



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



**MONTHLY NEWS MAY 2020.**

**CORONAVIRUS**  
**STAY HOME**  
**PROTECT**  
**THE NHS**  
**SAVE LIVES**

Fellow Lions, another holiday weekend, hopefully you all had a great VE75 celebration. Ravinder and I dressed up for the event and of course we stayed socially distant from our neighbours. As I write this, the Government is yet to make its announcement, it may well be that we *'Stay Alert'* as opposed to staying at home. None the less, stay safe and stay well.



Your individual safety continues to be of paramount importance and the way in which we support our fellow Lions is important to us all, as clubs please continue to support your fellow members, especially those that are not so savvy with the technology and cannot get onto all the video calls we are making!

As you will have read last month, the MD 105 Foundation made available £100,000 in Emergency Grants to support action for COVID-19 relief. The great news is that by the time the applications closed, over **£147,000** had been granted and 30 clubs in 105CE were awarded funds. Well done to all that applied. You can see a list of the clubs and their projects, later in this newsletter.

MD105 is now looking to obtain a further grant at a Multiple District level to support the 21 Air Ambulance Services that cover our MD, more on this as the application progresses.



At the District level, your Strategic Planning Team (SPT) are meeting on a regular basis planning for next year, readying everything to give DGE Ujjal Kular a flying start. More on that from DGE Ujjal in due course. The use of Zoom is increasing, the first meeting is always interesting as everyone literally gets on the same page! But, once you have made it through the first meeting, it really does become easy to use. Take a look at <https://zoom.us/> it is

free to use, there is guide on the District Website [ZOOM GUIDE](#)

A big thanks to clubs using Service Activity Reporting. We have made great strides, getting valuable information to fellow members, we still have a way to go with only around 55% of clubs reporting activity! Let us all share the great work we do; remember

service leads to membership and that will make us stronger to serve even more of those in need. For those that need more guidance, just got to [SAR@105CE](mailto:SAR@105CE), if asked for a password, use SAR105CE.

Finally, thank you to Lions GLT Leader Derek Rutter, 2VDG David Pope and District Treasurer Paula Melhows for running excellent courses for incoming officers and last but not least thanks to our very own Robyn Banks who is keeping the MD up to speed with GDPR.

**District 105CE – Service Activity 8<sup>th</sup> May 2020**

<b>People Served:</b>	<b>250,011</b>
<b>Service Activities Completed:</b>	<b>1,303</b>
<b>Volunteer Hours:</b>	<b>53,696</b>
<b>Funds Donated:</b>	<b>\$274,517</b>

Till the Next Time

Best Regards, Guch

## Some of the results of 105MD Grant Applications.

Date	Club	Cause Detail	MD Grant
07 April	Isle of Axholm	Two Food Banks	£1,000
24 April	Beccles	Norfolk Air Ambulance	£1,000
21 April	Braintree	Covid -19	£500
07 April	Bungay	Waverley Food Bank + Hospital for PPE	£500
15 April	Caistor	Local Families in need	£500
10 April	Chelmsford	Hospice, Food Bank and Homeless Persons	£250
07 April	Clacton on Sea	4 Foodbanks and Care for the elderly	£1,000
08 April	Coningsby and Tattersall	145 families for free meals, and local volunteers	£1,000
09 April	Deepings	Food for key workers, the elderly and vulnerable	£500
22 April	Downham Market	East Anglia Children's Hospice	£500
09 April	East Anglia New Century	Face masks, scrub hats and scrub Bags	£1,000
11 April	Eastwood	Rapid response monitors for intensive care	£1,000
08 April	Felixstowe	Portals purchase for people with learning difficulties	£267
06 April	Glanford & Lindsey	Emergency washbags for hospital	£1,000
21 April	Great Yarmouth	Covid - 19	£250
24 April	Humberstone North Sea	Laundry equipment for Grimsby Hospital	£550
27 April	Kings Lynn	Face mask production for care homes and NHS	£750
15 April	Leigh on Sea	Local Hospital and Council help line	£974
07 April	Louth	Hampers for families, meals on wheels and hostel	£1,000
18 April	Lowestoft	Covid - 19	£1,000
08 April	March	March Foodbank	£250
07 April	Nottingham West	Providing hot food for the needy	£1,000
19 April	Reepham	Cromer food bank	£250
09 April	Romford	Volunteer Centre, food parcels games for elderly	£500
15 April	Scunthorpe	Food for those in need	£500
25 April	Sleaford	Supporting a 'New Larde'r food bank in Heckington	£500
12 April	Swafham	Age UK, Samaritans,	£500
15 April	Southwell & District	Beaumont House, Scrubs making, Reach +2 others	£500
12 April	Swaffham	Kings Lynn Samaritans	£500
07 April	Witham & District	Area Foodbanks and 300 meals	£500
07 April	Wymondham	Norwich foodbank, Nelson's Journey, child food	£500
12 April	Douglas Valley & Peterborough	Brail Printing urgent communications for the Blind	£500

