



DISTRICT 105A SERVICE AND HEALTH NEWSLETTER

NOVEMBER 2022

Brain Tumour Research (BTR)

by Lion Harvinder S Virdee

Two years ago, I had the privilege to hold this position. I have updated the initial information leaflet that I had produced in 2020. The leaflet has been sent to all Zone Chairs (ZCs) to forward to their respective clubs for information and donations. So far, we have raised around £165,000 out of our £1m target.



Since joining the District BTR team, I have been able to collect all the latest information and make two presentations so far. The first was on Wednesday 21 September 2022 to Zone H at Hemel Hempstead, the second took place at Milton Keynes Central on Thursday 6 October 2022.

I appeal to ZCs and clubs to invite me to their future meetings for making presentations with latest news and statistics and for clubs to hold at least one function to raise funds for BTR. Details of where to send your donations and funds raised is on this leaflet. There is related merchandise that can be purchased to support BTR which includes: coffee mugs, Christmas cards, birthday cards, BTR/Lions pins and more.

Prostate Cancer UK

by Lion Manji Kara Prostate Cancer Officer

I have registered as event organiser with Prostate Cancer UK. This enables me to order necessary literature in large quantity. I have ordered and received necessary leaflets and information packs. These are available to clubs planning to run awareness events. Clubs that are planning to run awareness events, please contact me in good time for the leaflets.

Club Presidents and Secretaries, please invite me to your business meeting to deliver a talk about Prostate Cancer UK to your members.

Mental health

by Lion CB Patel, Mental Health Officer

Mental health is a topic that can be very personal and sensitive for many of us. The stigma of mental illness can be so strong that those experiencing it are scared to speak up and seek help. Whilst there's been a lot of progress in opening up discussions on mental health, much more still needs to be done.

Loneliness and our mental health

Loneliness affects many of us at one time or another. We know that loneliness can be both the driver for and a product of poor mental health. Our society is changing fast. The pandemic has given rise to a sense of loneliness and isolation undermining confidence in daily routines. In recent times, many of us have had far less access to loved ones.

Besides our workplaces, our Lions Clubs are also changing. Perhaps with many clubs still having their monthly meetings via Zoom, we need to embrace this change while building and maintaining meaningful connections with our fellow Lions.

Mental health problems can affect the way you think, feel and behave. For some people, these feelings go away naturally without any long-term challenges, but for others, these negative emotions can become worse over time. This can result in a serious mental health condition, such as anxiety or depression, which can have a negative effect on your wellbeing and quality of life. However, mental health conditions are treatable and it's possible for you to make a full recovery – the most important step is to get help.

You can find a [local NHS urgent mental health helpline in England](#). You can also contact your [local 24-hour NHS urgent mental health helpline](#) if you need to speak to a trained mental health professional urgently, or you are experiencing suicidal thoughts but have not acted on them. Make an urgent appointment with your GP if your mental health is getting worse and you would like to discuss immediate next steps. Here are some mental health community consultation centres:

- [Psychology Today](#)
- [Therapy Centre](#)

Fellow Lions, do contact me if you would like further help and information on mental health.



Physical and Learning Disabilities /SOGB

by Lion Lion Ashwin Vora, SOGB Officer

Disabled people are the least active in our population. 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 to return 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.

MD Activity Alliance Liaison and Promotion Officer are seeking to get donations to continue with the Activity Alliance run Regional Games and hold their Annual National Junior Championship Games the first weekend in July every year. The next games are in 2023. They are requesting help and support from all the lions' clubs to donate to this worthy events.

A learning disability is a life-long, reduced intellectual ability and difficulty with everyday activities such as reading, cooking, or communicating. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

There are different types of learning disability. The level of support someone needs depends on the individual. For example, someone with a severe learning disability may need full-time care and support with every aspect of their life – they may also have physical disabilities. Despite what many people think, a learning disability is not a mental health problem. However, with the right support, people with a learning disability can lead happy, fulfilling lives.

Learning disabilities range from mild to severe. In addition, physical difficulties and health problems can often co-exist, taking a very complex picture when considering needs. It is not unusual for one person to have several disorders co-existing.

District youth celebrations are being held for the disadvantage and disabled young people on 27 November 2022 at Allum Hall in Elstree, Herts WD6 3PJ.

