

# The International Association of Lions Clubs

## DISTRICT 105D - JUNE 2013



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*“Service with humility: Fellowship with fun”*



### The Last Words from DG Roger

Well my fellow Lions, friends, the time is nigh when I shall be hanging up my DG boots. What a journey Christine and I have travelled over the last year. It has been a privilege and an honour to serve as your DG because of the friends we have made, the places we have been, the service to the community we have heard about and ordinary Lions doing amazing things we are proud of you all in District 105D.

Since the last newsletter we have been busy on the road as usual. We travelled to Torquay for the Multiple District Convention. The final Council of Governors meeting for the year was held there and we had the International President in attendance. We also had our ‘Last Supper’ together, but for the present group of DGs the fun will continue in Hamburg, in our annual reunion, and small get togethers. Any of you out there thinking of trying the road to “DGism” the friends you make are so special and the journey fantastic.



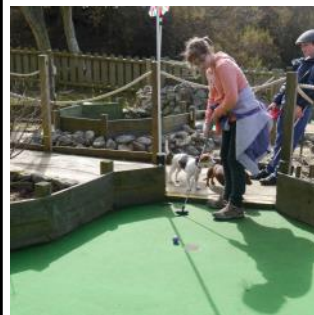
These pictures were taken on Host Night. It is Salisbury club giving us some fun. During the last session of convention Lion Ken Staniforth (the one in the black wig!!) was presented with the International Presidents special award for membership growth. Congratulations Ken, well done. President Trish nominated him. Congratulations must also go to David Merchant on formally becoming DG Elect 105D and being presented to convention alongside the 12 other Governors Elect 2013-2014.



I went to join the President and the Lions Club of Alton,

who have really taken the Young Leaders in Service programme to their heart and have been able to give out awards to 43 young people. I was able to share the presentation of these alongside the Mayor of Alton and the club liaison with the college. This was a great way of putting Lions in the public presence and it has been something I have been trying to promote YLIS all year as a good marketing tool as well as giving every young person something to put on their C.V.’s and enabling them to be aware of their fellow citizens and having the willingness to serve.

We owed our middle two grandchildren birthday presents and thought it would be a good idea to take them away for a few days to the Isle of Wight. This meant I was able to make three club visits during this time. Thanks to the hospitality of Lion June from Ryde club we had the use of a comfortable flat right on the beach. The dogs, children and I had a great time. The visits were great and the members accommodated Rachael and Jeremy with such care, thank you all. For Ryde they have dressed so smartly so as not to let us down; for Cowes they were more casual but still well behaved; for the Ventnor visit they had had enough of Lions meetings and so went to the cinema with June and had a ball, Lions are always friendly and helpful.



**DG at play enjoying a game of crazy golf and then a walk through the gardens at Robin Hill.**

We also attended the training day for incoming officers. Christine had to go as she is once again taking on the role of Zone Chairperson. It was very informative and I encourage Lions to take advantage of these days and grow their knowledge and confidence.

We have also been to many Charters which have been fun, friendly and thoroughly enjoyable. So thank you to Yateley, Bridport, Havant, Bradford on Avon, Warminster, Bournemouth, Westbury, Hart, and Romsey. We have seen presentations, met long serving Lions and Mayors. We have also been impressed by all the clubs who have collected spectacles for Spektrek – one of the many projects we are proud as a district to support.



**Fun at Westbury's Charter It was their 40th anniversary**



**Bob and Peggy Moore President of Bournemouth. He was a District Governor over 40years ago**

For my own club I helped sell raffle tickets at the Motor Cycle Rally they organise and support every year. It was a warm day and the vintage bikes and bikers were out in force. Christine's club were holding a fun walk on Elvetham Heath in Fleet. The church (where the District Service was held) helps by BBQing burgers for the walkers. Wearing our church hats this time we helped burn the burgers!!! Alongside our Fleet lion son-in-law Michael and daughter Hannah and other church members'



Last but not least was the great visit to Paultons Park where so many Lions and the people they have enabled to have a family day out went ahead under the guidance

of Lions John and Anita Drago who work their socks off to make it a success. Although it was cold and a bit drizzly everyone had a super time including 4 of our own grandchildren who got wet in the water park and down the water flume, as well as the DG and our Hannah and Michael who organise the Fleet and Hart folks who attend. It is a really worthwhile project and we look forward to going again. Christine braved the go-carts and wants to go again and again but never on the other rides!!! I am proud of the efforts of the clubs who managed to buy 3,300 tickets this year.



