

PRIDE of the **NORTH**

NEWSLETTER for 105N District

Lions in Sight Special



To begin this special Edition focused on our work with Sight, we reflect on **District Governor Gillian Swan's** visit to some of our Lions' work in **Aberdeen and Northallerton**.

Her first visit was to Aberdeen, where she saw **Leos and Lions working together to experience a loss of sight**. At this event, four Leos were

blindfolded and tasked with finding a **pencil in their school bag, putting on lipstick and walking across the hall**.

Their blind guests were able to demonstrate **many of the aids** which support everyday living including a probe that identified colours and another that read food labels. The **overlays used for screens surprisingly** cost thousands and brings attention to the financial needs of the blind if they are to engage fully in today's IT and AI changes.

Lion Gill also explored the streets in Northallerton blindfolded where she purchased a brooch (she didn't even know until that point that there is a Braille corner on our \pounds notes) and ventured into a pharmacy.

Thank you to Aberdeen, Northallerton and Thirsk Lions for raising awareness of this World Sight day in their communities as well as all our other Clubs and members.

Connecting members in Yorkshire, the North East and Scotland

Issue 10 - October 2024

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Special Announcement

our

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Editor's Page



Dear all,

Another month has passed and another 'filled to the brim' edition of the Pride of the North has been published.

We have, once again, a special focus to our new Newsletter which is on our **work relating to Sight**. Before I go any further, I want to thank **Sight Officer Sue Taylor** for her help in getting this edition completed (see her report on **p.9**). On top of that, I thank our District Governor Gillian for her front page contribution as well as our Clubs (see **p.12**) who added their own stories relating to Sight.

One such story which stood out to me this month was from our **Lions in Hornsea**. To mark World Sight Day, the Club arranged to have Guide dog owners with their dogs visit their shop at different times throughout the week. Additionally, they donated the entire takings for the week from the shop to the **Guide Dogs for the Blind**. This will be **"Topped up" to £2500**. By doing this, the Club will be able to **Name a Guide dog**. Supporting this was **Lion Gerry Wolfden** who, himself, is blind and has a dog. He was able to coordinate use his contacts to ensure that the shop had maximum attendance from the Owners - **well done all!**

Furthermore, two issues ago we received a report from Lion Steve Cooper about claiming Gift Aid from HMRC. Since then, he has confirmed that Elmet Lions Club ClO has received a total refund of £2000 from HMRC under the Gift Aid Small Donations Scheme. Just to remind clubs, these claims are for donations of £30 or under where donors do not provide any personal information as is usual with Gift Aid. Usual sources for these can be bucket collections at events, collecting tins in pubs or collections made during Santa's Sleigh tours and cover both cash and contactless card payments.



Finally, Lion Jonathan Reay would like to urge you to follow the <u>Lions District 105N Facebook</u> <u>page</u> and please remember to **tag in Lions 105N** to share your news. This is something I completely support, the newsletter gives you an overview of our amazing work but the Facebook page gives you a more instant and regular feed of news - please follow it, **we have around 900 members in our District, we can get it up to over 1000 followers on Facebook easily!**

Luke Maunsell District Newsletter Editor

media@keighleylions.org.uk



District Governor's Message

Dear fellow Lions,

After much work by our **Council Treasurer, Lion Brigitte in HQ**, and last year's Council I am pleased to be able to share the new **insurance broker** and insurer details. These are all housed on our new 'bookcase' found on <u>https://lionsclubs.co/MembersNews/</u> you **WILL need to register** but be patient, it's so simple to move round once you get in there. Also, as Santa time approaches do look out for the 105N **Risk Assessment training sessions** and confirm your DBS checks.

My visit to **Aberdeen and Northallerton's sight projects** (see the **front page**) were really encouraging. Try walking round a street that you know well with a blindfold! It opens up a whole new avenue of thought around sight loss.

Goole and District Lions Club is growing in its local effect and they will put forward our first **Young Ambassador** for several years. There are other young people waiting to be adopted by a club so that we might have a District Final. This is work in progress but you have a few days yet to contact me with news of any candidates aged 15-18 from your area.