Distribution of New NHS Hearing Aid Batteries

by Lion Penny Tregillus, Speech and Hearing Officer

The Lions Bookshop, in the Marlowes Shopping Centre Hemel Hempstead, has been giving new hearing aid batteries out to members of the public for two years. The Lions Bookshop is manned by Lions from Harpenden, Hemel Hempstead, Luton, St Albans, Tring and Watford Lions Club. Each hearing-impaired person is able to collect two packs of hearing aid batteries for each hearing aid they wear. Generally, each month around 400 packs of hearing aid batteries are given out. Orange packs (size 13) are the ones most commonly collected with the brown packs (size 312) coming a close second. New packs of hearing aid batteries are provided, free of charge, by the Audiology Department of Hemel Hempstead Hospital, which is part of the West Hertfordshire NHS Trust. New supplies of batteries are delivered, monthly, to the Lions Bookshop. The Lions Bookshop is situated in the ideal location - in Hemel Hempstead's shopping centre - and it saves people walking up a hill to the local hospital.

Not all hearing-impaired people are able to obtain new hearing aids, especially those living abroad. Lions in this Multiple District work with Dr Michael Nolan, who is the Multiple District Project Lead, to provide refurbished hearing aids and audiological equipment to those parts of the world. Dr Michael Nolan either works independently or liaises with Starkey hearing Foundation to find new owners for refurbished hearing aids and audiological equipment. Currently hearing-impaired people living in Cambodia, Ethiopia, Mauritania, Pakistan, Philippines, Sierra Leone, Sri Lanka, Sudan and Zambia are receiving refurbished hearing aids and audiological equipment.



I'm pleased to say that clubs in this District are donating hearing aids and audiological equipment to this project. Some Audiological Departments are donating used hearing equipment to Lions; Waltham Forest Lions Club are collecting them from Vicarage Lane Health Centre in London and London Westminster Lions Club are collecting them from the Audiology Department of the Royal London Hospital. Specsavers is another source that Lions are collecting used hearing equipment from. Bicester Lions Club are collecting it from their local Specsavers Opticians.

A future source of hearing aids donations will be coming from Amplifon. One of the members of Letchworth Garden City Lions Club works for them and an arrangement has been made that all unwanted hearing hearing equipment will be donated to the Lions Collection of Used Hearing Equipment Project. Between 1 July 2021 and 30 June 2022, 13,769 hearing aids were donated by Lions Clubs within the Multiple District. Since 1 July 2022 and the end of September, 5134 hearing aids have been donated by Lions Clubs.

This is a project that all Lions Clubs can become involved with. It is a Service Activity which involves a little time and doesn't cost much. It can be done by either sending used hearing equipment direct to Dr Michael Nolan or along with spectacles to Chichester Lions Club, who will then send all hearing aids they receive to Dr Michael Nolan.

Is there an area near your club where hearing-impaired people have problems collecting new hearing aid batteries, or they are far from an audiology department/doctors/clinic? All that is needed is a Lion to oversee it; a location willing to give out new hearing aid batteries e.g. a local shop or pharmacy, and a hospital audiology department to provide the new hearing aid batteries.

To send used hearing aids/ audiological equipment direct to Dr Michael Nolan please send it by post or courier service to: Dr Michael Nolan, Lumb Gaps Barn, Haslingden Old Road, Rossendale, BB4 8TT.

In your package, please include your name and contact details (email address and telephone number) so a "Thank You" note can be sent. Remove all batteries and excess packaging to save on postage costs. However, if it is a rechargeable hearing aid, include the charging unit in the package. I would request that each Lions Club who donates used hearing equipment to report it on MyLion. When reporting number of people served, one hearing aid equals one person served.

Donations of hearing loops, extra loud telephones, specialised TV listeners and similar equipment should be sent East Sussex Hearing, Chantry House, 22 Upperton Road, Eastbourne, East Sussex, BN21 1BF

If you have any questions or wish to contact me, please telephone me on 01525 379973 or send me an email on tregillus@hotmail.com .



