



DISTRICT 105A SERVICE AND HEALTH NEWSLETTER

NOVEMBER 2023

A message from the Health Team Coordinator

by Lion Manji Kara, Health Team Coordinator

The District 105A Health Team are excited for the year ahead and to make District Governor Lion Lesley Spence proud.

I look forward to working with the now expanded Health Team as listed below:

- Brain Tumour Research: Lion Rita Kimberger, ritakimberger99@gmail.com
- Child Cancer Officer: Lion Daksha Patel, daksha7patel@gmail.com
- MiAB/MiAW Officer: Lion Dr Ranjan Adur, radur@dr.com
- Special Olympics Great Britain: Lion Erach (Eric) Amaria, eamaria@btinternet.com
- Prostate Cancer Officer: Lion Manji Kara, lionmanjikara@gmail.com
- Physical & Learning Disabilities: Lion Erach (Eric) Amaria, eamaria@btinternet.com
- Speech & Hearing Officer: Lion Penny Tregillus, tregillus@hotmail.com

Actions so far

Awareness talks delivered at clubs in the district have been well received. I will continue to do these in coming months. I urge members to contact me to arrange awareness talks and events.

I have made contact with local council and NHS Health Officer to arrange community health awareness talks and events. Wherever you are based, you can seek to liaise with NHS Health and Local Council Officers to arrange events.



Message in a Bottle and Message in a Wallet (MiAB and MiAW)

by IPP Dr Ranjan Adur MJF, MiAB/MiAW Officer

The Lions MiAB scheme helps emergency services personnel to save valuable time in identifying an individual very quickly and knowing if they have any allergies or take special medication.

The MiAB kit includes a green and white bottle, a standard form of basic medical information, to be completed by the person themselves or by the caregiver and a green and white emergency data link sticker and is always kept in the fridge. The fridge was chosen to store the bottles as most people have one and it's easy to find in the home. The stickers are pasted on the inside of the front door of the house and another one on the fridge where the bottle is kept. If more than one person in your house has a bottle, attach a photograph to the medical form, so that the emergency services can easily identify which bottle belongs to you.

As a Lion member and according to our motto of serving the community, it is a good idea to get involved by contacting your local GP and pharmacist and make them aware of the message in a Bottle Scheme. Each Lions Club should have a member taking this scheme forward to make it popular. Bottles can be ordered from Lions HQ in Birmingham. Address: 257 Alcester Road South, Kings Heath, Birmingham B14 6DT. Email: enquiries@lionsclubs.co. Telephone: 0121 441 4544. You could popularise the scheme at Lions Club events during the year.

Message in a Wallet

The MiAW scheme has a similar form as the bottles, containing an individual's medication and allergy details and contact details in an emergency. It is contained in a plastic sleeve, the size of a credit card and kept in a wallet, purse or handbag. The main advantage of this scheme is, for when you are away from home and are in urgent need of medical treatment, your details are readily available with you. The wallets have been recognised by the Emergency Services as another Lions project that assists them when an individual, is in need of urgent medical treatment, by notifying them of medication already prescribed and any allergies.



Prostate Cancer

by Lion Manji Kara, Prostate Cancer Officer

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. Prostate cancer is second largest cancer killer in UK.

What is the prostate?

The prostate is a small gland at the base of the bladder in males. It encircles the first part of the urethra. The prostate gland plays an important role during the reproductive years of life.

What are the symptoms?

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

Is it curable?

If it is 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.

Are there any preventative measures?

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?

- Organise awareness events – distribute awareness information leaflets, give talks etc.
- Raise funds and donate to Prostate Cancer Support charities
- Contact District and/or Multi District Officers for further help

As your District Prostate Cancer Officer, I continue to visit clubs and support them. Please feel free to contact me for more information: lionmanjikara@btinternet.com

Hearing Projects

by Lion Penny Tregillus, Speech and Hearing Officer

As District Speech and Hearing Officer my role is to help hearing impaired people to understand what is being communicated to them and enable them to make others in the hearing world understand what they are saying. Also to educate members of the hearing community about deafness and how to communicate more effectively with those who have a hearing problem.

