



MD105 Council Chairman's Newsletter



Welcome to your newsletter from Council Chairman Stewart Sherman-Kahn

MY DEAR FELLOW LIONS

As I write this our Nation and our Organisation is facing the very real and serious threat of COVID-19. In fact there is not a part of the world that appears unaffected.

SO WHAT DO WE DO?

FIRST... We must make sure that we take care of ourselves and follow all advice given. Below are links which will help make clear what you need to do and what is out there to help us...

<https://www.gov.uk/government/organisations/public-health-england>

<https://111.nhs.uk/covid-19>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.samaritans.org/>

SECOND... We must look after each other. Check on our fellow Lions to make sure that they are OK. Some will be alone and perhaps not connected to world as we are. Phone your fellow Members if you need to and as often as you can. We need each other at this time.

Information on how to hold an Online Meeting has been circulated and many Clubs are already starting to issue emails with games and puzzles etc.

This newsletter also contains some ideas from the MD105 PR and Communications Team. Thanks to Lions Mandy and Heather for their work on this.

THIRD... We must, as we always do, when are can, serve those around us. No one knows your Community as well as you do. What do they need? What can you help them with?

For example many small Pharmacies need help delivering medicines. Many local Councils are also putting together Teams to support those locally in need.

Can you help with these? There is also a NEW Help Card which you may be able to put to good use.

Please take care during this testing time for us all. Know that you are not alone. Your Lions family is there for you and we will all do our best to support each other.



Stewart Sherman-Kahn
Council Chairman MD105
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#LionsGetInvolved



Diabetes



Environment



Hunger



Vision



Childhood Cancer



Young People



Respond to humanitarian crises

You've got a friend in Lions...

We know that many Lions in MD105 are following the government guidance to help contain coronavirus by cancelling events and staying at home. This is the best course of action but may have left you feeling lonely, concerned and even rather bored.

At times like this, we need to take care of each other, and reach out as friends to those who may be feeling isolated or vulnerable. Please ensure that your Club has a plan in place to check on each other regularly over the weeks ahead ideally by phone and offer help where you can.

We've also put together suggestions of things you can do if you're following advice to self-isolate:

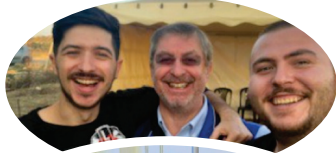
- 1. Make sure someone in your Club knows your situation** - and don't be shy about asking for help, or seeing if there are any club projects you can support at home. For example, planning for Christmas or 2021 events will help keep your mind busy. If you're feeling anxious - avoid checking the news too often, and share your worries with someone. There are helpful links and a list of mental health helplines via this link: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines>
- 2. Write a list of people you can keep in touch with.** These could be family members, friends or even people you've not contacted recently. Decide who to call by phone, who might like a friendly email, or who'd enjoy receiving a letter by post. If you've a computer or smart phone, you can use that to contact using Skype or similar video calling. There are apps that allow you to make free calls to anyone in the world too.
- 3. Create a routine.** Think about each day, but also what is going on during the week. Note television programmes you might want to watch. What time does the post arrive - when you can give the postie a wave! What time will you take meals - and think ahead to plan a menu for each day. Batch cooking can be a good idea - and is a good use of time. Schedule your domestic chores. Add in some exercise and other activities each day. Then mix it up to stop potential boredom.
- 5. Get physical.** Even if you are staying at home, you can keep fit. Walking from room to room, or up and downstairs. Sit ups - on the floor, on the bed or in and out of your chair all help. You'll find videos for all sorts of exercise, including gentle yoga on YouTube. You can also go for a walk - provided you avoid close social contact. Or get out in the garden - with the added bonus of feeling Spring is on the way.
- 6. Sound matters.** A period of silence can be very welcome, but don't forget how uplifting music can be. Many televisions provide radio channels. Perhaps you've a device such as Alexa which you can ask to play any type of music (just don't ask for Baby Shark on repeat). Audio books are fantastic. There are some online sites that offer a free selection. Or check out the BBC for plays and abridged books broadcast live or through the Sounds app. How about giving podcasts a listen?
- 7. Go for a drive.** Your car won't thank you if it sits idle for weeks and weeks. It is okay to take it out - and even stop for a wander. BUT you must follow the **Social Distancing Advice** when out and about.
- 8. Keep your brain active.** Ask someone to send you a puzzle book - or one with crosswords or number games. Dig out those old jigsaws or download a game if you've a smart phone or tablet. Learn something new - if you've got access to a computer or smartphone, there are many helpful videos on YouTube. Or look for free online courses. There are lots of great documentaries and other programmes on television or the radio where you'll discover something that you don't already know.



A Gift for Living Needs **YOU**

The Lions Clubs International A Gift for Living Trust is 'our' charity and has been working successfully in the countries of the Balkans for 25 years following the series of violent conflicts that took place between 1991 and 2001.

Even before the gunfire died down our Charity under the leadership of PID Phil Nathan was there bringing out babies and with the support of volunteer doctors and nurses from England, Ireland and beyond, taking the first steps to help rebuild the medical infrastructure of this stricken society. **Thanks to support from Lions of the Multiple District, well trained doctors and nurses are now successfully treating up to 500 babies and 400 children each year. This project started to rebuild a devastated country, but it doesn't end there, much more needs to be done.**



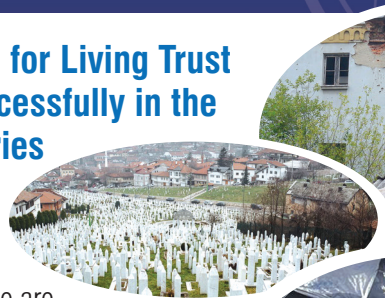
A school in Sarajevo for some 300 children with a range of intellectual disabilities needs our help to refurbish and repair the kitchen that has been condemned as being unfit for purpose (currently no hot food) and to finalise the dental surgery project (currently no dental care or oral hygiene).



Women in the University Hospital in Tuzla are relying on our help to finalise the surgical bed project that will give dignity and hope to those in need of modern gynaecological procedures.



Refugee Crisis. There are an estimated 23,000 displaced individuals in Bosnia and Herzegovina fleeing someone or something, all desperate for a chance of a better life in Western Europe. Local Lions Clubs have limited resources but are supporting where they can.



In November 2018, Gift for Living co-ordinated a vision screening project in Albania. The target agreed with the Albanian Government was for 6,000 screenings. A total of 7,200 people, both old and young were screened. Two young girls were identified as being in need of surgical procedures which were successfully carried out in Novi Sad, Serbia one year later in November 2019. Life-changing results for these two young girls.



With your help and support we can continue with the work we have started. **THANK YOU.**

For more information please visit

www.lionsclubsinternational-agiftforliving.org.uk or Tel: **0345 833 5062**

GET IN TOUCH

You can contact me anytime...

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