



# DISTRICT 105A SERVICE AND HEALTH NEWSLETTER

FEBRUARY 2023

## Brain Tumour Research (BTR)

*by Lion Harvinder S Virdee*

Brain Tumours are a type of cancer that can develop in different parts of the brain and can be either primary, originating in the brain, or secondary, spreading from other parts of the body. They can be malignant or benign, with malignant tumours being the more dangerous and aggressive. Currently the exact cause of Brain Tumours is not well understood, and there is a need for more research to determine the underlying mechanisms of this disease.

Brain Tumours claim many more innocent lives compared to other common cancers, but it doesn't seem attract equivalent financial support for research. Research is critical to developing better treatments for brain tumours. This is why Lions Multiple District has undertaken the task to raise £1 million to set up an excellence center for research and trials in UK.

Our part, as Lions, is to raise awareness by educating public about brain tumours and their impact on individuals and families that can help to raise support for research efforts.

Following on from my last visit to Hemel Hempstead Lions Club to make a presentation they have collected donations totalling £230. I also made a BTR presentation to London Acton Lions Club on 7 December. On 17 February 2023 London Acton Lions Club celebrated Valentine's Day as a Fundraiser and presented me with a cheque for £500 for BTR.

I am grateful to those clubs for making these donations on behalf of BTR but need a lot more clubs to follow their lead to make progress to beat this terrible disease.



# Mental health

*by Lion CB Patel, Mental Health Officer*

First and foremost – I sincerely thank all those who had contacted me during the last year and hope you all are well and in good health. However, this is my brief update on Mental Health – a subject which makes one struggle for support.

Lots of us are currently worried about money at this moment due to cost of living which keeps on rising. And this can have a huge impact on mental health. When you are living with a mental health problem, having access to the right information is vital. It can be hard to know what to do when you are receiving or supporting someone with a mental health problem.

Protecting our mental health is easier than one might think. We can all do it, every day and with simple activities that help us feel OK, and are better able to cope with life.

These are few mental health tips I can offer:

1. Get closer to nature – nature can have a really calming effect on us;
2. Learn to understand and manage your feelings – many of us will know when we're upset but not be sure what we're feeling;
3. Talking to someone you trust for support – just talking through with a person we trust can help feel like a relief;
4. Talking may change the way you feel about a situation – talking may also change the way you see and feel about the situation, in ways you find helpful;
5. Try to make the most of your money and get help with problem debts – fears about paying debts, bills and essentials such as food and electricity can be very stressful;
6. Get more from your sleep – we all have times when we sleep badly and some of us live in situation that make a good night's sleep impossible.

Above are just a few tips which I am sure will help those suffering with mental health issues. For further support and information, you can check out these websites: [Samaritans](#), [NHS](#) and [BACP](#).

Fellow Lions, if you're one of the unlucky ones or know of someone who's suffering, please contact me.



# Physical and Learning Disabilities /SOGB

by *Lion Lion Ashwin Vora, SOGB Officer*

Hope all the Lion clubs are busy helping the disabled people in community services as the weather is getting better now as we approach spring/summer season. I had come across the following details where disabled people can also take on skills like motor skills.

Through Motor Activity Training Programme (MATP) we look to:

- Increase physical activity leading to improvement in motor skills, physical fitness, and functional ability
- Enable more opportunities to perform sports activities
- Development of a more positive self-image through skill acquisition
- Enable greater interaction through sport and physical activity
- Provide more opportunities to develop friendships with other athletes, family members and engage the local community

Target audience: Anyone delivering activities to frailer older people, people going through rehabilitation and people with reduced mobility, a long-term health condition or a disability.

Aim of Course: To equip participants with the knowledge to adapt & deliver a range of chair-based activities to support movement and physical activity in those with limited mobility.

Learning Objectives:

- To develop theoretical and practical knowledge on delivering a range of activities that people can participate in from a seated position.
- To understand the benefits of chair-based activities to participants
- To discuss challenges to participation and potential solutions for those with reduced mobility
- To identify techniques for good inclusive practice.

