



**Lions Clubs International**  
British Isles District 105CE  
*At the heart of your community*  
Lincolnshire, Nottinghamshire, Cambridgeshire, Norfolk, Suffolk & Essex



## **MONTHLY NEWS APRIL 2020.**

### **CORONAVIRUS**

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**

Fellow Lions, a very happy holiday weekend to you all and for those that celebrate, I wish you a very happy Easter, god bless, enjoy the time linking with family, Lions family and friends.

As we see from the news, the Coronavirus (COVID-19) continues to spread and we are yet to reach the peak in the UK. I know as Lions we want to help those in need and in this newsletter, you will see what we are doing in 105CE and in the Multiple District and what you could do to help. Please stay safe and well in these difficult times.

The message to all is clear, stay at home, protect our NHS and save lives. Your individual safety is paramount and the way in which we support our fellow Lions is going to key to us all too. I know that where Lions can safely help those in need, they are doing so, working with local government agencies. There are things we can do from the safety of our homes, please read the article later in this issue by Lion Keith Ford, Emergency Response Officer for our District which explains what we are doing and how you could help in your local areas.

In addition to the Emergency Response article, please also take a look at our Membership Officer, Alan Hall's suggestions in his write up about opportunities open to you all, especially those of us with extra time on our hands.

Physical Club Meetings just cannot happen during these times, many Clubs have already started to use Video Conferencing (VC) meeting tools such as Zoom (there are other tools out there) and these are relatively easy to get on with. The first meeting is always interesting as everyone literally gets on the same page! But, once you have made it to the first meeting, it really does become easy to use. Take a look at <https://zoom.us/> it is free to use and there is guide on the District Website at <https://www.lions105ce.org.uk/district-team/the-communications-team/ict-help/>.

**Big News – Action required.** On Saturday 4<sup>th</sup> April the Board of Trustees of the Lions Clubs International MD 105 Foundation have made available a fund of **£100,000** for Emergency Grants to support action for COVID-19 relief. A Minimum of £250.00 and maximum of £1000.00 is available to clubs on a first come first served basis. Time is of the essence, as Lions you should all be in discussion with your Clubs as a matter of urgency to apply for a grant to support projects you have under way or are about to start. This is a great opportunity for you to help your local community, - **your President and Secretary will have the grant form - do take advantage of it, see below for details.**

Both Ravinder and I are missing meeting you all, we hope that you will be able to re-arrange those Charter Anniversaries that were planned to the tail end of this Lionistic year and we wish you all the best with those. In the meantime, feel free to invite me to your 'Virtual Club' meeting and I will be delighted join you. Finally, thank you to those of you that have started to use the Record Past Activity option on MyLion, our service reporting is on the up, but still a ways to go, check out <https://youtu.be/Kt6XL4bGnZs>

Till the next time  
Best Regards, Guch

## **URGENT ACTION NEEDED. 84 GRANTS ALREADY APPLIED FOR.**

### **EMERGENCY GRANT PROCESS MD105 FOUNDATION**

The MD105 Foundation Trustees have agreed to make a sum of £100,000 available direct to Clubs to enable them to offer much needed assistance to their local communities during the COVID-19 Crisis.

Subject to there being sufficient funding, the Trustees will consider requests for an immediate grant of between £250 and £1,000 to support local humanitarian need.

The Club must agree to send a final report on the project, including photographic material (with permission to share), on how the funds granted have been spent for the benefit of communities in need.

**This funding will be restricted to the limit of available funds and requests will be considered until 30<sup>th</sup> September 2020.**

Please return by email: [grants@lionsclubs.co.uk](mailto:grants@lionsclubs.co.uk)

## **A Message from VDGE Ujjal Kalur**



I would like to wish all my fellow Lions, Lionesses and Leos and their families good health in these difficult times of Lockdown. I have been in touch with some parts of our District and most people are well but there have been a few cases where people have been unwell and are recovering. It's difficult to say if it has been Covid19 or just another cold. It's encouraging, that they are getting better.

