



#LionsGetInvolved



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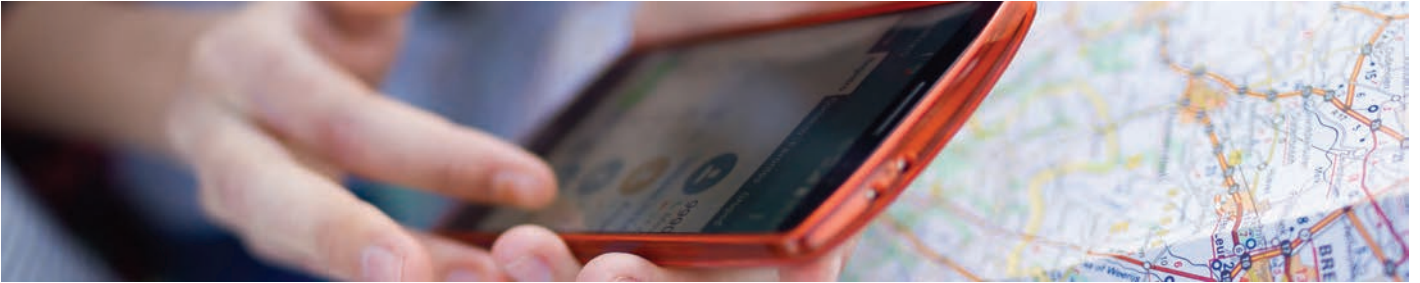


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#LionsGetInvolved

About



Wherever you live, work or travel, you are likely to come across members of Lions clubs and the projects we support.

Lions are ordinary people who do extraordinary things to help others and support good causes. Globally we have more volunteers in more places than any other service club organisation. We love to help others and make things happen.

Every Lions Club supports a range of good causes and projects in its area where you can get involved. Every day Lions are having fun by organising remarkable and memorable fundraising activities.

Every year in Europe alone, Lions Clubs' members volunteer around 6 million hours of service and raise £88 million to support local communities.

Because we are local, we serve the unique needs of the communities in which we live. As we are global, we can address community challenges wherever they occur.

Get in touch with us:

Lions Clubs International MD105, 257 Alcester Road South, Kings Heath, Birmingham B14 6DT
Email: enquiries@lionsclubs.co
Telephone: 0845 833 9502

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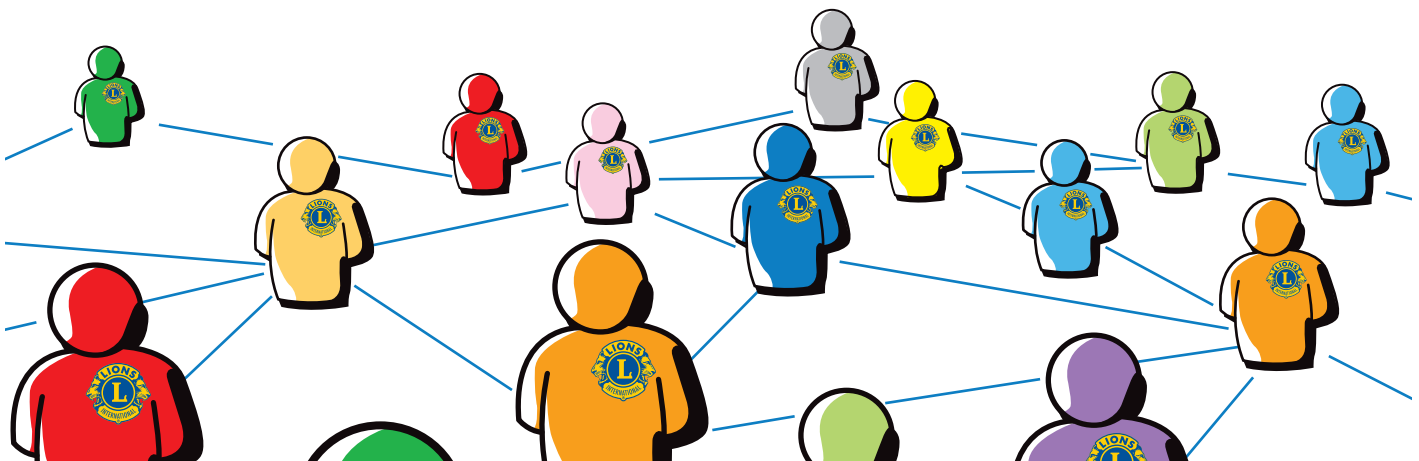
The Lions' logo is universally recognised and worn with pride by Lions members.
With 46,000 clubs in more than 200 countries and geographic areas,
you're bound to spot our logo somewhere (see page 46).

