significant value to their local primary schools.

Please view the short video [ROAR2021 PROMO VIDEO](#) to get a feel for the ROAR program.

Contact [PDG Steve Scall](#), District ROAR Officer and PDG Steve will be delighted to help you and your club.

To help clubs the ROAR team will be running ZOOM meetings to answer your questions on 11, 13, 19 and 27 May at 7.30pm. To get involved join:

Zoom Meetings Link

<https://zoom.us/j/8293744613?pwd=NC9KQIR3ZkZBRmZDa0NQQWVlelpQZz09>

Meeting ID: 829 374 4613

Passcode: 154509

There is also a ROAR2021 Power Point presentation available, but you will need to request it from [PDG Steve Scall](#).



Interested in ROAR2021, check out: [LIONS ROAR PROJECT](#)

Why It Is Vital That Parents Switch Off their Car Engines Near the School Gates

SETTING UP AN ECO TEAM... PART FIVE – AIR QUALITY AWARENESS

We absolutely love this short film by Sanctum Presents; available on their website- *The Invisible Man*



AIR POLLUTION- THE FACTS



There are many organised groups working towards protecting your air quality!

What is Idling?

Idling is leaving your engine running when you are not using a car. If your car is not in use for more than thirty seconds, you should switch your engine off!

- An idling engine produces up to twice as many exhaust emissions as an engine in motion.
- Exhaust emissions contain a range of air pollutants such as carbon monoxide, nitrogen dioxide, hydrocarbons and particulates.
- 62% of people with asthma report that traffic fumes worsen the effects of their asthma.
- Every 10 minutes of vehicle idling costs at least one-tenth of a litre in wasted fuel.

TOP TIPS:

- Encourage adults to leave the car behind wherever possible
- Think about greener alternatives next time your family change their car
- Switch the car engine off when stationary
- Try to stay back from the road when you are on a pavement
- Spend time with friends in greener spaces wherever possible

This week, our Eco Team newsletter focuses on such an important topic- air pollution. Did you know that a stationary car produces twice as many toxins as a moving car? These affect children whilst inside the car even more than they do outside of the car.

We have attached a recommended short film for your Eco Club to watch to spark a conversation about how to encourage cleaner air around children.

As a Mum, I implore you to watch the short film and share it with the school community. It is upsetting but something that we can all hopefully work towards improving.

Please do check out our free to download and share the ECOKIDS newsletter. We would love to hear from you with your stories and artwork too!

You can email us at recycle@theinkbin.co.uk or WhatsApp us your photos; comments or ideas.

Head to the [ECOKIDS](#) section of our website to download

[Visit Site](#)

07712 577528

Share on social

Great British Spring Clean

Saturday 5 June

Join the Great British Spring Clean in Southwell and show some love for our town.

- Meeting at the Saracen's Head Hotel car park at 1pm
- Organised by Green Southwell and Southwell Lions
- Equipment provided but please bring your own gloves
- Families welcome

Pick your own route working in household bubbles or small groups. More info hello@greensouthwell.org.uk



Southwell
Green



Greening
NEWARK & SHERWOOD

NEWARK &
SHERWOOD
DISTRICT COUNCIL



Spring 2021

Lions International Eye Centre, Korle Bu Bringing Sight Services to West Africa

What a success story! After over ten years of hard work by so many people, MD105's very own Sighfirst Project, the **Lions International Eye Centre**, at Korle Bu Teaching Hospital in Accra, Ghana, is fully operational. It is bringing sight services of a quality never before seen in West Africa to many thousands of people to whom such services have not previously been available. I give a huge "Thank You" to all Lions across the British Isles who have supported the project to date. We can all be so proud of what we are achieving.



But this is only part of the story. The main long-term aim of the project is to provide training in higher surgical skills to ophthalmic surgeons from across the whole of the West Africa region. Whilst in UK we would expect to have one ophthalmic surgeon for every 40,000 people, in West Africa there is one for every million people. And this is in an area where people are far more susceptible to eye damage and disease than we are. There are 2.6 million people registered blind in the region, and we want to reduce this number drastically. We can save the sight of at least 75% of these people, if we can provide them with the services they deserve.



Triage at Anterior Segment course November 2018

The development of our training course structures and materials is well advanced, and our courses are under way. At the **Lions International Eye Centre**, Korle Bu, we have already trained 37 students in various sub-specialities, and well over 100 surgeons in the necessary techniques to train others. And very excitingly, over 150 doctors have taken our online course in basic ophthalmic surgery, thus promising a significant increase in capacity in the future. In addition, we have trained over 200 nurses and other staff in modern techniques in ophthalmic support services, patient flows, patient record keeping, etc. All this is already having a very significant effect on the services being offered in the home areas of the students, not only in their own work, but in the work of others to whom they are passing on their new-found skills. Thus, thousands of patients have already benefitted by our efforts, and received treatments not previously available to them.

And now we look to the future. We have developed a plan for our courses programme for the next three years. Over that period, we intend to run another eighteen courses, training a further 70 or so students in a variety of ophthalmic surgical sub-specialities. We will also carry out at least one Train the Trainer session each year, covering around another 200 potential trainers, so that the skills concerned can be spread as widely as possible.

At the same time, we will continue to upgrade the facilities and the experience at the **Lions International Eye Centre** in terms of equipment, nurse training, patient handling and administration, to ensure it continues to be recognised as a shining light in the provision of sight services within West Africa.

The story of the **Lions International Eye Centre**, and the aspirations going forward, can be viewed on a video at <https://vimeo.com/462153775>, and a shorter video specifically for Lions can be viewed at <https://vimeo.com/520671086>

Of course, there are costs involved, and we would ask you to give as generously as you can. As we are in partnership with Lions Clubs International Foundation (LCIF), your donations will count towards your Club's record of donations under Campaign 100, and will qualify for Melvin Jones Fellowships, and all other Campaign 100 recognitions.

Please send your donations to your District Charities Treasurer clearly marked "LCIF designated for Korle Bu".

For more information, please contact me on lionhowardlee@sky.com

Howard Lee
Chairman, Moorfields Lions Korle Bu Trust