Useful links: <https://www.active-together.org/news/2017/12/motor-activity-training-programme>, <https://www.specialolympicsgb.org.uk/sports-and-competition/matp> and <https://www.yourschoolgames.com/sgo/south-bucks/matp-motor-activity-training-programme-home/>

# Speech and hearing

*by Lion Penny Tregillus, Speech and Hearing Officer*

This article talks about deafness and how a hearing person can communicate more effectively with a hearing impaired person.

Deafness is a hidden disability and there are clues that indicate the person you are talking to has not heard or understood what is being said. The hearing impaired person may:

- Use lip reading so they watch the speakers lips and face.
- Ask people to repeat what they have said.
- Complain people do not speak clearly or loudly enough.
- Their speech may be difficult to understand.
- Not respond if you talk behind them.
- Guess what you have said and misinterpret the information.
- Wear a hearing aid.

Loss of hearing ranges from some loss to complete loss. Below are suggestions on how, as a Lion, you can communicate more effectively with other hearing impaired Lions or members of the public on a 1:1 basis or in a meeting situation.

To use your voice effectively:

- Speak clearly, not too slow or fast.
- Raise and lower the pitch of your voice, not in a monotone fashion.
- Reflect emotion in your voice to show happiness, sadness, anger, tiredness etc.
- Do not shout but speak at a level to be heard by others. If addressing others at meetings use a microphone or install a loop system.

Some general comments:

- Always assume that older members of the population may have a hearing impairment and always face them when talking.
- Avoid speaking in noisy environment. Try and find a quiet area to have a conversation.
- In a meeting situation, provide a visual clue as to the matter under discussion.
- Attract the person's attention before starting to talk to them.
- Look for understanding in the person's face to avoid the need to repeat/rephrase the sentence.

- Use other communication methods to supplement speech to clarify what has been said. Verbal and non verbal communication methods are explored during Deaf Aware Training Sessions.
- Be patient. Don't give up.

People who lip read rely on visual clues to understand what is being said so

- Position yourself or suggest profoundly deaf people sit in a position they can see your face, especially your mouth.
- Have light on your face.
- Avoid covering your mouth with anything when speaking. Please be aware that beards and moustaches can make it more difficult for the lip reader to see the movement of lips.
- Reflect emotion in your facial features or body movements to show
  - happiness, sadness, anger, tiredness etc.
- Always keep your face up and look at the people/person you are talking to.
- Do not shout. Words/letters have recognised shapes which are known by the lip reader. If you shout this will change these mouth shapes.



## MiAB/MedicAlert Report

*by Lion Harry Lote, MiAB/MiAW Officer*

My aim has been for this year was to get as many clubs involved with Message in A Bottle and Medic Alert. I have helped with enquiries to find the nearest club that could supply bottles to people who needed them, I have had enquires from walking clubs for message in your wallet, I have helped clubs how to acquire the bottles and the cost.

I would also so like to see clubs taking up the challenge of medic alert, this involves paying £300 for a child, 0 to 10 years of age, the cost works out at £30 a year, so if you sponsor a child from 4 years old to ten years old, this would leave four years spare, but this will then go on to help another child.

If we can save just one life it is well worth while.

# Prostate Cancer UK

*by Lion Manji Kara Prostate Cancer Officer*

We are 6 months into this Lionistic year. I sincerely thank Lions Clubs and Lions for making effort to organise Prostate Cancer Awareness and fund raising events to support Prostate Cancer charities. I also thank clubs for inviting me to deliver Prostate Cancer Awareness talks to their members. It was a privilege.

I urge you to continue to deliver service in the best Lions way. The way you can continue to or even enhance delivery of service is by:

- Organising awareness events.
- Participating in any community event to promote awareness.
- Organising fund raising events to support Prostate Cancer charities.

Clubs planning to run awareness events please contact me in good time for information leaflets. Clubs Presidents and Secretaries, please invite me to your business meeting to deliver talk to your members.



# Environment

*by Lion Kam Kalra, Environment Officer*

Lions Clubs in this District can play a vital role in driving change towards a more sustainable future and a more environmentally friendly community. They can do this by focussing on what a Club can do within its membership as well as working with outside bodies to carrying out environmental projects within their local communities.

