



Issue 2: August 2024

Pride of Lions



The MD105 British Isles Youth Exchange

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Our Young Ambassador's Project was a huge success

page 6

DG Lion Kadambari Shah

www.lions105a.uk



@LionsClubDistrict105A

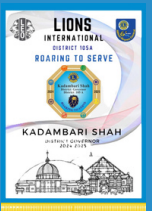


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NOTICE BOARD

Welcome to the team

On page 11, you'll find the names of the newest members of our Lion family. A big congratulations to each of you! We're excited to work alongside you as we continue our mission to serve and support as many people as possible.



District Governor's diary for September 2024

- 2 September** - Meeting for the LIFE project
- 3 September** - Official visit to Greenford Willow Tree Lions Club
- 5 September** - Branch Club formation for London Central Host Lions Club
- 7 September** - Get creative on Social media with Canva
- 8 September** - Using social media to boost your membership
- 9 September** - Official visit to London Platinum Jubilee Lions Club
- 10 September** - District Governor's Charity Golf Day for Brain Tumour Research
- 13 September** - Mid Autumn Festival Luncheon -London St James's Lions Club
- 15 September** - 50th Charter celebration for Bicester Lions Club
- 17 September** - Moon Cake Festival in Chinatown, London St James's Lions Club
- 18 September** - 42nd Annual Charity Dinner to celebrate Mid Autumn Moon Cake Festival
- 22 September** - Finance committee meeting
- 23 September** - Brain Tumour Research Trustee Meeting
- 28 September** - Lions Cricket Day, Heston and Greenford Willow Tree Lions Club
- 30 September** - Extra Cabinet meeting

So far this Lionistic year...



volunteer hours



49

new members
joined in
August



61,061

people served



The MD105 British Isles Youth Exchange

The MD105 British Isles Youth Exchange is a programme that unites young people from around the world. Driven by Lions Clubs International, this initiative offers participants the chance to explore different cultures and build friendships that can last a lifetime.

Throughout the exchange, participants bonded and created deep connections that transcend borders. The programme broadens their worldviews and instils a strong sense of empathy and global citizenship.

The journey culminated in the Celebration Dinner, a joyful event where participants and hosts gathered to reflect on the exchange. The evening was filled with wonderful food, fabulous company, and the inspiring presence of the young participants, whose passion and enthusiasm lit up the room. As one participant expressed, “The British Isles Youth Camp has been the best experience of my life. I made friends for life from across the globe and met so many amazing Lions.”

This sentiment captures the heart of the Youth Exchange, showcasing its profound impact on young people and its success. As the evening drew to a close, there was a palpable sense of pride and accomplishment in the air. The Youth Exchange programme had once again succeeded in its mission - to bring young people together and build bridges across cultures.



MD Hunger Officer visits our Community Garden

Our District Governor Kadambari Shah had the honour of welcoming the Multi District Hunger Officer, Chris Hibbert, at the Community Garden in Southall.

This garden is one of Heston Lions Club's cherished projects and serves as the model for the new District 105A Community Garden in Greenford .

We're looking forward to seeing our LIFE project achieve the same success as the Southall Community Garden and make a meaningful impact for those in need across Ealing .

If you want to be part of the LIFE project and help us make a difference, check out [Heston Lions Club's Facebook page](#) to see the work done so far and how you can get involved.