Clubs can help hearing impaired people by distributing the following resources:

- 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 are suitable for any person to use with a visual/hearing impairment or has a physical disability. When placed on the outer door handle of any room occupied by any of these they advise the emergency services or management that the occupant may not have heard the emergency exit alarm or requires assistance to exit the premises.
- I SEE WHAT YOU'RE SAYING Badges are worn, on the upper part of the body, by profoundly deaf people who rely on lip reading as their main means of communication. People are always interested in looking at badges so that means the profoundly deaf person can see and read the lips to the person they are with.

Lions Hearing Forum Leaflets give information about deafness, communication and the resources mentioned above.

To learn more about deafness and improved communication between the deaf and hearing communities, I invite Clubs/Zones to contact me to run Deaf Aware Training Sessions and give talks on Deaf Awareness. Also to let me know on non Lion organisations who would benefit from my services.

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 abroad. In the last year refurbished hearing aids have been given to deaf people living in Cambodia, Ethiopia, Mauritania, Pakistan, Philippines, Sierra Leone, Sri Lanka, Sudan and Zambia.

This is a project which all Clubs can become involved with. Local Hospital Audiology Departments, private Audiology Testing Centres/Clinics (especially Specsavers or Boots), family members and friends are the best people to contact.

To donate used hearing aids and audiological equipment send it to:-

Dr Michael Nolan, by post or courier, Lumb Gaps Barn, Haslingden Old Road, Rossendale, BB4 8TT. In your package include contact details- name of Club and person sending package; email address or telephone number so an acknowledgement can be sent.

Remove all batteries and excess packaging to save on postage. Please note if the hearing aids are rechargeable include the charging unit. Alternatively used hearing equipment can be included with your spectacles collection when they are sent off to Chichester.

Outside Organisations Clubs can work with are:- Hearing Dogs for Deaf People, <https://www.hearingdogs.org.uk/> . By making a donation or becoming a volunteer puppy walker. Royal National Institute for the Deaf (RNID) <https://rnid.org.uk/> provide information and leaflets about deafness.

Please contact me if you would like me to visit you or require information or resources. My details can be found on page one.



A message from the District Service Team Lead

by *Lion Penny Tregillus*

In the articles of Officers in the District Service Team, you can learn about what is happening about:

- Vision Projects by Lion Robert Spragg
- Environment by Lion Virendra Adhikari
- Hunger and Homelessness by Lion Susan Carr
- Diabetes by Lion Renu Raj



Diabetes awareness

by *Lion Dr Renu Raj, District Diabetes Officer*

As the Diabetes Officer for Lions Clubs, my primary objectives and responsibilities are focused on diabetes awareness, education, support, advocacy, fundraising, prevention, healthy lifestyle promotion, international collaboration, and the establishment of support groups. Here's how I aim to do it.

- **Increase Awareness:** To strive to raise awareness about diabetes risks and symptoms, especially among young adults and children. By educating the community through programs and campaigns, I aim to ensure early detection and intervention.
- **Support and Education:** To provide essential support and education to individuals living with diabetes, their families, and the broader community. This empowers them with the knowledge and resources needed for effective diabetes management.
- **Collaboration:** To collaborate with healthcare providers, educators, parents, and youth organizations creates a supportive environment for those with diabetes. It also promotes inclusive policies in schools and communities.
- **Advocacy:** To advocate for affordable and high-quality healthcare services, including access to essential diabetes management tools and supplies. My goal is to influence policies that prioritise diabetes care.
- **Fundraising:** To organise fundraising initiatives supporting diabetes research, provide financial assistance for medical supplies and medications, and contributes to prevention and care programs.