I'm delighted that Lions are now visiting each other's clubs more often. **The Prostate Cancer** screening event management ideas are being shared with many men now becoming aware of their risks, and seeking medical help.

Equipment and other resources are also being shared such as Garforth Lions' **Badge making machine** and **Filey Lions' kit for the Ball Race**, which also caught the attention of the Royal Navy at Faslane!

Lions Michelle and David are aware of poorly Lions and we wish them all a **speedy recovery and graceful journeys.**

Finally...we are still looking for a **District Treasurer**. The role has been split so that the CIO aspect of the job will be a separate role with Lion David Wells continuing to help us with this.

Have great Halloween events and safe Bonfires everyone!

Lion Gillian Swan

District Governor

Diary Dates

21st October – visit to Haltemprice Lions 25th October - Elmet Lions Interpub Quiz 26th October – Consett Lions Charter Lunch 27th October - Cabinet Meeting 28th October - Multiple District Officers Zoom meeting for the Young Ambassador programme 29th October - building Lanterns with **Castleford and Pontefract Lions** 30th October - Zoom meeting with DG colleagues 31st October – Insurance webinar 3rd November - Dumfries Lions Charter Lunch 4th November – Allendale Lions Club visit 9th November – Garforth and District Lions Charter

gmswanis@gmail.com





Membership News

Since the last newsletter, we have have had many new members join our 105N pride. Let's welcome them and wish them all the best in their service to our clubs and communities.

Alnwick Lions

• Michael Maybery

Boroughbridge Lions

• Paul Thomas

Bridlington Lions

- Rebecca Crozier-Stewart
- Rebecca Elliott

Easingwold District Lions

• Alistair Wilson

Elmet Lions

- Peter Adeeko
- Carole Young



Garforth & District Lions

- Graham Burke
- Sally Burke

Knaresborough Lions

• Simeon Stevens

Keighley Lions

• Gail Asquith

Tynedale Lions

• John Barnes

Deepest thanks to Lion David Wilson, District Almoner and Lion Marilyn Bennett, MLCY Co-ordinator for their contributions to this page. They can be reached on davidwilson51@hotmail.co.uk and lions.geomar@gmail.com.



1st Vice Governor's Message

Fellow Lions, Leos and Partners,

Another month has passed and I have been busy getting on with some **Club visits and seeing what you are all up to** besides the preparation for your Santa Sleighs and the run up to the festive period.

During this period, I have visited **Whitby**, **Thirsk and Northallerton**, **Colne Valley and Maltby and Rother Valley Clubs**. All are doing great work within their own communities, and also looking at recruitment and retention of members. District member numbers are improving so carry on asking and make your club stronger enabling more service to be carried out.



My learning path continues and I look forward to some **webinars with my mentor** in November, prior to the **3 days of face to face training in Chicago** in February. Some of my fellow FVDG's already have flights booked though mine seems a little slow in coming through.

I have also been honoured that my **nomination for DG 2025/2026**, from my own club **Filey**, **has been forwarded to district CNRO Lion Trevor Kell**, **along with support from Thirsk and Northallerton**.

My own club celebrated their **60th Anniversary with a Charter Celebration Dinner** at the Expanse Hotel in Bridlington, with **visitors from around the District and beyond**, an **attendance of 70**, and a good time was had by all.

I have a holiday in early November but I plan to visit more clubs in Zones N9 and N12 before the winter sets in.

Keep doing what you are doing Lions.

Remember, together we can, together we do.

Lion John Sellers

1st Vice District Governor

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sellersatmallard@aol.com

2nd Vice Governor's Message

Dear fellow Lions, Leos and partners,

I carried out my first official role at the **Holme Valley Charter Meal** on Friday 18th October, at which I was made very welcome. The evening was well attended and enjoyed by all.

I have been with DG Gill and 1st VDG John this week looking at how we can help more Clubs who are finding it difficult to recruit new members and our first priority is to Beverley Lions where they are close to closure. We also discussed how important it is for Clubs and even Cabinet to plan for succession.