**The family with the Lion**



We have about another half dozen charters to go to, a club visit and another trip to Jersey this time to attend a function at the Lieutenant Governor's Residence celebrating 50 years of Jersey Lions and their Swimathon presentations. Once again my sincere thank you for giving Christine and I a year of wonderful and enriching memories. We wish the district all the best and that it goes on from strength to strength. We look forward to seeing you over the years and renewing friendships.

<b>Lions passed to Higher Service:</b>	
Vivian Morris	Henley on Thames
Marion Swayne	Meon Valley
John Bastable	Newbury
Ian Birch	Yateley
John Johnson	Jersey

**Membership** - 25 Members resigned in good standing  
One member transferred out of the District and one member dropped for non attendance.

Welcome to the new Lions, enjoy your service and fellowship.

Edith Moore – Bournemouth, Keith Aird – Farnborough, Lauren Burrbridge - Sirrius (Fleet), Alex Brooks and Rosina Woodward – GMS, David Croft - Goring and Woodcote, John Little and Sue Little - Hythe and Waterside, Janet Horley – Maidenhead, Gary Potheary - Meon Valley, Deborah Abraham, David Read and Jacqueline Read – Petersfield, Graham Starr – Poole, Philip Gulliver – Ringwood, Patrick Clash – Salisbury, Maureen Leaver - Southampton Solent, Veronyca Bates – Westbury, Susan Jackson, Claire Mangers Page and Nigel Page – Wokingham, Penny Bird and Tony Fiddy - Woodley and Earley



One final photo of Lions of 105D at MD Convention

Yours as always in Lionism *Lion Roger Munday*

### Lions Stepping Out

By stepping just outside their local territory the Lions Club of Goring, Woodcote & District have enabled a young girl to continue receiving unique life enhancing physiotherapy treatment at the Footsteps Centre, in Dorchester-on Thames. Picture shows 8 year old Callum Berry from Bracknell, Berkshire are (L-R) Lion President Chris Stevens & Lion Derek Robinson presenting the Lions Club donation to Pippa Hoyer-Millar – the founder of Footsteps.



The Footsteps Centre provides access to a team of highly experienced physiotherapists and equipment for children suffering from varying conditions or disorders such as cerebral palsy, muscular dystrophy and even epilepsy. Amongst some of the specialist equipment used is "The Spider" which, developed in Poland, enables therapists to carry out a range of exercises whilst the child is supported by elastic ropes which are adjusted to allow different parts of the body to be freely exercised.

It is highly successful at enhancing and improving physical development as well as building confidence, which often also positively affects speech and cognitive capabilities.

Other more traditional therapeutic aids and equipment are also used such as balls, rolls, trampolines, treadmills and ladders to facilitate therapy. This combination of therapy is not available anywhere else in the U.K.

Footsteps was founded 10 years ago by Pippa Hoyer-Millar

who brought these unique physiotherapy techniques over to England from Poland having seen at first hand the great improvements it made to her own daughter who is now 20 years old.

Currently there are 9 physiotherapists at the Centre who work with approximately 15 youngsters during a three-week session from all over the country, and involve as many as 150 different cases annually.

The aim of Footsteps Foundation is to raise £150,000 a year to help fund the therapy costs for low-income families who would not otherwise be able to access the innovative Footsteps treatment programme.

For more information about Footsteps telephone: 01865 340376

Email: [info@footstepsfoundation.com](mailto:info@footstepsfoundation.com)

Website: [www.footstepscentre.com](http://www.footstepscentre.com)

Our donation £750 will pay for half of a 3 week treatment programme comprising up to 3 hours a day for 6 year old Sienna Steptoe from Abingdon, South of Oxford .

Sienna is partially-sighted and has cerebral palsy. When Sienna was 5 months old she started to have infantile spasms. Following investigations Sienna's parents were told the difficult news that she had 'massive brain damage' and that she was completely blind and deaf (although this turned out to be wrong) but doctors also said Sienna would not talk, walk, or be able to sit on her own.



Since starting at Footsteps in 2010 and with the help of funding from Footsteps Foundation, Sienna's physical abilities have grown from strength to strength as she has developed in confidence and independence and has achieved several personal goals which have

made a huge difference to the lives of Sienna and her family. After one of her first sessions Rosie was at home with Sienna and as usual put Sienna on the floor surrounded by all her toys. Rosie popped out of the living room and when she got back Sienna had moved into another room for the first time ever giving Rosie a huge shock!

