



## District 105SE Reports to Convention 2022

### District Service Team

### District Service Chairman – Ian Forbes

### Diabetes Projects Coordinator – Reg Swaden

#### Diabetes

Due to Covid 19 regulations there has been little change since my last report. Unfortunately the new Omicron Variant may well cause further problems for us. We wait and see what actions are to be taken by government to allow closer meetings to be able to pass on Diabetes information and Diabetes Testing, to the general public

Tom Berry and I have been working with Diabetes UK South East re making a donation to Research into TYPE1 Diabetes, which has many children involved. The Research is being carried out in the South East Region and restarts this month.

Remission is still a target and fits well into Education and Awareness sessions. It can be effective for those who are overweight or obese and relies on a substantial weight loss over a long period and continuing to maintain this. Exercise is also an important activity along with serious Dieting. When Finger Prick Tests are given the person being tested must complete a Consent Form which includes when they last had a meal or drink.

HbA1c blood tests, utilising NHS personnel, are effective. Test results must be sent to the patient's GP.

Discussion meetings with GPs must take place with GP's prior to any Tests taking place.

If testing goes ahead, Clubs or District would have to fund the Setup, Time, Place and Advertising and clubs carrying out supervision and assistance for consent Forms etc., which is a normal process. This is going to take some time and will be dependent on Local GP's and NHS Teams being available. At present, many GPs may be too busy to undertake the additional work that this entails. This also means the same for nursing staff due to Covid work.

Being overweight or Obese gives a good indication of possible Diabetes and Tests also help with diagnosis and possible treatment.

Raising the public awareness of diabetes would help meet the Government need to seriously reduce the number of people being diagnosed with Diabetes and reduce the current high cost of the Diabetes NHS budget Nationally.

Many people do not understand the health problems that can be linked to Diabetes.

#### Medic Alert

They are still available on the internet for any information.

The Early Start Programme FREE for ill children aged 0-10 will need donations for this service. I will be sending out a request for clubs, to help this very needed service.

### **Message in a Bottle**

Distribution of Bottles is continuing.  
As a District we are still doing fairly well.

### **Environment Projects Coordinator – Margaret Luxton**

As the year has progressed the UK has continued to experience extreme weather conditions – a result of Climate Change. The International Panel on Climate Change (IPCC) issued a report which stated clearly that it is too late to stop, or reverse, some of the effects of Climate Change and that in fact, the rate of change is accelerating. The ice caps are expected to melt causing sea levels to rise, areas of land which are classified as 'desert' are expected to increase and extreme weather phenomena is expected to occur more frequently. COP 26 provided an opportunity to mitigate the worst of these effects and, at the very least, slow the process down. We know that, in order to succeed, international cooperation on a grand scale is imperative.

The effects of Climate Change are already impacting on both the natural world and on our everyday lives. As an international organisation with 'Environment' as a Service Area, Lions can play a major role in helping to combat Climate Change at local, national and international levels. If your Club has not yet participated in an Environmental Project of any kind, please consider the possibilities. An initiative linked to World Earth Day in April would be a significant place to begin.

Below is a list of the ways in which Lions Clubs across SE have been helping to slow the rate of Climate Change, preserve resources and protect the environment throughout the year, whilst being 'Covid-Aware'.

Thank you so much to the Clubs in SE who have contacted me with information relating to their projects and huge apologies if I have, inadvertently, omitted anything.

~Providing local Primary Schools with sets of books entitled 'Wild Tribe Heroes' – a series of stories for children focusing on Ocean Plastics and Climate Change.

~'Ocean World', a Zoom presentation given by Gloria Barnett (author and champion for the ocean environment). Sets of books for 3-6 and 8-12 year olds were donated to local schools.

~Tree Planting

~Litter and Plastic Picks

~Up-cycling of coloured glass bottles into lamps, using driftwood to create saleable items, creating items of baby clothing and blankets for those who are homeless from wool destined for landfill.

~Re-using fabric to make face masks.

~Newspaper Collections for recycling

~Recycling for Good Causes

~Collecting crisp packets to make survival blankets

~Collecting egg cartons, used stamps, drink can ring pulls, old bras for Africa, domestic printer ink cartridges, used pens, cheese packets, toothbrushes, empty toothpaste tubes, electrical household items and coffee pods for recycling.

~Toilet Twinning

~Donating seed packets for children to grow bee-friendly flowers/help to create wildlife-friendly spaces.

It would be great to hear of any 'Christmas-related' environment projects that Clubs have been involved with, such as Christmas Tree Rental, providing delivery services to reduce fuel usage, chipping programmes, brush bundling, recycling/re-use/up-cycling of specific items.

MD Environment Officer Malcolm Hogg has been working on a 5 year plan for MD GST and has been preparing updated 'How to.....' Guides on the 5 focus areas. He is hoping that they will soon be available to download from the MD website.

