

# #TEAMCW

105CW News and Information December 22



District Governor Lion Rav Sandhu

## Why should volunteers join a Lions Club?

**Make New Friends:** Joining a local Lions Club is a great way to network with other people in your community and make new friends. Find a special club that involves people with the same interests, hobbies and passions, or consider starting your own club! Serving together can help build relationships that last a lifetime.

## Another busy month for the District Governor

Five great club visits this month. First to **Kidderminster & District Lions** and then four together in the same week to **Severn Dean Lions, Cotswold Fosseyway Lions, Birmingham Moseley & Kings Heath Lions and Droitwich Lions**. Despite some clubs being small in numbers, they are very much active in serving their local, national and international communities.



During these visits, two long service Chevrons were handed to Club Presidents so that they can be presented at their Charters. The First for Lion John Williams, **Severn Dean Lions**, a 50 Year Service Chevron and the second for Jim Crawford, **Droitwich Lions**, a 40 Year Service Chevron. Thank you for serving your community for so many years. Two new members were inducted on my visits, one at **Droitwich Lions** and the other at **Birmingham Moseley and Kings Heath**.

I had the privilege to attend **Cheltenham Lions Club Charter**, excellent food, meeting great service minded Lions and it was an honour to present a 50 Year Long Service Chevron to Mike Sheppard.



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**Autumn Forum** for our District 105CW was held on 20<sup>th</sup> November 2022 at The Parkway Hotel in Cwmbran. It was a great success with nearly 40% of the Clubs represented. We focused on our International President Brian Sheehan's moto for the year "Together We Can." Our weekend was membership based, learning about Global Membership Approach (GMA) with three workshops to include Youth and Service. Thank you to all the presenters and the facilitators for an excellent Autumn Forum.



**District Young Ambassador Finals** were held at our National Head Quarters in Birmingham. Three amazing candidates, Noah sponsored by **Shirley Lions**, Nuala sponsored by **Southam & District Lions**, and Shannon sponsored by **Bromyard Lions**. Congratulations to the winner Nuala who received the £500 bursary and goes forward to the British Isles Final to be held in Dudley in February 2023.



## Welcome to our new members

**BARWELL & EARL SHILTON**  
**DURSLEY**  
**HEREFORD**  
**HEREFORD**  
**HEREFORD**  
**KENILWORTH**

**ROBIN WACHLIN**  
**DAVID PERRETT**  
**ANDREW BRADLEY**  
**CHRISTOPHER DAVIES**  
**ELIZABETH JONES**  
**MARK LAURENCE STEVENS**

**KNOWLE & DORRIDGE**  
**STOUR VALLEY**  
**STOUR VALLEY**  
**TETBURY**  
**WORCESTER**  
**WOTTON UNDER EDGE**

**MONICA KELLEHER**  
**JES BAINS**  
**SUE BAINS**  
**DAVID EVANS**  
**KEITH JONES**  
**MITCH CLARK**

## **Membership Matters.**

### **Is Santa a Lion ?**

I heard a lot about Santa at Autumn Forum. Lions talking about how they go out and about with a sleigh or set up a grotto. What is the meaning of Santa, what feelings are evoked by the presence of this famous man? Hopefully it is the spirit of generosity, kindness and sharing that we are promoting and these are great attributes for us to display at this time.

We should, as with all things, use the opportunities we will have whilst alongside Santa to offer the chance to others to volunteer or join with Lions. What better way to give a little time and get the instant feedback of fun and happiness that comes from delighting a child.



### *Do we say "Thank you" enough?*

Alongside the joys of Santa and Christmas, now is a good time to remember to say thank you to all those who have helped us and our Clubs. We may not give gifts, but simple cards of thanks, sent from a Lions Club, can mean a lot to our friends and volunteers. A card can also help to build relationships with other groups in our community.

We also need to remember to thank each other. This is a good time of year for Club leaders, in particular, to thank Members for their contributions and for remaining loyal to their Clubs. Saying thank you shows that we value our Members and encourages everyone to continue.

Thank you, on behalf of all the Membership Team, for all your personal commitment and loyalty to Lions Clubs in 105CW.