This situation also puts us in financial constraints, help from the authorities is a little further afield. I hope all my Lions Families and their loved ones can endure this difficult time. We Lions are very good to look after others but not good at looking after ourselves, perhaps it's time to do that as well as helping others. This is also an opportunity to update and use technology to communicate with each other, since we can't be physically together, to carry out our business. DG Guch is producing something to help this along.

Lions around our District are doing Service by delivering medicines and food to the needy, they are also helping with donations of food and giving financial help to the Food Banks. The whole picture will be realised as more information comes in. Please tell everyone what you have been doing through Weekly and Monthly Newsletters.

As you are aware that MD and International Conventions have been cancelled, future plans are being dealt with. Our District CE has been fortunate to have held its Convention in Peterborough, some other Districts have had to cancel theirs due to the Virus.

I would like to thank you all who attended the Convention and took part in the election process, having waiting for long time and a lot of hard work due to the merger, I am proud to be your DG Elect. Manjit and I thank all who sent messages, made phone calls, sent lovely Cards of good wishes. I am currently putting a team together to Serve our district in the forthcoming year 20-21, and look forward to work with all my fellow Lions in this Great New District.

Keep Safe.

Ujjal S Kular

## **Great News from MD 105 Trasurer**

*Dear Fellow Lions,*

*The last few weeks have brought a lot of change to our lives, personally, professionally and as Lions. The changes that have been implemented because of the coronavirus threat, have led to the closing down of many parts of society; as Lions we are not immune from these changes.*

*As Council Treasurer a great deal of time has been spent looking at the finances of the Multiple District, the budget and the forecast expenditure for the current fiscal year, 2019-20, in order to make recommendations to the Council of Governors.*

*The Multiple District dues payable by members were fixed at £28.50 in 2014 and by virtue of careful management have been held at £28.50 for the last 6 years. As you are aware, the Council of Governors circulated a Resolution that the dues for 2020-21 be increased to £30.50 per member.*

*That Resolution was to be debated at the MD Convention, now, sadly, postponed.*

*The Council of Governors were advised that the significantly reduced activity over the final quarter of this financial year will generate sufficient savings to offset the dues increase proposed. Council of Governors accepted my recommendation and I am pleased to be able to advise all members that MD dues can be sustained at their current level, £28.50, for the next financial year (2020-21).*

*Regards PCC Lion Philip Goodier  
MD 105 Council Treasurer*



## COVID-19 and Membership – an Opportunity

In times like these we need to take care of not only the public but also ours, our members and friends wellbeing. Especially those who may be feeling lonely, isolated, vulnerable or just bored!!



Here are a few pointers to consider, why not discuss as a club and keeping yourselves involved during Social Distancing and Isolation; although the 'normal' methods of communicating may have changed it should not mean the old-fashioned communication stops.

Make sure Lions maintain communications both internally with members and externally with the public

- Clubs need to ensure they are still promoting their activities to the public; we are still here 'To Serve'.
- Social Media such as Websites, Facebook, WhatsApp, twitter, etc. or the local press. Remind the world (and members) what we have done. Acts of Kindness as Kindness Matters.
- Don't let a silent void evolve, Sound matters when isolated
- Ring members, WhatsApp members, Skype members and use Zoom Meetings
- Continue holding meetings; although we cannot meet face to face there are other ways to hold meetings; Skype, Zoom, etc. Get into a routine and keep it going:
- Many Clubs are setting up a 30-minute Zoom meeting for just a chit-chat, no business just a chinwag. Check out ZOOM at: <https://zoom.us/meeting>

Generate a regular Club Newsletter to members

- Inform others about what is happening
- Include Member's stories
- Good deeds carried out: acts of kindness.



What could be a future event? Research it, plan it, evaluate it, and circulate to members for comment.

