



# Lions Clubs International British Isles District 105CE

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



## MONTHLY NEWS MARCH 2021

I am sure you must be relieved to hear about the Count Down from the Lock Down. This announcement has been welcomed and enabled the Lions to plan activities for the Sunny Days to come and beyond. Let us hope all works well and safe. I am getting renewed messages about Charters and other events taking place as we get our freedom to meet.

As District Governor, I am looking forward to meeting as many Lions as I can before the end of my Lions Year. The DG Team have understandably lost a lot of time and have not been able to meet anyone.

MD membership Officer Sue Wilding has held five sessions namely the Boot Camp; the response from some who attended the sessions is that it was informative and have gained a lot of information to help our grow membership. Please go ahead while the information is still fresh in your minds and take steps to be known and what great work you do in the Lions organisation.

I am delighted to say that the Young Ambassadors competition was won by Ellie- Mae Banks, our District CE is proud to have a winner from a very tough YA competition. There was a total of five candidates. Well Done, Ellie, Lion Reg and the Youth Team for your organisation and commitment.

Walking has become quite popular during the pandemic, Southwell Lions did not waste any time and have taken the Challenge to walk the entire coastline of British Isles, that is 6500 miles (virtual) to raise funds for the Brain Tumour Research. Please help them to reach the Target £5480 which will pay for two days research. To donate visit <https://www.southwell-lions.org/brain-tumour-trust> . Whilst on the subject of walking, Manjit has walked 480.18 miles for DGs Partners Appeal, Diabetes as her charity. She has 393.82 miles left to do as I write. Her intention is to finish the walk within the Lions Year. Manjit would like to thank all Clubs and individuals who have donated towards this worthy cause, it's one of our Global Causes. Please help by donating to the link below or send your donations to our Treasurer Paula Mellows, marked DGs Partners Appeal Diabetes.

<https://www.peoplesfundraising.com/donation/manjit-walk-for-diabetes>

Our second CE Convention is approaching fast, it's planned for the 13<sup>th</sup> March, it's our first digital Convention so a lot has been packed for you to see and take part in. Come and meet your 3<sup>rd</sup> Vice International President Dr Patti. If you have not booked already then please do so now, let's have a bit of digital fun before we get our freedom to meet again face to face.

Our MD Convention is on the 1<sup>st</sup> May, on-line, if you intend to participate bookings can be made now.

The 103 International Convention is planned for June 25-29, is again virtual. There is a charge of US \$50 for registering a booking up to 31<sup>st</sup> March, after that there is an increased charge. The charges are to cover costs of transferring events to virtual format. There will be plenary sessions, exhibit halls, seminars, entertainment, Parade of Nations and much more for you, all inclusive of the charges.

I hope to meet you all at our CE Convention, until then, Keep Safe with your Families and Clubs and hope we meet in person soon.

DG Ujjal



**Lions Clubs International District 105CE  
Digital Convention - 13 March 2021**



## MULTIPLE DISTRICT 105 YOUNG AMBASSADOR OF THE 21<sup>ST</sup> CENTURY



### District 105CE Final and MD Final Winner 2020-2021



**ELLIE MAE BANKS**

Ellie-May was tracked down as a candidate for YA by East Anglia New Century Club, specifically by District Officer Lion Melanie Godefroy, and then cared for by District Officer Lion Sue Hibbert. My thanks to them for their support before, during and after the District and MD Finals

So who, might you ask, is this fabulous and caring young supporter of community service. Well in her own words: -

“I am Ellie-Mae Banks, 17 years old and in year 13 at Suffolk One Sixth form College. I am studying Human Biology, Health and Social care and English Language for my A Levels. I have applied to university to study Children’s Nursing and hope to train to become a Paediatric Oncology Nurse and later, to specialise in haematology to treat children with blood cancers. I am a Leading Cadet in St John Ambulance and am soon hoping to transfer to become an adult volunteer when I turn 18, and to carry this on at university.

My project means a great amount to me as it is something that happens close to my home, but affects so many young people, their families, and their friends across the nation and I would like to be able to help as many people as possible in that situation.”

Ellie-Mae's project, which was triggered by an incident close to her home, is directed at the impact of knife crime within the young population, namely the eleven to eighteen age group. She is like all young people of today a whizz kid on social media and intends to use that as the main medium of communication and thus direct their attention to how they could instead become involved in community projects and help others. She will include information about and contact details for other organisations that could help them. A website is to also be created and later she intends to have a regular podcast that will be continually updated with the most current information to assist these young people. Finally, she is talking with the St John's Ambulance to introduce training courses for cadets which are specifically directed at how to deal with knife crime injuries and the mental stress impacting the victims.