*Sue Wilding 105CW Membership Team [gmt@lions105cw.org.uk](mailto:gmt@lions105cw.org.uk)*

## **Social Media**

In the run up to our busiest time of year with Christmas activities and Santa sleighs spend 10 minutes checking these things:

- Have you invited all your friends, family, neighbours and colleagues to like and follow your club's social media? They will want to know where Santa is visiting, you're doing them a favour! Ask all your members to do that too.
- Share activity posts to your local area pages. Let your community know what Lions do.
- Share posts to your own profile. Lots of contacts of members have shown an interest in becoming a Lion after seeing posts.
- Remember to check and respond to comments and messages regularly. Be professional, positive and kind.
- Share service stories and smiles in photos and videos (making sure you have permission).
- You can pop a Lions logo on a photo using apps like Canva. Logos can be downloaded from <https://www.lionsclubs.org/en/search-results?keys=Logos+and+Emblems> choose a png version for a transparent background.


Don't forget to like and follow our own District105CW social media platforms for posts to share and re tweet.

#TeamCW #SocialMedia



Quick and easy ways to support Lions:

 Check out our Social Media platforms and give them a like and follow!

 Share and engage in content you find interesting.



**LIKE,  
FOLLOW,  
SHARE!**



Are here to celebrate hearing all Lions and Leo's voices, we have some great stories which we have heard recently however we would love to hear more. New voices officer for 105CW is part of the membership satisfactions team and we would love to hear what you have enjoyed and what we could do better. My email address is [Nvc@lions105cw.org.uk](mailto:Nvc@lions105cw.org.uk). There are also facebook pages celebrating new voices too New Voices Lions MD105 and New Voices MD105 connected. Anyone can message me anytime, Leonie Seymour-Milsom your new voices officer for 105CW.

## Autumn Forum 2022 - Thank You #TeamCW

The last weekend in November District 105CW - Lions Clubs International (#TeamCW) held our annual Autumn Forum

With Lions from across the the South of Wales and the Middle of England we explored everything Membership Related, from the Global Membership Approach, to Membership Motivation, to New Voices, to Diversity & Inclusion, to Service, to Youth Engagement, to looking at our legacy and the power of club branches and new clubs.



We also carried out a number of service activities, spectacles collected (some 15,000), blister packs collected for recycling, 70 Message in a Bottles distributed by attendees, 3,000 spectacles sorted, 30 thank you card written proving that #KindnessMatters

A synopsis from the day will be available on the dedicated page of the District Website [https://lions105cw.org.uk/cw\\_forum/](https://lions105cw.org.uk/cw_forum/) in the coming weeks

Thank You for our wonderful members who made the event such a success and to the amazing team of presenters and facilitators - you are all supercalifragilisticexpialidocious. **Lion Stu Young Global Leadership Team**



**Share our Impact** - Be a part of the whole picture.

- Since July 2022 Lions worldwide have served 162,914,435 people.
- In the British Isles Lions have served 914,802 people.
- In District 105CW we have served 221,622 people.

That’s not the whole story. Some clubs are doing amazing service in their communities but not recording it. If you need help or advice logging your service on MyLion Lion Paul Murphy can help. Email him at [gst@lions105cw.org.uk](mailto:gst@lions105cw.org.uk). It is possible to have a club admin who can log service as well as the club secretary- this has been very helpful to many clubs.

Please share your stories of service through traditional PR and social media, tell people in your area about the impact of your Lions activities.

**Club News**

**Coventry Godiva Lions wins UHCW Charity Loyal Supporter Award**

The Lions Club of Coventry Godiva were recently given the University Hospitals Coventry and Warwickshire (UHCW) Charity Loyal Supporter Award at the organization’s Outstanding Service and Care Award ceremony held at Mercia Venue, Coventry on the 7<sup>th</sup> of October.

This was in recognition of their generosity and outstanding commitment to UHCW, having donated more than £52000 over the years. The club has supported a wide variety of causes including: Cardiac Rehabilitation, Cancer Care, Special Care Baby Unit, ENT Head and Neck Surgery for state-of-the-art diagnostic equipment plus head and neck cancer research, Diabetes management and point-of-care testing, Cough-assist machine for patients who have impaired cough reflex, Children’s cancer therapy - “Accuvein” device particularly helpful for children undergoing chemotherapy, Alzheimer’s research and development of a Bereavement garden.