I am about to **commence Club Visits** and will try to get at least two in during November then recommence in January. I am really looking forward to these upcoming visits, it is always good to learn and get/share good ideas.

Now, for my personal thoughts on attending the Oslo 'Mission 1.5' Summit as the GET Officer.

This Summit was my **first, in my new role of GET officer for 105N**. It was great to meet so many Lions from **Norway, Finland, Sweden, Austria and the United Kingdom**. All there for the same purpose, **Mission 1.5 'Nurturing a Culture of Growth'**.

We were introduced to the great and good, who would all be involved in the sessions set for the weekend. I was delighted to find out that all the sessions I would be involved in, would be led by Lion Stewart Sherman Khan. My thoughts at that point were "**it'll be reet**."

Following the plenary session, everyone broke into groups and went to different rooms in the hotel. We then started work looking at, how, over the



weekend we would hopefully come up with a plan to, 'Nurture a Culture of Growth'. During this session, we received GMT, GET and DG input as well as ideas and thoughts from all the Districts attending. This section was really encouraging and helped us to generate these ideas into a cohesive plan for our own Districts. Added to this, we discussed our existing action plans and looked at new ideas that we could incorporate next time we reviewed/renewed these.



One of the highlights for me was accessing membership reports and looking more in depth at the Lion Portal. By doing so, we examined how healthy clubs are, and then started looking at how we can make a difference, towards membership growth.

Both days break out sessions were really useful and sharing ideas and plans was so good, giving me great ideas and which allowed me to complete the review and amendment of our district plans, subject to DG Gill's approval.

We in District 105N had just had the **Membership Forum** before the summit and there were quite a few findings from that meeting that were being reflected in Oslo.

So, in conclusion, I **thoroughly enjoyed meeting so many new Lions and will look forward to seeing them again, in the future**. Learnt a lot about reports and using the Portal. Understand more about planning for growth and came away fired up with ideas and a passion to inspire others.

So Oslo! Job Done!

Lion Allan Clark MJF

Second Vice GET Officer 2024/2025

nalla105c@yahoo.co.uk



Governor

Calendar Dates

Filey Lions

Bonfire Night and Fireworks Display

Saturday 2nd November, from 5:30pm West Avenue Car Park

Consett Lions

St Johns Ambulance - First Aid Awareness

Thursday 7th November, from 7pm The Steel Club, 36 Medomsley Rd, DH8 5HA **Book via**: juddrichard1976@gmail.com

Consett Lions Town Hall Raffle

Thursday 21st November The Steel Club, 36 Medomsley Rd, DH8 5HA **Book via:** juddrichard1976@gmail.com

Dumfries Lions Club Christmas Tree Sale

30th November, 1st, 7th and 8th December Collin Bypass at the Low Road Junction £25 per tree for all sizes.

Elmet Lions Santa Sleigh

1st December to 22nd December 2024 Sherburn and surrounding villages

Bridlington Lions Annual Christmas Concert

Monday 16th December, 7.00pm to 9.30pm Bridlington Spa Royal Hall, Marine Dr, Bridlington YO15 3JH Email: <u>kentaylor59@btinternet</u> for more details

Aberdeen Lions

Boxing Day Dip

26th December 2024 from 10am Aberdeen Beach

District Convention

Friday 7th to Sunday 9th February 2025 Scotch Corner Hotel, Darlington

Elmet Lions

Easter Egg 100 numbers

March/April 2025 Various pubs, clubs, schools and organisations

Great Selby Bike Ride

18th May 2025 from 10am Barlby High School, YO8 5JP

2025 Activity Alliance National Junior Para Athletics Championship

Saturday 5th and Sunday 6th July 2025 Coventry Godiva Stadium, Kirby Corner Road, Coventry, CV4 7AL. Email: tregillus@hotmail.com for more details

Add your event to the calendar!