- Tree Planting
- Litter Clearance
- Rubbish Disposal
- Graffiti Cleaning
- Reducing Carbon Footprints

### **Vision and Hunger Projects Coordinator – Graham Illsley**

#### **General – Vision**

Covid has continued to impact the recycling of glasses, though work has continued in the sorting of them at Chichester Lions, well done.

Vision is one of our Global projects, offering clubs great opportunities to raise their profile in their community, recycling of glasses being one of the easiest. Other opportunities are being engaged with local groups supporting vision. For further details I can be contacted.

#### **General – Hunger**

2021 gave me an opportunity to attend my first Gleaning session in Maidstone, joined by other Lions, family and representatives of two church groups. The session was very successful and helped to support the needy and raise funds for local groups.

2022 will see the launch of small-scale gleaning, where people with unwanted fruit and food produce in their garden can link with local groups who can put them to good use. Watch for future reports.

Many Clubs have been supporting Food Banks in their communities. During Covid – 19 these facilities are even more important. There is an opportunity to link in with groups like OLIO and Too Good To Go. OLIO connects people in your neighbourhood with surplus food. Too Good To Go is designed to issue food nearing the end of its shelf life, though still good to use at a significantly reduced price.

A lot of support is provided by MD Officer Chris who runs interesting Zoom sessions and Newsletters.

### **Childhood Cancer Projects Coordinator – David Sluys**

We can all agree that the pandemic had serious consequences for any planning of events during 2021. However, we were able to go ahead with a fund raiser for each of our two supported cancer charities.

The Brain Tumour Research golf day originally planned for May had to be postponed because of the rule of six which would have curtailed the fund-raising activities associated with it. It was postponed until late July, which coincided with the pandemic and this

caused a number of last-minute cancellations, which was very stressful. Worthing golf club were extremely understanding and in spite of all the problems, the day was enjoyed by everyone taking part. The dedication of our DG Ian Forbes in helping me to achieve this success cannot be overstated. We were also joined by Fran Stary and Charlie Allesbrook and I thank them both for their contribution. I have had sufficient interest and I am planning a future golf day, but I want to be confident that we will be free of further problems. The possible dates will be August 2022 or May 2023.

In September I completed the East Grinstead 10K on behalf of LIBRA. It was extremely frustrating that I ran the event alone. Whilst I appreciate that most Lions members would not be able to participate personally, I was very disappointed that clubs were unable to find any proxy runners to join me. Much of the money raised by clubs goes back into the community supporting local groups. In my club, Adur East, we have a number of young volunteers that help with the sleigh run and other events. I had hoped that clubs in close proximity to East Grinstead would have been able to help me recruit some runners. In spite of many attempts, no members even replied to my requests. The 2022 event is planned for the 25<sup>th</sup> of September, so, please put the date in your diary.

On a positive note, I would like to thank DG Ian and all those other people that have supported me, In particular my own club, Adur East. I know that, with widespread support, we could achieve so much more in 2022.

### **Air Ambulance Liaison – Howard Lee**

Every day 1,000s of people in our District dial 999 seeking urgent medical help. A small but significant percentage need specialist care that an ambulance team simply cannot offer. These people have endured severe trauma, such as high-speed collisions and violence, they have broken multiple bones or suffered sudden heart failure.

During the first 10 months of 2021, the Air Ambulance Charity Kent Surrey and Sussex (KSS) had been called to 2,646 missions and treated 1,543 critically ill injured people. 960 of these missions used Rapid Response Vehicles, including those vehicles we have provided over the past few years. 389 of these patients were attended at night, using the night flying capability provided by us several years ago.

The continued support from the Lions Clubs of District 105SE enables KSS to be there for these people when they are needed most, and our relationship with KSS continues to grow.

Convention 2017 agreed to raise £36,000 to provide KSS with a head scanner. This is the first stage in a project to develop a scanner that can be used “in the field”, so that head trauma patients can be checked for cranial bleeding and other potential head damage at the site of the incident, or in the aircraft in transit to hospital, thus greatly increasing the chances of minimising the effects of such injuries. We have also provided £10,000 towards the necessary patient trials, ethical approval for which was granted in October 2020. We await the results of those trials so that we can support this project further.

Whilst we wait for further progress on the head scanner, we have continued to support a series of smaller projects. We are now requesting donations to supply two Tempus systems at £20,000 each. The Tempus ALS system consists of the Tempus Pro Monitor paired with the Tempus LS Defibrillator. KSS’s current units have been in use since 2017 and are due for replacement. The Tempus Pro monitors are carried to every single one of their patients. In addition to monitoring the patient’s vital signs, the Tempus Pro Monitor allows KSS to transmit live patient data, video, and audio from the scene to their remote on-call consultant.

As a result, accurate information of patient injuries, vital signs and administered drugs and their effect can be analysed remotely enabling remote advice to be given by a senior doctor.