Our Young Ambassador's Project was a huge success

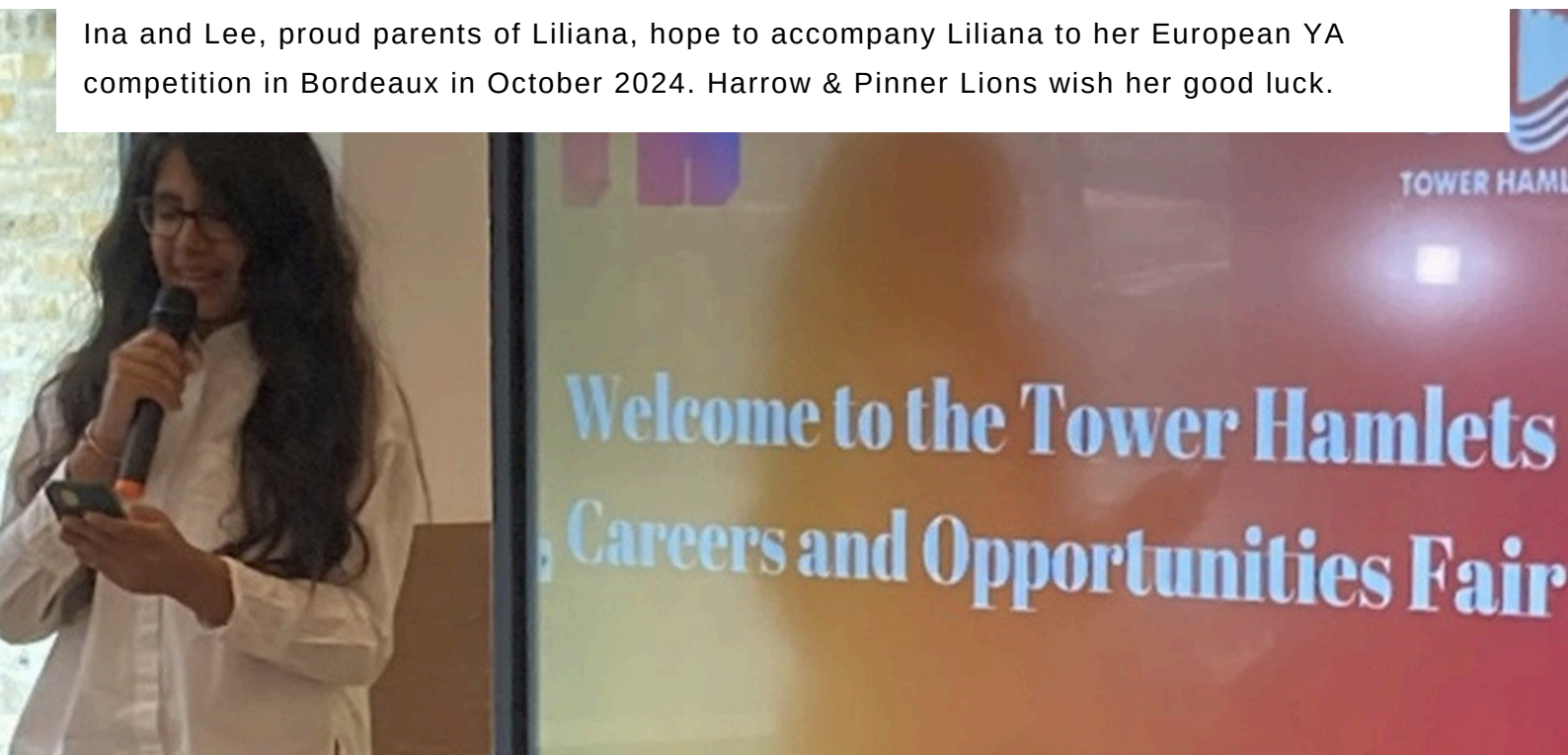
Lion Les Stansfield, Harrow & Pinner Lions Club CIO

