



DISTRICT 105A SERVICE AND HEALTH NEWSLETTER

AUGUST 2022



Introducing the District Service Team

by Lion Penny Tregillus

The District Service Team is composed of Officers responsible for the five Global Causes and Homelessness. This newsletter contains articles written by the officers in charge of these causes, explaining their aims and plans for this Lionistic year. Your officers are: Lion Robert Spragg (Vision), Lion Kam Kalra (Environment), Lion Daksha Patel (Childhood Cancer), Lion Susan Carr (Hunger), Lion Nilesh Palan (Diabetes), and Lion Sunjay Mehta (Homelessness).

Introducing the District Health Team

by Lion Manji Kara

We are a newly formed, expanded District 105A Health Team. The team was formed to enable the team to focus on objectives and targets, with a view to target our services more efficiently. Your officers are: Lion Amarjit Soora (Brain Tumour Research), Lion Penny Tregillus (Speech and Hearing Officer), Lion Manji Kara (Prostate Cancer Officer), Lion Harry Lote (MiAB/MiAW Officer), Lion Chandrakant Patel (Mental Health Officer), Lion Ashwin Vora (Physical and Learning Disabilities/SOGB Officer).

Childhood Cancer

by *Lion Daksha Patel*

Statistics show that 1 in 500 children develop cancer by the age of 14, and childhood cancers amount for less than 1% of all cancers in the UK. Cancer can affect all parts of a child and young person's body, but the most common types are Leukaemia (Blood), Brain Tumours and Lymphomas (Immune System). More information about childhood cancers can be found on the following websites:- Cancer Research UK (www.cancerresearch.org.uk)

Children with Cancer, Young Lives vs Cancer (formerly CLIC Sargent) Cancer Wards at three hospitals in our District: UCL, Great Ormond Street Hospital and John Radcliffe Hospital. These hospitals provide accommodation (known as Homes from Homes) for the children and young adults, plus their families whilst they are undergoing treatment. By donating money, they can buy necessary items.

As September is designated as Childhood Cancer month, I have been in touch with Byron Geldard of that charity and he has sent me information about bucket collections at local Morrisons Stores. This information has been circulated to all clubs in the District with the hope that many will volunteer. Harrow Morrison's have two dates for bucket collection: 1 to 3 September 2022 and 26 to 30 September 2022.

Clubs can also organise fundraising events to specifically help with donations towards Childhood Cancer. A newsletter has been sent out to all clubs via District Secretary, giving ideas on how clubs can help in various other ways.

Please let me know what your club is doing to support this worthy cause and please contact me if you need further information on any Childhood Cancer Projects.

Also, please remember that any club who carries out service activities for the cause or helps the cause financially can enter the competition to win the trophy for "Fight Against Cancer".



Environmental projects

by *Lion Kam Kalra*

As the District Environment Officer, my aim is to help all Lions to strengthen the relationship between the community and its environment.

I would like to take this opportunity to encourage all Lions to consider ways to help improve conditions in their environment by: reducing carbon footprints, tree plantation initiative, litter clearance/rubbish removal, graffiti removal, and sustainability.

All 62 Clubs in this District will have received a copy of my “ACT NOW – Environmental Awareness Campaign” presentation which highlights and provides information on 10 crucial points – what we all can do in our day-to-day lives and how we can contribute within our own limited means:

1. 5-minute showers
2. Drive less, walk or bike more
3. Try to consume less meat
4. Local produce
5. Recycle when you can
6. Lights off and try to use energy-efficient light bulbs
7. Unplug devices and appliances
8. Refill and reuse
9. Zero waste fashion
10. Bring your own bag



Just by making small changes in our daily life, we all can contribute to reducing carbon footprints to a great extent, and make a big difference to our society. I initiated the “Plastic Free Awareness Campaign” for the month of July 2022, highlighting how we all can reduce plastic in our day-to-day lives.

I request clubs to share their ideas and the work they have been conducting regarding the environment with myself and other clubs by reporting them on MyLion. Please contact me to let me know what your club is doing, or if you wish to receive more information on Environmental Projects.

