

# PRIDE OF LIONS

District 105A News, Issue 2  
August 2022

## **INTRODUCING VICTA: DG'S PARTNER'S CHOSEN CHARITY**

VICTA is a national charity that provides support to blind and partially sighted children and young adults. Find out more on page 7.



DG KAVALJIT DEV

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# NOTICE BOARD



## Welcome to the team

Below are the names of the newest additions to our family of Lions. Congratulations to: Luz Gomez (Heston Lions Club), Marion Langdon (Letchworth Garden City & Baldock Lions Club), Parminder Degun (Wanstead & Woodford Lions Club), Martin Langdon (Letchworth Garden City & Baldock Lions Club) and Pawan Kumar (Wanstead & Woodford Lions Club).

*To provide a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.*

– One of the Lions Purposes

### District Governor's diary for September 2022

- |  |   |
|--|---|
| <b>03/09/2022</b> Zone Chairs briefing (online)                          | <b>11/09/2022</b> Youth Exchange meeting in MD HQ in Birmingham |
| <b>03/09/2022</b> "Presidents and Secretaries update" leadership webinar | <b>13/09/2022</b> Amersham and Chesham Lions Club visit         |
| <b>05/09/2022</b> Newport Pagnell and Olney Lions Club visit             | <b>15/09/2022</b> Hatch End Centennial Lions Club visit         |
| <b>06/09/2022</b> CA4 GAT coordinator webinar                            | <b>18/09/2022</b> Luton Lions Club's 50th Charter Celebrations  |
| <b>06/09/2022</b> Letchworth Garden City and Baldock Lions Club visit    | <b>19/09/2022</b> District GAT meeting                          |
| <b>07/09/2022</b> Acton Lions Club visit                                 | <b>20/09/2022</b> Bedford Lions Club visit                      |
| <b>09/09/2022</b> First convention committee meeting                     | <b>21/09/2022</b> Redbridge Centennial Lions Club visit         |
| <b>10/09/2022</b> London St. John's Wood Club's Music Night              | <b>28/09/2022</b> Zone D meeting                                |

## A lark in the park

by Lion Terry Allen, Hemel Hempstead Lions Club

The Hemel Hempstead Lions Club held their first fete (Lark in the Park) for many years on 24 July. Entertainment from Revelation Majorettes, Hemel Hempstead Band, Dacorum Indian Society Dancers and Berkhamsted Ukulele Random Players (BURP) made for a wonderful day, with fantastic support from the public. The duck race, dog show and custom car display, proved to be popular.

It was good to see District Governor (DG) Kav with her family. She and Lions President (LP) Barbara presented a Young Leaders in Service gold award to Richard Hobbs who has completed over 150 hours community service.

## Awards

This month at the District Cabinet meeting held on Sunday 7 August 2022, PCC Viresh Paul and PDG Doreen Allen both received the GAT Chairpersons Award. This award has been given to both of them for their exemplary achievements to Lionism this year. This award is an accomplishment attained by less than 1% of all Lions worldwide each year. PCC Lion Viresh Paul was presented the award for his outstanding work on training as well as hosting and managing several webinars for the English Speaking Districts in our Constitutional Area CA4D.

PDG Lion Doreen Allen was also presented the award for achieving 98% Club reporting of Service Activities under her Leadership as GST Chairperson.



## Kenton Lions Charity Concert in aid of Harrow MS Therapy Centre

*by Lion President Vivien Raggett, Kenton Lions Club*

Kenton Lions held a successful Charity Concert on 9 July at Pinner Methodist Church in aid of the Harrow Multiple Sclerosis Therapy Centre. The Harrow Apollo Male Choir entertained us with many well known songs, including some from West End & other Musical Shows.

The MS Therapy Centre in Harrow, since 1984, has greatly improved the quality of life for people with MS in the North West London area. They provide a range of therapies, support, information and advice, an experienced team of physiotherapists who provide individual and group exercise sessions utilizing specialised equipment. They are a self funded, self supported registered charity which means that all their income comes from members and supporters.

We were very pleased to help the centre continue their dedicated work in supporting many in our local community suffering with the debilitating effects of Multiple Sclerosis & helping with their physical & emotional recovery.

We were very grateful to have the support on the night of DG Kav, Lion Paramjit of Letchworth Garden City Lions Club, PDG Vijay Arora of Stanmore Lions Club, and our Zone E Chairman Mayur Mehta of Kingsbury Lions Club. With extra donations of those unable to attend, we have raised over £1,400.

## Donation to the London's Community Kitchen

*by Lion Manju Parmar, London Park Poyal Lions Club*

London Park Poyal Lions Club on Thursday 11 August 2022 with LP Manju, Lion Sheila, Lion Gita, Lion Vilas and Lion Munira donated to London's Community Kitchen 500kg of chana dhaal and clothes. There was also a surprise appearance by the local MP Bob Blackman with students to help with volunteering.