- **Prevention and Healthy Lifestyle Promotion:** To encourage healthy lifestyle choices, including regular physical activity and balanced nutrition. These efforts aim to prevent the onset of diabetes and enhance overall well-being.
- **International Collaboration:** To collaborate with international organisations and governments helps develop sustainable programs for diabetes prevention, management, and research.
- **Support Groups:** To establish and support diabetes support groups provides a platform for individuals and their families to connect, share experiences, and receive emotional support.

How Lions can get involved

- **Organise Diabetes Awareness Campaigns:** Clubs can host awareness campaigns, workshops, and seminars to educate their communities about diabetes prevention, symptoms, and management.
- **Collaborate with Healthcare Professionals:** Partner with healthcare professionals and organisations can facilitate health screenings, health camps, and early intervention programs for individuals at risk of diabetes.
- **Advocate for Improved Healthcare Policies:** Advocate for improved healthcare policies and increased access to affordable medications and supplies for individuals with diabetes.
- **Fundraising:** Organise fundraising events, seek sponsorships, and establish partnerships to support diabetes research and provide financial assistance to those in need.
- **Collaborate Internationally:** Foster collaboration with other Lions Clubs and international organisations to share best practices and develop joint initiatives for diabetes prevention and care.
- **Support Diabetes Support Groups:** Establish and maintain support groups where individuals with diabetes and their families can receive guidance, share experiences, and find emotional support.

By focusing on these initiatives and distributing the resources and information from Lions Clubs International, Lions in our District will be able to collectively make a significant impact in raising awareness, supporting individuals with diabetes, and working towards a healthier future.



Environment: join us for a greener and cleaner tomorrow!

by Lion Virendra Adhikar, Environment Officer

The Environment vision for the Lionistic year 2023-24 is to make District 105A a greener and cleaner district. To achieve this vision, I seek the support and participation of every Lions to #BeTheChange. Together, we will pioneer #GoGreen initiatives within our local communities and inspire global recognition for Lions clubs in District 105A.

Our Mission: Enhancing Our Local and global Environment

My primary focus is working closely with fellow Lions; local authorities, communities, environmental organisations, charities, and environmental experts ensuring betterment of our local environment. This encompasses a wide spectrum of activities, from tree planting, litter picking, nature walks, biodiversity appreciation walks, bee gardening, garden maintenance, birdwatching and conservation efforts to waste management and renewable energy projects.

Eco-Inspiration from Across the UK

Environmental organisations, shown below address challenges and create awareness to save our nature.

- The Woodland Trust: Dedicated to protecting and preserving woodlands and trees in the UK. Their initiatives include tree planting, habitat restoration, and biodiversity conservation. Email: supporters@woodlandtrust.org.uk | Phone: 0330 333 3300
- World Wildlife Fund (WWF): A most respected conservation organizations, working towards the protection of wildlife and their habitats. Email: supportercare@wwf.org.uk | Phone: +44 (0)1483 426333
- Wildlife Trust :Works to empower people to take meaningful action for nature, and create an inclusive society where nature matters. Email wildlifetrusts.org/contact-us Phone: +44 (0)1636 677711

Your Participation Matters!

Your involvement is paramount in driving positive change and making a lasting impact on our environment. Your club members has the power to drive positive change and create a

lasting impact. Here's how you can actively participate and contribute towards making a greener and cleaner district and leave a lasting legacy:

Service Projects for the Year

- Tree Plantation Project: Promote "Each One Plant One." I appeal to each Lion to #BeTheChange by supporting plant a tree project and plant at least one tree during the year. And make a difference to this planet by contributing to a greener District! #LionsGoGreen.
- Cleanliness Drives or Litter Picking: Organise and participate in litter picking project in local communities.
- Garden Maintenance: Participate in local parks garden maintenance
- Bee Gardening :Promote Bee gardening and Bee Conservation.
- Recycling Projects : Undertake plastic recycling, glass recycling service projects. Be a role model by Implement sustainable practices in your own life and encourage others to do the same.

Engagement in Awareness Campaigns

- Spread the word: Share information about our Environment projects through social media, newsletters, and local community events.
- Organize workshops and seminars: Host educational sessions to raise awareness about eco-friendly practices, conservation efforts, and the importance of preserving natural resources.

