

June 2019
Edition

Lions 105M

Midland News

Welcome to your new look news from around the District



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Coventry Leofric Lions & Hedgehog Hospital

The club agreed to purchase the shed from our charitable funds and offered to save the charity further expense by erecting the new "hospital" shed.



A very worthy cause which helps injured & needy hedgehogs from across Warwickshire, Hedgehogs are in decline in the United Kingdom and they need all the help they can get.

We hope the little hogs enjoy their new home.

Diabetes Awareness Day: Lions Club of Coventry Godiva - 30th April 2019

St Paul's Church Hall, Foleshill Coventry



Incidence of Diabetes has been growing globally, at a particularly alarming rate, more specifically Diabetes Type 2 and is now one of the world's most common long-term health condition.

In UK there are around 3.5 million people with Diabetes and it is estimated that there are a further 0.5 million people that are undiagnosed. Around 6% of the UK population is known to be having diabetes.

This increase in number is linked to Obesity. Ethnicity - plays a big role and Diabetes is 6 times more prevalent in South Asians and 3 times more in Afro-Caribbean - causes being, unhealthy dietary patterns and lifestyles with a genetic component. Impact on Life expectancy- Diabetes is the 5th most common cause of death. Diabetes is a leading cause of Heart Disease, Strokes, Blindness, Kidney Failure and lower limb Amputation.

Life expectancy is reduced by more than 20 years in Type 1 and more than 10 years in Type 2 Diabetes. In response to the escalating health threat posed by Diabetes the World Health Organisation (WHO) and International Diabetes Federation (IDF) started World Diabetes Day which falls on 14 November to promote Diabetes awareness globally. In UK, the NHS England Diabetes Prevention programme was held in the first week of April of this year 2019.

In keeping with the Global and National drive, to raise awareness of the impact Diabetes has on the person, family and the community at large the Lions club Godiva organised a Diabetes Awareness Day in the Foleshill area of Coventry. The aim was to promote Education about the condition and its complications and information about accessing care.

The programme was held in the local St Paul's Church Hall, from 10 am to 2.00 pm, the event was advertised in advance with posters distributed to the local shops, businesses and organisations, Temples and Gurdwaras. A dedicated radio show was presented on the local Radio Panj station to promote the event and discuss the importance of Diabetes Awareness. On the day, we had a Yoga session and a light chair-based exercise class, both of which were very popular and well attended. The Club expresses Thanks to Diabetes UK, Coventry branch who supported the event. They held stalls where people could access them for Risk Assessment of Diabetes and then when necessary, being directed for further tests and management to their GP's. Also, discussing management issues.

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with those already Diabetic. There were 2 GPs present, to provide any information and advice as and when needed. There was a section where demonstrators advised on healthy cooking and Diet. A light snack was provided of salads made of Bean sprouts, fresh fruits and vegetable, keeping in with the healthy eating theme.

The event was received well by the community and the feedback was generally very satisfactory. Lions club Godiva are hoping to hold such Diabetes awareness events at least annually in the future.

Lion Trevor Races Across the Sahara for Georgie's Gift

Lion Trevor Binch, a member of Coventry Leofric Club has faced the gruelling challenge of the 2019 Marathon des Sables, This race covers 250 Kilometres across the Sahara Desert over six days.

He has faced temperatures in excess of 50 Degrees Celsius and he has had to carry all the food and drink he needs across each stage of the race with him.

Trevor was a self confessed junk food addict and in 2017 he weighed 22 Stone, having made an inspirational change to his life style he is now competing in Long Distance Endurance events and raising funds for a Warwickshire based charity, Georgie's Gift .

Georgie's Gift was set up in memory of Georgie Hall, who was only 23 months when she fell ill in February 2015. Days later she passed away after being diagnosed with Meningitis and Septicaemia.

Her parents Matt & Paula realised how little they knew about this horrible disease, and by setting up "Georgie's Gift" they aim to raise awareness of the signs and symptoms of Meningitis and Septicaemia, as well as advising families to get the correct vaccinations.

Training has been key to Trevor's success in the desert, he completed lots of long slow distance running events and back to back runs and at the peak of his training was running 70Km a week

across all sorts of terrain.