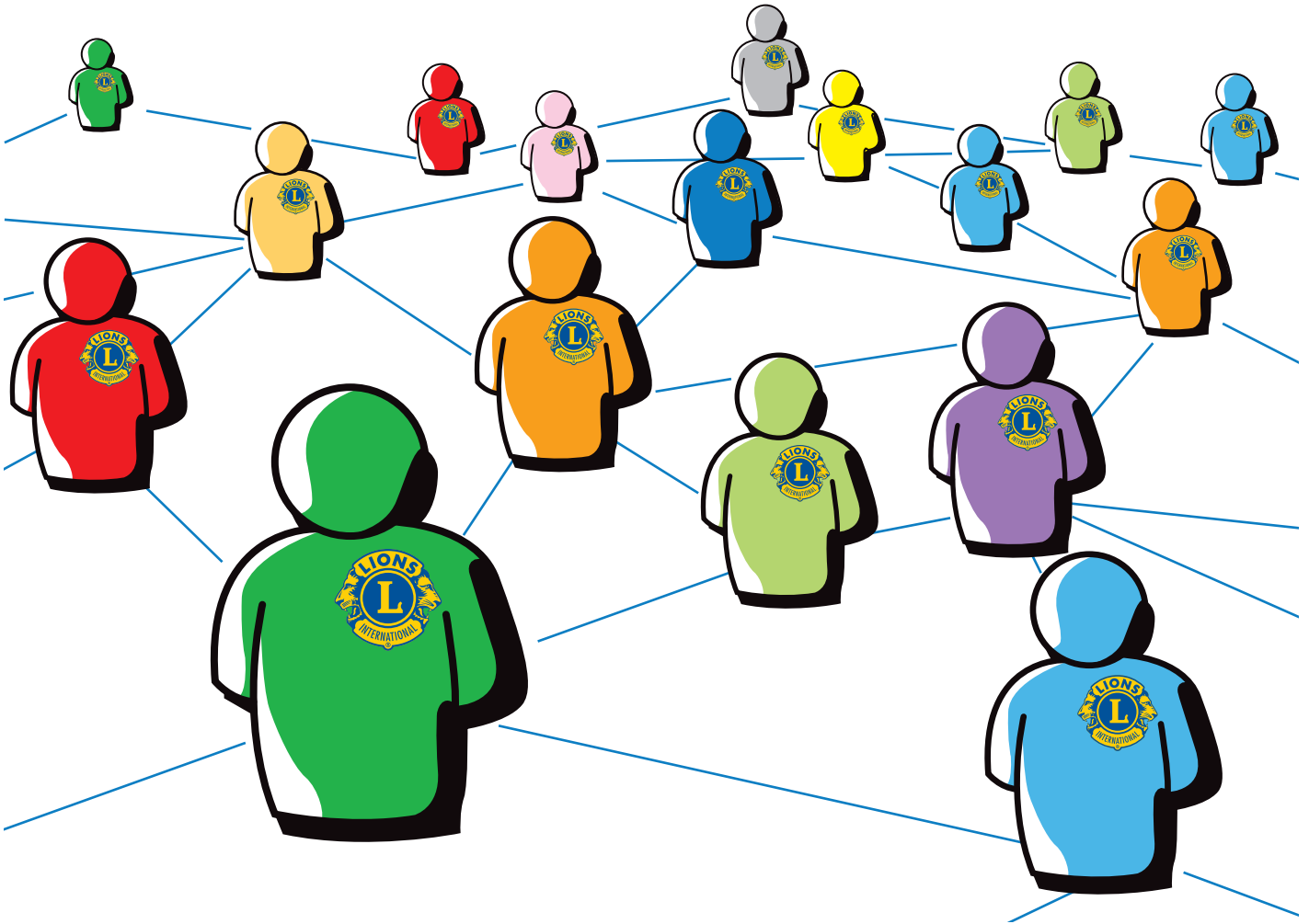
We are not only the world's largest service club organisation, we are one of the
most effective. We get involved with small requests for help,
and respond to global challenges.

We get involved with Lions for many reasons, we remain for one simple one:



We're proud to be in the Lions pride





Lions Social Network

Over 1.4 million men and women are members of Lions Clubs International. We are friends, family and global neighbours. As a social network of volunteers we share a common passion:

We get involved in our local communities.

When individuals become a Lion, they join a local club. Many clubs are well-established with long and proud traditions. Others are newer responding to changing needs and modern ways to connect and help others. If there isn't a club nearby, you can apply to set one up. Get in touch via our website to find out more: www.lionsclubs.co

In addition to supporting your local community, you can get together with other Lions clubs to work on larger projects. Lions who travel around the country or overseas, will find a warm welcome from fellow members. We make visits through twinning initiatives and attend local, national and international conventions. Thanks to the internet, no Lion need be more than a click away from another friendly Lion.

08 | 10 reasons to join us

Insight... getting involved with Lions



To read the stories behind the photographs see: www.lionsclubs.co



There are dozens of reasons to join Lions. Here are a few...

- #1: Meet interesting people. #2: Support emergency services. #3: Educate young children.
- #4: Go duck racing. #5: Play in a band. #6: Help others. #7: Wear a Lion costume.
- #8: Clean up your community.

Have fun - and make a difference



Lions Clubs members' involvement in fund-raising in partnership with Marie Curie has paid for over 36,000 hours of care for people living with a terminal illness.

Ten reasons to join Lions... #9: Have fun. #10: Make a difference.

There's a story about the difference between making a contribution and being committed concerning a chicken and a pig. When it comes to a plate of eggs and ham, the chicken makes a contribution, but the pig is committed.