Ellie-Mae has already done many other events and activities for her local community, examples such as: midnight walks and bridge walks for two hospices, a skydive for a local charity supporting young with emotional problems, and she already trains other SJA cadets. She is a student ambassador at her college, enjoys competing in various athletic events and at a more serious level is keen on medical research, with a view to a possible post graduate degree in nursing research, and we think we are busy, what can I say!

**THANK YOU AND CONGRATULATIONS .**

## Southwell Lions Coastal Challenge for Brain Tumour Research.



Conventional fund raising for all charities in the pandemic has stopped, group activities aren't permitted, but individual exercise is encouraged for physical and mental health.

Whilst most of the club members often go out for a stroll, our virtual walk around the British coastline gives us some motivation to get out every day, even when we might be tempted to stay indoors in the warmth. Using this challenge as a fund raiser gives an extra incentive to stretch our legs even more.

We decided that any funds raised would go to Brain Tumour Research.

As March is Brain Tumour Awareness month, our choice of charity is particularly appropriate. We have set a target of £5,480 which would cover the costs of 2 day's research at one of Brain Tumour Research's centres. Any donations are welcome via Just Giving. <https://www.justgiving.com/campaign/braintumourtrust>

Our local free press is covering the walk and we are posting updates on our progress on our website and social media pages. <https://www.southwell-lions.org/brain-tumour-trust.html>

Our original target was to cover the 6,500 mile challenge in 100 days counting the collective mileage of the club members' local walks, but we are currently ahead of schedule.

More Lions and partners have taken up this challenge and push themselves to go that little bit further every day. If we keep up this progress, we'll be back at our starting point of Skegness in late April, and we may be able to cover some of the final miles in groups of 6.

## Southwell & District Lions Club's <sup>virtual</sup> Coastal Walk round Britain Raising funds for Brain Tumour Research.



The image is a collage. In the center is a map of the British Isles with a white banner across it that says 'Only 4,030 miles to go!'. To the left of the map are three photos of people: one of a man in a dark jacket, and two of a woman in a purple jacket and a man in a green jacket, both holding wooden poles. To the right of the map are two photos of a person in a green jacket and a person in a purple jacket, both wearing high-visibility vests and holding poles. There are two yellow text boxes with red arrows pointing to the map. The top box says 'Start Point 14th Feb from Skegness. Finish in about 100 days.' The bottom box says 'UPDATE 7th March at 09.00. A magnificent 2,470 miles after the third week. We're now in Wales and well ahead of the plan. We'll pass the UK's smallest city: St David's today!'.

**PLEASE HELP THIS CAUSE BY DONATING GENEROUSLY,  
WE'LL KEEP WALKING**

## **Beccles Lions Club**

In common with most - The Beccles & District Lions, whilst holding regular 'Zoom' meetings, have been unable to pursue their usual programme for fundraising. Happily, this has not stopped us from fulfilling our commitment to assisting the people of Beccles and the surrounding area.

The Welfare Team - whilst having to work around the problems of Lockdowns and Social Distancing are still very active in helping those local people who require assistance either in the home or with mobility.

Many grateful clients have received the free help which our team provides - which includes electrically operated riser chairs and beds - such as those which went to a gentleman who could no longer get upstairs and had difficulty standing once seated. Emergency assistance for single parents who have been re-housed is another area with which we help - with one Mum unable to afford the carpets and curtains needed for her 'new home' to make it warm and comfortable for both her and her children - Lions to the rescue! Cooking emergencies led us to help another two families just prior to Christmas and we were able to source - within one day - necessary replacement cookers to ensure that the children got their Christmas Dinners.

Mobility Scooters, Wheelchairs and Walking Aids are another area where people often need help and we regularly collect unwanted items which we refurbish and store for when a local person cannot afford the cost themselves. We are delighted to be able to help so many local people with items to make their life a little easier.

