



Pride of Lions

WORLD MENTAL HEALTH DAY

Takes place every year on 10 October. If your Club did something on this day, please send your article to be featured in the next issue.



THE DISTRICT 105A GOLF DAY: RAISING FUNDS FOR CHECT

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DG Lion Harvinder Virdee

www.lions105a.uk

  @LionsClubDistrict105A

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Fun Quiz Night

A fantastic evening was had by all at Newport Pagnell & Olney Lions Club's recent Fun Quiz Night, hosted by The Swan Inn & Bistro. Eight local teams - including fellow Lions Clubs, the Newport Pagnell Rotary Club, and local residents - took part, with over 45 people joining in the fun.

The raffle was a great success, featuring wonderful prizes generously donated by Lions members, Newport Pagnell Rotary Club, and KyeLee Flowers of Olney.

The night raised almost £350, and was a brilliant example of true fun and fellowship in action!



The Biggleswade Sandy Lions Barn Dance

The Biggleswade Sandy Lions Barn Dance was a night to remember! From the first step to the last, guests filled the dance floor with laughter, smiles, and plenty of energy.



Lions Supporting Local Health Initiatives

Banbury Lions Club recently lent a helping hand by stewarding at the Flu and Covid Clinics at Woodlands Surgery, Banbury.



Raising Awareness on World Sight Day

Members of Hemel Hempstead Lions Club set up a stall in the town centre to raise understanding of preventable sight loss and eye health. Lions Frances, Barbara, and Terry spoke with members of the public and demonstrated how different eye conditions affect vision using special simulation glasses.

Mayor, Councillor Catherine McAreyve, kindly stopped by to show her support and even tried on the simulation specs herself, sparking conversations about the importance of regular eye checks and the Lions' ongoing work to promote better sight for all.



World Mental Health Day Event

Northwood Lions held a World Mental Health Awareness Day event at David Lloyd Northwood, reaching over 30 members who stopped by to learn more about wellbeing and local support options. A raffle held during the event raised £145 for local charities, and the day was filled with meaningful conversations and community connection.



GBS and Heston Lions Club

Global Banking School (GBS) has partnered with Heston Lions Club to support the creation of the District 105A Community Urban Farm - a project dedicated to tackling food insecurity and promoting sustainable living.

The farm will supply fresh produce to local food banks while engaging residents, schools, and families in learning about sustainable farming.

GBS staff and students have joined forces with Lions volunteers to transform unused land into a thriving green space, turning the spirit of service into action in the heart of West London.

This project supports several UN Sustainable Development Goals, including Zero Hunger and Sustainable Cities. As Lion Jatinder Kaur, District 105A Hunger Officer, shared: *“Together, we’re growing more than plants – we’re growing community.”*



The District 105A Golf Day: raising funds for CHECT

The District 105A Golf Day, held on 26 September 2025, was a fantastic success, filled with great golf, laughter, and Lions fellowship, all in support of the DG Spouse's Charity: the Childhood Eye Cancer Trust (CHECT).

The day began with registration and breakfast before a midday tee-off, with DG Harvinder, Lion Karpal, and PDG Karanjeet arriving early to prepare goody bags and help with setup. Golfers enjoyed a fun and friendly afternoon on the course, with refreshments available at the midway house, before returning for an evening of celebration.

Over 50 diners gathered for dinner, hosted by PDG Lion Ramesh, who kept the evening lively with warm welcomes, thanks, and introductions. DG Harvinder shared an inspiring message of appreciation, and Priyanka from CHECT gave a heartfelt talk about the charity's vital work supporting children and families affected by eye cancer.

Guests also heard a short history of Lions from IPCC Lion Kavaljit, followed by the presentation of nine trophies, a lively raffle led by PDG Lion Karanjeet, and an exciting auction hosted by PDG Lion Ramesh Parmar.

Thanks to the generosity of all participants, the event raised over £2,400!



Ruislip Lions Support HALO Charity

Ruislip Lions Club donated £400 to HALO, a local charity led by founder Alia Jones, which has been supporting children and families through bereavement for ten years.