Within Lions we are grateful to those who contribute towards helping others in their communities through donating money and other hands-on support. Lions members make a further commitment by investing their time and talents to our mutual cause.

There are many stories about the benefits of getting involved with Lions – they all centre around two things: having fun and making a difference.

Lions Clubs International is the world's largest service organisation with 46,000 clubs and more than 1.4 million members working with their local communities in over 200 countries.

Its founding is credited to the initiative of Chicago businessman, Melvin Jones. He envisaged a new type of service-centred club where members would put their talents to work to improve their communities.

The Association of Lions Clubs was formed at a meeting on 7 June 1917 in Chicago. The desire to serve others was compelling and on 12 March 1920, the first club was established outside the US in Windsor, Ontario, Canada. Expansion to China occurred in 1926, followed by the first Lions Club in Mexico a year later.

By the 1940s, Lions Clubs were established across North America, South America and Asia.

History



The story of the arrival of Lions Clubs in Europe involves a 29-year old man from Stockholm, Torgny Lange, who had a scholarship to study journalism in New York.

Invited to attend the 1946 Lions International Convention in Philadelphia as a guest, Lange met Melvin Jones and learned that the two men shared the same birthday. Such congeniality led to Lange promising to start a Lions club in Sweden.

It took two years before the first European club was founded in Stockholm on 24 March 1948, with the next established in Geneva three weeks later on 16 April.

After Canadian Lions provided invaluable support for British children orphaned in the Second World War, the then Queen Elizabeth sent her equerry Colonel Edward Wyndham (later Lord Leconfield) to convey her thanks.

He was so impressed that the Windsor Lions Club agreed to sponsor the first London club, with Lord Leconfield becoming its founding Charter President in 1950.

Today, HRH the Countess of Wessex is a member of the Wokingham Lions Club and Royal Patron of the Lions Clubs of the British Isles.

In 1955, Dublin became the first Lions Club started in Ireland, being co-sponsored by the London Club and the Capitol Hill Club of Washington.



Lions today

You can learn more about
Lions Clubs' work at:
www.lionsclubs.co or
contact us by email:
enquiries@lionsclubs.co or
telephone: 0845 833 9502

The world is a very different place from that where Lions Clubs International first served local communities a hundred years ago. Yet, the desire of Lions members to serve others and help meet the needs of society are much the same.

One major change is the ease with which the efforts of Lions members can be combined internationally. When we come together to focus on specific challenges facing humanity, Lions Clubs are able to make a phenomenal difference.

By 2021, Lions Clubs International aims to triple its humanitarian impact in five key areas to have a positive effect on 200 million people every year.

The Lions Clubs Global Service Framework comprises national and international projects alongside more focused and targeted efforts within local communities.

Diabetes

contributes towards over 5 million deaths annually – and this number is rising. Lions Clubs support awareness and action projects.



Vision

has been a priority for Lions Clubs for nearly a hundred years. We work to improve eye health and eye care for hundreds of millions of people



DIABETES



ENVIRONMENT



HUNGER RELIEF



PAEDIATRIC CANCER



VISION

Lions Clubs are tackling **Environmental** challenges to ensure that local communities are healthy and sustainable.

Nearly one billion people are affected by **Hunger** every day. Lions Clubs address the needs of those who are vulnerable in society as well as food security issues caused by humanitarian crises.

One child is diagnosed with **Paediatric Cancer** every two minutes. Lions Clubs are supporting families, and funding life-saving treatments.

Getting involved with Lions

as supporters, volunteers, members or partners

Lions Clubs International is fortunate to have the support of millions of members of the public who attend our events and donate to our fund-raising efforts. We are grateful to the many advocates who know of our work and champion our causes.

In every community, there are people who volunteer to help whenever they can, doing whatever may be needed. We rely on local businesses who help to promote our activities or donate raffle prizes and sponsorship. And we always welcome extra arms and legs to help us get things done.

At the heart of the organisation are Lions members – the men and women who make things happen. They give their time and talents, and also their money. An annual subscription paid by members contributes towards administrative running costs at club, national and international levels within Lions.

Each year we welcome hundreds of new members. They bring with them fresh ideas and share our commitment to help others less fortunate than themselves.

If you'd like to get involved with Lions as a supporter, volunteer, member or partner, visit www.lionsclubs.co for further details.

Lions serve our local communities by helping others less fortunate than ourselves. We respond to requests made directly by Lions Clubs and through intermediaries who recognise where there is a need we can address.

Our partners are like-minded organisations such as charities, non-governmental organisations and other membership bodies. Together we are able to achieve more in our local communities at home or overseas.

Serve with pride

“Alone we can do
so little, together
we can do so
much”



Helen Keller, social activist for the
blind and supporter of Lions as
“Knights of the Blind”



“You can’t get
very far until you
start doing
something for
somebody else”



Melvin Jones, civic leader and
founder of Lions Clubs International



“It’s the little things
citizens do. That’s
what will make
the difference”



Wangari Maathai, environmentalist,
Noble Prize winner and recipient of
Lions Humanitarian Award



Once upon a time

Laughter is something that comes with fun when you get involved with Lions Clubs.