Join me and help me to protect our environment.

Diabetes awareness

by Lion Nilesh Palan

I am honoured to be appointed as your Officer for this year. Growth in diabetes, particularly Type 2, has been relentless globally. The pandemic has only accelerated the trend and its acute consequences, many of which will become evident with time, specifically due to the following risks:

1. Diabetes Type 2 represents 90% of all Diabetes types and it does not present any noticeable symptoms until it is almost too late, hence early detection is critical.
2. Diabetes is often picked up as an incidental finding when patients present for other conditions - for which routine blood tests were suspended which means more people have remained undiagnosed for longer than would normally have been the case.
3. People's lifestyles have suffered under lockdowns which has led to weight gain which contributes to over 80% of the risk of developing the condition.

So what can we Lions do? Promoting healthier lifestyles is crucial, however as a first step we need people to find out their specific risk score of getting Type 2. This is more likely to motivate them to pursue healthier practices. How? Go on Diabetes UK's website and complete their test "Type 2 Diabetes: Know your Risk" – it only takes a few minutes. On completion, the individual will get their risk score between 0 and 47, categorised into one of "High", "Increased", "Moderate" or "Low". This exercise is completely anonymous; you will not be asked any personal details.

My plans for the year ahead are:

1. Having a Club Diabetes Officer: I would like every Club to appoint a member responsible for Diabetes.
2. Promoting Physical Activity: Clubs should consider organising regular activities within their local parks.
3. World Diabetes Day/Week (14th November 2022): With lifting of Covid restrictions, I expect Clubs to make robust plans to promote awareness activities in their local public places. I am happy to support Clubs' plans in any way I can.

Don't forget, any service activities your club takes part in should be recorded on MyLion.

I am more than happy to come and address your Club or Zone. Feel free to [email me](#).

Hunger projects

by Lion Susan Carr

The objective for the Global Service Hunger area is to ensure that all community members have access to nutritious food. In our district, a number of high profile initiatives are taking place, including support for Food Banks and Gleaning. I have taken the opportunity to interview two friends who are actively involved with current projects: Neville and Chris.

Neville McKay (a non-Lion) has been working with Central London Foodbanks for several years. He makes weekly pick-ups of fresh food from local Co-ops, collecting approximately one ton of non-perishable food every Monday night (starting at 11pm) to deliver to his Central London base. As a non-car owner living in Central London, he has joined a car-share club to borrow a vehicle to use on Monday nights.

Chris Speed (LP Great Yarmouth Lions Club and Zone Chair 105CE 2A) is a new Lion friend I made at the International Lions Convention in Montreal recently. Chris leads his club members on Gleaning collections as part of the East Anglia Lions Gleaning Club. This involves working with farms to collect leftover crops from fields after they have been harvested commercially, or where it is not economically profitable to do so. Club members have been trained and equipped with tools to undertake Gleaning. Chris also takes his Lions to a local Community Farm on a regular basis, where they recently Gleaned courgettes and summer cabbages. The local Foodbank were delighted to receive the produce on the same day as it had been picked.

These are some of the organisations involved with Hunger projects in District 105A and the UK: [Fare Share](#), [The Felix Project](#), [Still Good Food](#), [Food 4 All](#), [London's Community Kitchen](#), and [Hillingdon Foodbank](#).

I have a great deal to find out about Hunger projects that we can all support in our district, so I will be in contact with clubs soon to suggest projects, awareness campaigns, fundraising and volunteering opportunities you can all get involved with. I would also like the opportunity to visit other clubs this year to hear about your Hunger projects – so please invite me!

Finally, a quote from a Hillingdon Foodbank volunteer: "It's a great feeling to go home after a day at the food bank knowing that someone won't go hungry that night!"

Help the homeless

by *Lion Sunjay Mehta*

Fellows Lions, I feel extremely privileged and humbled to be the first Lion Member to be given the opportunity to serve and work with a number of foodbanks for the homeless within our District.

