



# DISTRICT 105A SERVICE AND HEALTH NEWSLETTER

OCTOBER 2024

## Childhood Cancer

Every day in the UK, an average of 12 children and young people receive the devastating news that they have cancer. Out of the 12 diagnosed, two will not survive.

Each September is Childhood Cancer Awareness Month. How can your club get involved?

You can support individual children/young people and their families by:

- Volunteering to help children/young people and their families, or at local hospices, e.g. providing transport to treatment centres or looking after siblings during treatment sessions.
- Raising funds and making donations to local or national childhood cancer charities.
- Running a project to help individuals with cancer, such as knitting hats, caps, headscarves, and blankets for childhood cancer centres.
- Donating items via an Amazon Wish List to your local treatment centre or hospice.
- Attending the Children with Cancer UK Fundraising Charity Gala on 27 November 2024, with headline act Olly Murs. For details, contact [pippa.robins@childrenwithcancer.org.uk](mailto:pippa.robins@childrenwithcancer.org.uk).

Visit <https://younglivesvscancer.org.uk> to explore the six ways they help. They have also launched the North Star Vision, which aims to transform the future of cancer care for young people – from before diagnosis to post-treatment – by removing gaps in care and barriers to treatment.

I would urge clubs to carry out activities throughout this Lionistic year. So far, we have:

- Tring: 3 service activities, helping 510 people.
- Hatch End Lions Centennial: Bucket collection.
- Southall: Donation.
- Stanmore: 1 activity and a bucket collection.

When your club has carried out a childhood cancer project or made a donation, please email me at [ritakimberger99@gmail.com](mailto:ritakimberger99@gmail.com) so I can include it in the Cabinet Report.



# District 105A ChildSight Vision Screening Project

*by Lion Robert Spragg, District Vision Officer*

As you may already know, on 1 September we launched our appeal for funds towards purchasing cameras for this valuable service project. The project has been stalled for a number of years, but the decision has now been made to allow districts to start the ball rolling in their own areas, with a small MD committee overseeing its running and ensuring that standards are met.

District 105A previously had approximately £15,000 in the Vision pot, ready for the start of the project. We've now launched an appeal to try to reach at least £56,000 by 30 September, which equates to 10 cameras. We will then submit a matched-funding bid to LCIF on 1 October which, if granted, would allow us to purchase 20 cameras in January of next year and get the project into schools. If you haven't already done so, please donate!

More details of the project will be decided over the next couple of months, including how we will all be trained and how it will be delivered into District 105A schools – watch this space!

## **Spectacle Recycling**

Since our last newsletter, we have collected many thousands of spectacles from across the district – so many, in fact, that we ran out of storage space in the office!

We have received significant donations collected by or on behalf of many Clubs, and over 60,000 pairs were delivered to HQ in Birmingham on 12 August. Poor Brigitte was swamped!

A big thank you to everyone involved.



# District Hunger Projects

by Lion Kam Kalra, Hunger Officer

## My Role

As District Officer, my role is to raise awareness among Clubs about issues related to hunger in the community. I encourage Lions Clubs to support and seek out projects that help individuals and families affected by hunger. Our project aims to address this issue on a local scale through food collection and distribution, while also raising awareness about the Zero Hunger goal through social media campaigns.

## My Aims

- Collect surplus food from local stores and distribute it to those in need.
- Raise awareness about hunger and the Zero Hunger goal through social media campaigns.
- Foster community involvement and support in addressing hunger issues.

Building strong partnerships with local shops and community organisations was crucial for the project's success. Clubs collaborated with local grocery stores, bakeries, and restaurants to collect surplus food that would otherwise go to waste. This included:

- Daily pickups of perishable and non-perishable items.
- Ensuring all collected food met safety standards and was suitable for consumption.

The collected food was distributed to various community centres, shelters, and directly to families in need. Key distribution points included:

- Community Centres: Partnered with local community centres to distribute food during their regular events and services.
- Homeless Shelters: Regular deliveries to homeless shelters to ensure their residents had access to nutritious meals.
- Direct Distribution: Identified families in need within the community and arranged for direct delivery of food packages.