Here we look at a few situations that cause us to giggle or guffaw - with some hints on how best to retain some dignity!

Share your photos and videos of Lions via social media – see links at www.lionsclubs.co



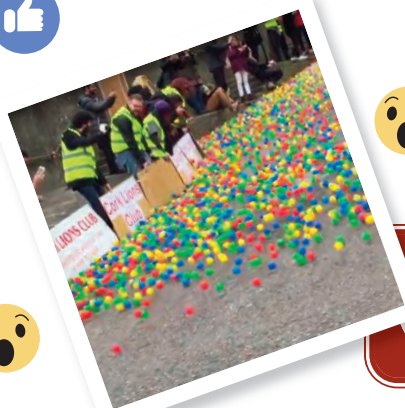
2

Google how to build a raft, before you get to the start line.



4

For pants sake don't let Santa diet in November.



6

Now, who's going to pick up 10,000 balls you've rolled down a hill in Cork?



1

Always check you get the email about wearing hi-vis.



3

Yes, Canadian Lions, we're fine dropping ducks from a bridge.



5

When grandad clearly doesn't know his left from his right...



Say cheese!

Behind closed doors at formal Lions events, there's always a chance you'll be asked to look a bit daft all in the name of charity. Well, they could have paid double to not join the selfie shot.

Photo: Ruislip Lions Charter Night looking silly for Red Nose Day

As with any other organisation, Lions members have to attend to some formal business from time to time.

From regular club meetings to annual get-togethers with fellow Lions at a local or national level, we have to dot the occasional i and cross a t or two.

We've also been known to let down our hair on the dance floor, wear fancy dress outfits and enjoy a bit of a posh party. But we never miss the opportunity to raise money for charity. Beware of raffle ticket sellers or the chap with a camera, we say!

Life Skills



The health and well-being of young people has never been so important – and resource materials developed by the charitable organisation, Lions Lifeskills, play a key role in supporting personal, social, health and citizen education.

With a reputation dating back several decades, Lions Lifeskills has established relationships with schools and other bodies working closely with children and young adults.

The **Life Changes** resource provides adults with an understanding of how children aged 3-11 years old cope with loss, change and bereavement. It includes activities to help with situations ranging from family breakdown and homelessness to death of a relative or friend, imprisonment or serious injury or illness. It is a well respected resource used by schools to develop policies and include the subject in the curriculum.

A series of **Keys to...** resources tackle sensitive topics such as drugs and sexual health issues for 11-16 year olds. These detail key sessions covering knowledge, skills and attitudes drawing on a variety of learning approaches to help young people keep themselves safe.

For further details about Lions Lifeskills, see: <http://www.lionslifeskills.co.uk/>

There are many facets to young people and the skills they need to thrive in the modern world. Lions Clubs seek to empower the next generation with our variety of youth programmes.

We support creative talent and sporting achievements. We recognise young people for their inspirational accomplishments, help develop leadership skills, and publish vital Lions Lifeskills educational resources.

We help young people and motivate them to help others through Leo Clubs, Youth Camps and Exchanges and our Young Leaders in Service Awards.

Visit www.lionsclubs.co for further details.





Swimming in pink

The local Lions Club in Lytham St Anne's raised £14,000 thanks to over 400 children and adult participants in its annual swimathon.

This money was donated to Brian House Childrens' Hospice, which specialises in palliative care for children, and support for their families. It meets the complex needs of children and young adults within the Blackpool, Fylde and Wyre areas with life threatening and/or life limiting conditions.

Care is provided free of charge, but the £1 million running costs each year are largely met by voluntary donations. On average children's hospices in the UK need to raise 83 per cent of their funding needs.

Many Lions Clubs get involved with their local hospices. The Ellenor Lions Hospices in Kent began as a project involving several Lions clubs in the area. An anonymous donation of £200,000 in 1983 to open a hospice was followed by nine years of fund-raising before the £1.5 million Lions Hospice was completed. In 2007, the venture merged with the Ellenor Foundation that provided the first children's hospice at home service in the UK.

To find out more regarding Lions Clubs support for hospices visit www.lionsclubs.co

Family Fun Time



Physical activity should be fun and inspire children to be healthy. Taking part in a Lions Club charity event, such as cycling, running or swimming, is a fantastic way to exercise and also learn the benefits of raising funds for others less fortunate.

Photo: Boroughbridge 98 Lions Club Family Cycle Day

Active citizenship at its best

For over forty years, Lions Clubs have celebrated the commitment of young people (aged 15-18) who serve in local communities at home or overseas.

Young Ambassadors are nominated by individual Clubs, with regional winners coming together at a national final to celebrate their achievements. In addition to receiving bursaries that are presented to candidates through the competition to invest in their chosen community project, one inspiring young person gets to travel to Europe to represent their country. Previous winners describe receiving the award as life-changing.

Details of how to enter the Young Ambassador Award can be found at www.lionsclubs.co



Orla Jackman won the UK Young Ambassador Award in 2015 entering with three friends from school. She recommends the award as a once in a lifetime opportunity. "Winning gave a great boost to my fundraising for childhood cancer charities and I'm now studying to be a teacher, which I love."