If you have a date for the next issue, please email me on: media@keighleylions.org.uk



Charter Dinner Dates

Dumfries Lions 42nd Annual Charter Lunch Sunday 3rd November 2024 at 12.30pm Cairndale Hotel, 132-136 English St, Dumfries DG1 2DF Contact: john@johnamaccoll.co.uk

Bridlington Lions

61st Charter Anniversary Luncheon

Sunday 3rd November, 12:30 for 1pm Ferns Farm Hotel, Main Street, Carnaby, YO16 4UJ Contact: <u>Kentaylor59@btinternet.com</u>

Garforth & District Lions 52nd Charter Lunch

Saturday 9th November 2024, 7pm for 7.30pm Garforth Golf Club, Long Lane, Garforth, LS25 2DS

Contact: toddkeith@outlook.com

Pocklington and District Lions 62nd Charter Dinner

Saturday 9th November 2024, 7pm for 7.30pm Pocklington Cricket Club, Burnby Ln, YO42 2QB **Contact:** <u>melstork68@gmail.com</u>

Tickhill & District Lions 47th Charter Dinner Saturday 5th April 2025 from 7pm Wheatley Golf Club, Doncaster, DN2 5QB

Contact: dominic.p.carlin@gmail.com

Doncaster Lions 67th Charter Dinner

Sunday 27th April 2025, 12:30 for 1pm Earl of Doncaster Hotel, Bennetthorpe, DN2 6AD

Contact: info@doncasterlions.co.uk



Add your Charter Dinner to this page!

If you have a date for the next issue, please email me on: media@keighleylions.org.uk



Lions in Sight MD105N

To mark World Sight Day which was held on the 10th October 2024, **The Pride of The North** is proud to highlight the importance of sight projects to our Lionistic goals. Over the next few pages, we will hear from our **Sight Officer and reflect on some of the great work we have done in our community to support those with vision impairment.**

Ever since Helen Keller inspired Lions International to champion the cause of SIGHT in 1925, we've served and advocated for blind and visually impaired people. Nearly a century later, this long-standing mission continues unhindered.

VISION is one of the 5 Global Causes (the others being diabetes, hunger, environment and childhood cancer) with Lions International Mission Statement being to serve to prevent avoidable blindness and improve the quality of life for people who are blind and partially sighted.



And this work is so important as:

- There are 253 million people who are blind or have moderate to severe distance vision impairment (MSVI)
- 1.1 billion have near-vision impairment simply because they don't have a pair of glasses
- 75% of all blindness and MSVI is avoidable
- **89% of people with visual impairment live in developing countries** and together with Lions from all over the world, we in MD105N are supporting various international projects.

In our District, we have been **doing our bit as part of this global cause**. We have been collecting and recycling many **thousands of glasses to send to developing countries** and every year, through our clubs and **Lions Sight Savers Trust**, we donate thousands of **pounds** to Sight Savers International to enable many medics and ophthalmologists to go to developing countries to perform eye treatments such as cataracts. But, we should not forget the **two million plus people in the UK living with sight loss**, that's around one person in 30. There are also, in 2024, around **350,000+ people who are 'registered'** with their local authority as blind or partially sighted.



However, it should be noted that it is **not compulsory for people to be 'registered' and many people choose not to.** Maybe many of these don't even know about the process, or don't appreciate just how poor their sight is (get nearer and nearer the TV and stop reading the paper and books) or perhaps have sight loss that is not quite bad enough to be registered, but still find that their sight loss really impacts on their lives.

We must remember that they don't all have guide dogs, and/or a white cane, or wear dark glasses. The **majority of these people are just like you and me, but don't see so well**. It is estimated that the official number of people registered can be multiplied by 3 or 4 (maybe 2 million people) and I'm sure that in all our neighbourhoods we know people who are visually impaired. Fortunately, despite these challenges, there are **many types of local support from short-term, one-off assistance to Statutory support.**

The local social services department are able to offer advice, support and rehabilitation to help people remain independent and in addition to these statutory services there are local sight loss charities and national charities, ably supported by Lions Clubs in MD105N.