For the last half of this Lionistic year here are some ideas that Clubs and individual Lions can carry out:

- Switch to renewable energy sources: e.g solar panels on houses.
- Ensure your homes are insulated to a high standard this will include double or triple glazed windows, doors and cavity wall/loft insulation.
- Modernise your light fittings to make use of ultra low energy LED lamps.
- Use energy-efficient appliances e.g. fridges, freezers and washing machines.
- Avoid using petrol or diesel cars when possible and use electric vehicles. Car share when possible. Alternatively use public transport, walk or cycle.
- Plant trees and get involved in garden projects in local communities.
- Reduce, Reuse, Recycle plastic and other types of materials. Clubs Could work with local supermarkets, councils to collect and recycle different types of plastics and materials that could be recycled. July 2023 is the nominated month for a Plastic Free Month.
- An example of Clubs recycling in this District is collecting Christmas trees in January.
- Clubs can carry out Litter Picks in their local Communities.
- Collect Blister Packs and donate them to Superdrug.

I have written a more detailed report, giving more facts and figures, which I'm happy to share with others. If you would like a copy of this please contact me.



## Vision

### Lions Spectacle collections mentioned in a national newspaper

Lions Spectacle collections across the country are expanding – and we were already the largest collector of used spectacles in the UK! On 7 February there was a major article in the Guardian newspaper covering almost all aspects of recycling. In the glasses section most of the paragraph was devoted to the Lions recycling activity.

### Spectacle Collection at 105A District Convention

This year there will be a Luton Box van parked next to the carpark being used by Lions visiting the District 105A Convention on 4 March. The van will be there from about 7.30am until around 9.30am in order to collect spectacles being brought by members coming to convention. Following this the van will be visiting the Lions Bookshop in Hemel Hempstead before going to MD HQ on Monday 6 March with the collection. The last run from early October saw approximately 15.5k pairs collected and delivered to Birmingham. This run is destined to contain in excess of 40k pairs as we are already holding over 36k pairs before we even get to convention!

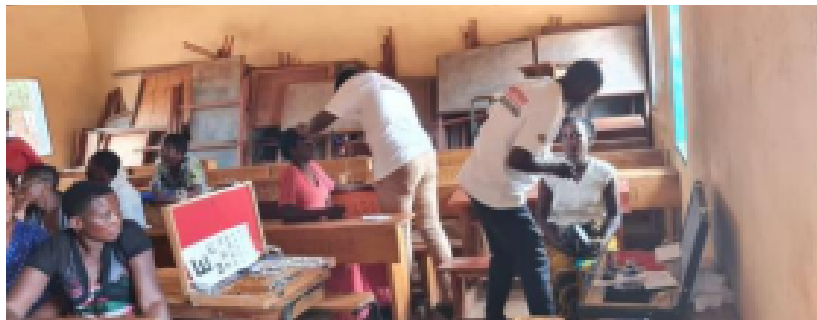
### Sight Projects in action

I have received some news and feedback from a couple of sight-related projects that have been carried out by the Lions Clubs of District 105A. Firstly, Harrow & Pinner Lions Club were left a £20,000 legacy donation in the will from somebody the Club had helped out and entertained in the past. The donation was specifically to be used for sight





projects. The club set about teaming up with District 410E (South Africa) to set up a School Sight Screening Project, which has now been completed and evaluated. Approximately 3350 learners were screened, spectacles supplied to those that needed them, and referring others who needed further attention. The project was evaluated in order to make the next one even better. Another great outcome of the project was that it has helped the Multiple District 410 to prepare an application for a much bigger LCIF SightFirst Grant to continue the project. The Lions Club of St John's Wood have been busy with sight projects too – shipping some 6000 pairs of spectacles to Mombasa Powani Lions Club and to another project in Malawi. The pictures below are from the Malawi Project.



