



DISTRICT 105A SERVICE AND HEALTH NEWSLETTER

MAY 2025

Brain tumour research

There are more than 100 different types of brain tumours, and each one can have a very different impact depending on its size, location, and how quickly it grows. But regardless of type, every brain tumour has the potential to cause devastating, life-changing effects for both the individual and their loved ones. Worryingly, incidences of brain tumours – and deaths caused by them – are on the rise. Yet despite this, research into brain tumours receives just 1.37% of the national spend on cancer. It's a sobering figure, and one that underlines why action is so urgently needed.

That's why Lions Clubs International (MD105 British Isles) is proud to be partnering with Brain Tumour Research, with the goal of raising £1 million to help fund groundbreaking research and raise awareness of this often overlooked disease. Thanks to generous match funding from corporate partners and independent donors, every £1 donated by Lions is turned into £4 – multiplying the impact of each and every contribution.

And there's more to be proud of: by the end of March 2025, the campaign had already reached £361,603 – over 33% of the way to our target. What's more, once the partnership concludes, a research laboratory within one of Brain Tumour Research's specialist centres will be named in honour of Lions Clubs International – British Isles, creating a lasting legacy in recognition of our collective effort to improve the lives of brain tumour patients and their families.

So, how can Lions get involved? There are a couple of brilliant ways to support the cause right now:

- The MD105 10 Rivers Duck Race – launching at the MD Convention on 11 May.
- The 250 Lottery Club – monthly cash prizes of £125, £75 and £50, and an annual bonus prize of £250.

Entry forms for the Lottery Club are available via your local coordinator or from: Lions Clubs International, 257 Alcester Road South, Kings Heath, Birmingham B14 6DT. Together, we can make a real and lasting difference – and help bring hope to families affected by brain tumours across the UK.

Childhood Cancer

Every day in the UK, 12 children and young people receive the devastating news that they have cancer. Of those 12, 2 will not survive. While advances in treatment have led to a 21% drop in childhood cancer mortality rates over the past decade, there is still much work to be done.

Brain and central nervous system tumours remain the leading cause of childhood cancer deaths in the UK, accounting for more than a third of all cases. Among the most challenging diagnoses are neuroblastoma and bone tumours, with current five-year survival rates of just 70% and 71% respectively. The key to improving these figures lies in dedicated research – research that recognises that children's cancers are not simply smaller versions of adult cancers. They need their own focus, their own solutions, and, crucially, their own funding.

That's where Lions District 105A is making a real difference. Between July 2024 and April 2025, Clubs across the district have carried out 29 service activities, reaching more than 2,100 people. From fundraising events to direct donations, here's just a snapshot of how Lions are helping to fight childhood cancer:

- Friern Barnet Centennial Club held a bucket collection on 9th August.
- Milton Keynes Stony Stratford Lions raised £295 from a Car Boot Sale.
- Fairlop Club raised £100 at a Golf Day, while their Leo Club brought in £124 with a Bring and Buy Sale.
- Penny Tregillus from Tring Lions Club represented at the Studhambury Music Festival, which raised over £5,000. She also led two can shakes in September, raising £321.50, and helped organise the Young Lives vs Cancer fundraiser (sponsored by SD Carpentry in Heath), which raised a brilliant £1,001.41.
- Harrow and Pinner Lions donated an End of Treatment Bell and 100 care packs to children at Jack's Place, Northwick Park Hospital. They've also set up a fundraising page to provide further essential resources, aiming to raise £200, with a second goal of £150 for more emergency care packs.

These are just a few examples of the ways Clubs are stepping up – and there's still so much more we can do. If your Club is looking to get involved, why not consider replicating some of the above activities? Or you can partner directly with [Young Lives vs Cancer](#). Every fundraiser, donation, and act of service counts – and together, Lions can help change the outlook for children facing cancer.

Vision

Vision has always been a cornerstone of Lions' service, and this Lionistic year has been no exception. Since July, District 105A has recorded over 140 vision-related service activities, helping more than 37,000 people – with a large portion of that impact thanks to our Clubs' consistent efforts in collecting and recycling spectacles.

One lorry-load of spectacles – around 45,000 pairs – has already been delivered to Head Office, and there are another 30,000 pairs currently stacked up and ready to be transported from my office to Birmingham. This is a truly impressive contribution to improving sight around the world.

Clubs that have reported vision-related activities so far include: Bletchley Milton Keynes, Fairlop Lions and Leos, Harpenden, Harrow and Pinner, Hemel Hempstead, Heston, Letchworth Garden City and Baldock, London Central Host, London Kingsbury, London Mill Hill, London Seven Kings, Luton, Milton Keynes Central, Milton Keynes Stony Stratford, Newport Pagnell and Olney, Northwood, Redbridge Centennial, St Albans, Stanmore, Tring, and Wanstead and Woodford.