Many of us support our local talking newspapers and or the RNIB Talking Books, we volunteer with various hats on for Guide Dogs for the Blind or Royal National Institute for the Blind or our local voluntary organisations, we are volunteer drivers, volunteer befrienders and volunteer IT supporters, we fundraise with our local groups, or we give grants to our local groups, we raise awareness of sight loss issues such as the need to get eyes tested, or the implications of glaucoma or diabetes. We recognise and support World Sight Day and White Cane Day, and most importantly we ensure that we as individuals and Lions Clubs recognise and provide support to our own visually impaired colleagues in Lions.

I am very proud of all the often 'hidden' services and support provided through Lions In Sight in MD105N, all aimed at not only helping people living with blindness and visual impairment in this country and across the world, but our work to prevent avoidable blindness.

Many thanks to you all,

Lion Sue Taylor

MD105 Sight Officer susantaylor158@btinternet.com



We help those living with blindness and visual impairment:

- Supporting talking books and newspapers
- Producing audio LION magazine and podcast
- Volunteering and befriending initiatives
- Recycling spectacles and hearing aids

We act to prevent avoidable blindness:

- Healthy vision campaigns
- Sight restoration operations around the world
- Early detection eye screening



Lions Clubs British Isles Telephone: 0121 441 4544 Email: enquiries@lionsclubs.co Web: www.lionsclubs.co #JoinUs #LionsGetInvolved #LionsStepForward #LionsInSight

Lions Eye Health Programme Working to Save Sight



Clubs in Sight

Our Clubs do an **amazing amount for projects relating to Sight!** Thank you to everyone who has contributed to this section, it is heartening to see that so much is being done for one of the **pillars of our service.**

Tickhill & District Lions



In Tickhill & District Lions Club, a great deal of work has been done to **improve vision for those in need through their ongoing sight projects.** One of their main initiatives sees them collecting unwanted glasses via around a dozen **drop-off points in local libraries and Town Halls**. These glasses are sent to be recycled and redistributed to those in need. They are very grateful to their Sight Officer Ken Garner, whose dedication helps ensure that everyone has the chance to see clearly.

In addition to their sight work, they also support **health and safety through the "Message in a Bottle" program**, led by **Lion Margo Shepherd**. Margo gives talks to local groups and sets up informational stalls at our major events, such as the Disabled Sports Day and our popular car shows.

On a similar note, **Dumfries Lions Club transported 20,000** pairs of used and unwanted spectacles to Birmingham which included large quantities from the **Dumbarton and Helensburgh Clubs** and the **recently closed Ayr and Prestwick Club** along with **4000 pairs from the 35 collection boxes in Dumfries**.

Dumfries Lion member **Wendy Tremble** who heads up the spectacles project for the Dumfries Club has seen a **huge increase in the number of spectacles being donated** and she is confident that this will continue.

Dumfries Lions



Mid Tyne Lions



Up in Mid Tyne, our Lion members have been continuing to sponsor and administrate for **local Ten Pin Bowling teams** in the Newcastle upon Tyne area. One of these, which trains on a fortnightly basis at the Namco FunScape in the Metrocenter, Gateshead has **only gone from strength to strength**.

Named the "North Stars" (*the Pride of the North endorses this name*) they compete in the National Leagues which are organised by British Blind Sport. Very recently, they have done so well that they attended their first ever **British Blind Sport Tenpin Bowling Final at Rotherham.**

Furthermore, the Club is a **keen collector of used spectacles** from various contacts in the Gateshead and in the Tyne and Wear area on a regular basis.



Leadership Matters

Managing Safely : A Gentle Reminder to Book Your Online Training

Learn, Grow, Serve - No matter where you are on your lions Journey, District 105N offers training and development opportunities to keep you moving forward.

Risk assessments make a real difference to the safety of carrying out an activity or event, not only that they are a legal requirement and all clubs must complete a Risk Assessment and ensure that all members and helpers in attendance at an event are aware of any reasonable risks and the control measures in place.

Managing Safely is a new online training course, specifically designed to provide step by step guidance explaining how to create effective risk assessments for your club activities and events. The courses are being delivered by IOSH qualified Lions, Ann Gent and Keith McDonald.