Lions Raise £780 for Local Charities

Bletchley Milton Keynes Lions Club worked with Milton Keynes Hospital to raise £780 at their recent hospital charity event.

Funds will be distributed to local causes over the Christmas season, helping to bring comfort and joy to those most in need.



Wembley Lions at The Memory Lounge

Wembley Lions Club hosted a heart-warming lunch at The Memory Lounge, Wembley, organised by Lion Sneh and supported by Lion Sanjay and volunteer Dr Nanda.

The event welcomed 70 attendees, including volunteers and carers, and was filled with warmth, laughter, and festive spirit.

A donation of £100 helped cover the cost of the lunch, and guests were delighted to receive a Diwali mithai (sweet) box to take home.



Lions Child Sight UK: Vision Screening in Schools

Lions from District 105A recently visited St John's Church of England Primary School to carry out Lions Child Sight UK vision screening.



The Lions Child Sight UK vision screening is an important initiative designed to detect potential eyesight problems in children at an early stage.

Using a state-of-the-art handheld camera, trained Lions volunteers were able to quickly and non-invasively screen pupils' eyes for common conditions such as lazy eye, short- or long-sightedness, and other vision irregularities that may go unnoticed in everyday classroom activities. The process takes only a few seconds per child, with results that can help parents seek timely professional advice and treatment if required.

Early detection of sight issues is vital for a child's development, learning, and confidence. By identifying problems before they impact schoolwork or social activities, Lions are helping to ensure that every child has the best possible chance to thrive.

The session at St John's was met with enthusiasm and curiosity from pupils and staff alike, and it demonstrated once again how Lions Clubs continue to make a meaningful difference in local communities through practical, hands-on service projects.



Diarise the District 105A Convention

DISTRICT CONVENTION 105A 2026



The Double Tree Hilton Elstree

Proudly hosted by the Lions Club of Redbridge Centennial

Why come to the Convention?

Because this is YOUR Convention and your presence matters! Come together with fellow Lions from across District 105A and beyond to connect, share ideas, celebrate achievements, and help shape the future of Lionism for our District.

- **Be Inspired:** Enjoy inspiring talks from engaging speakers and a special address from our International Guest.
- **Participate & Learn:** Engage in interactive sessions, exchange ideas, and return energized with new insights and ideas for your club.
- **Reconnect & Celebrate:** Experience true fellowship by reuniting with old friends, make new friendships, and celebrate the spirit of service that unites us all.

What to expect

Friday Night: An informal evening for Lions to meet, mingle, and relax before the big day.

Saturday Convention:

- Registration with Coffee & Tea
- Buffet-Style Lunch
- Inspiring Speakers & Interactive Sessions
- DG's Celebration Gala Dinner with live entertainment and dancing

Sunday Morning: Meet our International Guest and share the spirit of service.

SAVE THE DATE! 6TH, 7TH & 8TH MARCH 2026

Let's make District 105A Convention 2026 the biggest and best yet! Don't miss out on this opportunity to reignite your passion for service, celebrate our achievements, and return home with new friendships, energy, and ideas.

Booking details coming soon!

🌐 Check our website and 📘 Facebook page for updates

'UNITY IN SERVICE'



23rd Annual Senior Citizens Celebration

We're excited to share that the 23rd Annual Senior Citizens Celebration will take place on Sunday 1 March 2026 at Harrow Leisure Centre. This much-loved event brings together senior members of our community for an afternoon of music, dance, entertainment, good food, and afternoon tea – all for just £14 per person.

It's always a wonderful occasion filled with laughter, joy, and connection, and we can't wait to welcome everyone back for another unforgettable celebration.

LIONS CLUB DISTRICT 105A PRESENTS

23rd Annual Senior Citizens Celebration

1st of March 2026



We Serve

Entertainment

Music, Dance

Good Food

Afternoon Tea

2 PM – 5 PM
Harrow Leisure
Centre,
Harrow, Middlesex
HA3 5BD

Special Price
£14 per person

Get ready for three
unforgettable hours of
excitement and nonstop fun!