In partnership with the physical training he had to develop his mind to accept the possibility of running on empty, when you are tired and just want to stop. During his final preparations a typical week consisted of completing the same routine daily :-

7am Have Breakfast

Go for a 7 Mile Run

Rest for 2 Hours

Lunch

Go for a 7 Mile Run

Rest for 2 Hours

Dinner

Go For a 7 Mile Run

Trevor has described his experiences as a participant of the Marathon des Sables, in a presentation to friends and colleagues who have sponsored him to take on this challenge, he says that the first day (some twenty miles) was a piece of cake and he really enjoyed it.

The second day (21 miles) was a little harder as it involved running up and down fluffy sand dunes - for every one meter you ran forward your foot slipped back half a meter, so needing double the amount of energy to get to the daily finish line.

Day three (23.5 miles) was over even more rugged terrain and here he developed a hot spot the beginning of a blister.

Day four and five was the "Long Day" where he faced 48 miles, in preparation for the day, Trevor strapped up his blister - he now realises that the way he strapped it was not the best way and went on to cause him substantial discomfort. He then started his long run using the run walk strategy, that had worked for the last three days , where you walk up hill, run on flat ground and on soft sand walk.

This worked until the 37th mile when his blister had become bare flesh and very painful, he got to the checkpoint and realised he had eleven miles to go in the pitch black, he decided to walk the rest of the stage.

This meant that he was extending the 12 hours he planned to do this stage in to 16 hours, his food

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and water provision had been prepared for twelve hours.

Trevor describes this moment as "Imagine completing the London marathon and crossing the finishing line only to be told you have to turn around and run the course in reverse to get to your dinner and some rest" Due to his detailed mental preparation he was prepared for the challenge and he had trained his body to keep going on tired legs.

The final day was the Marathon, across the desert, its hills, mountains and sand dunes, after this gruelling challenge, Trevor was rewarded with his medal.



He completed the 232.1 Km race in 39 Hours, 33 Minutes and 22 Seconds over six days, and celebrated his 48th Birthday

on the final day of the race. He finished in 374th place out of 792 runners - a fantastic achievement.



At the time of writing this up Trevor has raised over £5,200 and we as a Club are immensely proud of his commitment, dedication and generosity - Trevor has the heart of a true LION

20th July 2019

Worcestershire County Cricket Club

New Road, Worcester

3pm

Who's Who...

5pm

The Launch Party of...



To book your place

Email: lionsjoyandian@worcesterialionsclub.org.uk

for a booking form

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Coventry Leofric Lions 24th Walkathon



Leofric Lions are proud to have hosted our 24th Coventry Walkathon in War Memorial Park on a gloriously sunny Sunday afternoon.

Many people dressed up for the event, and we had an astronaut with a rocket and planet, many characters from Harry Potter, Little Red Riding Hood, Goldilocks and the three bears as well as Lord and Lady Godiva.

Residents from across Coventry were entertained by the Coventry Girl Crew who performed a number of Street Dances prior to the Lord Mayor of Coventry and BBC Coventry & Warwickshire Presenter Vic Minett starting the walkathon.

The Coventry Corps of Drums followed the walkers on the first lap and played a series of marching tunes.

Some 200 walkers took part in the day raising funds for many local causes Including:-

Coventry Scouts
Coventry Guides & Brownies
St Finbarrs GAA Youth Teams
Coventry Resource Centre for the Blind
Coventry Enterprise Club

Zoes Place
Hereward College Residents Fund
Coventry Leofric Lions

The final amount raised will not be known for a number of weeks but we expect it to be over £8,000 all going to local good causes and charities.

Corby Lions Assists Four Children's Centres in the Town. The volunteer members of Corby Lions are committed to assisting within the local community providing help where they can to groups of all ages. For example, recently, a donation was made to the four children's centres in the town, Pen Green, Exeter, Kingswood and Woodnewton where the money was used to purchase resources and equipment plus providing events for young children and their families.

Tracy Gallagher, the Joint Head of the Pen Green Centre explained, "There were many other situations within family environments where, thanks to the Corby Lions donation we were able to assist such as the purchase of a food parcel for an emergency situation, helping to alleviate mould in a home, the purchase of a double buggy, nappies and children's clothing and providing equipment and resources for a child with very specific and complex needs. Finally, we held an Easter activity fun day with over eighty children, carers and family members attending".