A heartfelt thank you to all of you – your continued efforts are what make our District shine.



Diabetes

During the pandemic, routine blood tests that help detect Type 2 diabetes were paused - and in some areas, they've still not fully resumed. That's why raising awareness is more important than ever.

It's vital to note: public blood testing should only be done when a suitably indemnified professional (like a doctor or pharmacist) is present. Nurses alone are not covered for this, so please ensure any screenings are run safely and responsibly.



This year, I had the privilege of supporting Fairlop Lions at the first diabetes screening of the Lionistic year, held on 6th July 2024 in partnership with the Diabetes Team from Whipps Cross Hospital. This long-standing partnership is a great example of clubs working closely with local health services.

Redbridge Centennial and West Drayton Clubs have also been holding regular Diabetes Awareness Days, making a big impact in their communities.

So far this year, District 105A has supported around 1,500 people through diabetes-related activities - a great effort, but there's potential to do even more.

Many Clubs are also distributing leaflets and sharing vital information at events. I've attended monthly MD Zoom meetings and supported the Diabetes stand at our District Convention, where several clubs showed interest in getting involved.

Environment

“The best time to plant a tree was 20 years ago. The second-best time is now.” These powerful words set the tone at Headstone Manor Park in Harrow, where Lions, volunteers, and community members came together to mark Earth Day 2025 with a heartfelt Tree Planting Drive.

Under this year’s theme, “Our Planet, Our Power,” Lions of District 105A, partners, and supporters planted 723 new lives into the earth - including three large flowering cherry trees, 120 assorted tree whips, and around 600 aquatic plants. This was part of our ongoing #GoGreen Initiative, aimed at promoting biodiversity, protecting the environment, and fighting climate change, one tree at a time.

What made this day truly inspiring was the spirit of collaboration. Clubs from across District 105A joined forces with the Friends of Headstone Manor Park, The Stanmore Society, Rider Levett Bucknall UK, and our dedicated Eco-Warriors and GoGreen Volunteers.

The event was honoured by the presence of The Mayor of Harrow, Mr Salim Choudhary, along with District Governor Kadambari Shah, PDG Vijay Arora, and other Lions leaders, all standing together in service to the planet.

What started as a simple idea - “Each One, Plant One” - has now evolved into a bold vision: the Million Tree Mission. This Earth Day showed once again that real change comes from communities taking action together.

As Lions, we:

- Serve, not stand by
- Plant, not pollute
- Build, not break

We’re not just planting trees - we’re planting hope, change, and a greener future for generations to come. Let’s keep going.

Hearing

Lions Clubs across the District are helping those with hearing loss through Deaf Awareness Cards, badges, door hangers, and training sessions.

Since July 2024, over 12,000 hearing aids have been donated by clubs and refurbished by Dr Michael Nolan for use in countries including Cambodia, Sri Lanka, Sudan, and Zambia. Special thanks to clubs like Bletchley Milton Keynes, Tring, and others for their generous contributions.

To donate used hearing aids or audiological equipment, post them (without batteries) to: Dr Michael Nolan, Lumb Gaps Barn, Haslingden Old Road, Rossendale, BB4 8TT. Include your name, club, and contact info.

Other equipment like hearing loops and microphones can be sent to: East Sussex Hearing Resource Centre, Eastbourne, BN21 1BF

Lion Andrew Zelkin (105CE) collects used button batteries to support the Lions Child Sight UK project - hand them to your Zone Chair or drop them at Hemel Hempstead Lions Bookshop.

Want a talk or training? Contact Lion Penny Tregillus: speech@lions105a.org



Prostate Cancer

Prostate cancer mainly affects men over 65 but is increasingly seen in younger men. It is the second leading cause of cancer deaths in the UK, yet many men are unaware of their risk or delay seeking medical advice.

This year, Manji Kara attended many club meetings to raise awareness and shared educational materials. Thanks to generous Club sponsorships, we raised £2,261 to fund Prostate Cancer and Ferritin health screenings at the District 105A Convention 2025.

The screening was a great success, with 124 participants tested and positive feedback all around. Two participants with raised PSA levels received appropriate advice. Special thanks to all Lions volunteers and Lion Daljinder Mudhar for their invaluable support.

Thanks also to Prostate Cancer UK for providing free literature and to PDG Lion Kavaljit Dev for inspiring this initiative. For more information, visit: prostatecanceruk.org.