Fundraising Activities

- Organize community events: Plan fundraisers like eco-friendly markets, tree-planting drives, or recycling initiatives to raise funds for our projects.
- Participate in hands-on projects: Join us in tree-planting, clean-up drives, or conservation efforts in your local area.

Your involvement in our Environment projects is invaluable, and together, we can create a greener, more sustainable future for all. I want to thank you all for your dedication and commitment to making a positive impact on our environment and communities.

If you have any projects, suggestions, ideas or want me to join your Club on one of your activities please contact me.

Hunger & Homelessness

by Lion Susan Carr, Hunger & Homelessness Officer

As Hunger and Homelessness Officer my role is to make all clubs aware of both problems in the community. This is my second year as Hunger Officer and we have expanded the role to include homelessness as both issues are connected. I plan to continue to encourage Lions to support and seek out projects in their local area.

Useful Websites

- Fare Share <https://fareshare.org.uk>
- The Felix Project <https://thefelixproject.org>
- Still Good Food <https://www.stillgoodfood.org>
- Food 4 All <https://foodforall.com>
- London's Community Kitchen <https://londonscommunitykitchen.com>
- Hillingdon Foodbank <https://www.hillingdon.foodbank.com>

Lions can easily be involved with supporting local projects. Please try to expand the help given to Hunger & Homelessness this year. Build local relationships with local organisations.

For example the excellent Food Hub that Harrow & Pinner Lions have developed together with South Harrow Methodist Church, Sainsbury Supermarket, Pret a Manger & London Community Kitchen - Northwood Lions help as well! Every Sunday at noon a rota of Lions collect excess food from the 'Neighbourly Project' at the supermarket in South Ruislip and deliver it to the Church.

On Monday evening excess food is collected from Pret a Manger Ealing and London Community Kitchen Harrow and taken to the Church for 8pm when people in need congregate for food, hot drinks and company. Any food left over is gratefully received on Tuesday by a refugee group at a coffee morning at the church.

I would be grateful if Lions clubs can let me know if they are supporting a homeless shelter in their area - please invite me to join in your activities.

Can we form a District 105A Gleaning Team?

As a member of the National Hunger Team I have been hearing all about 'The Lions Gleaning Hub'. The action mainly takes place in rural areas where local Lions have contacts with farmers. Do we have any contacts in our District 105A - maybe in Bedford, Buckinghamshire or Hertfordshire? I have a draft letter available if any club would like to approach a local farmer to collaborate in rescuing surplus food direct from farms. Lions work with farms and projects such as 'Still good food' and 'The Felix Project' to distribute the food gleaned.

Are there any Lions in our District who would like to participate in gleaning with other nearby districts? Gleaning usually takes place for 1-4 hours - as long as you like! Please contact me directly if you are interested - I am happy to coordinate travel arrangements. Gleaning dates will be available in Essex & Suffolk soon.

Vision

by Lion Robert Spragg, District Vision Officer

Since our last newsletter Lions from all over the district have been busy collecting glasses. We have had sizeable donations from a number of clubs including Luton, Bletchley, Biggleswade & Sandy and Stony Stratford. In addition I am aware of large quantities that need collecting from Letchworth (5K+) and Finchley (10k) as well as many from the Lions Bookshop in Hemel Hempstead. We will have a van on the Saturday morning at the District Convention again next year. Anyone wishing to take their glasses direct to Birmingham HQ please remember that they are currently only willing to accept donations during the first week of the month – this then gives them at least three weeks after in order to process them.

I have only been sent details of one Sight-related activity so far this year.

Congratulations to LC Mill Hill on their donation of nearly £7000 to the eye hospital in Nairobi, Kenya which will fund 150 much-needed cataract surgeries. Representatives from LC Mill Hill are attending a ceremony in Nairobi on Sunday 8th October where the money will be presented to the hospital. If your club has participated in any sight-related activities please send me details so that I can share them in the next newsletter.