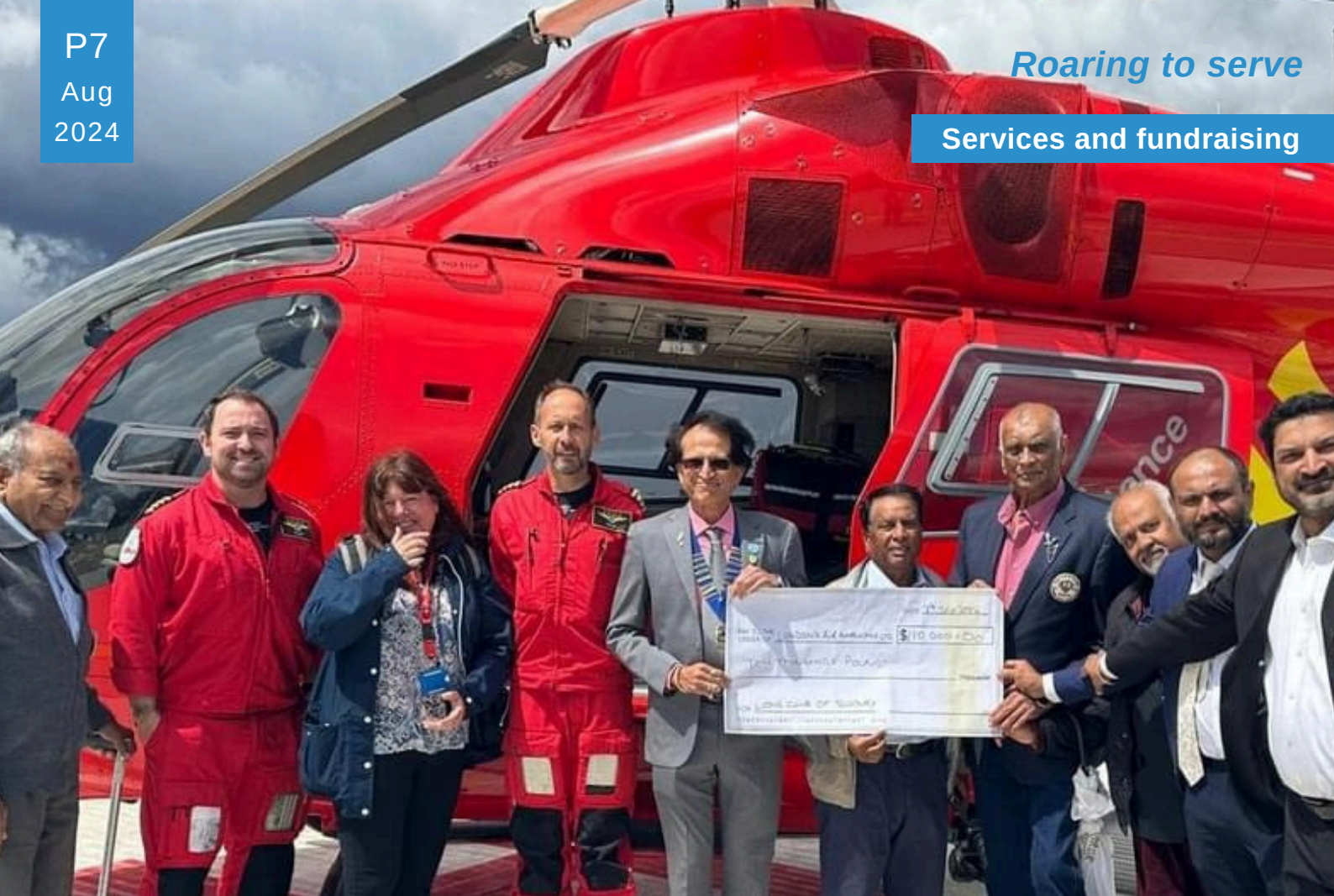
On Thursday 11 July, Liliana Noor (sponsored by Harrow & Pinner Lions Club CIO), the District and MD winner of the Young Ambassador's competitions, finally saw her initial project come to fruition.

In Tower Hamlets Town Hall, organisations, from Youth Work and careers advice to universities, from apprenticeships to Metropolitan Police, set up stalls for the first Careers Fair for young people – not just those about to leave school. This gave the local students an opportunity to look at possible career paths or work experience to help them decide what career they might follow. Refreshments were laid on and participants were enthusiastic to learn about the various career pathways. Liliana welcomed all visitors and thanked Lions for supporting the Careers Fair. She was interviewed by the local Bangladeshi TV station, which will be broadcast across the UK.

Khadra, the Tower Hamlets Youth Participation Officer, extolled the professional organising skills of Liliana. She commented on her enthusiasm, citing the Youth Council having to lower the entry age to 12 to accommodate a young Liliana who wanted to participate from the early years. Khadra also was happy to announce that Liliana was elected as Chair of the Youth Council two weeks ago.

Ina and Lee, proud parents of Liliana, hope to accompany Liliana to her European YA competition in Bordeaux in October 2024. Harrow & Pinner Lions wish her good luck.





£10,000 Donation to London Air Ambulance

Sudbury Lions Club

On 7 July, members of Sudbury Lions Club had the privilege of visiting the London Air Ambulance helipad, where they presented a cheque for £10,000. This donation, raised during last year's Bhajan & Bhojan fundraiser, will contribute to the purchase of a new helicopter.

For over three decades, the London Air Ambulance has been at the forefront of emergency medical care in the capital. Their highly trained teams of doctors, paramedics, and pilots respond rapidly to life-threatening situations, providing critical care directly at the scene.

The funds were raised at the Bhajan & Bhojan event, which has become the Lions Club's flagship annual fundraiser. The event blends spiritual music (Bhajan) and traditional Indian food (Bhojan), drawing a large crowd of community members who are eager to support charitable causes.

