



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](mailto: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](http://www.diabetes.org.uk), <https://jdrf.org.uk>, [www.iddt.org](http://www.iddt.org), and [www.drwf.org.uk](http://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: [www.lionsclubs.org/en/start-our-approach/grant-types/diabetes-grants](http://www.lionsclubs.org/en/start-our-approach/grant-types/diabetes-grants)



## 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 event.

Promote 'Know your risk' <https://riskscore.diabetes.org.uk/start>

**Support health campaigns:** Plan activities with local diabetes support groups such as a pop up stall for Diabetes Week (10-16 June 2024), Health Information Week (1-7 July 2024) or on World Diabetes Day (14 Nov 2024).

**Donate resources:** Present a diabetes resource to a local library and provide a MedicAlert bracelet (<http://lionsclubs.co/MemberArea/medic-alert/>) to a diabetic child. 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.