In order to fulfil our obligations to our insurers and the legal requirements of carrying out activities and events, all clubs are being asked to send 2 – 3 members to one of the online training courses.

It is recommended that the Club Health & Safety Officers attend, along with the Club President plus one other member.

Bookings are still open for the following dates:

Date	Use the link below to book your place
Tuesday 19th November	https://us02web.zoom.us/meeting/register/tZMtcOGup jkvH9HtAicOM36X8zfW0cyXjjdc
Wednesday 20th November	https://us02web.zoom.us/meeting/register/tZArcO6grj MrGNbQti2TaB9tOn1sbRc6I4Zm
Thursday 28th November	https://us02web.zoom.us/meeting/register/tZlkdeupqjk qGdZxxAPnubn7374bSVc6NjuW



October

Thursday 31st - Managing Conflict and Fallout in your Club, 7.30pm

Situations arise which can lead to conflict and fallout between club members. This workshop is designed to assist you in identifying some of the causes of conflict, and to help you feel more confident and comfortable in managing conflict. We will explore different approaches to managing conflict and how to choose the right approach for the situation

Book your place here:

https://us02web.zoom.us/meeting/register/tZwpf-6prD8sE9Ban017mcnxCyLRbkTNWZCb

November

Tuesday 26th - Leading and Belonging to a Multi-generational Lions Club

Many clubs are now finding that the age diversity of club members is the widest it has ever been. This poses new challenges for club leaders and members:

- There are likely to be communication issues and differences
- Members of different generation may not hold the same expectations of what they want from their membership, or the way that things should be done
- As with any type of diversity, it is natural that people will have preconceived ideas about the different generations which can lead to sweeping generalisations and stereotyping.

In these interactive events, we will discuss the expectations and needs of each generation and explore ways in which clubs can adapt and grow to enable everyone to be heard, feel valued and able to contribute at a level they are comfortable with.

Book your place here:

https://us02web.zoom.us/meeting/register/tZUrcuyrqjwuHdVQ99g8HcgRORX-7HFewu4e

January 2025

Thursday 16th - Data Protection with Robyn Banks – MD Data Protection Officer, 7.30pm

All Lions Clubs, Districts and our Multiple District collect, hold and process 'personal data' as defined in UK data protection legislation. Each part of the Lions family is seen as a 'Data Controller'. A Data Controller is the legal entity responsible for the processing and security of the data and each Lions Club or Multiple District is a data controller in their own right.



Each Data Controller is responsible for its own compliance with UK data protection legislation. This event is being hosted by **District CN.** If you would like to attend, please email <u>michelle.mcarthur@jigsawatwork</u>, to receive the joining link.

Thursday 23rd - Managing Conflict and Fallout in your Club, 7:30pm

Situations arise which can lead to conflict and fallout between club members. This workshop is designed to assist you in identifying some of the causes of conflict, and to help you feel more confident and comfortable in managing conflict. We will explore different approaches to managing conflict and how to choose the right approach for the situation

Book your place here:

https://us02web.zoom.us/meeting/register/tZwpf-6prD8sE9Ban017mcnxCyLRbkTNWZCb

We are currently working on the Winter/Spring programme of training programmes. Two of the subjects which have been requested are:

- Retaining Members
- Social Media

If you have any other subjects you would like to see scheduled, please email <u>michelle.mcarthur@jigsawatwork.com</u>

Lions Portal

Although the scheduled Lion Portal online events have now been paused, help is still available. You can either contact me or you can access the Quick Start Guides which are available at: Lion Portal Updates | Lions Clubs International.

Remember, you are never alone.....

If you have concerns about your own or someone else's mental wellbeing, you can contact Michelle Nicholson for a confidential conversation and guidance about where you can get professional help and support if required.

Lion Michelle Nicholson

District Leadership Officer

Michelle.McArthur@jigsawatwork.com 07801 056284





Tales from our Clubs

Dumfries Lions

In Scotland, two clubs have been sharing a stall at the recent **Dumfries Agricultural Show**. The Lions Clubs of **Dumfries and Dalbeattie** used this unifying opportunity to promote their Clubs which proved to be very popular with the public and children who enjoyed the choice of competitions available.