This year's Bhajan & Bhojan function is scheduled for 29 September, and the club is already hard at work preparing for another night of music, food, and philanthropy. The proceeds from this year's event will once again be dedicated to a very worthy cause, with details to be announced soon on the Club's [Facebook page](#).

Vision Screening Programme

Lion Rob Spragg

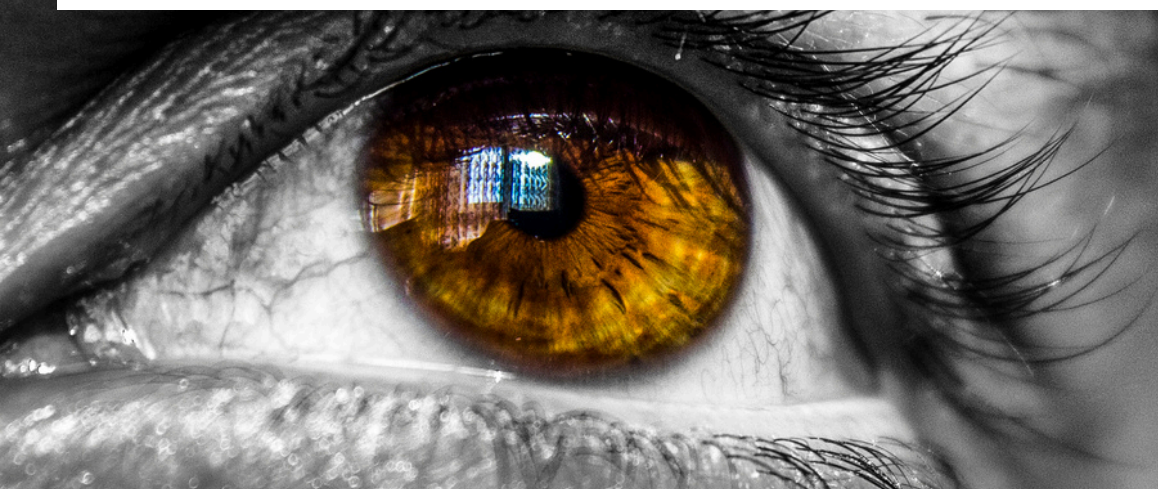
Over four years ago, the concept of a vision screening programme aimed at improving the lives of children aged 5-7 years was first discussed. This initiative, inspired by the successful Lions KidSight USA programme, has already made a significant impact in the United States, identifying vision problems in thousands of children and even saving lives. Now, District 105A - the "A-team" - has the opportunity to join this sight-saving mission with the support of a dedicated team ensuring standardised training and quality control.

To implement this programme across our district, we need to raise funds to purchase screening cameras. Each camera costs approximately £5,600 and with 20 cameras required, our total target is £56,000, which we are aiming double by applying for matched funding from the Lions Clubs International Foundation (LCIF). Currently, we have £15,000 in District funds, thanks to the generosity of many Clubs.

Time is of the essence, as the bid for LCIF funding must be submitted by the end of September, with a decision expected in January. We are asking Clubs to consider making a donation of £500 towards this vital project. Alternatively, Clubs may wish to contribute £5,600 to purchase an entire camera. Clubs that donate the full amount may choose to retain ownership of the camera, while those purchased through matched funding will be owned by the District and used throughout our area.

Account Details: Sort Code - 60-13-08, Account No - 7022 9597

This initiative not only offers a valuable service to young people but also provides an opportunity for positive publicity and attracting new members. Let us rise to Helen Keller's challenge to be the "Knights of the blind" and ensure that District 105A leads the way in protecting the vision of our future generations.



Diabetes Health Screening: Walthamstow Town Centre

By Fairlop Lions Club

On Saturday 6 July 2024, the diabetes team from Whipps Cross University Hospital's Gillian Hanson Centre conducted a health screening event at Walthamstow Town Centre. This event was organised by Fairlop Lions Club and drew over 200 attendees.

During the walk-in clinic, participants received measurements of height, weight, blood pressure, and random blood glucose levels, along with general health advice. Many attendees, due to busy lifestyles or other factors, rarely have the chance to seek medical advice or undergo routine testing. Among those seen was a woman in her mid-thirties, who, despite having elevated random blood glucose and high blood pressure, had been unaware of her Type 2 diabetes diagnosis. Additionally, she reported blurred vision and had been experiencing weight loss for over a year. Four other individuals discovered they had high blood glucose levels and were previously unaware of their diabetes.

