



Issue No. 11

June 2019

# LIONS ROAR



Lions Clubs International District 105EA - News and views including those of District Governor Mandy Hawksley

## It's the final countdown!

As my year ends, I would just like to update you all on the amazing projects that are happening and that are so easy for your Clubs to get involved with, and between them we are tackling the five global causes identified by LCI.

Firstly, the Brain Tumour Research appeal to raise £1 million over four years, to be able to establish a fully equipped laboratory. It is hoped every Club will donate £400 a year for 4 years to reach the target, this can be done by a dedicated fund raiser or a donation from a regular event. Another way of helping is by buying one of the new badges available to purchase for £5, all monies going to the appeal, we as a District have a supply of these if you are interested please let me know. It is also planned to have a Charity Ball each year, more details will be out nearer the time.

Secondly, pilot schemes are being planned for the Spot Cameras, one here in EA. We are in talks with Public Health England to develop a centralised plan and answers to the faq are now

available. Some members have been trained to use the cameras, and they will gradually train more members across the District as the project evolves. But we can't do anything without having the cameras, so thank you to those that have already donated towards their purchase.

Thirdly, we have the chance to have the Lions logo and what Lions are about added to the amazing "Wilde Tribe Heroes" books. These are a set of three books which follow a wheel-loved animal who encounters ocean plastic but with the help of kind people is rescued and released back into the ocean. They cover the issues of ocean plastic/balloon releases and ghost fishing. The idea is to purchase a set (cost £20 for the set and teaching resources, google "wilde tribe heroes" and have a look) and donate to the primary schools in your area. To be able to have the logo/info on the books we will need to buy in bulk, so again if you are interested please get in touch.

Not forgetting we have our own team of Lions trained in "know your risk" so if you are having an event why not ask them along to do a Diabetes screening for you. There are still plans to either do a feed the 5000 in 5 Districts

or maybe in five Countries, as Lions from Germany and France are interested in getting involved.

As my year comes to an end, I would like to thank you all for your support and advice. But there is one person who has been by my side throughout and that's PDG Paul Martin. Although his work has prevented him accompanying me on Club visits, he has been there every step of the way, his advice has been invaluable, he's picked me up when I've been down, and things have got on top of me. I wouldn't have been able to take on this role without his backing and that of our daughter Lion Toni-Marie and granddaughter Lion Cub Felicity.



*Mandy Hawksley*

District Governor 105EA

### District Governor's Diary – June 2019

Thur 2nd June	Southwold Lions Charter
Sat 8th June	Lioness District Meeting
Sun 9th June	Taveham Lions Charter
Sat 22nd June	MD GST Meeting at MDHQ
Sat 25th June	Chelmsford Lions Club - Magic Night

### 2<sup>nd</sup> Vice District Governor's Diary – June 2019

Sat 1st June	105E Cabinet Meeting – Nottingham
Sat 4th June	Peterborough Lions Club Fund Raising
Fri 7th June	VDG Training – Birmingham
Sat 8th June	VDG Training – Birmingham
Sun 9th June	VDG Training – Birmingham
Tues 11th June	Peterborough Lions Club Meeting

### Vice District Governor's Diary – June 2019

Sat 1st June	Southend on Sea Charter
Sun 2nd June	Incoming Officers Day Peterborough
Tues 4th June	Reepham Club Meeting
Sun 9th June	Taverham & District Charter
Mon 10th June	Taverham Club Meeting
Sat 15th June	Swaffham Lions Charter
Sun 16th June	Reepham, Service Day
Thurs 27th June	Royal Norfolk Show
Fri 28th June	Taverham Social
Sat 28th June	Taverham Fayre

*District 105CE – 1st Convention*

**Convention Weekend 12th to 15th March 2020**

**Holiday Inn, Peterborough West, Peterborough, PE3 6SG**

Run By Zone 1B Lions Club

Booking Officer – Lion David Pope, Email: [conventionbook@lions105ea.com](mailto:conventionbook@lions105ea.com)

# News from Dereham



*Dereham Lions Club would like to thank all the Norfolk Lions Clubs who donated to the project to keep PC TED going for a few more years, not only are they giving to children to pacify them if involved in accidents but also to children caught up in domestic situations.*

# Eggcellent Easter Artwork



**Newmarket Library was filled with local children 120 Easter Eggs and Newmarket Lions on Saturday 13th April with the annual Children's Easter Egg Art Competition with Leo the mascot in attendance as seen in the photo welcoming everyone to the event.**

Other guests, district governor Mandy Hawksley and Steve were also in attendance to help us talk to the mums and dads about Newmarket Lions and try and recruit some new members !! They also were coerced into helping judge the competition after the event and select three winning pictures out of the very impressive 120 entries this year. This Newmarket Lions event is one all lions want to take part in as it is totally free for the children to enter with every child being given a decent size egg just for entering

and then have an opportunity to win a gift token if their picture is selected as a winner. The library who a few years ago were given £1,000 by Newmarket Lions for improvements to the children's area is the perfect venue to hold the competition as the club are able to promote the event in the window in the build up in the week prior and the children who draw the pictures in the library benefit as many of them join the library as members every year. Everyone wins !!

# Lions Clubs Help Armed Forces' Veterans in New Scheme

Like the Lions, PTSD Resolution is a community-based registered charity. It provides mental health therapy to armed forces' veterans to resolve the devastating impact of the trauma that can result from military service in conflicts that range from Aden to Afghanistan.



As is sadly too often reported in the press, PTSD (Post Traumatic Stress Disorder) amongst ex-forces people is responsible for terrible personal distress, family breakdown and suicide in a number of instances. In 2018 Richard Wyatt of the Southend Lions contacted PTSD Resolution, hearing that the charity needed funding support for a course of therapy for a forces' veteran in the Southend area. After looking into the work of the charity, the donation was agreed as a worthy local cause, and treatment was delivered successfully.

Since then PTSD Resolution has contacted other clubs selectively for help with funding a local veteran who has asked for urgent support. In each instance, the charity interviews and assesses the needs of the veteran and identifies a therapist located close by. Then the charity oversees the programme, reporting back to the club on the local delivery of the programme and the results.

The club donation covers the £550 cost of treatment - or a proportion of it according to the availability of club funds - for the local therapist to deliver the agreed programme. This covers the average of six sessions of therapy that is required - no additional donation is requested if further treatment is needed.

Treatment is always delivered locally and free of charge to each veteran - also to veterans' families and to forces' reservists if they are seeking similar help.

Detailed reporting of each case shows a near 80 percent rate of resolution for the symptoms of trauma, where both the therapist and the veteran agree no further treatment is needed.

For reasons of confidentiality the name of the veteran who is treated is not disclosed; instead the charity shares a unique case number with the Lions Club, which is used to track the progress of the programme.

The charity can supply local therapists to meet with Lions Club members to talk about the treatment programme and the mental health issues that it resolves.

PTSD Resolution is a member of Cobseo, the confederation of service charities, All local therapists are registered with the charity and accredited with the Human Givens Institute.

For further details visit <http://www.ptsdresolution.org/community.php>

**PTSD Resolution**  
Counselling Forces' Veterans & Reservists  
registered charity no. 1133188