With the usage of foodbanks rapidly increasing to over 421,000 in London and the surrounding areas, I plan to work alongside all Lions Clubs in District 105A, along with local Foodbanks and Homeless Shelters, in an attempt to lessen the pressures they face by ensuring they receive regular donations of food and clothing.

Additionally, I will work with the Hunger Officer for District 105A (Susan Carr) to serve and tackle the issues faced by those in our communities who are less fortunate and require the additional support we strive to give all.

I will be keeping in regular contact with all Zone Chairs, Lion Presidents and Lion Secretaries within District 105A to assist in helping Clubs to raise funds for the Homeless Shelters and Foodbanks within their local areas, which subsequently allows us as a District to reach out to a large number of individuals and projects around the UK such as London's Community Kitchen, Acton Homeless Concern, Sufra and MK Food Bank to support as many individuals as we can.

If your Club has contacts with Homeless Charities in your community, please work with them. Also, please inform me of any fundraising activities or service activities your Club carries out with homeless charities.

I would like to take this opportunity to thank you all for your support in this Lionistic year.



Vision

by Lion Robert Spragg

In 1925 Helen Keller challenged Lions to be the “knights of the blind in the crusade against darkness” Since this date Lions around the world have embraced sight programs aimed at preventable blindness. Our district has always participated strongly in these activities, especially in the collection of used spectacles, but there is always room for us to do more!

The MD105 Sight Officer has often been asked if there are any leaflets giving more information about the collection of used spectacles, maybe including some details about where they actually end up. To date there is no such leaflet but some of the countries who currently benefit from these spectacles include Papua New Guinea, Sri Lanka, Ghana, Nigeria, Nepal, Zambia, a refugee camp in Lebanon, various missions in India, and through the Police Federation to overseas missions they are working with. Some news for you: the Lions of MD105 are now the largest recycling specs organisation in the UK!

At the moment there is no set route of how to get collected spectacles to the UK collecting points. Currently Lions clubs in the district and multi-district are being very resourceful and making their own arrangements to do this. Some clubs have been taking the collections personally to Chichester, some have been posting them or sending them via a carrier. Either way I'd like to remind you all that the arrangements the Multiple District have in place for District 105A means that our collections should end up at the Lions Club of Chichester. Whilst we are all for Clubs possibly pooling their collections together, these collections must end up at LC Chichester, NOT being sent out of the country directly or via any other means. Having said this, I don't think MD HQ in Birmingham would refuse deliveries of spectacles from clubs in the north of our district (where Birmingham is much nearer than Chichester) if any Lions were to take them there.

As the District 105A Sight Officer I have begun a process of writing to a few courier companies, transport companies etc to see if it's at all possible to reinstate a proper process where the collections could be picked up from Lions clubs and sent to Chichester. I have recently heard that MD105 are making an attempt to get this underway as well – watch this space! In the meantime I know that several clubs have sizeable quantities of collected spectacles “stashed” up ready to work out how to get them to Chichester. To this end I have “obtained” a driver, I've written to a couple of van-hire

companies looking to “borrow” a Luton Box van with a view to doing a one day collect and drop off to Chichester Lions Club. I’m hoping to do this sometime towards the end of August or early September. If any club has an appreciable quantity (or can collect together a quantity from their surrounding clubs) it may be possible to add these to the run! Please contact me to discuss if this applies to you.

The other task I would like to accomplish this Lionistic year is to enable the District to know how many pairs of spectacles are actually being collected. Would all clubs please record this under their activities reporting. I am also happy to receive details of the quantities you are collecting and sending off to recycling via email too. If possible please pass my email address to the officer in your club dealing with spectacle collections and ask them to email me each time they have numbers to pass on.

Finally on this subject, Specsavers (the opticians) no longer have a centrally-organised used spectacle collection system. This opens up more opportunities for us to get our feet in the door.

Lions Sight Savers Trust continues with its good work, working with Sight Savers International. Over the last 40 years Lions have contributed £3.9 million to Sight Savers, and in 2022 Sight Savers aims to deliver over 460,000 life changing surgeries, distribute more than 100 million treatments for neglected tropical disease and dispense over 600,000 pairs of glasses. Their annual letter to Clubs should be going out in October.