For more information please
contact:

- Lion Parveen on
07956 630106 and
parveenv@icloud.com
- Lion Peter on
07831 316457 and
codrai@aol.com

*Clubs are responsible for their own guests.
**We kindly ask that guests arrive no earlier
than one hour before the event start time.





17th District Youth Celebration

The 17th District Youth Celebration is back at Allum Hall on Sunday 23 November 2025! This fun-filled afternoon is designed for disadvantaged and disabled young people aged 10 to 18+ and their carers. There will be disco, dancing, magicians, games, food, and much more. Book now, as places are limited and will be allocated on a first-come basis. The closing date for applications is Monday 27 October 2025. Don't miss this wonderful event that brings joy, laughter, and unforgettable memories to so many young people and their families.



17th District Youth Celebration

For Disadvantaged and Disabled Young People

Sunday 23rd November 2025



A theme based on Zootropolis



The District party is to be held on **Sunday 23rd November 2025**
 at Allum Hall, 2 Allum Lane, Elstree, Herts, WD6 3PJ.
 Tel 020 8953 3415 - From 1.30pm to 4.30pm

Disco - Singing - Dancing
 Magicians - Clowns - Sideshows - Games
 Face Painting - Food - Drink

There are 450 places available for 10- to 18+ year-olds and their carers on a "first come, first served" basis.

Closing date: 27th October 2025.

For bookings, please contact Lion Vijay Arora
 email: lionsdyc@hotmail.com
 Tel: 07712447408 - District website www.lions105a.org.uk



DG Harvinder visits

What a wonderful month it has been! I've had the pleasure of visiting several clubs on my official visits, meeting so many dedicated Lions and learning about the unique ways our clubs serve their local communities. Every area has its own needs, yet one thing shines through everywhere – the compassion, creativity, and determination of our Lions. This is what makes District 105A so special.

During October, I visited Watford, Hendon, Biggleswade, and Sandy Lions Clubs on official visits, and also joined London St James's, Redbridge, Hatch End, and London Belmont clubs for their meetings and social gatherings – some featuring joyful Diwali celebrations and others where I had the pleasure of presenting Awards, Long Service Appreciation Certificates, Medals, and Patches of Excellence. It was inspiring to see fellowship and community spirit in full display.

A particular highlight was Watford Lions Club's 55th Charter Anniversary, a truly memorable evening where four Melvin Jones Fellowships and one Progressive Melvin Jones Fellowship were presented to outstanding Lions – a well-deserved recognition of service and dedication. I was also delighted to induct new members at London Hornsey and London Belmont, as we continue to grow our family of service.

Another important milestone this month was our Second Cabinet Meeting, where thoughtful discussions and decisions were made, including the approval of the District 105A Budget for the 2026–2027 Lionistic Year. I'm grateful to my Cabinet team for their energy, insight, and shared commitment to moving our district forward. We also held our Second Council of Governors Meeting via Zoom in October 2025. On the membership front, I'm thrilled to share that District 105A is making excellent progress. Our goal for the year is to induct 196 new members, and so far, we've welcomed 73 new Lions – with more on the way! Our target was to reach 30% of our goal before the Europa Forum, and thanks to your hard work and enthusiasm, we exceeded that by 7%. Congratulations and heartfelt thanks to every club that contributed to this fantastic achievement. Let's keep the momentum going – every new member brings fresh ideas, energy, and a bigger impact in our communities.

Looking ahead, please save the dates 6th–8th March 2026 for our 61st District 105A Convention at the DoubleTree by Hilton, Borehamwood. An exciting weekend is being planned, with great entertainment on both Friday and Saturday nights,



DG Harvinder visits

inspiring speakers, and a special international guest. It promises to be a celebration of friendship, service, and fun – I can't wait to see you all there!

Next month, we'll also be supporting Diabetes Awareness Week. I encourage every club to take part – host a screening event, share information in your community, or partner with local health organisations. Every effort helps raise awareness and promote healthier living. Together, we can make a real difference.

Lions of District 105A, thank you for your passion, teamwork, and dedication. You continue to inspire me every day. Let's keep serving with heart, making our communities stronger and brighter. This is "Unity in Service."