Whilst our Christmas activities were severely curtailed in 2020 - we did proceed with both our Toy and Food appeals. Once more the Town opened its heart (and its purse) to make sure that Children in less fortunate circumstances had a surprise on Christmas Morning. Our yearly Toy Appeal broke all records in 2020 and with the generous help of The Toy Box in New Market, Beccles and the staff at Blackwell Print in Great Yarmouth, we were able to bring wide smiles to the faces of many Children who might not otherwise have had a present from Santa. So many items were donated, that we were able to 'spread the cheer' over a much larger group of Children. A huge "thank you" to all who helped us with this wonderfully satisfying project. More generosity, as local customers of our Supermarkets once again come up 'trumps' - even during this difficult period, by responding wonderfully to our 2020 Food Appeal.

This year we were able to distribute a magnificent 21 'parcels' to needy individuals - of all sorts of food items - including seasonal treats, to help make their Christmas much more enjoyable. We also 'threw in' a few pounds from the Club to enable them to buy their own favourite treat. So generous were the donations that we had some 'leftovers' which were donated between St Luke's Food Collection and the Elizabeth House Children's Home.



The response from the recipients themselves was heart-warming - with many close to tears when they received their unexpected gifts.

## **Lowestoft Lions and friends**

Lowestoft Lions reported in January that they have come together with two Beccles Lions and other local volunteers to provide car park stewards at Kirkley Mill Health hub in south Lowestoft during the Covid vaccination rollout. Since the start of the club's involvement on January 5<sup>th</sup> 2021 they are now delighted to announce that over 10,000 patients have been given a Pfizer jab at the health center. Despite a variety of weather conditions, volunteers have helped to maintain the flow of vehicles to parking spaces and guide vaccine recipients into the building. Many of the stewards are local volunteers who have come forward and offered their services alongside club members for their two-hour shifts - and coordinated by the Lions. However there always seems to be something out of the ordinary to report after each day of car park marshalling duties. From clearing snow and ice to calling the Fire Service when thick and choking smoke drifted across the car park from a sofa being burnt in a nearby back garden. Other incidents have included reuniting a new iPhone with its owner, after it had been dropped in a nearby road and was fortunately spotted by the eagle-eyed Lions and on another occasion when a police incident at a property on the access road to the site brought temporary traffic problems as two of their vans blocked the road, soon resolved. Other unusual 'duties' have included dog minding, bump starting a car, valet parking mobility scooters, reuniting lost relatives and minor accident management.

The volunteers got a mention on BBC Radio Suffolk. The medical staff and volunteers inside the health hub are drawn from many surgeries around the town and Lowestoft Lions are pleased to be supporting them in providing a vital service.



## New Member Joins Deepings Lions Virtually

Members of the Deepings Lions were delighted to welcome Tom Evans as a new club member. Immediate Past President Nicki Waldie conducted the ceremony with President Steve Holt acting as his sponsor. Club members, decked out in their club colours, witnessed the virtual event. As a surprise Tom's wife Katy and their children Isla and Bethan presented him with his Lions badge and certificate of membership. Even their dog Eddie got in the act making it a real family occasion.

Tom said that he first became aware of the Lions following a request from President Steve who asked if he could help with the club's Christmas sleigh activities. He readily agreed. Having enjoyed the experience, he was "encouraged to join the club". After attending a few Zoom meetings he decided to become a member. Already Tom has become involved in organising the Easter Egg Lucky Dip Competition and volunteering at the Vaccination Centre in Spalding.

Commenting on Tom joining President Steve said, "We are all thrilled that Tom has joined us and I know he will make a great contribution to the club and to the local community. It is always a very special moment when a new Lion joins, and on this occasion especially so as Tom's induction was undertaken virtually by the wonders of Zoom, a first for the Deepings Lions."



Bottom right Tom Evans being inducted into the The Deepings Lions Club as his wife Katy and children Isla and Bethan look on.

## DISTRICT CONVENTION – MESSAGE BOARD FOR DG UJJAL

We invite you all to leave a message for District Governor Ujjal Kular on Kuboboard in celebration of Lions 105CE District Convention 2021.

Convention is on March 13<sup>th</sup>.

In the meantime leave your messages, pictures, and videos on Kuboboard at:-

<https://www.kudoboard.com/boards/jCbJMbpX>

## Swaffham & District Lions

Like many other organisations Swaffham Lions activities were curtailed with the outbreak of Covid-19. The Lions around the world are used to dealing with adversity, whether its earthquake, famine or flood. Swaffham Lions took the view that they need to review how they could continue to serve the local community whilst remaining safe, for our members and the community we serve.

It was important that we remained safe, so like our grandparents in the first world war we had to wear masks, not for a gas attack but to stop the transmission of the virus. Another change is handling money which has become a problem as coins especially could carry the virus, we now have to collect money electronically.