I am delighted to say that we are now in the final stages of producing a new Lions In Sight poster (and hopefully postcards as well). This together with information that will be on the Lions International website will help you to progress sight-related services in your area, and also help you to develop local or regional partnerships...especially note the Powerpoint Visual Awareness Training, only half an hour, aimed at individual Clubs, and please remember to remind members to log ALL the sight related service they do.

Just a reminder that World Sight Day this year is Thursday 13 October. There is a lot of material on the International Agency for the Prevention of Blindness website.

Last but not least, for those of you who missed the Sight Roadshows that were ‘broadcasted’ on 7 and 8 June, they will be available soon via YouTube. We are very much hoping that all Clubs will be able to share this with members.

Please contact me if you would like me to visit your Club or Zone or require further information or resources.

Brain Tumour Research

by Lion Amarjit Soora

Brain tumours kill more children and adults under the age of 40 than any other cancer. But what exactly is it? A brain tumour occurs as a result of an abnormal growth or spread of cells from within the brain or its supporting tissues that can damage the brain or threaten its function. Some types of tumour can occur around the edge of the brain and press on certain parts of it, whilst others can be more diffuse, spreading out and growing in amongst healthy brain tissue. The direct cause of a brain tumour is still not clear, so more investment in research is urgently needed.

What is the prognosis of a brain tumour? The prognosis – impact on well-being and threat to life – is mainly dependent on the type of tumour, location in the brain, tumour size at time of diagnosis, growth and how much can be removed or successfully treated. Factors including patient age and general health also have a bearing, as well as some recognised genetic factors. It's time to step forward towards a cure, together.

I will invite all clubs to any fundraising event I am able to host this year. I request all clubs to inform me and invite me to any fundraising activity for Brain Tumour Research. Having attended a couple MD105 Lions Brain Tumour & Paediatric Cancer appeal District Officer Meetings, I have met with Brain Tumour Research Officers in the District, heard and shared ideas regarding fundraising and raising awareness.

We have also managed to obtain literature and badges, we have been in touch with Lions National Headquarters, received some free paraphernalia and the link for the shop where Brain Tumour Research goods are available.

You could join the Brain Tumour Research-led "Walk of Hope" taking place on 24 September 2022. The ever-popular Walk of Hope is a national fundraising event which attracts hundreds of people every September. They are hosting official Brain Tumour Research walks dotted across the UK. Find one near you and register today to join like-minded supporters stepping out to make a difference. If the Brain Tumour Research-led walks aren't convenient for you, you could organise your own Walk of Hope and get your family, friends, colleagues and community involved.

For more information on fundraising, [click here](#). For information on Brain Tumour Research, [click here](#).

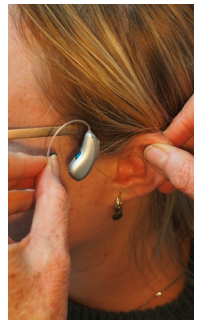
Hearing Projects

by *Lion Penny Tregillus*

Lions distribute resources to support and help hearing impaired people understand what is being communicated to them and how to communicate with others. Resources available are:

- Deaf Aware Cards - these give advice on the best environment in which the hearing impaired person can communicate with others in the hearing world.
- Door Hangers - when placed on the outer door handle of any room occupied by anyone with a visual/hearing impairment, they advise the emergency services or management that the occupant may not have heard the emergency exit alarm.
- "I see what you're saying" badges - worn by profoundly deaf people who rely on lip reading as their main means of communication.
- Lions Hearing Forum Leaflets - provide information about deafness, communication and the resources mentioned above.
- To enable members of the hearing community to understand facts about deafness and communicate more effectively with the deaf community, I am able to give presentations and give training on Deaf Awareness and communication methods to both Lions and non-Lion Organisations.