The four centres will continue to purchase resources following referrals from staff with emergency and hardship funds where support is needed in priority situations when families are experiencing severe poverty and disadvantage.



Jenny Clarke, the President of Corby Lions commented, "Obviously, we are delighted with the success of this project and are pleased and proud to be working alongside the four centres that do so

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much for children and their families. Of course, this is only one example of what we do within our community. It's worth reminding everyone of our spring grants scheme for charities and similar organisations within Corby. Up to £500 could be awarded to each of six organisations but their applications must be received by May 31st. So hurry and email : john.w.2@btinternet.com with an application form sent by return".

Free diabetes testing in town. In conjunction with their stall in the Warwick Saturday Retail Market Warwick Lions sponsored a Silver Star Mobile Diabetes Unit which offered not only diabetic testing but also life-style and dietary advice.

The Unit which was open from 9am until 4pm catered for a steady flow of interested persons and was judged a huge success by one and all and a great benefit to the town.

Warwick Lions President John Tunney is seen in front of the Unit.



Moseley and Kings Heath Lions Club are working hard with Birmingham Moseley Rugby Club for a Beer Festival/Rugby Tournament and family fun weekend All taking place at Moseley Rugby Club Friday evening June 7th and all day Saturday 8th and Sunday 9th June.

Birmingham Chinatown Lions Club
伯明翰華埠獅子會

Summer Quiz

夏日智力竞赛

Tuesday 11th June 2019 6.00pm
Max team of 6 people £5 per person
To book a team please contact Lion Clive on 07960126869 or email cir@hrsfamilylawsolicitors.com

Chung Ying Cantonese Restaurant
16-18 Wrottersley Street Birmingham B5 4RT

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In Aid of
PSU Ordinary People Amazing Things
PERSONAL SUPPORT UNIT

WHERE THERE'S A NEED THERE'S A LION

Special Wheelchair Donation Following a disabled competitor at Leamington Spa's Victoria Park Bowling Greens being barred from a competition because it was felt that the wheelchair he uses would damage the greens, **WARWICK LIONS** stepped in and donated a specially designed chair to the Bowling Club. This chair is now in use and was recently featured in the local press.



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Worcestershire Lions Joins Forces with Worcestershire Young Farmers Zone E Lions attended the 71st Worcestershire Young Farmers County Rally at Kempsey Worcester, a team of 18 Lions from the six clubs in Zone E made sure the event was successful.

The main item on the day was diabetes screening done by Silver Star approximate number of people who were tested was 120 people.

We had a membership stand so we could inform the 1,000 who were in attendance who Lions are.

We also had a competition amongst the eight Young Farmers clubs, with trophy for club which collected the most recycled spectacles. Wythall YFC were clear winners with over 700 pairs of glasses collected.

So in conclusion an excellent event. It made national farming press Farmers Guardian, (circulation over 300,000), they are also doing double page article on the day and how Lions can help eradicate diabetes.



Zone E Chair Lion Richard Williams & Sophie Hambling Worcestershire YFC Chairman

Lion Simon Moss on main stage at Worcestershire Young Farmers County Rally speaking to an audience of over 1000



We made National Farming News



Part of the Zone E Team which made sure the event was successful. For Lions not pictured, sorry you missed the photo call, but your efforts were still very much appreciated



BIRMINGHAM CHINATOWN LIONS CLUB
伯明翰華埠獅子會
District 105CW



Birmingham Chinatown Lions Celebrate Our 32nd Anniversary

Saturday 13th July 2019 6.30pm for 7.00pm
£36.00 per guest or £350.00 per table
Dress Code Black Tie or National Costume

Birmingham Conference and Events Centre
Hill Street, Birmingham, B5 4EW

For more information or to book please email us on bookings@bctc.co.uk

Follow us on   



Ordinary People Amazing Things
www.chinatownlions.com
Charity Registration No. 1163679



...and it's goodbye from us...
...and the final edition of Lions 105M
Midland News...

We'd like to thank you for all your contributions and support - it's been a privilege to produce the Midland News... and we look forward to continuing in 105CW.

So please continue to send in your articles at the moment to news@lions105m.org.uk until you're notified of the new email address....

Joy & Brigitte
XXX

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