Shane O'Brien won the UK and European Young Ambassador Awards in 2010. Today he is a Chartered Accountant and elite football referee. "My main project involved promoting positive mental health and suicide awareness and prevention. Winning inspired me to raise funds for a new counselling centre." Shane praises the awards for offering networking opportunities for young people.

Charlotte Willett, winner of the UK and European Lions Clubs Young Ambassador Awards in 2013, has a drive to make a real difference in the world.

Her dream is to run her own social enterprise in South Africa that will combine sports and other activities to transform the lives of local children.

This will build on the work that benefited from bursaries she received as a Lions Young Ambassador. Charlotte, now married with a one year old son, has returned several times to the Agapé orphanage in Cape Town. "I will forever be grateful for the opportunities that the Lions gave to me to help the children there. I'd urge any young person with a love for a certain project to be confident and apply to their local Lions Club."



Catalyst for social
change

Charlotte Willett with her son and some of the children at the Agapé orphanage, South Africa



Look for the
helpers.
You will always
find people
helping.

Those most affected by humanitarian crises throughout the world are often young children. Providing immediate assistance is vital, but Lions Clubs International seeks to protect their futures, by helping for the long term.

Fred Rogers, the late US public broadcaster, recalled his mother's words when as a young child he was scared by news of great disasters. She told him: "Look for the helpers. You will always find people helping".

Lions members are proud to be among the helpers on the ground whenever there is a real need. We also commit to solve long-term problems through our presence in local communities throughout the world.

We believe that children deserve to feel safe and secure, wherever they live. This is evident with our legacy projects in Haiti after the devastating earthquake of January 2010. With more than a million people left homeless, Lions Clubs raised millions of pounds in their local communities. Medical equipment and temporary homes were sent to help Haitians in need. We worked with nongovernmental organisations to increase food security, provide sanitation, build homes and erect a temporary site for the national nursing school.



In 2017, reconstruction of vocational training classrooms at the Montfort Institute for the Deaf was completed thanks to US \$700,000 in donations from Lions Clubs in the British Isles and Ireland. Sixty years after it first opened, the school is able to continue to provide sustainable education for deaf children and young students in Haiti.

Visit the Lions Clubs International Foundation website for further news of our humanitarian projects: <http://www.lcif.org/EN>



Lions Clubs are raising funds to train fourteen hearing dogs providing a wonderful legacy for deaf people, young and old.



Mary Molloy was on a waiting list for five years before she was able to bring hearing dog, Brie, into her home. These highly trained, hard-working and loving animals offer deaf adults and children companionship, independence and confidence. Each hearing dog costs around £25,000 to be ready to place with a deaf person, and another £15,000 is required for its lifetime care.

For Mary, living alone after the death of her husband was very difficult, but after learning about hearing dogs, her life has been transformed.

"Brie, and her teddy, go everywhere with me. I couldn't wish for a better partner. From being fearful, I am now confident and sociable. Brie is very intelligent and alerts me to sounds and dangers around the home and when I'm out. We have a special bond and love each other so much."



If you would like to help Lions with this fund-raising goal, learn more about Hearing Dogs for Deaf People and read about Mary's story, visit www.lionsclubs.co



The Lions name stands for loyalty to a friend,
loyalty to a principle, loyalty to a duty, loyalty to a trust.



Lions Clubs International has been changing lives around the world for 100 years through humanitarian service.

We pay tribute to the generations of Lions members who have made a commitment to serve their local communities. Their legacy of loyalty and good deeds inspires every Lion member to live up to the values that continue to guide us.

Lions are proud to remember others. We are honoured to participate each year in services of remembrance in our local communities.

We are humbled to offer shelter for visitors to the National Memorial Arboretum where we recall our Lions friends who have passed most recently on to higher service.

For thirty years we have encouraged children in our communities to use art to reflect on world peace. We are proud to share their expressions, aspirations and dreams.

Please visit www.lionsclubs.co to learn more about our annual peace poster and essay contest.



Lions Clubs International Mission: Global leader in community and humanitarian service

Leadership starts with ourselves and the small deeds that we do, largely unnoticed, to benefit others.

Over time, our combined actions contribute towards our mission to be a global leader in community and humanitarian service.

Together Lions Clubs locally, nationally and throughout the world strive to make life better for others, often by helping one person at a time. We do this by getting involved wherever, whenever and however we recognise a need.

Our values are shared by people of all ages and all backgrounds. We work and live among communities located in towns, cities and villages.

Generations of Lions know that we can't do everything to solve the world's problems, but we believe that everyone can do something. Every member and every club is proud to play its part.



There are a lot of keen gardeners among Lions Clubs members who put their enthusiasm to work to help their local communities.

Whether its picking up litter or renewing wastelands as green spaces, Lions are prepared to get their hands dirty. Local projects include planting bulbs, sowing seeds, and restoring overgrown urban areas.



Pop up plant sales

Kingswinford and Stourbridge Lions run a pop up plant sales operation each year in partnership with a reputable nursery to raise several thousand pounds for good causes.