Lions have been working with Dr Michael Nolan for over 30 years to refurbish used and unwanted hearing aids and other audiological equipment so it can be re-used by hearing impaired people in the developing world. Contact local Hospital Audiology Departments, private Audiology Testing Centres/Clinics (especially Specsavers or Boots), or members of your family and friends. To donate used hearing aids and audiological equipment, send it by post or courier to: Dr Michael Nolan, Lumb Gaps Barn, Haslingden Old Road, Rossendale, BB4 8TT. In your package, include: your Club name and the name of the person sending the package, plus an email address or phone number so an acknowledgement can be sent. Please remove all batteries and excess packaging to save on postage.



Non Lion organisations I work with are [Hearing Dogs for Deaf People](#) and [Royal National Institute for the Deaf \(RNID\)](#).

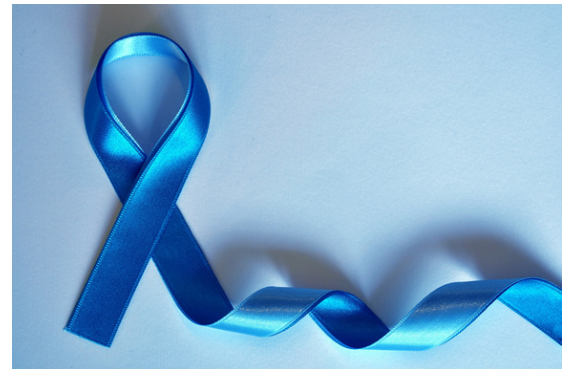
Please [contact me](#) if you would like me to visit you or require information or resources.

Prostate Cancer

by *Lion Manji Kara*

Prostate cancer is a disease common to elderly men, with more than 75% of cancers diagnosed in men over the age of 65. In recent years, however, the incidence has increased in younger age groups. It is the second largest cancer killer in the UK. In the earlier stages of the disease, prostate cancer rarely causes any specific symptoms. Later, it can present the following symptoms in the lower urinary tract:

- Difficulty passing urine
- Poor flow when passing urine
- Incomplete emptying of the bladder
- Increased frequency and urgency to pass urine
- Nocturia – excessive urination at night
- Ejaculatory problems, erectile dysfunction
- Hematospermia –the presence of blood in semen



In the event that someone develops prostate cancer, an early diagnosis is essential! It is recommended that older men who suffer from lower urinary tract symptoms, to see their doctor. Especially if they have a first degree relative who suffers or has suffered from prostate cancer. If diagnosed early and the disease is localized to the prostate gland, then it is potentially curable. In the last two decades, earlier diagnosis and treatment has led to marked decrease in fatalities caused by prostate cancer.

Prevention is always better than cure. Research shows that dietary fat increases the risk of prostate cancer. Eliminating saturated fats and maintaining a healthy diet is essential. Dietary supplements which can decrease the risk of developing prostate cancer include Selenium, Vitamin E and Lycopene.

What can Lions do? We could:

- Organise awareness events
- Raise funds and donate to Prostate Cancer Support charities
- Contact District and/or Multi District Officers for further help

Here are some sources for more information: [Prostate Cancer UK](#), [NHS](#) and [NHS News](#).

Please [contact me](#) for more information.

Message in a Bottle, Message in a Wallet

by *Lion Harry Lote*

What is it? It is a simple idea designed to encourage people to keep their basic personal and medical details on a standard form and in a common location - the Fridge.

What does it do? It saves the Emergency Services valuable time in helping user & identifying if user has special medication or allergies. It is not only a potential lifesaver, but also it provides peace of mind to user, their friends and family by knowing that prompt medical treatment is provided and that the next of kin and emergency contacts are notified.

Who is it for? Anyone. Whilst it is focused on the more vulnerable people in a community, it can be used by anyone taking regular medication no matter their age. This scheme can benefit anyone.

What does it cost? Nothing to the user – it is FREE. All costs are paid for by the sponsoring Lions Club. Your club can buy a pack of 100 MiAB at the cost of £35 +£10pp.