Following a review of the club's activities using Zoom meetings, the club decide that three important issues needed to be top of the agenda.

- 1 Feeding the hungry
- 2 Supporting the vulnerable
- 3 Raising the spirits of the community whilst in Lockdown.

### **Feeding the Hungry**



With the churches closed, which stopped one of the food donations streams for the local Foodbank, Swaffham Lions opened a Sunday food donation point at the Assembly Rooms, this regularly collects over 30kg of food. With the success of the collection the Lions joined forces with Iceland Supermarket to open a collection point operating daily in their store. The Lions in conjunction with Tesco collect food donations weekly from the store and deliver them to the local Foodbank Centre. The Lions then transfer the donations to Dereham where they are made up into food parcels ready for the Lions to transport them back to Swaffham.



With the support of the Community Fridge, the Lions have been delivering food parcels to residents in Swaffham and surrounding villages, at the same time helping them gain access to further help from the local authorities.

### **Supporting the Vulnerable**



As well as helping with food parcels, the Lions through their work, have received donations other than food that they have delivered.

Hats & scarves to the homeless Collected and delivered duvets to Women's refuge. Collected and delivered prescriptions. Transferring a bed downstairs to enable a husband to come home from hospital.



### **Raising the spirits of the Community**



Delivered over 200 chocolate eggs as a surprise to local households. Distributed over 300 toys which had been donated by a local resident. Delivered handmade goodie bags to local children. Distributed 30 handmade quilts donated by a Swaffham Resident to local children. Delivered a meat hamper to a local needy family. Did a litter pick in Swaffham and local villages.

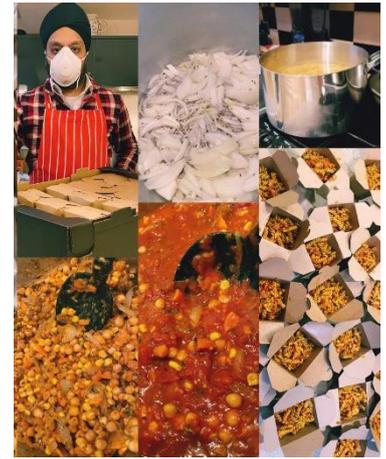


## **Nottingham West Lions Club (NWLC) at the Forefront of HUNGER Relief**

Many charities have goals in common with Lions Global Causes but during this global pandemic and lockdown, a fundamental need is food for the less fortunate. Hunger relief, close to the heart of NWLC has encouraged partnerships with organisations such as Guru Nanak's Mission (GNM), the Hindu Temple and a local Morrisons superstore to provide support and fight hunger.



GNM - Nottingham, set up in 2014, rely wholly on donations and service volunteers to cook meals for some 90 people three times a week, they use the services of local Sikh Temples and distribute in Nottingham city centre. Club members including Lions Manjit Gahir and Jasvinder Viridi, PDG Lion Guch Manku and members of the Branch Club regularly help with cooking and serving food. To help with this, GNM were also worthy recipients of £1,000 Emergency Grant from MD105 Foundation during the first lockdown.



At a local Hindu Temple, dedicated volunteers under the leadership of Lion Rajesh Sharma and Lion Neeru Sharma have been working tirelessly to provide much needed support to front line staff and vulnerable people since the start of the pandemic, cooking and serving an average of 150 meals weekly. Meals are also delivered to the frail and elderly that have little family support. Also available is a weekly community kitchen when anyone, without exception, can collect freshly cooked meals, fruit, vegetables, as well as long-life food.



Over recent months, a local Morrisons supermarket has organised food bags for the local community in need. Shoppers doing their normal shopping pick up a prepacked food bag and pay for it with their shopping. The bags contain a mix of items ranging from a meal for 4 to toiletries and other necessities. Morrisons' staff organise to drop the food bags to local families in need. Lion Jaspal Viridi personally purchased £100 worth of Food Bags in the week prior to Christmas, which helped over 30 families avoid hunger over the festive period.

Looking forward, NWLC Club will be engaged with another local store, Tesco Express, where 3 days a week, food about to go out of date will be collected by members and distributed to local shelters. Hunger relief is certainly central to Nottingham West Lions Clubs service activity.

**Lions Clubs International District 105CE  
Digital Convention - 13 March 2021**

***District Convention is in just 5 days, opens at 09.45 for a 10.00 start.  
To book go to the members area of the district website:-***

<https://lions105ce.org/booking-form-convention-2021.html>