- Do some Club admin' while you have the time.
- Get those Service Activities on record, Check out some guidance at: <https://youtu.be/Kt6XL4bGnZs>
- Ask members to write up an article or two for the Monthly Newsletter.

As a club, give members the opportunity to suggest what collectively you could do, such as have a Virtual quiz, an Audio Book Club, do Collective Skype / Zoom gym workouts, etc.

Have members write about a hobby and share the information. Have members think about your club and how to make it even better, get in some tactical and strategic planning

Recognise other members special occasions such as Birthdays, Wedding Anniversaries etc.



One of the most important things is for us all to keep their brain active and not to go 'Stir Crazy'.

How about doing a: Crossword, Puzzle Book, Jigsaw, Share a quiz over Facebook or WhatsApp



## Undertake some e-learning

Get yourself registered on to MyLCI, if not already done so.



<https://mylion.zendesk.com/hc/en-us/sections/115001911908-Login-Registration>

A great opportunity to do some free learning from the LCI website, Log on to MyLion and select the Learn Option from where you can take free online courses, encourage your personal growth, access leadership tools and insight into what is available outside just your club.

Keep an eye on and follow the government guidance. If you need help, please call the anyone in the District Leadership Team, we are here to help.

Please take care, stay safe; stay healthy; and stay well.

Allan Hall,

Global Membership Team Leader 105CE.

## LIONS DISTRICT 105CE RESPONSE TO COVID-19

Fellow Lions, I write to you with an update as the District Emergency Response Officer. I have been involved in discussions with Emergency Response Team in all 6 counties that make up District 105CE. I hope you find this a useful summary of the work done and options open to you as Lions to help or indeed ask for help in your local areas.

Since the start of the Covid-19 emergency, Lions club members have been responding in several ways, assisting with local community volunteering schemes and in some cases organising and co-ordinating a local response through the club. These measures complement the work of county Emergency Planning Units and established voluntary sector organisations that are responsible for co-ordinating the local volunteer response, identifying need and matching the two together. On a national basis, the RVS are delivering the organisation of NHS Volunteer Responders and processing the current 750,000 applications received. New applications are paused so anyone still interested in volunteering via this route has been asked to wait a few weeks. The relevant registration website is <https://www.goodsamapp.org/NHS>

NHS responders can choose to provide the following support:

- **Community Response Volunteer** – involves collecting shopping, medication and essential supplies for persons who are self-isolating.
- **Patient transport Volunteer** – providing transport to patients who are medically fit for discharge.
- **NHS Transport Volunteer** – assisting pharmacies with medication delivery and transporting supplies between NHS sites.
- **Check-in and Chat Volunteer** – telephone support to individuals who are at risk of loneliness as a result of self-isolation.

Discussions have taken place with all county emergency planning units across District 105CE and all are aware that Lions club members could assist in a range of tasks and locations subject to limitations as a result of the members themselves being at risk and self-isolating. The age profile in many clubs means that a significant number are at risk and unable to assist with deliveries but many have indicated a willingness to be involved in a similar way to the Check-in and Chat Volunteers.

### Involvement Across Counties-latest position

A number of Lions clubs are acting as local co-ordinators to assist in a response organised by the Lincolnshire Co-op designed to deliver shopping and medicines from their stores and pharmacies to persons in need. These are predominantly in Lincolnshire and Nottinghamshire with Lions clubs also involved in North-East Lincolnshire and North Lincolnshire. In **NE Lincolnshire**, persons wishing to volunteer can contact the Blue Lights Brigade or the Council's Sector Support team at [sectorsupportnel.org.uk](http://sectorsupportnel.org.uk) Lions clubs are registered with the Council and calls for assistance would be channelled through the relevant Lions Club.

In **Lincolnshire**, the Emergency Planning team have set up the Communities and Volunteer Cell of the Local Resilience Forum to utilise existing formal arrangements with voluntary sector groups. They are now receiving requests for assistance and these are being dealt with using established contact arrangements with Lions members.