A fantastic choice of bedders and blooms is available to order for a few weeks during the Spring. Then it's green fingers at the ready as club members and volunteers meet in a secret location to box up the keenly priced orders and deliver direct to homes throughout the local community.

A massive annual one day plant sale is organised by Ruislip Lions club where the club's gardening experts offer advice alongside the chance to buy bedding and vegetable plants, shrubs and hanging baskets.

See:
www.lionsclubs.co
for details of
gardening,
restoration and
environmental
projects supported
by Lions Clubs.

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Bug and breakfast



Bees, butterflies and invertebrates are welcome to stay at the 'bug hotel' funded by the Morpeth Lions Club within a sustainable community gardening project for local residents.

#LionsGetInvolved

Reuse, renew and recycle is a responsible approach to help create a better environment in local communities.

Throughout the world, Lions Clubs get involved in collecting unwanted items, giving them a new life or recycling component parts.

This is good for the planet and generates money that is 'recycled' to help good causes.



See: www.lionsclubs.co for details of all the recycling programmes supported by Lions Clubs including furniture, books, hearing aids and spectacles.



Restoring smiles

Lions Clubs play a key role in helping the not for profit organisation, Dentaaid, by collecting old equipment from dental practices. This is then reconditioned and restored before being sent on to projects overseas.

Dentaaid also offers health education projects, training and volunteers. It is a respected voice in international dentistry, and has developed a portable dental surgery for areas without access to water or electricity.

In addition, Lions clubs have supported Dentaaid in purchasing a mobile unit to run an outreach service in Britain. This offers education and treatment, including for homeless and vulnerable adults, many of whom suffer unresolved dental problems that have a serious impact on their lives.

Lions member, Charmini Anthony, regularly visits Sri Lanka, taking reading spectacles and hearing aids donated by Lions Clubs.

"I work with local Lions Clubs and other volunteers, including doctors in Sri Lanka. They help ensure children have the hearing aids fitted and receive speech therapy as required."

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Leg work

Exeter Lions Club helps its largely rural local community by making it easy to return NHS crutches, walking frames and sticks to the Royal Devon & Exeter Hospital by collecting them from GP surgeries and community hospitals.

#LionsGetInvolved



Lions Clubs support an extensive range of health and vision-oriented initiatives locally, nationally and internationally.

In particular we support efforts to control and prevent diabetes, help the emergency services with our Message in a Bottle project, support blood cancer research and recycle used spectacles.



Specs Appeal

Sue Boucher, a member of Chichester Lions Club, explains the background to the amazingly successful spectacles recycling project.

"The club first started collecting spectacles in 1967. Today, with the support from other Lions, opticians and businesses across the country, we receive, sort, recycle and dispatch over 300,000 pairs of unwanted glasses around the world each year.

"This photograph shows me receiving a large donation from a waste recycling company that was arranged through Devizes Lions Club. I'm really proud of the network our project has created. We recently sent a box of 500 pairs of spectacles to Ghana as a result of a call from Louth Lions club".

See:
www.lionsclubs.co
for details of how to
recycle your old
spectacles or
arrange a collection
in the workplace.

#LionsGetInvolved





Billie's fund

The Lions International Blood Research Appeal (LIBRA) recently raised £200,000 for the haematology department at King's College Hospital London. See: www.libralionscharity.org

Thirty-year old Billie, who has been treated there for leukaemia, donated £3,000 from her own charity in thanks for the life saving treatment she has received, including a stem cell transplant. "So many wonderful people including doctors, nurses, health care assistants, kitchen staff and cleaners have been involved in my care. They made my long stay in hospital so much easier".



Christopher
Davies



The most memorable activity that I've been involved with as a Lion is a large health and well-being day. As well as stalls from a wide range of health related organisations, we offered on-site CPR – cardio-pulmonary resuscitation – training and a series of health screening tests including blood pressure and diabetes.

We screened over 100 people in one day, trained over 30 in CPR and enabled support that subsequently saved someone's life. What a powerful illustration of the good that Lions projects can do.

I also enjoy talking with people about Message in a Bottle, which is such a simple way of ensuring the emergency services can find your medical details easily in the event of an incident in the home.

If you'd like to know more about Lions health projects such as LIBRA, Message in a Bottle or screening events, visit: www.lionsclubs.co
email: enquiries@lionsclubs.co
or call: 0845 833 950

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32 | Local deeds and needs

A better world... making a difference



Many Lions Clubs share details of their local activities via Facebook, see www.lionsclubs.co for links.



Among the many local deeds and needs tackled by Lions Clubs in your community are...
#1: Presenting cheques to good causes. #2: Working with Santa. #3: Providing equipment for disabled people. #4: Helping schools. #5: Organising health screening. #6: Supporting community services. #7: Donating to hospitals. #8: Keeping food banks stocked.

Message in a bottle

Local Lions Clubs ensure that millions of people benefit from its Message in a Bottle initiative.

This simple idea enables individuals to keep their personal and medical details in a common location – the fridge.

If the emergency services are called to a home they are quickly able to find this vital information.