Dumfries Lions also held their **30th Annual Jim McCormack Memorial Curling Bonspiel** which attracted a large number of entries from the local area. During the weekend, **16 teams participated and a projected £1600**

projected to have been raised for the good causes.



Special thanks are extended to all those who participated and in particular, **Graham Sloan from Dumfries Curling and Jim Hogg for his scoring mastery**.

Rothwell District Lions



Social media can be a very useful tool for our Clubs and certainly **valuable when it** comes to putting out appeals.

In Rothwell District, the Club has been using **Facebook to track down old and foreign coins**. Aiding them has been a number of local establishments who agreed to be collection points.

Within a month, the Lions received and sent off an incredible **seven and a half kilos** of coins and are awaiting a payment for them.

They are very much hoping that there might be some rare ones amongst them. It could end up being a **great** 'money spinner' indeed!

Colne Valley Lions

Unfortunately, whilst serving our community, we may come across some people in a very serious state. Sometimes, this can also involve those who are having to spend time in hospital. Thankfully, **Lions are always prepared to help** even in these tough times.

Following an advert seen in **The Lions Magazine**, the Club ordered **100 hospital packs from York Minster Lions** and distributed them at Huddersfield Royal Infirmary to help anyone with **essential toiletries** following an emergency admission to hospital.



As the picture shows, the packs were dropped off by Lion Louise Daker who handed them over to Leanne at HRI. A great project, well executed - keep it up Lions!



Easingwold District Lions



Easingwold District Lions John and Tina were proud to welcome 100 local men for their PSA testing day held back in September.

Based in the **Easingwold Galtres Community Centre**, men above 50 years were tested via the **Graham Fulford Charitable Trust** in order to help detect any cases of Prostate Cancer in their blood.

From personal experience, the Club firmly believes in the **benefits of such testing** which can help to detect cases where men with early Prostate

Cancer who may not be are showing any symptoms or may not be eligible for a PSA test at their local doctors surgery. The men involved will be receiving their results and guidelines for further action (if any) direct from the GFCT. A day of life changing service indeed! Ryedale Lions

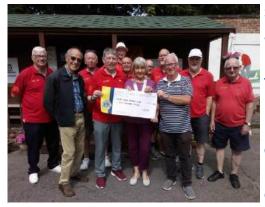
Sometimes it is very important for our Clubs and members to reflect on their contributions over the year. For example, Ryedale Lions Club has been recently looking over its **2023/2024 charity donations statement**.



Over the year, the Club has donated an amazing £29,250 to individuals and organisations in need. This has included £6600 to maintain their Mobility Scooter Fleet, £1000 to Scarborough Hospital and £3750 for a variety of international relief projects.

One benefactor of this international relief has been to a **Tanzanian charity for the purchase of school uniforms for the local children**. £5 buys a uniform without which the children are not permitted to attend school. **Local and global, Ryedale Lions are making a positive difference.** They thank the public, their members and local businesses for all their help in making it all possible!.

Darlington Lions



Sports are a part of the fabric of our community from football to rugby and beyond, they are well worth supporting and rooting for all the way. Putting this to practice, has been Darlington Lions who donated **£500 to their local bowls team** to encourage participation in the sport.

Darlington Lions **President Pat De Martino** (*pictured*) handed over the cheque to the **North Lodge Park Bowls Club** right before its senior team played against their local opposition. Founded in 1906, the bowls club is one of the oldest in the town and plays on a green in **North Lodge Park**.

Speaking after the gifting - Lion Pat said, "**Darlington Lions is delighted to support North Lodge Park Bowls Club** as they are looking to encourage participation in bowls among the local community and also to find the next generation of bowlers, by getting more children to play the game." **We couldn't agree more great stuff from our Lions.**



Tickhill & District Lions

Other Lions in our District have been helping out sporty projects in their community too. For example, Lions members **Dom, Margo, and Marcus from Tickhill & District Lions were proud to see the results of a £960 donation** to support a new initiative in **Harworth and Bircotes**, aimed at providing affordable access to sport.

