

District 105CW

75,619

People Served

329

Service Activities Completed

6,293

Volunteer Hours

\$35,952

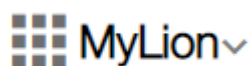
Funds Donated(USD)

\$22,787

Funds Raised(USD)

Number of People Served reflects a 3,000 cap per club service activity

Current LCI Fiscal Year July 1, 2020 - June 30, 2021



Congratulations!

Four clubs in 105 CW recognised in the 2019/20 Service Reporting Challenge Leadership Awards.

Birmingham Acocks Green, Coventry Leofric, Dursley and Rugby Rokeby Lions Clubs were among the 8 Clubs recognised in MD105 and the 20 Clubs recognised across the whole of Europe.

Shown above are the service figures so far for this Lions year. A terrific effort, I'm sure you'll agree, especially given the current restrictions on Lions' activities.

What makes the figures even more impressive is that these activities have been reported by just 29 Clubs in 105CW.

Is your club reporting service? If not why not? If you are a member of one of the 62 Clubs who have not reported any activity so far this year, why not volunteer to do the reporting for your Club? We can offer training and assistance so please help us tell the whole story.



New NHS Initiative

If you're over the age of 40, you're more at risk of developing Type 2 Diabetes. It's a serious condition, which can lead to long-term health problems if left untreated.

That's why it's really important that you find out now if you are at risk. Because those who are, can get free support to help them significantly lower the chances of developing it. Take the FREE online risk assessment to know your risk. It only takes 2-minutes.

Make this a simple service activity. Share this link on your social media pages.

<https://www.stopdiabetes.co.uk/are-you-at-risk>



World Sight Day - Thursday 8th October

World Sight Day is rapidly approaching and I am hoping that this year many 105CW clubs will be involved, even though it will be limited because of COVID. It gives clubs the opportunity to raise awareness of just how important **SIGHT** is to us, but we so easily **TAKE IT FOR GRANTED.**

It can also raise awareness of your club in your community. Ideas for activities for World Sight Day in normal circumstances are as follows:-

- Have an information table outside a local Optician and use it to distribute sight information leaflets, a used spectacle collection point and possibly direct people to go and book a sight test.
- Arrange for a Public Announcement on your local radio station.
- Ask your local newspaper to print encouragement to have an eye test and say what conditions could be revealed. Recently a young lady in our area was found to have a large brain tumour when examined by an Optician. She was only 19.
- You could arrange for a local VIP to go for a walk in the town, blindfolded, but accompanied by a Lion. Invite the press along to cover the story.
- Another idea is to have a display in the local library with leaflets encouraging sight tests, to be taken away by the public.
- A display could be staged with the local "Talking Newspaper". This might bring those with sight problems to the attention of the "Talking Newspaper" and enable them to catch up with local news.
- Blindfold a prominent statue in your town and have a table with sight information leaflets to distribute to the public close by the statue.

Sight Test leaflets are available from MDHQ.

From these activities listed there are possibly a few that can be adapted for these difficult times.

Hopefully we will have a lot of clubs being involved with World Sight Day

Linda Cross
Sight Officer

sight@lions105cw.org.uk

Covid stories

A story from Coventry Leofric Lions about an activity they have done recently

Leofric Lions are #Proud to have supported a local initiative for Coventry where random actions of #Kindness happened at local train stations on a number of days across September.

Working in partnership with Kaleidoscope (a suicide prevention charity), Heart of England Rail Partnership, and Avanti Trains we helped to brighten the day on commuters by giving out 1,500 Flowers, 1,000 Cookies, 300 Cupcakes, 300 Keyrings, 300 Brownies and 1,000 postcards all supplied by local companies, and having the Lions Logo on them.

There were Mental Health professionals onsite each time to have a conversation with members of the public if they wanted to use the opportunity to talk with someone.