In **Nottinghamshire and Nottingham City**, the authorities are aware of the help that Lions can provide and have contact points when they need to seek assistance. A Facebook page is in place with some 20,000 members to ask for help and provide support. <https://www.facebook.com/groups/2561302757529545/>

In **Cambridgeshire and Peterborough**, a C&P Co-ordination hub has been set up to work alongside volunteers and identify gaps in service provision. Lions clubs can offer help through the Cambridgeshire On-line Directory through which local people can be directed to clubs, either to volunteer alongside Lions or to request assistance. The Hub are also aware that they can contact Lions alongside other agencies if they identify gaps, and that we would help if at all possible.

In **Norfolk**, the response is being run in conjunction with Voluntary Norfolk who are likely to make contact when they feel that we can assist. A number of clubs have also been involved with food banks in the area.

In **Suffolk**, voluntary help has initially been organised through Community Action Suffolk using their Good Neighbour Schemes. Clubs can now register to help through a new service called Home But Not Alone that connects people and groups who want to volunteer in their communities with neighbours who are in need of assistance. Offers of support are logged on an App whilst people needing assistance can also phone for support. Again, the support is delivering food, medication and essential goods. The App is called Tribe Volunteer and it can be downloaded from the App Store or Google Play Store.

In **Essex**, the County Council working with the Essex Public Health Team has launched an Essex Coronavirus Action Facebook page to provide a channel for individuals and businesses to register their wish to volunteer. [www.facebook.com/essexcoronavirusaction](http://www.facebook.com/essexcoronavirusaction) Keith Ford, Emergency Response Officer, Lions District 105CE.

## Swaffham & District Lions



Due to the Coronavirus and in line with many other organisations Swaffham Lions have cancelled fund raising and social events until the end of June, including the World Quiz for the Kings Lynn Samaritans. The club will reassess the programme at the end of June.

One important activity not cancelled is taking food collected in Swaffham to the Dereham distribution centre and returning with made up boxes for families. Last week the Lions brought back 50 boxes of food to be distributed from the Baptist Church in Swaffham. Like most charities, Swaffham Lions fund raising activities have slowed but they managed to completed their Easter Basket draw, although takings were down due the closure of pubs and clubs. One lucky winner was Paul McMahon from Swaffham, who was delighted with his prize and said that he had forgotten he had purchased a square.



## Lincolnshire Lions Club

It is with regret that we have had to cancel our charter celebrations this year.

Thank you for your understanding and patience throughout the recent weeks regarding the planning of the 2020 Lincolnshire Show. It is with great sadness and a heavy heart that we've taken the decision to cancel the Show this year. Please see below our full statement:

<https://lincolnshireshow.co.uk/media/news/2020-03-23/lincolnshire-show-2020-cancelled>

## Billericay Lions Club.

Billericay Lions started a Lockdown Newsletter to all members to keep in touch and share ideas. After lockdown we received an appeal for sponsors for competitions for local residents stuck at home. We sponsored a Movie Review Competition run by the local Community Cinema. To keep the momentum going we are setting up a Zoom group for our Community Services Committee and using some 'giggery-pokery' to include one member without the technology. A Zoom virtual pub meeting is on the cards soon. One or more of our members have registered on the NHS volunteer website organised by RVS and are now waiting for assignments.