A further donation of £2600 is planned towards procuring wheelchairs. UHCW Charity Chair Paula Deas said: “The support of the Lions Club has helped to establish UHCW as a centre of excellence providing world-class care to our communities.”

## Dursley Lions

Dursley Lions continued support to the Vale Hospitals Dementia Garden. The latest project involved building a Pagoda.

The majority of the funding came from the club, with members John Toffi & Brian Sheppard carrying out the construction. Routine work & maintenance is continuous but often rewarded by compliments from the gardens visitors.



## KENILWORTH LIONS FURNITURE STORE – A RECYCLING HUB

Kenilworth Lions Club's main source of funds is our used furniture store – this has been running since 1992. A fundamental community benefit from our furniture store (after raising funds for our community) is to reduce furniture and other household items going to landfill as waste. It has been calculated (nationally) thirty percent of household items thrown out could have been reused. During the first six months of 2022, the total number of items saved by Kenilworth Lions from going to landfill was 1,627 pieces. The total tonnage saved from landfill for this half year was 22.41 tonnes.

Kenilworth Lions Furniture Store has long been a community hub for recycling spectacles and hearing aids. Spectacles and hearing aids are collected at our furniture store and also from Boots and Specsavers in town. Kenilworth Lions collect around 3,000 pairs of glasses each year. Lions (nationally) have now become the Number One Spectacle recycler in the UK. In the first 6 months of this year Lions UK have donated 1 million pairs of spectacles. The spectacles are sent to Medico in France (owned by Lions of France) where they are checked, assessed and then sent to Third World Countries.

Over the past year we have added the collection of empty tablet blister packs, corks and clean crisp packets. There has been a massive response to Lions collecting blister packs to reclaim the aluminium. Arrangements are now progressing for the collection of used laptops and possibly mobile phones. The collection of used laptops/PCs (and chargers) for recycling through [www.Laptops4Learning.co.uk](http://www.Laptops4Learning.co.uk) would help to reduce digital inequality and the negative impact on our environment of sending laptops to landfill. This company will erase all data and provide the donor with a certificate.

Although the store has never been a massive user of electricity, a major step was taken to greatly reduce our electricity use by changing to LED lighting. Diesel consumption by the two store vans is kept to a minimum with planned delivery/collection routes.

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Editor: **Lion Pat Comer** Email: [news@lions105cw.org.uk](mailto:news@lions105cw.org.uk) Closing date for articles is 25th of month

Last year we provided eco-books to primary schools to help shape future behaviour/culture with respect to climate change. A link has been set up with Kenilworth school to support their recycling efforts. Lions provided red boxes for paper recycling in the classrooms. At all Club events we encourage walking to events (or using public transport), not using 'single use' plastics and provide recycling bins.

A talk on the climate emergency was given to our Club by Prof John Dearing to increase awareness of the climate emergency and provide information. Following the talk, assessment of personal carbon footprint was keenly calculated by many members which further increased awareness.

### Warwick Lions

As the weather turns colder life for Warwick Lions members is hotting up.

In November we jointly staged with the Rotary Club of Warwick the Warwick Town Bonfire and Fireworks, one of our major fund raising events which this year was again a sell out with 6,000 tickets being taken up. Vice President John Tunney laid a wreath on behalf of the Club on Remembrance Sunday and we were able to press into service two new prospective members as we assisted the Side by Side Theatre Company, a theatre group for adults with learning difficulties stage their annual production at the Leamington Spa Centre. Members also turned out to help run our tombola stall at another highlight of the Warwick Town Calendar The Victorian Evening.

### HEAT TIN TRAVELS

In July 1<sup>st</sup> VDG David was joined at the DG Handover Lunch in Symonds Yat, Herefordshire, by a Heat Tin provided by Dudley Lions Club. The objective of the Heat Tin is to collect contributions towards Gas and Electricity charges for those in difficulty because of the economic times we currently find ourselves in. The idea was thought up by Lion Michelle Preece from Dudley Lions Club. Let us try to stop families having to choose between Heating and Eating.

