



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 #2

Improving eye health + eye care

#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 <https://www.visionuk.org.uk/>, <https://www.rnib.org.uk/>, <https://www.macularsociety.org/>, <https://visionary.org.uk/>, <https://www.rsbc.org.uk/>, <https://www.glaucoma-association.com/> to learn more about sight impairments and how to maintain healthy vision.

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

Listen and learn: Organise a guest talk by a sight-impaired person or health professional to share their knowledge of everyday living challenges.

Healthy vision: Invite family and friends to a healthy vision food taster and test your knowledge of lifestyle effects and foods recommended for good eye health with a dietician or healthy lifestyle instructor.

Fit and active: Have fun with a health trainer who can share easy exercises and how fitness reduces the risks of many eye conditions.

Fund and support: Donate to sight restoration operations with the Lions Sightsavers Trust or help to fund a training course for ophthalmologists at the Korle Bu Lions International Eye Centre. Introduce the Lions Essay Competition for visually impaired young people (11-13yrs).



Step Forward

Ideas to engage your local community

Promote spectacle recycling: Arrange collection of used spectacles from opticians, GP surgeries, chemists, businesses, recycling centres and Marie Curie shops. Send to Chichester Lions Club where hundreds of thousands of pairs are processed to help communities in Africa, India and Eastern Europe.

Support healthy vision campaigns: Plan activities (such as pop up stalls or Walk for Sight events) for National Eye Health Week (23-29 Sept 2019), World Sight Day (11 Oct 2019), or White Cane Day (15 Oct 2019).

Talking books and newspapers: Contact your local library to supply audio books, and offer support for a local Talking Newspaper service (Lions have helped over one million people through Talking Newspapers).

Volunteer and network: Arrange an outing for local visually impaired people, become Guide Volunteers with the RNIB or British Blind Sport. Home visiting volunteers are sought by groups such as Lions partners, Blind Veterans UK.

Sponsor and partner: Support a guide dog training programme, partner with mobility specialists to sponsor daily living aids, organise a sporting event for visually impaired people (eg bowls, chess or tandem cycling) in partnership with local groups.

Create multisensory experiences: Equip a sensory room in a local hospital or hospice. Establish a sensory garden with plants, water features and mobile sculptures. Provide braille or audio recordings of local signage. Contact a school for the blind to discuss multisensory student resources.