This case highlights a common issue: individuals with undiagnosed diabetes who are already experiencing complications. Diabetes and hypertension are notably more prevalent in Britain's Asian communities compared to the white population.

Addressing diabetes, hypertension, and their complications within these communities is crucial not only for health protection but also for reducing healthcare costs associated with treating these complications. Effective measures include education on diabetes and hypertension, modifying behavioural risk factors, early diagnosis, and rigorous control of blood glucose and blood pressure levels.

For many patients who do not have regular access to their GPs, these health screening events are invaluable. Even if just one life is saved, the effort invested in these events proves to be extremely worthwhile.



Helping Charlee

By Hemel Hempstead Lions Club

Charlee is eight years of age and was born with a rare neurological disorder, Moebius syndrome, which means she is unable to communicate or even smile. Her parents and friends have worked hard in raising £18,000 of a £20,000 target to purchase an eye gaze. This equipment enables non-communicative people to do just that through eye movement. We're delighted to contribute £500 to such a deserving young lady. Here's a picture of Charlee practising on a home demonstration, along with the flag of St. George!



Glasses donation by Luton Lions Club

By Luton Lions Club

Did you know, Lions clubs have been collecting and recycling unwanted pairs of glasses since 1967? Recently, Lion Craig from Luton Lions Club delivered a van full of used glasses to Lions HQ in Birmingham.

To learn more about glasses recycling, visit the [Lions recycle for sight webpage](#) to learn more.



The Lions Bookshop

By St Albans Lions Club

The shop is a big fundraiser for Lions and raises considerable amounts of money for local charities in the areas of Hemel Hempstead, Luton, Tring, St Albans, Harpenden, Watford, and the surrounding district. Please consider visiting us, volunteering with us, or donating good-quality books and other items. Each month we have a featured area, this month is Children and Teen.



Welcome to:

- Martin Fiennes, Banbury Lions Club
- Pankaj Pardivalla, Edgware Lions Club
- Viju Devani, Hatch End Lions Centennial Lions Club
- Christine Mohan, Kenton Lions Club
- Kemit Singh, Kenton Lions Club
- Mohammed Amin Maan, London Central Host Lions Club
- Qamar Qadeer, London Central Host Lions Club
- Alexandru Ionut Bucur Mr, London Kingsbury Lions Club
- Chetan Lalji Khrtani, London Kingsbury Lions Club
- Vatsal Rupani, Milton Keynes Central Lions Club
- Kaushik Shah, Milton Keynes Central Lions Club
- Liz Cook, Newport Pagnell & Olney Lions Club
- Harmail Singh Claire, Redbridge Centennial Lions Club
- Shanta Ginimav, Redbridge Centennial Lions Club
- Pramila Rajput, Redbridge Centennial Lions Club
- Barney Ng, St Albans Lions Club
- Himansu Kharadi, Sudbury Lions Club
- Ajit Majithia, Sudbury Lions Club
- Dilip Patel, Sudbury Lions Club
- Parmjeet Hegde, Wanstead & Woodford Lions Club
- Majer Singh Malhi, Wanstead & Woodford Lions Club
- Tareq Abuobeid, West London Lions Club
- Juman Sattar Azzawi, West London Lions Club
- Adam John Baillie, West London Lions Club
- Andrew Dane, West London Lions Club
- Connor Read, West London Lions Club
- Raymond Taghioff, West London Lions Club
- Sarah Alice Capel, Winslow Lions Club



Out and about with DG Kadu

Find out what our DG has been up to recently



Youth Exchange delegates carrying out service at a Food Bank.



Youth Exchange delegates at a Lions Orientation.



Youth Group and Leaders.



Youth Exchange delegates having a pizza party at the DG's place.



Meeting with visiting Lions from India.



Official visit to Hendon Lions Club.



Leo Officer from Nepal.



Official visit to Heston Lions Club, and cheque presentation to Under One Sky.



MD Hunger officer Chris Hibbert's visit to the plot used for Environment and Hunger.



District 105A Lions



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Do you have a story that you would like to share in the next issue of Pride of Lions? Please submit your article to: pol@lions105a.org.uk

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