My aim for the year

by *Lion Harry Lote, MiAB/MiAW Officer*

My aim is to try and get as many clubs involved in Message in A Bottle (MiAB), Message in A Wallet (MiAW), and medic alert. I urge clubs to get in touch with the emergency services to make sure they know all about MiAB and MiAW, as well as know where to find them in the house. Of course, I will help as much as I can. Remember, every bottle you give out could be saving a life.



Blister packs

by *Lion Kam Kalra, Environment Officer*

The recycling of blister packs is an initiative which was started by the Soroptimists in the north of England. Harpenden Lions Clubs are working with the Soroptimist International St Albans and District Club to recycle blister packs in our District. The Lions Bookshop in Hemel Hempstead is used as a hub for this project. It's overseen by Lion John Powell from Harpenden Lions Club. Each Wednesday a maximum number of eight large bags of blister packs are taken over to the local Superdrug for them to send off for recycling. The aim is to donate 1000kg of blister packs by the end of the year. In the photo, you can see Lion John Powell and his wife, Denise, who a member of the Soroptimist International St Albans and District Club.



If you have a Superdrug, with a pharmacy, near you this is a project your club could carry out. Please [email Lion John Powell](#) for information on this project.

Work on improving the environment is being carried out by many clubs. Whether it's litter picking, the planting of trees, hedgerow and clearing undergrowth - this work is being carried out by local Lions.

If your club has carried out work to improve your local environment, please let me know and report it on MyLion so your activities can be shared with all clubs in the District.

Diabetes Awareness

by *Lion Nilesh Palan, Diabetes Officer*

There are some diabetes related activities in our District that I am aware of which so far have not appeared on MyLion. I request all clubs to promptly record all their service activities on MyLion.

I would like to acknowledge the following clubs who carried out Diabetes awareness initiatives (and shared it on MyLion!) during this reporting period club:

- Southall Sponsored Walk, Diabetes Screening at Supermarket, BMI Testing
- London Finchley Distributed Diabetes information to public through member's contacts
- Edgware Raised funds for Diabetes through sponsored walk
- Heston Diabetes Awareness Talk (See below)
- Stanmore Participation in "Chai Chat"-Diabetes awareness

I was invited, through Heston Lions Club (LP Jatinder Kaur), to give a talk on Diabetes Awareness by Southall Community Alliance (an independent local charity). It took place at Southall Town Hall on 12 October and was attended by around 25 people. It lasted an hour including Q&A's. We also distributed relevant information material. It was well received and we have been asked to give another talk which will be advertised more widely and with more notice.



I have also given a short talk at London St John's Wood Lions Club's October meeting, and I have continued to supply promotional material to clubs.

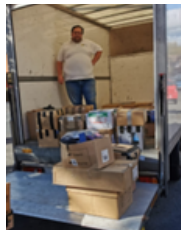
MD and Diabetes Officers from all the 105A District, led by Lion Keith Hedges (MD 105 Diabetes Officer), have created two posters which have now been approved by the Council. These can be downloaded from the [MD105 website](#). These posters can be printed to preferred sizes and can be ordered from MD (their number is 0121 441 4544).

I want to remind Clubs about the Diabetes Trophy. The Trophy shall be presented to the winning club at the District Convention and shall be judged on the preceding year's activity, so from 1 March 2022 to 28 February 2023.

Vision

by Lion Robert Spragg, District Vision Officer

Since the last report, we have been busy rounding up used spectacles from various places and ensuring that they have been delivered to Chichester or Birmingham for onward transmission. At the beginning of the Lionistic year, I was made aware of a significant quantity of used spectacles that needed delivering. The clubs of Letchworth Garden City, Milton Keynes (Stony Stratford), Biggleswade & Sandy, Bletchley, Luton and West Drayton had accumulated around 16,000 pairs between them. A local company hired us a van and I obtained the services of a driver (bribed with coffee, food and free day off work) to pick up the boxes from various locations and then deliver to Birmingham (MD HQ) as Chichester were unable to accept that quantity at the time!



At this moment I'm aware of at least 200kg in weight of boxes that are ready for the next run. If anyone has a big quantity, please contact me and we'll see if we can include them in the next run. Ultimately between District 105A and MD, we're still hoping to be able to get a proper shipping arrangement in place for this valuable service we are now providing. As an organisation we're the largest collector of spectacles in the UK!

