



Lions Project ideas sheets suggest ways in which your club can make an impact in the five Global Service areas. If you have more ideas, email: pr@lionsclubs.co



Project ideas Sheet #1

Fight against diabetes

#StepForward

#LionsGetInvolved

#JoinUs:

Visit: <http://lionsclubs.co>



Get Involved

Ideas to involve club members

Find out more: Visit websites and social media for organisations and groups such as www.diabetes.org.uk, <https://jdrf.org.uk>, www.iddt.org, and www.drwf.org.uk to learn more about diabetes type 1, type 2 and gestational diabetes (which can occur during pregnancy).

Share experiences: Set aside time in a club meeting to talk about members' experiences of diabetes and its effects, and report in club communications.

Listen and learn: Organise a guest talk by a healthcare professional (local GP, district nurse, representative from diabetes support group) on diabetes, pre-diabetes (warning signs), prevention and management.

Healthy lifestyle: Invite family and friends to a food taster and test your knowledge of food labels and healthy eating options with help from a nutritionist or healthy lifestyle instructor.

Fit and active: Have fun with a health trainer who can share easy exercises and explain the value of smartphone apps, step counters, pedometers, smartbands or odometers (for use with bicycles and wheelchairs).

Fund and support: Offer funds or support for a local group or campaign – to apply for an LCIF diabetes grant see: <http://fightdiabetes.lionsclubs.org/>



Step Forward

Ideas to engage your local community

Promote diabetes awareness: Share news about diabetes and club projects, in community newsletters, media releases, websites and social media. Work with your local GP surgery, pharmacy or diabetic nurse to run a diabetic awareness course or screening event.

Support health campaigns: Plan activities with local diabetes support groups such as a pop up stall for Diabetes Week (10-16 June 2019), Health Information Week (1-7 July 2019) or on World Diabetes Day (14 November 2019).

Donate resources: Present a diabetes resource to a local library, provide a MedicAlert bracelet (<http://lionsclubs.co/MemberArea/medic-alert/>) to a diabetic child, or supply Lions Lifeskills resource, 'Health & Wellbeing' to a local school. Donate fitness equipment to a school or community group.

Advice and network: Set up a group meeting where those diagnosed with diabetes and their families can meet for support and advice. Organise a health check event with a range of health professionals.

Get out and about: Organise regular walks or go foraging (with advice from Woodlands Trust or Countryfile). Run a sponsored running, trekking, cycling or swimming event in aid of a diabetes charity or cause.

Organise a community festival: Celebrate health and fitness with an event to showcase healthy cooking demonstrations, dance and exercise, how Lions Message in a Bottle works, cycling tips and checks, local food growers/ allotments, table-top gardening or seed-swapping – with ideas and advice on growing your own healthy food.