Harrow and Pinner Club in their own words:

*"As a reminder of how much this project has grown in the 87 weeks (yes, it has been that long) we have been providing this community service, our first week was a freezing Monday in January 2023, just the pickup from Pret in Ealing with 5 novice volunteers and around 5 guests. Today, we provided help to 45 guests (not counting the many friends, family, and colleagues they are also collecting for), with 13 fantastic volunteers.*

Visit these websites to find out more. Donate money, get involved practically/on the ground: [Fare Share](#), [The Felix Project](#), [Still Good Food](#), [Food 4 All London's Community Kitchen](#), [Hillingdon Foodbank](#) [Dens](#)

### **Use of Social Media**

I designed a comprehensive social media campaign to raise awareness about hunger and promote the Zero Hunger goal. The campaign included:

- Educational Posts: Facts and statistics about hunger and its impact on our community and globally.
- Success Stories: Highlighting stories of individuals and families who benefited from our food distribution efforts.
- Call to Action: Encouraging the community to participate by donating food, volunteering, or spreading the word.

### **Campaign Execution**

The campaign was circulated across various social media platforms, including Instagram and LinkedIn. Key strategies included:

- A regular posting schedule to maintain engagement.
- Use of hashtags like #ZeroHunger, #EndHunger, and #FoodForAll to increase visibility.
- Collaborations with local influencers and organisations to amplify our message.

### **Food Collection and Distribution**

- Total Food Collected: Approximately 5,000+ kg of food was collected from local stores over a period of 6 months.
- Beneficiaries: As of 27th July 2024, a total of 3,885 families and individuals benefited from our food distribution efforts.
- Waste Reduction: Significant reduction in food waste from participating stores.

### **Zero Hunger Awareness Campaign**

- Reach: Our social media campaign reached an estimated 2,500+ people across various platforms.
- Engagement: High levels of engagement with posts, including shares, likes, and comments.
- Community Involvement: Increased volunteer sign-ups and food donations following the campaign.

### **Challenges Faced**

- Logistics: Coordinating daily food pickups and ensuring timely distribution posed logistical challenges.

- Awareness: Initially, there was a low level of awareness about the food collection initiative among store owners and the community.
- Resource Constraints: Limited resources for transportation and storage of collected food.

### **Future Plans**

- Expand Outreach: Increase the number of participating stores and distribution points to reach more people in need.
- Enhanced Awareness Campaigns: Develop more targeted campaigns to further educate and engage the community about hunger issues.
- Sustainable Practices: Implement sustainable practices in food collection and distribution to ensure long-term impact.
- Community Partnerships: Building strong partnerships with local businesses and community organizations was crucial for the success of the project.
- Communication: Regular communication and updates helped in maintaining engagement and support from the community.
- Flexibility: Being adaptable and flexible in our approach allowed us to overcome logistical challenges and improve our operations.

In this District our hunger awareness project has made significant strides in addressing food insecurity in our community. By collecting and distributing surplus food, we not only provided immediate relief to those in need but also contributed to the broader goal of reducing food waste.

Our social media campaigns successfully raised awareness about hunger and mobilised community support. Moving forward, we aim to expand our efforts and continue making a positive impact on the lives of those affected by hunger. Looking at what Clubs are up to records show that Harrow and Pinner, Fairlop, Redbridge, London Central Host and London Finchley Lions Clubs have either helped at food banks or donated food.

I further would like to extend my heartfelt congratulations to: Lion Surjit, Bob, Jatinder, Mark Harvey and many more who have been organising collection and delivery of food on a regular basis ensuring food to reach right person on a timely manner. I would also highlight that collection and delivery of perishable food is not at all an easy task. Well done to the team for taking collective responsibility and taking out time from the busy schedule towards this noble cause.