Many Lions clubs in District 105A participated in events marking World Sight Day on 13 October. Milton Keynes (Stony Stratford) Lions Club held an event in Stony Stratford High Street which involved a table promoting the Lions Eye Health Programme, Spectacle Collecting and MiAB/MiAW. They also



persuaded a local councillor to be blindfolded, given a white cane and to then walk the length of the High Street. During the walk, a number of issues were highlighted. These issues included the inconsistent tactile road markings on the crossings - some were hindered by floral containers, A-frames and street furniture would pose a danger to partially sighted people and that e-scooters and members of the public using their mobile phones were a risk.

Finally, C.P.J Field/Shires Funeral Homes have been collecting used spectacles from their funeral homes across parts of our District as part of a month-long community project. During October Letchworth Garden City & Baldock Lions Club were presented with the proceeds of that collection. Here you can see club members and District Governor (DG) Kav, at the handover.



Hunger

by Lion Susan Carr, Hunger Officer

In this issue I am reporting on the wonderful work done by the three clubs in the Milton Keynes area.

The following report has been provided by Doreen Allen:

People go hungry even in the UK. For over 5 years, Milton Keynes Lions Clubs - Bletchley, Stony Stratford and Central have partnered with the Food Cupboard to provide food parcels for families in crisis. Lion members collect, sort food donations and deliver the parcels to families. Donations of food and sometimes money are received from local schools, groups and individuals with Tesco Bletchley, providing weekly food via a collection box in their store.

The Food Cupboard works solely with Social Services for local families with children. Over the years, the Food Cupboard has become a prime unbiased source upon which these professional people call for emergency short-term support for families in need

The Stony Stratford Club was able to source free storage accommodation and manages the Bank account. Bletchley undertake food collections and tin shakes during the year and Central also provide Christmas shoe boxes for children. The premises in Kiln Farm where non-perishable supplies are sorted and stored becomes a hub of activity every Thursday when parcels are prepared for the following week. On average seven Lion members attend weekly, to sort and deliver parcels.

Once we are informed of a family in crisis, nutritional fresh and perishable food is purchased, added to the non-perishables and the complete pack is delivered direct to the family within 4-6 hours, with no cost to themselves. Each pack contains enough food with a menu for a week. The food packs are adjusted to family size and dietary needs and where necessary baby milk, nappies and food are also provided. We are sometimes called upon for fuel support too.

At my own Club Northwood Lions we have been busy raising money for the London's Community Kitchen by holding a Charity Quiz Night on 13 October 2022 at David Lloyd Northwood where we raised over £700 to support this vital local charity. This has led to an invitation to hold a raffle at the David Lloyd Northwood Bonfire Night in aid of



Hillingdon Foodbank. David Lloyd Northwood will also donate half of the entrance fees (£5 per head) to our chosen Hunger Charity. Which has also led to David Lloyd Northwood offering to have a collection point at the club for donations to a Community Foodbank Campaign during November & December. Northwood Lions will be responsible for transporting the collected items weekly to Hillingdon Foodbank in Northwood.

I hope that the activities featured in this report will encourage clubs to try different ways to support Hunger in our community - never be too shy to ask and develop relationships between local organisations and your club! If you have any questions or wish to contact me please telephone me on 07940 527298 or by email suejcar16@gmail.com



Cancer Report

by *Lion Daksha Patel, Childhood Cancer Officer*

There are clubs that are involved in progressing our commitment but do not want to publicise their good work. We would like to highlight these clubs that were identified using MyLion for this month's edition:

- St Albans Lions Club donated £25 to Marie Curie
- Kingsbury Lions Club in association with Pranasha Group raised £10,000 by chanting 108 Hanuman Chalisa
- Harrow and Pinner Lions Club (pictured below) donated to Jack's Place based at Northwick Park Hospital - 6 portable DVD players including many
- DVDs, 2 bubble machines and 3 bubble guns with plenty of solution
- plus tubs of Playdoh and crayons.

Let's not overlook the fact that Lion Penny on 19 October 2022 was at Morrisons (Leighton Buzzard) and after 4 hours collected over £119.61.

Friendly reminder to all clubs please share your fund raising and service activities. If you want to help, please contact Young Lives Cancer at:

<https://www.younglivesvscancer.org.uk>.