The journey began later in July from my home in Hereford when my Heat Tin and I visited Glantawe (Swansea Valley), Oadby & Wigston and Leicester Lions Clubs.

August saw our tour of District 105CW continue with visits to Gower & Llŵchwr Estuary, Kettering, Bridgend and Ammanford Lions Clubs. In September we took a well-deserved break and I left Heat Tin in Hereford whilst my wife, Lion Jenny, and I enjoyed the Floridian sunshine and narrowly escaping Hurricane Ian.

Having had the break in September meant that October was going to be busy starting with the tin going close to its origin when I visited Sandwell Lions Club. Our journey continued with visits to Southam, Aldridge, Wellingborough, Marston Green,



**WE ♥ RECYCLING!**

We've been recycling spectacles for many years, helping people with eye problems in third world countries.  
**NOW WE'VE ADDED MORE BINS JUST INSIDE THE FRONT DOOR OF OUR STORE (ADDRESS ABOVE) TO COLLECT CLEAN CRISP PACKETS, CORKS AND EMPTY BLISTER PACKS.**  
 The crisp packets are used to make thermal blankets for the homeless, corks are used by Cancer Research UK for fundraising and the aluminium backing is removed from blister packs for recycling.

**Help us to help others!**



**Recycle NOW!**





Lechlade, Harborough Twenty 12 and Northampton Lions Clubs.

There was to be no let-up in November either with us visiting Bristol Brunel, Sutton Coldfield & Erdington, Brecon, Fishguard & Chipping Sodbury Lions Clubs. Our travels ended at our District Autumn Forum in Cwmbran where a 'Guess how much is in the Tin' competition was run. The winner was PDG Simon Moss from Marston Green Lions Club and his reward was a Lion Cuddly Toy, Simon tells me this will be used to raise more funds for a cause of his own choice.

There was £214 in the tin plus a further £59 being collected at Forum, all funds have now found their way to Dudley. We travelled 3,733 miles in visiting and meeting many wonderful Lions.

I would like to thank the Lions in all the Clubs we visited for their support and am sure it will make a small contribution to help the worthy recipients. My journey around the District has been extremely enjoyable and enlightening together with the hospitality received on my visit.

This story is to be continued ..... David McKirdy 1 VDG



## Balsall Common Lions

Balsall Common Lions were only too proud to make a donation to the Berkswell War Memorial restoration fund and to receive a letter of thanks from local Councillor Andrew Burrow :

***"Thank you for your kind and very generous donation of £500 to the war memorial restoration fund. It is very generous and has made an enormous leap in our funds. I know that it is the hard work of your members that raises funds, and the Lions contribution is doubly appreciated".***

As well as this donation, we were also very proud to donate £250 to the Royal British Legion Poppy Appeal.

## Fireworks Extravaganza –

Lion President Jerry Phelps kicked off the day with a great interview on CWR Radio which, I'm sure had a great bearing on us having over 1,800 people attend our Annual Charity Fireworks Extravaganza.

## Work hard, play hard!

Over sixty volunteers spent hundreds of hours of service hours on holding such a spectacular event, but it wasn't all work and no play - our volunteers enjoyed some fantastic food and fellowship to finish off the evening!

## Autumn Foodbank

The need for foodbanks has never been greater, and the demand on them at present is absolutely huge. It was therefore very heart-warming to collect and donate over 360 carrier bags full of food to four local foodbanks in our tenth quarterly foodbank collection. In addition, we received in excess of £500 in cash and online donations which will be topped up and forwarded in time for Christmas.



For more than a decade, Balsall Common Lions have supported the local Parish Councils and schools with the **Balsall Common Lights switch-on** to kick off the Festive Season.

Santa and his elves were out with the sleigh this month, testing out the sleigh before they embark upon marathon sessions of visiting every house in the village, and many more over eight nights and a couple of days in the lead up to Christmas.



### Rugby Rokeby score a big one

Rugby Rokeby Lions Club is delighted to announce a sponsorship deal with **Rugby Lionesses Women's Rugby Team**. This promises to be a great connection for the club who now have their logo emblazoned on the team's shirts and we are looking forward to supporting the Lionesses, just as they look forward to supporting Lions.