For more details on where to obtain a bottle call: 0845 833 9502 or see: www.lionsclubs.co

Access to food and water is essential for anyone's health and well-being.

When disasters or emergencies occur, this basic need is a priority for Lions who respond in their own communities and to support others around the world.



Helping together

The scale of the famine in East Africa is unimaginable. Rivers and wells have dried up. Livestock are dying. Families are desperate for food and water. Lions around the world have responded with vital funds and support.

We come together and offer direct assistance where it is most needed. Local Lions in Kenya were able to provide supplies quickly to 600 families thanks to donations from Lions Clubs in Sweden.

#LionsGetInvolved



If you'd like to support our national or international appeals, please visit the Lions Giving website: www.lionsgiving.co.uk



Mags Twist



I'm really proud to have been part of a team of Lions running an emergency centre and clean up operation after severe flooding hit our community. It's not every day that Lions are mentioned in Parliament, but our local MP praised how we'd managed over 1,000 volunteers in the first two weeks of the crisis. We worked closely with other organisations to help people needing emergency accommodation, clothing, bedding and food.

One of the things that Lions are great at is getting people involved. We wanted to help a local pre-school and thanks to support from a local pub, we got a Pink Floyd tribute band to perform in the village hall. A hot and tasty potato pie and pea supper was provided by the local takeaway, and Barclays Bank agreed to match fund every penny raised.

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Life Saving

Lions Clubs support the emergency services in many ways including purchasing hundreds of community defibrillators that have been located in public places.



#LionsGetInvolved



Blood Bikes provide an emergency courier service for blood, vaccines and other vital medical supplies required by the NHS at night, weekends and Bank Holidays.

Run by trained volunteers, the Blood Bikes service is entirely self-funded. Many Lions Clubs have donated money to SERV (Service by Emergency Response Volunteers), with Norfolk Lions Clubs funding two Blood Bikes.

For more information on Lions Clubs projects that support the emergency services, see: www.lionsclubs.co

Local Lions member, Eric Lawrence, goes further by many miles as a SERV rider. "I remember one time when I delivered donor breast milk to the neo-natal care unit at Addenbrookes Hospital seeing the tiny babies brought home to me how our work is so vital and life-saving".

Being physically active has many benefits for individuals and communities.

From personal long-distance challenges to popular community events, Lions love to get things moving.



A step at a time

Walking from Land's End to John O'Groats involves about 2 million individual steps.

When he was 72 years young, Lions member Keith Ogley took on this famous challenge in memory of his late wife and to raise money for his local hospice and other charities.

#LionsGetInvolved



You can find details of local Lions club events and challenges via their Facebook pages – see our website for more details: www.lionsclubs.co



Norman Apps



One event that gives me great satisfaction to be involved with as a Lion is our Christmas Day harbour swim. It started in 1978 with about a dozen or so swimmers. Over the years it has grown into a really big event for our Lions Club and our local community.

The atmosphere is fantastic with thousands of spectators having a great time. People travel from all over to join the fun. Last year, over four hundred people took part in the swim with more than £20,000 raised for a range of local and national charities. It's a brilliant start to Christmas.

#LionsGetInvolved





Life cycle

Cycling is one of life's simplest pleasures – doing it with a Lions Club to raise funds does you good – and helps the local community as well.

Photo: Knowle & Dorridge Lions Club Heart of England Bike Ride



Lions member, Ian Turner ran the London Marathon in 2017 as part of our team of ten runners raising money for the Blind Veterans facility in Llandudno.

Motivated by caring for his father who coped with blindness later in life alongside Alzheimer's, Ian is also the escort for the Llandudno Town Crier, Billy Baxter, a member of Blind Veteran's UK.

"Working with Billy, I've met many armed forces veterans whose lives have been changed thanks to the organisation.

They were my inspiration to complete the marathon".



#LionsGetInvolved

Men's sheds

As well as making use of their own craft skills in the cause of Lions projects, several Lions Clubs support Men's Sheds in their local communities.

These are places where men can come together and share the tools and resources they need to work on projects at their own pace and in a safe, friendly environment.

This community based network offers men who are retired or out of work somewhere to meet, have a coffee and use existing or new skills.

The idea began in Australia and is now a global movement. They are funded entirely by voluntary contributions.

A wide range of individual and communal craft projects are undertaken normally using wood or metalwork.

Many of the tools donated to Men's Sheds come from widows, who want to donate their husbands' tools to a good cause.

To find out more visit:
www.ukmsa.org.uk

#LionsGetInvolved



Members of Lions Clubs are a crafty lot. They love to make and mend, reuse and renew.

Donations of wool are particularly welcome and the knitting needles are soon in action making toys and children's clothes to sell on charity stalls, or give to worthy projects.

Glanford & Lindsey Lions, with the help of other knitters in their local community, have been busy making blankets, hats and jumpers. Their handicraft has been donated to the local hospital and also sent to mothers in Sierra Leone.

From pillowcases to perfect little dresses, Lions Clubs across East Anglia donated over 700 special outfits to Little Dresses for Africa. Visit: www.lionsclubs.co to read the story behind this project.