### HERE ARE SOME OF THE ACTIONS RESULTING FROM THE GRANTS RECEIVED.

#### Isle of Axholm Lions



We have 12 parishes and there are two main settlements of Epworth and Crowle with numerous villages and hamlets. The nearby towns are Scuthorpe and Doncaster but if you have no money 12 miles is a long way.

When the Pandemic hit and people were losing income, we quickly decided at the end of March that we must support our local residents who had been hit the most. It is they who support us year in year out when we raise funds, so we needed to look after the vulnerable now.

An existing Food Bank in Epworth is run by the local Baptist Church for all who need support and we donated £500 immediately and a further £500 was given to the newly established Community Support and Food Bank in Crowle. These funds were quickly used up and we were delighted that the MD105 Foundation were offering support and we applied successfully for a grant to allow further support to Food Banks in the coming weeks. As a rural area the numbers needing support has grown quickly and we were pleased to be able to use the grant money to boost the supplies at the Food Banks. We know the need will not go away quickly so this had put us in a position to provide more for longer to the needy in our rural club area.

## Swaffham & District Lions



Following the successful Easter Egg delivery, Swaffham Lions have teamed up with Kurt from the White Hart to supply surplus food donated by Waitrose to Little Dunham. Little Dunham Parish Council purchased the telephone box from BT for a £1. Simon Fowler, who is a local councillor, thought it would be good to put it to use during the current crisis. The longer plan is to fit a defibrillator into the telephone box if funding can be found. We joined forces with the White Hart in Swaffham to deliver over 200 Easter eggs around Swaffham. Nine Lions filled their cars at 7am on Easter Sunday to deliver the eggs which had been donated by



the businesses and local people to add Easter cheer in this difficult time. Great care was taken to ensure government guide lines on social distancing were adhered to. One comment received, 'Yay Easter bunny is real. Ty you guys are amazing x' With the Coronavirus still causing major problems with charities funding, especially those serving the elderly and lonely, Swaffham Lions Welfare team recommended that we support Age UK especially their befriending group with a donation of £500



Michelle Jay, Fundraising and Communications Officer for Age UK Norfolk quoted, "We are so incredibly grateful to the Swaffham Lions Club for their generous donation of £500 to Age UK Norfolk. Kind donations like this will enable us to continue supporting older people in Norfolk through the quarantine period with our services which include our information and advice help line and telephone befriending. We are so pleased to have the support of local communities behind us, supporting our increasingly important work with older people."

Recognising the important work that the Samaritans do, especially with the Lockdown causing people to be in despair, we decided to hold a quiz and donate the profit to the King's Lynn branch. Unfortunately, due to the virus, the quiz had to be cancelled. Not to be deterred Swaffham Lions gained a £500 grant for King's Lynn Samaritans.

A Kings Lynn Samaritan Trustee said "Coronavirus is changing our lives and our services are under extra strain. Lions donation will help us to reach those who are struggling to cope at this very difficult time. Thank you for making sure that Kings Lynn Samaritans can still be there for people now and over the next few months.