Club members have recently attended one of the Lionesses home games and held one of the club meetings at the Lionesses clubhouse in Rugby. Now we are going into 'Santa Season' and some of the Lionesses have volunteered to join the sleigh out on the streets of Rugby, collecting for various local charities and charitable causes that Rugby Rokeby supports.

### Sandwell Lions

Here are Sandwell Lions disguised as Halloween characters. We love helping out at the Warley Woods Spooky Trail each year.

It certainly is a different type of service activity! We are posted at different locations throughout the woods with props and put on our best acting skills to engage with the children and add to their spooky experience.

It's also become a tradition that we always go out for a curry after helping out at the Warley Woods Spooky Trail.

It's really fun and gets us noticed!



Opportunities to learn and partner with Eden Project Community Camp Online

Our **Social Media Officer Melissa Murphy** has attended an **Eden Project Communities Camp** online this month. She would highly recommend it to Lions in the UK.

It's a great learning experience that can help develop your ideas for Lions projects especially around the environment, hunger and loneliness.

There are great inspirational speakers, advice and information about getting access to grants and event organising websites as well as a network of supportive people involved in their communities.

Here is a link so you can apply for the January camp: <https://www.edenprojectcommunities.com/community-camps>



### Shirley Sandwell and Bromyard Lions in 105CW Pumpkin Gleaning

Lions from three 105CW clubs went to Stafford today to help glean pumpkins that would otherwise go to waste.

They will be distributed to FareShare. They redistribute food that is nutritious and good to eat. It reaches charities across the UK, including school breakfast clubs, older people's lunch clubs, homeless shelters, and community cafes.

21 volunteers collected 30 bags - that will provide 20,000 meals in total!

It was great teamwork, lots of fun and laughs.



Wotton Lions and their elves were putting up Christmas Trees in the town. Roary took the time to thank some of the traders for their support. Wotton Lions are proud to be able to support their community.



### **MD CONVENTION BOOKINGS AND ALL THAT!**

Hi all, a quick update on Convention 2023, another great opportunity to meet with your fellow Lions and experience wonderful city of Newcastle too. We have a great line up with the Host Night on the Friday, the AGM on the Saturday, followed by the Gala Dinner and the spectacular DG Elect Walk-Ins on the Sunday morning. More details are to follow.

**Time:** Friday 5<sup>th</sup> to Sunday 7<sup>th</sup> May 2023

**Venue:** The former Marriott - Grand Hotel Gosforth Park, High Gosforth Park, Newcastle, NE3 5HN

**Room Rate:** A brilliant £60 b&b single occupancy and £70 b&b double occupancy, £20 extra to upgrade to superior rooms.

**Booking Accommodation:** To make a reservation please either

email: [groups760@thelitevenueselection.co.uk](mailto:groups760@thelitevenueselection.co.uk) with your details and they will call you or

telephone: 01912 364 111 taking option 2, the hotel sales team are available Monday to Friday 9.00 am-5.30pm.

To register for the convention <https://www.md105convention.uk/index.html>

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**Editor: Lion Pat Comer Email: [news@lions105cw.org.uk](mailto:news@lions105cw.org.uk) Closing date for articles is 25th of month**





# LIONS CLUBS MD105 CORONATION CONVENTION 2023

celebrating the King's Coronation and our Lions successes

**At The Grand Hotel Gosforth Park, Newcastle**  
Friday 5th - Sunday 7th May

**Friday** will be a red, white and blue themed **Cabaret Night** so you can wear your best red, white and blue or why not become a King or Queen for the evening.

**Business Session** will be on **Saturday** and the Coronation will be shown on the big screen with the Buckingham Palace balcony wave in all its glory.

**Saturday Night**, will be a right Royal knees up, and of course our formal **Celebration Dinner**.

We are delighted to announce that our International Guest for Convention will be Immediate Past International President Lion Douglas X. Alexander



Bookings are now open and you can book your place through this link  
[www.md105convention.uk/hoteldetails.html](http://www.md105convention.uk/hoteldetails.html)  
 Information will follow on the MD Website and Social Media #md105con2023  
 Any problems contact HQ 0121 441 4544




**Lions Clubs International**  
MD105 British Isles