This funding helps local residents participate in



low - cost activities including a popular Friday night indoor football session. For just £1, young people can join in, while our donation helps subsidise the cost of hall hire, especially during the cold winter months.

They thought it was fantastic to watch **local leaders and enthusiastic participants engaging in sport**, which plays such an important role in **building community and promoting health - worthwhile work for our Lions.**

Tynedale Lions



The whole of our District 105N pride would like to extend our deepest and fondest wishes to Lions Russell and Lion Alison who have recently celebrated their 70th Wedding Anniversary.

The wonderful couple were married in Newcastle in 1954 and moved to Hexham in 1966. Unfortunately, at the time there was no Lions Club in the Town, so **Russell joined the local Rotary Club** and **Alison joined The Ladies Circle**. However, once a Lions Club was formed, Russell joined straight away whilst Alison become a founder member of **Prudhoe Mid Tyne Lions**.

Since becoming Lions, Russell has been **President of the Club on two occasion,1994 and 2000** and both still remain very active in all activities of the Club. After attending **13 International Conventions and many District Conventions**, they have now decided their travelling days are now on hold. To mark their anniversary, **Lion President Julia** presented them with a bouquet of flowers, as vibrant as them, with the Club's very best wishes.

Lions in Maltby and Rother Valley have handed over a check for £580 to Highfield Park and Woodland Garden Community Association in their community.

presented by Vice President Jim Fletcher, Lion Jean Fletcher and Lion Bill Mawson, the Lions also gave a talk on the benefits of a Lions initiative "**Message in a Bottle**". Both the money and information were well received and each person was given a bottle to help those in need.

Maltby and Rother Valley Lions





Pride of the North - District 105N Newsletter - Issue 10: October 2024

Hornsea District Lions



Hornsea Lions have had a **busy period** of late with a number of key events. These, **have been keeping their members very active and focused on service.**

The first of these was a well attended **concert with the Beverley Male Voice Choir** and two guest artists.

Meanwhile, **President Mick Parry** took part in a **number of photoshoots including two local football teams** which the club has purchased the "Strips" for - **The Hornsea Sporting under 13s and the Hornsea Town Veterans.**

Adding to all of this has been their **Fun Fashion Show** which proved to be a great success. During this, **nine members/shop volunteers were brave enough to dress up** and parade in front of an enthusiastic audience. They modelled a total of **62 different outfits**, all of which had been donated into the shop. Everything was on sale at the end of the evening - **FABULOUS DARLING!**

Two of our Clubs have held **free testing for prostate cancer** over the last month. Both **Huddersfield Lions and Elmet Lions** provided opportunities for these important tests to be conducted for men in order to identify, via blood tests, any traces of this horrible disease.

In Huddersfield, the Club was supported by **three members from Keighley Lions** as well as two members from the local **Prostate support group** who gave out information to the attendees.



PSA Testing

Meanwhile, Elmet Lions ran it's **second testing event** on 25th September, 2024 at The Motorist in Sherburn in Elmet in partnership with the **Graham Fulford Charitable Trust**. The event was funded by a variety of sources including The Co-op Community Fund and The Great Selby Bike Ride.

Collectively, both events saw **163 people being tested** with over 150 of these being categorised as 'Green' (Clear) whilst the remainders were advised to see their GPs for further guidance. **Well done both Clubs!**

Filey Lions



Finally, Filey Lions have launched their very first '**Roar**' which was launched at a local school. This exciting new venture is seeking to inspire **some amazing ideas** which the Lions are looking forward to.

The Club has also held its **60th Anniversary** with a fantastic Charter event attended by Lions & guests from across the country. The icing on the cake for them was a **Certificate of Appreciation** for our 60 year service from **HRH Duchess of Edinburgh**.

Six decades of service and making a positive difference - here's hoping for another 60 years (at least)!