## Bungay and Area Lions.

**THE FACTS**  
700 people supported each week up from 200. Weekly cost of food up from £4,000 to £15,000. 220,000 items allocated every month, up from 65,000 pre-crisis.

**£750 donation**

Helping the Waveney Food Bank was the first thought of Bungay Area Lions when Coronavirus lockdown hit our local community – and an initial £250 donation was made from Club funds. To our delight, we were able to add a further £500 thanks to a successful grant application to the Lions Clubs International MD 105 Foundation. Waveney Food Bank's resources have been stretched by demand that's soared in the past few weeks:

The staggering – but not surprising – need to make available more than three times as much food and other essentials as usual relies on donations and other help from many people. Thanks to Bungay Area Lions Club in partnership with 30 other local charitable organisations, Waveney Food Bank has managed so far to keep up with demand.



## Wymondham Lions Club

Since 1997, Nelson's Journey has supported thousands of children and young people in Norfolk who've experienced the death of a significant person in their lives. They provide a range of services including information and guidance, training, group activities, residential weekends, and one-to-one support based on the needs of the child. Nelson's Journey is currently helping hundreds of bereaved children in Norfolk to see a positive future for themselves following the death of a special person. They said "Your generosity and support for Nelson's Journey will make a real difference for bereaved children and young people in Norfolk. Thank you."



## Witham and District Lions Club

### Barrow Farm RDA - Funds Donation

Stock photograph courtesy of Barrow Farm RDA' Website



The local Riding School for the Disabled have 10 ponies and horses to maintain during these unprecedented times so the club have made a donation of £100.00 towards their need for food. It is important that the horses are kept fit and well as the disabled people, many of whom are children, will need them services after Covid 19 has subsided.

This follows up a previous donation from the club to the centre to purchase a new tractor for the maintenance of the outside riding arena.

After a very quick email exchange between club members we decided to apply for a grant from the 105MD Foundation. On Thursday 7th May we submitted a request to MD for a £1000.00 grant a couple of days later we received an email stating £500.00 would be transferred to our bank. Another round of emails and telephone calls the club decided to double this amount so £1000.00 has been sent to our local district Food Bank for the purchase of much needed supplies.



## Lions Club of Romford

The Club has for some time worked in partnership with the Havering Volunteers Centre, and with the Covid-19 pandemic the Group are working around the clock to provide food packages for those who are self-isolating. The Lions learnt of this, they donated £1,000, delivered trays of second-hand books, DVDs and unused puzzle books. Within a few days this was increased by £500 as a result of a successful application for funding from M.D.

Shelley Hart the C.E.O of the H.V.C. said, "This has really lifted the spirits here in the office and brought a huge cheer when I told everyone of your kind donation." A response from a recipient of one of the books said, "This makes a difference, I feel that I really matter and someone cared"



## The Deepings Lions Club

We have been busy during this Corona virus lockdown period, our request for a grant from the Lions Foundation was successful, enabling the club to donate two sums of £500 to local groups in and around the Deepings who are busy packing and delivering food parcels to schools, nurseries and care homes in the town and local villages. Club President Nicki Waldie, Secretary Dave Turner and Tony Plunkett helped with the packing and delivering with more to come over the following weeks. We even managed to master Zoom!



## Coningsby & Tattershall Lions & Rev'd Sue Allison & Bain Valley Churches



Since lock down began the Community group has delivered 151 prescriptions and done over 600 shopping trips. Regular phone contact has been kept with those in isolation by self-isolating volunteers within the community group. Free bread, donated by both Cooplands and McColls continues to be delivered to those in need. Tattershall Farm Park donated 400

Easter Eggs which Revd Sue distributed to local care homes, school children and hospital.



Scrub wash bags have been made and delivered by local NHS staff and provided to local care homes. The community response has been truly amazing. We continue to collect and receive donations of material, especially from Grafters of Coningsby, and our wonderful cottage industry of volunteers are not only making scrub bags and headbands but also hearts which Rev'd Sue is taking into local care homes.



Our aim from the outset has been to help wherever it is needed and to care for the community's physical and pastoral needs.