A good result from our donation of prize money for an at home competition in Billericay. We are official sponsors of the 'Movie Review' competition promoted on the Billericay Cinema website at <https://billericaycine.com> Prize fund was set at £100 so our donation will now be this figure not £200. Check their website for this and future competitions and pass on details to friends and family who may want to enter. We are trying to set up an online Community Services meeting using the Zoom platform. This will allow us ongoing face to face discussions on possible use of our charity funds which we could then put to an email vote to all members. A few members already familiar with Zoom and thank you for their comments on how best to use it. Stefan, myself and Lion President John now set up. It is a very simple platform to start using with a bit of telephone support. In John's words last night when I finally saw his smiling face "If I can do this anyone can"

## Leigh-on-Sea Lions Club

The Lions Club of Leigh on Sea has had to take stock of the service we can offer to our local community in the current crisis. Like many other clubs, we have had to realise that a significant proportion of our members fall into the high-risk category, either due to age or illness. We are now keeping in touch via Zoom and holding all our normal meetings with 20 or more people via this route. It's proved to be easy and simple, all you need is a landline to call in from. This helps us keep an eye on each other. We have, unsurprisingly, had to close our charity shop so are marshalling our remaining funds for the most pressing needs.



Like many areas, Southend council has created its own Coronavirus Action Support. A range of individuals and voluntary organisations have signed up to this including Leigh Lions and local Scout leaders. We are in action seven days a week. Some of the club stand ready to provide phone-based support to those needing a chat to maintain human contact, something that will become even more important as the weeks of social distancing and isolation continue.

## 105CE in action in South Africa.

PDG Steve Scall and his daughter Laura visited South Africa in December and had the honour of being invited the Malgas Lions Club meeting by Lion Doelien Lundy. Lion President Andre handed over the duties to Steve to enrol two new Lions into the club, Judy Everitt on the left and Lorette Diedricks. Steve says "It was a great privilege to attend the club meeting and I'm thankful to Lion President Andre for asking all members to converse in English rather than Afrikaans! Enrolling two new members in a Lions club on the other side of the world was a great honour. The officers and members of the club were most welcoming and generous to Laura and myself and we were treated to true South African hospitality and enjoyed a delicious braai accompanied by wine and beer. Lion President and Lion Wayne supported our brain tumour drive by purchasing pins.

Laura and myself enjoyed our holiday in South Africa with many fond memories, no more so than our visit to Malgas Lions."



## Southwell & District Lions response to the Covid-19 lockdown

As soon as people in Southwell began to self-isolate, even before the official lockdown began in mid-March, Southwell Lions were asking themselves how they would be able to continue helping the local community, especially the vulnerable and elderly.



**Southwell & District  
Lions Club (CIO)**  
Registered Charity No. 1186703

---



The quiz where  
Google won't  
help you much!

**Friday 1<sup>st</sup> May 7.30 pm**

It's easy to join in.  
Send us an email to tell us you want to play.  
We will send you an answer sheet to complete.  
Log on to our website [www.southwell-lions.org/](http://www.southwell-lions.org/)  
Questions will be on screen from 7.30 pm.  
Send us your answers by 9.30 pm.  
We'll then check to work out who's won.  
And there may be a virtual prize.

Donations welcome – you can do so on our website.

Email [paul.wilkinson53@talktalk.net](mailto:paul.wilkinson53@talktalk.net)  
[lionsouthwell@gmail.com](mailto:lionsouthwell@gmail.com)

A dedicated group of Lions, plus a couple of partners, is turning out on a daily basis to collect medication and shopping, but also in response to a few slightly more unusual requests, such as retuning an old lady's TV, making regular phone calls to isolated people and delivering the Southwell Minster newsletter to a small number of elderly people without online access - "an absolute lifeline for these lonely and isolated old folk.. On one memorable occasion, we were offered a car boot full of fresh milk and eggs, donated by McDonalds, to distribute to households with elderly residents or very young children.



Like every other club, we had to find an alternative way to hold meetings and keep in touch. All our meetings are now held using Zoom. Naturally, with a diverse membership, there was some scepticism over this 'new' technology', but it works really well, is easy to use and is a great way to keep in touch outside the official meetings. As well as holding virtual meetings so we keep everyone serving our community.