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Hunger

Hi there I am Lion Nigel Skipper Hunger Officer for 105CW

I'm certain there are excellent Hunger related projects going on across the UK and in particular in our district which I would love to share with a view to possibly recreating across our district for the benefit of others.

I want to show how we are serving our communities through this global issue and can only do this with your help.

Hunger is a massive issue in our country and the world with poor diets contributing to death diabetes and its associated sight issues also food waste contributing to environmental issues.

Anything we can do to improve this situation is a service worth providing.

Hunger remains one of the world's most critical and urgent challenges, due to rising food and energy prices, economic recessions, climate change the pandemic and political instability.

Lions are working towards a world in which no child goes hungry, expanding the resources and infrastructure needed to address food shortage gaps around the world. There are many ways in which Lions are working on this global service area, these have been separated into a few core areas, such as food collections, providing meals, gleaning, holiday hunger, food distribution, education and awareness.

Food collections at supermarkets, schools, clubs, pubs or even at Lions Conventions.

100s of kilos of food have already been saved from waste, all being shared out. Pertinent schemes at the moment are pop up food collection and distribution events and Fareshare

Gleaning – Collecting unwanted fruit and vegetables direct from the farmers fields or orchards. The organisation that set this up are currently looking to set up Community Gleaning groups. This is a great way for Lions to work within, and for their communities even if they don't have the manpower to glean themselves, they can use their organisation skills to manage a project and seek volunteers locally, these volunteers could become Lions or Leos.

<https://feedbackglobal.org/campaigns/gleaning-network/>

Volunteering at **Food banks** or **soup kitchens**.
Providing meals for the elderly

Holiday Hunger – Holiday hunger pushes many families into food poverty and insecurity. While many children from low-income families are entitled to free school meals during term time, there is currently no such provision during holidays. Local voluntary sector organisations 'fill the gap' in some places but this is far from universal. Lions Clubs could help to 'fill this gap'. <http://endhungeruk.org/holidayhunger/>.

Fareshare run a programme called **Activeate** where they ask for financial donations to help them supply food to projects supporting this issue <https://fareshare.org.uk/activeate/>. Lions could donate money to Fareshare or could look to set up projects and approach Fareshare for support with food?

Volunteer with food **distribution** networks such as Fareshare;

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Collect and give food away at events such as **Lions Feeding the 5000**. These events can be delivered at any scale 500 to 25,000 and are an opportunity to distribute hot, tasty, nutritious meals using food that would otherwise have been wasted please bear in mind current covid restrictions in many areas

Fareshare pictures from 1 store 1 day



This was collected by me along with 20 other boxes
And this was made up as food hamper for a family by volunteers and I



Thus we also deliver a message about unnecessary food waste and raise the profile of the people volunteering their time to do this work sharers Lions and volunteers .

This type of event ticks boxes of other Global Causes – Diabetes, Vision, Environment as well as Plastic Pollution so not only Hunger

Education and awareness

Cookery lessons for school children, could be linked in with addressing Holiday Hunger.

Bags of Taste – Cookery lessons for targeted adults (unemployed, diabetics etc.). This is a cookery course developed in Hackney, London, now being rolled out across the country. Essentially, we have an opportunity to deliver these courses ourselves using the Bags of Taste proven methods.

Hunger Pilot Grant Program

There are nearly one billion people across the world that experience food insecurity. No one can truly understand the devastating physical and emotional impact of hunger unless they experience it. Through the LCIF Hunger Pilot Grant Program, Lions can support school based feeding programs, food banks, feeding centers, and similar facilities that provide food to people when they need it most.

I look forward to any input or suggestions

Please email any thoughts and thank you for taking the time to read this

Lion Nigel Skipper
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Another Covid story

Coventry Leofric Lions again.



During the month of September members from Coventry Leofric Lions have made sure that at least one member of the club has walked two miles each day - they have been doing this to support a young man in Coventry who is raising money for Cancer Research UK.

Send us your stories about the activities your Clubs is doing