## Clacton on Sea Lions Club

The original intention when applying for a grant was to assist 4 local Food Banks in the Tendring area. However, with the grant received from the MD105 Foundation Lions plus some of own funds we have now been able to make donations to 5 organisations assisting the vulnerable and elderly. The groups are Foodbanks in Clacton on Sea, Walton on the Naze, Harwich, Brightlingsea, and Tendring Elder Care which covers the whole district.

Following the donation to Tendring Elder Care the following comment was received via Facebook. "Hello Clacton Lions. I am the chairman of Tendring Eldercare and I cannot thank you enough for your show of support. We are so incredibly grateful for your donation and it will go directly to feed those in desperate need across Tendring. Best, Edward"



## Downham Market Lions Club.



Like many other clubs throughout the Multiple District, we took advantage of the offer of support funds from the MD105 Foundation Emergency Grant. The money we were granted has been donated to support East Anglia's Children's Hospice (EACH), particularly The Nook based in Norfolk, at this critical time. Tim Jenkins, Community Fundraiser for EACH (Norfolk) said "I can confirm that the money donated by Downham Market Lions will be used to maintain our focus on providing end-of-life care and bereavement support, and responding to urgent requests for care and support as best we can at The Nook."

## Southwell and District Lions

Just a few of the results of the MD grant. Still serving the community as well as delivering food, medication, online quizzing and phoning the lonely. Active and working for the community, kindness matters even more in these times.



Your valued support is helping Beaumont House to continue to provide vital services to the community.



**Thank you**

We would like to thank

**Southwell Lions**

for your generous donation of

**£750**

to support local people with learning disabilities

From everyone at Reach

[www.reachuk.org](http://www.reachuk.org)  
Registered charity no. 307633

**EVERY LITTLE HELPS.**

## Louth and District Lions



In the first week of the Covid-19 lockdown, Louth and District Lions responded immediately with a donation of £750 to our local foodbank. The following week we began donating money to the Neighbour's Kitchen project in Louth. This project cooks meals and delivers them to those in need for free. Following discussion with the project organisers, we set-up a rolling weekly donation of £75 credit at our local fruit and veg man; a double hit by helping our community and continuing to support local businesses. Both projects continue to need our support and we are now working with them on a long-term plan. The most dramatic phase may be coming to an end, but the long-term effects of this will last for years to come. Louth Lions will continue to be at the forefront of support in our community.

## March Lions Club

Through a round of emails and phone calls very early on in the crisis, the March Club decided to help its local Food Bank. The MD grant we successfully applied for enabled us to match fund from Club funds. We were able, therefore, to give the Food Bank £500 and will be in a position to support further later on when, according to the Food Bank Manager, there is likely to be even greater need. We were unable to access a voucher scheme, as we had hoped, so the funds went directly to the Food Bank. One of the volunteers at the Food Bank takes £100 per week to purchase essential, but infrequently donated items, especially those relating to hygiene and health.

## Wisbech Lions Zoom ahead

Most of our members are either 'shielding' or in the vulnerable group not intended to leave their home. Like so many, this means we have had to look at newer innovative ways to keep in touch with one another and continue business as usual. We heard that Zoom was a way forward. It is a good system for those members who have a computer or phone and can access the Zoom software. However, this precludes three of our older members with no facilities from being so involved. Members held a practice Zoom meeting that was funny, frustrating but overall rewarding, everyone was dressed! We followed up the practice session by holding our usual monthly business meeting on Zoom. Our next meeting was our usual social meeting. This online meeting of members was very special, in that we inducted a new member. Judy Hodgson has been well known to us for many years and it was a real pleasure to see the ceremony conducted with great dignity despite the distances between us.