Sew special



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Preferred partners

Named the world's leading non-governmental organisation with which to partner by a Financial Times independent survey, we work closely with small, local organisations as well as major national and international companies, charities and humanitarian bodies.

Lions Clubs get involved with fund-raising campaigns and offer logistical support to achieve things that would not happen without our help. To read more about our many partnerships, including with the following respected organisations, visit: www.lionsclubs.co





Photo: competitors in the EFDS National Junior Athletics Championships

Getting involved as partners of organisations that run disability sports events is a real highlight for many Lions members. At the Summer Games run every four years by Special Olympics GB, Lions Clubs help run the Families Programme to support the 5,000 friends and relatives of the 2,600 athletes in competition.

Lions members also champion disabled athletes as volunteers at the English Federation of Disability Sport National Junior Athletics Championships.



Penny Tregillus is a retired Special Needs teacher and makes good use of her skills as a Lion. "I am passionate about the concept of equality for all in sporting activities and always make great memories when volunteering at different games. Working with other Lions to help young people excel among their peers makes me really proud."

#LionsGetInvolved



Hard-working mascots

One of the most rewarding – but equally one of the most challenging – jobs in any Lions Club is being appointed as its mascot.

If you ever wondered what it takes to wear a Lion costume in the line of local community duty, here are some top trade secrets:

Post your photographs of Lions Mascots to Facebook
@Lionsclubsmascots

1

When interacting with young children, get down to their level.



2

If your tail needs untangling, call on a fellow Lion to help.



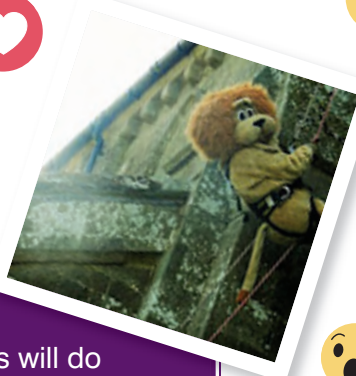
3

Always put your hand over your mouth if you feel a burp coming.



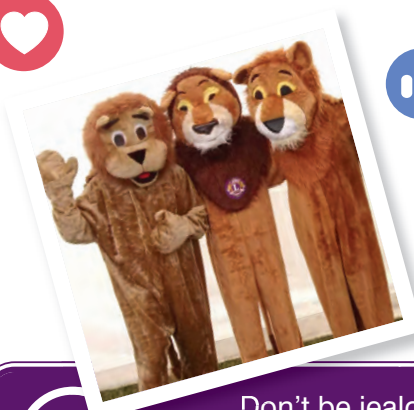
4

Lions mascots will do anything for charity.



5

Don't be jealous, Lions mascots come in all types of handsome.



6

Remember to be a friendly Lion when meeting a policewoman.



High-visibility helpers



Invariably you can spot a Lions Club member by their high visibility clothing. Being safe and professional is essential whenever we're working in public places. Event organisers, including many local councils, rely on our expertise to steward, marshal and control traffic. From fun runs to firework displays we've built quite a name for ourselves as the "go-to" boys and girls in luminous yellow.

44 | Seasons and Santa

Having fun with friends... creating happy memories

Whatever the season, Lions Clubs are active in their local communities.

We get involved with major religious events and cultural festivities.

From Spring clean ups to Summer carnivals, from Autumn tree planting to Winter food parcels, where there's a need to help others, you'll find there's a Lion.

For details of how #LionsGetInvolved each month, see: www.lionsclubs.co



In communities up
and down the land,
Christmas means Lions.
Just ask baby Koa.



#LionsGetInvolved

#LionsGetInvolved



Look out for the
Lions logo
wherever you live,
work or travel –
and email us your
photographs:
pr@lionsclubs.co

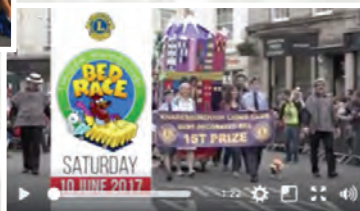
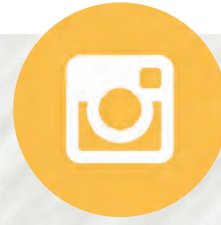


We spotted the Lions logo at... #1: Lions 2017 Rose Float, Pasadena, California.
#2: Gibraltar Moorish Castle. #3: Cleethorpes Floral Cart. #4: Carrigaline Lions Youth Centre, Ireland.
#5: Analematic sundial, Lions of Torquay, Australia. #6: Lions Shelter, National Arboretum, Staffordshire. #7: Melvin Jones Memorial, Madrid. #8: Public bench at Lambeth Library, Ontario.

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#LionsGetInvolved



SHARE YOUR STORIES



Pass it on

Please accept #LionsGetInvolved challenge and pass this publication onto someone else to read and enjoy.

Even better would be if you are able to leave it somewhere in your local community where others will be able to learn more about how #LionsGetInvolved. Thank you.

Editorial & Design: Heather Yaxley | Mandy Broadbent | Ian Gott

*Our thanks to all the Lions Clubs members featured in this publication
- see www.lionsclubs.co for more details of their stories and projects.*

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