Who knows about it? All Emergency Services are aware of the Message in A Bottle scheme, and will locate the bottle and pass it on to a doctor or hospital personnel in an emergency.

What is in the bottle? A form user fills in with their name, medications, allergies & relatives contact details and two stickers.

What does user have to do? Fill in the form; put it back in the bottle. Put the bottle in their fridge (the only place the Emergency Services will look) Put one green sticker on their fridge door and the other green sticker on the INSIDE of their house door. I hope to encourage as many clubs in our district to get involved in MIAB & MIYW plus medic alert,

I would like clubs that get involved in the scheme to give me feed back, on how many MIAB & MIYW they hand out so by the end of the Lionistic year I will be able to inform the cabinet on how many people we have helped.

This activity of distributing MIaW/MIYW will also help in promoting Lions.

So far 8 clubs have shown keen interest.

For more information please [contact me](#).

Mental Health

by *Lion Chandrakant Patel*

With the dreadful COVID 19 well behind us, there is now a rise in the health after-effects in those who had unfortunately suffered from this virus. It has left many scars in their mental well-being, and are suffering from some anxiety.

This is Mental Illness – a term used to describe mental health conditions that impact mood, thinking, and behaviour. These disorders may interfere with a person's ability to relate to others and function on a daily basis. Common mental illnesses include:

- Mood disorders – like depression, bipolar disorder;
- Psychotic disorder – like schizophrenia, schizoaffective disorder, etc.,
- Anxiety disorder – which is a generalized anxiety disorder, post-traumatic stress disorder, phobias, etc.

One in four adults feel lonely some or all of the time. There's no single cause and there's no one solution. After all, we're all different! But, the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others.

Mental health is an incredibly important part of our overall health. With growing number of our UK citizens experiencing the mental health symptoms from the recent pandemic, we need to join together to advocate for improving our citizens mental health care system.

It is vitally important to cure a Mental Health problem and to build your daily routine, improving your quality of life, by which it increases your longevity and eliminates your bad habits. Contact your local Mental Health professional team or the NHS in your area to seek advice and treatments to prevent this dangerous illness.

To provide such service, we need funds which can be raised by your clubs for this worthy humanity service. For more information, please visit the [NHS website](#).

Please do not hesitate to [contact me](#).



Physical and Learning Disabilities/SOGB

by Lion Ashwin Vora

Disabled people are the least active in our population – twice as likely to be inactive as non-disabled people are. Before the pandemic, we were seeing glimmers of hope as disabled people's activity levels were improving. However, findings from our most recent Annual Disability and Activity Survey shows that less than 3 in 10 disabled people feel encouraged returning to physical activity after the pandemic. As the leading voice for disabled people in sport and activity, we are seriously concerned about the potential long-term damage to the nation's least active. This is not right or fair.

A learning disability affects the way a person learns new things throughout their life. It is different for everyone; no two people are the same. A person with a learning disability might have some difficulty understanding complicated information, learning some skills, and/or looking after themselves

Special Olympics Great Britain (GB) is a non-profit organisation and largest provider of year-round sports training and athletic competition in summer and winter sports for children and adults of ALL abilities with intellectual disabilities also known as learning disabilities. Special Olympics GB is so much more than just a sport organisation – they genuinely transform lives. Through sport, they provide opportunities for our athletes to make friends, learn social skills, feel part of a community, increase confidence and self-esteem, realise potential, develop physical fitness and mental well-being, and demonstrate courage and experience joy and pride. Above all, for both athletes and their families – to have some FUN! Special Olympics GB is part of the global Special Olympics International organisation, which is the largest disability sports organisation in the world. As a global movement Special Olympics reaches 5.7 million athletes across 200 countries. Together they want to inspire real change by raising awareness of intellectual disability, ending discrimination, and building an inclusive world for all.

I request all clubs to report to any activities held for the physical and learning disabilities. I will be reporting as and when I receive more information on any activities being held during this Lionistic year.

Some helpful and informative sites are the [NHS](#), [Mencap](#) and [Special Olympics GB](#).

Please [contact me](#) for further information.