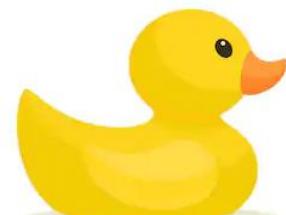
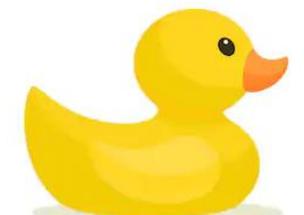
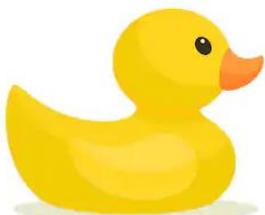
Whilst we are sadly not active on the streets as we would wish to be, our Wisbech Lions Club Facebook page has been used to provide useful community information. So, in our small way, we are looking after one another, still helping in the community and learning new skills. It's tough but we are alive and happy to follow our Lions motto – 'We Serve', After all 'Kindness Matters' doesn't it!

# NEW FEATURE

## Any Club can advertise For Sale or Wanted items here.

Approximately 2,000 plastic ducks for running a 'Duck Race'. Available for a donation.

Contact Southwell & District Lions. Also available is a Canoe to chase them and collect those trying to escape!



## Lions District 105ce Competitions

Fellow Members of the Lions Family, during these difficult times we are experiencing at the moment has enabled us All I would think to catch up with jobs that have been needing attention for some time. Following the District Convention in March when resolutions were put forward regarding Competitions to take us forward into the future with agreed new Rules, Purposes and Aims I would like to pass on my Thanks for the resolutions being accepted en-bloc. All the New Rules and methods of reporting for every Competition has now been download onto the District web-site for everyone to view. Please pass this information onto All of your members and I have enclosed below the web address which will take you directly to the Competitions page for them to view.

<https://www.lions105ce.org.uk/district-team/the-admin-team/competitions/>

Once we have overcome our current restrictions and we can get back to some sort of normality I look forward to receiving returns & entries for next years' Convention. It is my intention going forward to promote each of the competitions on a monthly basis via the Monthly Newsletter. Should you need to question any of the Competitions you can always contact me Lion Tom Laking (Competitions Officer) via e-mail on: [tmick1@talktalk.net](mailto:tmick1@talktalk.net)

Please submit your Travelling Lions Returns on the Form that can be downloaded from the District website within the month of your visit, email as above.



### Leaders in the 2020 Travelling Lion Competition by Zone as at end of: March 2020

<u>Region 1 Zone A</u>	<b>Points</b>	<u>Region 4 Zone A</u>	<b>Points</b>
<b>Club:</b> No Returns		<b>Club:</b> No Returns	
<u>Region 1 Zone B</u>		<u>Region 4 Zone B</u>	
<b>Club:</b> No Returns		<b>Club:</b> No Returns	
<u>Region 1 Zone C</u>		<u>Region 4 Zone C</u>	
<b>Club:</b> No Returns		<b>Club:</b> No Returns	
<u>Region 2 Zone A</u>		<u>Region 5 Zone A</u>	
<b>Club:</b> Mersea Island	<b>20</b>	<b>Club:</b> Market Rasen	<b>30</b>
<u>Region 2 Zone B</u>		<u>Region 5 Zone B</u>	
<b>Club:</b> Leigh On Sea	<b>20</b>	<b>Club:</b> Glanford & Lindsey	<b>20</b>
<u>Region 2 Zone C</u>		<u>Region 5 Zone C</u>	
<b>Club:</b> Billericay	<b>20</b>	<b>Club:</b> Soutwell & District	<b>20</b>
<u>Region 3 Zone A</u>		<u>Region 6 Zone A</u>	
<b>Club:</b> No Returns		<b>Club:</b> Coningsby & Tattershall	<b>20</b>
<u>Region 3 Zone B</u>		<u>Region 6 Zone B</u>	
<b>Club:</b> No Returns		<b>Club:</b> Spalding	<b>60</b>
<u>Region 3 Zone C</u>			
<b>Club:</b> Wymondham	<b>20</b>		

Please submit your Travelling Lions Returns on the Form that can be downloaded off the District Web-site within the current month of your visit via e-mail to: [tmick1@talktalk.net](mailto:tmick1@talktalk.net)  
Safe Travelling Lion Tom Laking (Competitions Officer District 105CE)