# Winslow Lions Club's successful North Bucks Bike Ride

*by Lion Andrew Lowe, Winslow Lions Club*

Winslow was the place to be on Sunday 10 July! Over 300 cyclists converged on the town to join in the North Bucks Bike Ride organised by Winslow Lions Club, in conjunction with the Winslow Wheelers Cycle Club and Furze Down School. Local attractions at Quinton Windmill, Claydon House, Buckinghamshire Railway Centre and The Green Dragon Eco Farm opened their doors to welcome the cyclists - many leisure riders and families enjoyed the opportunity to stop off at these venues along the route who were all given free entry and discount tickets for future visits.



The event was extremely well organised with marshals and water stops at strategic points - which proved vital with the temperature soaring to nearly 30 degrees! It really proved to be a community event with many volunteers offering their services, such as Blue Horse Bikes, Corley Cycles, and the local scouts to mention a few. The main sponsorship from Dreams Beds really helped the organisers to plan and make the event the success it was. The event attracted the more experienced cyclists from local clubs, and cyclists from as far as Ashford Kent, Chertsey and Stevenage. It was also great to see new cyclists trying the shorter routes. There were 123 cyclists who completed the 100k route, 89 the 60k route, 71 leisure riders and 26 cyclists completed the arduous 100-mile route. We managed to raise over £8,000, and were able to make significant donations to Buckinghamshire Mind and Furze Down School.

With our donation of £4,000 to Buckinghamshire Mind; this will make a significant difference and allow the organisation to help those needing Community Based Support or longer-term support in the form of Befriending Services.



Furze Down School has played host to our Winslow 10km Run for over a decade and we were delighted to hold our first North Bucks Bike Ride on the grounds of the school. The school in Winslow is co-educational and a centre for excellence for Special Educational Needs. Although the school was rebuilt in the last decade, the Governors wish to develop the grounds further. Following the success of the North Bucks Bike Ride, we were able to pledge £1,200 to help the school develop new sensory gardens to help their pupils.

# Introducing VICTA: DG's partner's chosen charity

VICTA supports blind and partially sighted children and young adults to play their part in civic life by improving their educational outcomes and by promoting healthy personal behaviours.



As a small national charity, VICTA helps young people question limiting presumptions they might have, helping them to view themselves and their potential in a new way. VICTA uses activity-based learning as a positive setting for social interaction and personal growth. For visually impaired (VI) young people, involvement in group activities can be positively associated with social acceptance and a sense of belonging, especially where such involvement is characterised by positive coaching, progressive skill development and peer support.

VICTA also support parents of visually impaired children:

- Parent Portal: a one-stop information hub providing advice, resources and signposting services for parents
- Parent Network: an online parent community that provides practical advice and emotional support from lived experience
- Family Services: including bespoke workshops to equip parents with the tools and skills to meet the demands and overcome the challenges of living with a VI child
- Family Activities (5-17): to support and empower families with a VI child through shared experiences. These include family weekends and family days
- Early Years (0-4): specialist sessions to help parents following early diagnosis
- Grants (0-29): for assistive technologies to help young people with sight loss interact and connect to the world





# Out and about with DG Kav

Find out what our DG has been up to recently

My Fellow Lions and Leos of District 105A, a folklore to share with you for the month of August: "The hottest days of the year often fall in August" and "If the first week of August be warm, the winter be white and long." We have certainly experienced hot weather during July and August, but I hope that you managed to enjoy yourselves, whilst keeping cool and in good health.

For me, the last weekend in July was my first Council of Governors meeting as your District Governor (DG). It was also the first opportunity for our 1st Vice District Governor (VDG) Lesley to join an interesting and engaging meeting that covered reports from the Multiple District Officers. It was a pleasure to meet up with the other DGs and 1st VDGs from the other Districts.

A key highlight for the month of August was the Cabinet meeting on 7 August. If you wish to join our next Cabinet meeting on 9 October, please contact our [Sergeant At Arms Lion George Matthew](#) to book.



On the morning of Saturday 14 August, Pammy and I joined Heston Lions Club for a service project in central London. We were introduced to Para from the Charity "Food for All". It was amazing to see the magnitude of the vegetarian food prepared in the kitchens in a basement in Holborn for distribution in rickshaw bicycles all over London. At mid-morning, we joined a team of volunteers for the charity "Under one Sky" for a sky walk distributing food, hot drinks, water, and other essential products to the homeless in the streets of London. A fantastic and humbling experience not to be forgotten.



We have also taken part and participated in the following meetings this month: Greenford and Willow Tree Lions Club, Zone F, London Seven Kings, Wanstead and Woodford Lions Club, and Ealing Lions Club Social.

At the time of writing this, August is not yet quite over, and I am looking forward to joining Heston Lions Club for their club meeting and an evening with Friern Barnet Centennial Lions Club after the Golf day.



District 105A Lions



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Do you have a story that you would like to share in the next issue of Pride of Lions? Please submit your article to: [pol@lions105a.org.uk](mailto:pol@lions105a.org.uk)