## Needlecraft Galore from New Century Lions Club of East Anglia

New Century Lions Club of East Anglia are doing a sterling job supporting their local hospitals, they have sent 18 Premature 'traffic lights' hats to Broomfield hospital and have also made and sent 19 scrubs hats to local NHS Nurses at Broomfield Hospital. Their local Ipswich Hospital is not miss out, on route to them are 75 Scrub Bags. Not only are they supporting local Hospitals, they have also made 400 face masks to go to local funeral homes. Great work from the fantastic New Century Lions Club of East Anglia.



## Great Daffodil Appeal

Lions President Sumita Bhambi and Lion Lakhbir Athwal of Nottingham West Pride Club Branch were busy at the local Morrisons to help with Marie Curie's **Great Daffodil Appeal**. With help from several other Lions on the day, including PDG Ajit Virdi and Lion Jaswant Bilkhu, £270 was collected and topped up to £400 from Nottingham West Lions who are always happy to support this great cause.



## Incoming Officer's Training

If you are in Incoming President, Vice president, Secretary or Treasurer – Consider This.

With the current situation meaning face to face meetings are not recommended/allowed the decision has been made to run Incoming officer's Training on-line, using Zoom.

If you are considering attending and Incoming Officers' Training course, can you please contact Derek Rutter, District GLT Coordinator at [glt@lions105ce.org.uk](mailto:glt@lions105ce.org.uk) as soon as possible so that he can arrange suitable dates for the training. Training session will be around 2 to 2.5 hours depending on the course. Sessions will be arranged so that a manageable group of say 10 at a time could attend. Those planning on attending will need to download the Zoom software before the sessions.

Please let Derek Rutter know if you would like to take advantage of this offer and advise him of your incoming officer post and the best time slots for yourself, stating best day of the week, morning, afternoon or evening.

## Video Conferencing (VC) – Here to use now!!

At a time when most of us are either working from home or "stuck" at home, we need to look to new ways of keeping in touch and carrying on. We are all used to using some technology, well, in addition to the likes of WhatsApp and Facetime, for larger meetings, there is a way of maintaining social interaction with the FREE to use ZOOM application. Zoom is a video conferencing application that enables most participants to see each other and act as they are in the same room!

There is now a guide on the District Website, that shows how this works, see <https://www.lions105ce.org.uk/district-team/the-communications-team/ict-help/>. Just look for the ZOOM Guide and that should cover all you need to know. It is not complicated, and it is free with most devices enabling you to join in. 105CE have been using this system for District Meetings for the past 9 months as have the Multiple District, they work very well. On the right, top to bottom, we have our Strategic Planning Team, Region & Zone Chair Meeting, the MD ROAR2020 Team and the Council of Governors all using Zoom to keep things going.

Some clubs are already in the process of setting up ZOOM Meetings on a regular basis just for social interaction as many members are already feeling the effects of no or little social contact. The intention is not necessarily to talk about Lions matters, this is a great way to link up with family and friends alike. And, of course video conferencing is a great way to continue our good work as Lions in our Business meetings too!

Stay Safe and Stay Healthy.





# Lions Clubs International

**MD105 British Isles**

257 Alcester Road South, Kings Heath  
Birmingham, B14 6DT  
T 0121 441 4544  
W [www.lionsclubs.co.uk](http://www.lionsclubs.co.uk)

March 2020

Dear Fellow Lions

## Hearing Aid Recycling

Whilst the current situation is ongoing with our carriers, and also Chichester not taking in any more packages, can I please ask clubs to send any Hearing Aids for recycling direct to:

**Dr. Michael Nolan**  
Lumb Gaps Barn,  
Haslingden Old Road,  
Rossendale, BB4 8TT.

Can you please give full contact details in any shipments since he would like to email you his thanks.

It will also mean that we will have a more accurate account of where the Hearing Aids are coming from, and clubs will get credited for what they send in.

Thanks

*Derek Rutter*

**Derek Rutter**  
MD Speech and Hearing Officer 2019-2020  
MD105 British Isles

**#LionsGetInvolved**