### **Lions Spectacle Recycling Location Database**

One of the tasks I have spent much time doing this year is trying to locate places where members of the public can donate spectacles to, or where businesses such as opticians would like to collect for us and we need to put them in touch with a nearby Lions Club which is involved in spectacle collections. This is not an easy task as the information isn't easily to hand. I am therefore beginning the process of getting a database made where we can store details of Lions Club contacts who are involved in spectacle recycling, and all of their collection places. It should then be possible to put the database behind a website which will allow the public to enter their postcode and Google Maps will then provide the locations of nearby places or clubs and contact details. Further details to follow soon

# Hunger

*by Lion Susan Carr, Hunger Officer*

I congratulate the clubs in District 105a that are promoting Hunger projects in their local communities at this time of need. However we can always do more and try new ways to help people. Let's make the extra effort to do even more during the second half of our Lionistic Year!

Ways in which clubs are giving service to Hunger projects:

- Fundraising events
- Community food collections
- Surplus food collections
- Donating the above to - Foodbanks, Community food hubs, Food larders & Food cupboards
- Cooking surplus food and distributing to the Homeless & those in need
- Preparation of Food parcels for those in crisis (details supplied by Social Services)
- Donations of funds to support Big Breakfast project in Schools

Please let me know of any other type of Hunger project you are currently promoting so that I can share your ideas with all the Clubs in our District.



# Cancer Report

*by Lion Daksha Patel, Childhood Cancer Officer*

One 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](http://www.cancerresearch.org.uk)), Children with Cancer ([www.childrenwithcancer.org.uk](http://www.childrenwithcancer.org.uk)), Young Lives vs Cancer (formerly CLIC Sargent) support Cancer Wards at three hospitals in our District, which are UCL, Great Ormond Street Hospital and John Radcliffe Hospital. They have various fundraising ideas on their website too. The charity helps with specialist support (nurses, social workers, play therapists and community workers) to help and guide each young cancer patient and their families from the time cancer is diagnosed.

LCI website also has lots of useful information on organising various projects to raise funds for this worthy cause. Hatch End Centennial participated in four bucket collections for Young Lives vs Cancer at Morrisons Harrow. Four members participated managed to bank £401.00. Lion Kiran donated £50 and Lion Sharon donated £20. Harrow and Pinner Lions Club have donated six portable DVD players, DVDs, bubble guns, play-doh etc to Jacks Place Northwick Park hospital children's cancer ward just over £1200. Fairlop Leos also did an amazing job for September Childhood Cancer Month. They had a three day raffle from 12 -14 February which raised £192 towards the cost of our sibling party. They also organised a bowling session/party for siblings of Children with Cancer to help them feel more special. Eleven siblings came and enjoyed bowling together and a snack meal. They also sold Young Lives v Cancer badges at school and Morrisons and raised £311. St Albans Lions Club donated £25 to Marie Curie Kingsbury Lions in association with Pranasha Group raised £10,000 by chanting 108 Hanuman Chalisa for Cancer Projects. Lion Penny was at Morrisons, in Leighton Buzzard, on 19 October for four hours and she collected £121.56 in cash and three people used their phone to make donations. Edgware Lions Clubs also donated £101.00 to Macmillan Cancer and Stanmore Lions Club collected £160.00 at Tube Stations and donated to Marie Curie Cancer Care Appeal.



# Homeless Support

*by Lion Sunjay Mehta, Homeless District Officer*

The current cost of living crisis is causing greater financial hardship for many more families in our communities and therefore the charitable work the Lion's Club undertakes is more important than ever.

Recent statistics have shown that 4.7 million adults in the UK are currently struggling to afford to eat every day with the current cost of living crisis increasing the pressure on families. Many of these include those who are homeless. This is why the charitable work undertaken by Lions Club is now more important than ever. District 105a has been working tirelessly with to support all those who are unable to afford to feed themselves and their families. This has been done by supporting various charities and organisations who work to feed those less fortunate.

All Zones have been donating basic food supplies such as fresh fruit and vegetables to the charities. Along with the basic food supplies, many clubs have supported the charities by providing essential clothing such as socks and hats and gloves as well as blankets to provide some level of warmth to those who are homeless. These charities include London Community Kitchen and the many outlets they have within District 105a. As well as London Community Kitchen many of the clubs have supported The Felix Project, Safa in Brent and the Jalaram Foodbank every Friday in Charing Cross.

District 105a has been instrumental in supporting these charities and food banks and are continuing to do so with a number of Zones and clubs continuing to organising events to further increase the funding and support they provide to the food banks and charities.