Sienna had her first therapy session at Footsteps in January 2010 and she is now a regular at the Centre, attending at least two sessions each year. As a result, Sienna has increased her mobility and gained more control over her movement - she has learnt to use her hands more freely, crawl, bottom shuffle and she has mastered how to using a forward walking frame on her own, and can now walk holding the hand of an adult. During Sienna's last session at Footsteps she took 6 independent steps which is something her parents never expected to see.



Sienna's parents said, 'To see Sienna achieve what she is doing is amazing. We received a grant from Footsteps Foundation and without it we would not have been able to do so many sessions.'

## ALTON COMMUNITY FIRST RESPONDERS MEET THE PUBLIC.

Alton Community First Responders were out to meet the public at the Alton Lions Craft Market. The First Responders who were the beneficiaries of the proceeds from the clubs Spring Quiz manned a stall provided by Alton Lions to take the opportunity to explain to people how they operate.



The Responders are all volunteers, from a wide range of backgrounds who operate in their own time on an on-call basis, responding in their own transport. The scheme exists to compliment the service provided by the South Central Ambulance Service NHS Foundation

Trust. There is a vital need for the scheme in the Alton area in order both to save lives and to provide support and reassurance to patients in the event of an emergency.

They aim to be at the scene of an emergency within 5-8 minutes. This is vital for patients in these situations and the responders are able to provide the necessary emergency treatment, defibrillation and basic emergency life support to save lives prior to the arrival of an emergency ambulance.

Community First Responders carry an emergency kit which includes a defibrillator and costs £2500. The scheme is run as a registered charity and the local group are looking for support both in the form of volunteers to train as Responders and funds to finance the operation. Photograph: Alton Lions President, Sarah O'Donoghue, Alton Community First Responders Coordinator, Antony Hickman and Brian Lazenby, Alton Lions Welfare Chairman.

## Food banked by Lions



As part of the funds raised at the 29<sup>th</sup> Annual 10k Charity Road Run organised by Goring, Woodcote & District Lions held in January 2013 the Club has purchased and donated two supermarket trolley loads of food to the

Wallingford Food Bank.

The photograph shows part of the first of two deliveries planned to be made, the next will be supplied later in the year. Pictured are the Manager Jean Burt, Neville Burt (Wallingford Food Bank Chairman) together with Lion Alan Lovegrove and Lion Derek Robinson. In the first 4 months of this year more than 300 people have been helped and it is thought that with the new benefits system coming into place and the rising cost of living, even more help will be needed.

Derek Robinson, the Lions Community Service Committee Chairman stated "Our Lions Club are delighted to donate this food to the Wallingford Food Bank. We hope it will help people who are desperately in need of support at a difficult time in their lives. We are full of admiration for the work done by Jean Burt and her helpers and hope they will be able to continue to serve the less fortunate in our community.

## MIND Move into the Computer Age in Alton.



The Alton team of MIND Alton & Bordon Wellbeing Service recently took possession of a radio enabled laptop donated by the Lions Club of Alton.

MIND does not have premises in Alton and the laptop is essential in helping them provide support for people with mental health problems. The trained Advisors and Workers use it to help people access services such as online forums which offer support and advice on such things as eating disorders, general mental health problems, education and many other local or online only services.

MIND provides help to those who are not getting the help or service they need. A referral isn't necessary and they can be contacted direct. No one is turned away being told that they cannot be helped.

A drop in group is held at The Salvation Army, Alton on Wednesdays from 10.00 a.m. – 1.00 p.m. until 9<sup>th</sup> May and from then on Thursdays at the same time. A session is also held at St. Mark's Church Bordon on Mondays from 1.00 – 3.00 p.m.

Drop in groups are an easy way of making contact. A safe environment is provided where everyone is welcome to come for tea/coffee and cakes and to have a brief chat to see how they can be helped. One to one meetings can usually be arranged.

Photograph: The local MIND team receive the new laptop from Alton Lions at The Salvation Army HQ. Back row: Jane Hopkins, Wellbeing Worker; Mike Baker, Alton Lions; Major Neil Woollacott, CO the Salvation Army, Alton. Front row: Sarah O'Donoghue, President, Alton Lions; Julie Terry-Jenner, Wellbeing Advisor; Joe Clunes, Wellbeing Worker; Anna Wall, Wellbeing Advisor.

## A Message from your Editor

Due to District Governor Roger having no internet provider during May no newsletter was produced. Many thanks for your articles, although not so many this time. So Please keep your articles coming! The next issue for August will close on the 24th August.

**Lion Peter Garlick**