To ensure the success of this initiative, we are seeking enthusiastic and committed volunteers who can assist with the collection, sorting, and distribution of food. Your

participation will be instrumental in ensuring that surplus food reaches those who need it most, rather than going to waste.

Volunteering with us is a rewarding opportunity to make a tangible difference in our community. Whether you can contribute a few hours a week or more, your help will be greatly appreciated. Together, we can build a more compassionate and supportive environment for all.

If you are interested in volunteering or would like more information about our program, please do not hesitate to contact me. I am more than happy to provide further details and answer any questions you may have.

Thank you for considering this important cause. I look forward to working with you to make a positive impact in our community. This initiative would not only assist people in need of food but also would help in reducing food wastage which would normally go to the bins



# Diabetes

*by Lion Anant Patel, District 105A Diabetes Officer*

Around 3.5 million people in the UK have diabetes, and 1.1 million are undiagnosed. It is most prevalent in the Asian, Hispanic, and Afro-Caribbean communities. 90% of these individuals have type 2 diabetes, while 10% have type 1. Type 1 is incurable, but type 2 can be prevented and, in some cases, cured. It is type 2 diabetes where Lions can make a difference.

Primarily, we can help by educating the community and perhaps even aid in detecting it among the 1.1 million undiagnosed individuals. We can do this by holding events and visiting communities.

Firstly, we emphasize the serious complications of diabetes. These include eye disease, cardiovascular disease, kidney disease, nerve damage, amputation, and pregnancy complications. We then discuss the symptoms, followed by educating people on how to prevent, control, and even reverse it.

Lions are no longer permitted to carry out finger prick tests in the street unless conducted by a suitably indemnified professional, such as a GP or pharmacist. However, we can perform other health checks, such as BMI, blood pressure, and ask about cholesterol and other symptoms. If any concerns are raised, we can advise them to seek medical help or even provide a referral letter.

In the District, we got off to a good start with a successful event in July. We are planning a joint event in November (World Diabetes Day on 14 November). More information on this will follow. I encourage all zones in the district to plan something during this period. I have a collection of booklets available for distribution.

To learn more about diabetes, how to prevent it, and how to live with it, please contact me at [diabetes@lions105a.org](mailto:diabetes@lions105a.org).



# Lions #GoGreen: A Call to Protect Our Shared Home: Our Environment

*by Lion Virendra Adhikari, District 105A Environment Officer*

As Lions, our commitment to service extends far beyond our immediate communities; it encompasses the protection of the environment, the very foundation of life on Earth. The current environmental challenges—ranging from deforestation, rising temperatures, extreme weather, and pollution to climate change—demand urgent action. Nature in the UK and around the world is in crisis. Every one of us must play a critical role in protecting and restoring it. As Lions, our mission is clear: to protect the environment, create healthier communities, and build a more sustainable world.

The "Lions Go Green" initiative is our collective response to these challenges, rooted in the belief that each of us can make a difference. In District 105A, we are dedicated to making our district a model of environmental stewardship. Our vision is ambitious: to transform District 105A into a greener, cleaner region, with a strong focus on pioneering go-green initiatives. We are not just aiming for small changes; our goal is to achieve a net zero-carbon district in the coming years.

To turn this vision into reality, we have identified several service activities that every Lion can participate in to serve the world:

- Tree Plantation: "Each One Plant One." Plant trees in local communities to enhance green spaces and contribute to carbon reduction.
- Community Gardens: Establish community gardens to grow organic food, supporting both environmental sustainability and the global fight against hunger.
- Rewilding and Bee Conservation: Promote biodiversity by supporting rewilding projects and creating bee-friendly environments.
- Cleanliness Drives: Organise litter-picking events to keep our neighbourhoods clean and vibrant.

These initiatives are more than just activities—they are a commitment to the future of our planet. To save our home, our environment, I urge every Lion in District 105A to actively participate in these efforts. By working together, we can make a significant impact, not only in our communities but also in the global fight to protect the environment.

For further information or to get involved in the "Lions Go Green" movement, please contact me at [environment@lions105a.org](mailto:environment@lions105a.org).