Part of the 'fine-tuning' of patient care described above is based on understanding second-by-second what the patient's physiology is doing. The Tempus system allows KSS to do this. They can see their blood pressure, oxygen and carbon dioxide levels, temperature and more, changing over time which gives critical clues about what is happening to the patient. The fact that this information can be seen by the on-call consultant means that an extra pair of eyes can be screening this 'data stream' looking for changes and trends. On several occasions, the consultants have spotted a problem developing whilst watching remotely from home, and have called the crew to warn them, leading to significant intervention to help the patient. No other monitor can provide this level of functionality. Importantly, no other has proved as robust either, bearing up to the harsh physical nature of air ambulance work day-to-day. Replacing these items as they approach the end of their service life with the most up-to-date versions will allow Team KSS to continue to provide world-leading patient care, optimising the chances of a successful outcome.

For a virtual tour of the latest Rapid Response Vehicle (complete with Lions' logos), and a very useful viewing and explanation of the Tempus system, please go to <https://vimeo.com/519498361>

Thanks to the generosity of Lions across the District, we have so far collected sufficient funds to present one Tempus System, and we have a start towards the second. But the second system is also desperately needed. **Please support this latest initiative all you can by sending donations to the District Charities Treasurer, Lion Tom Berry**

Once completed, the Tempus project will bring the support we have so far given since the Steering Group was formed in 2012 to around £380,000.

I make no apology for repeating the reasons for our support for KSS. The life-saving service they provide is vital to the wellbeing of all people in our area, and its objectives are in total alignment with our own. Through our partnership with KSS, we can identify exactly what wonderful results our support produces, and how many lives it saves. We can truly say that this is:

***Lions Helping to Save Lives***

I thank the County Representatives and other Steering Group members (see list below) for all their dedication and hard work, and I would entreat all Lions Clubs in SE to continue to support this life-saving initiative by sending donations to the District Charities Treasurer, Lion Tom Berry.

**PID Howard Lee, Chairman Lions Air Ambulance Appeal Steering Group**  
**Steering Group Members:**

PID Howard Lee	Chairman	01252 724865
PDG Paul Withers	Secretary & KSS Liaison	01483 548349
PDG Tom Berry	Treasurer & PR	01303 892064
PCC Chris Iles	Kent	01634 373840
PCC Rod Weale	Surrey	01483 898006

PDG Frank Lees	East Sussex	01892 654196
VDG Paul Dedman	West Sussex	01903 814178

## **LIBRA Liaison – Andrew Lodge**

Throughout 2021 LIBRA has raised close to 50% of our Going for Gold Campaign target of £300,000. Since the campaign launch we have raised £146,000 and we still aim to reach our target in 2024. Dame Kelly Holmes MBE continues to support our campaign and regularly shares messages of encouragement.

We are most grateful to all Lions Clubs and supporters who have donated to LIBRA or organised a fundraising activity or event this year. Following the easing of lockdown, we have experienced an increase in supporters taking part in group/sponsored activities to help generate funds.

### **Funding Requirements**

We currently await an application for funding from King's College Hospital (King's). They are currently having major works carried out on the Davidson Ward and in the LIBRA funded Ambulatory Unit. There is a plan to extend work to the Derek Mitchell Unit and other Haematology clinical areas.

The Trust has funded the major works, but significant funding is still required to enhance the refurbishment of the areas to provide a more comfortable environment for haematology patients receiving treatment at King's.

### **Supporting King's**

In October, LIBRA provided £10,000 of vital funding to assist with a sickle cell research project, taking place at King's. It is headed up by Stephan Menzel MD - Senior Lecturer in Red Cell Haematology.

Stephan said: "We are so grateful to LIBRA for stepping in to help us maintain the momentum of our research, by covering the cost of such a critical reagent. StemSpan™ media contains the growth factors required for red blood cells to thrive and develop. The media is very expensive, but a vital fuel which powers our studies."

The LIBRA PR team worked with Stephan to create a detailed report which features in the current edition of our newsletter which can be downloaded here

<https://libralionscharity.org/libra-charity-autumn-newsletter/>

Earlier in the year, LIBRA provided King's with £56,000 of funding in support of an Aplastic Anaemia (AA) research project. The genetic research is progressing well, and Professor Ghulam Mufti is keeping us well-informed. It is hoped the results of this research project will go on to benefit AA patients across the globe by helping medical experts determine the best treatment paths and to better understand which patients with AA are more likely to go on to develop blood cancers including Acute Myeloid Leukaemia.

### **Fundraising Platform**

LIBRA supporters are now able to donate to LIBRA via Just Giving and The Big Give. Supporters can also create their own personal fundraising pages on Just Giving. We have moved away from Virgin Money Giving as the platform was closed down on 30<sup>th</sup> November 2021. New donate and fundraise buttons are a prominent feature on the LIBRA website.

### **Fundraising News**

- £2000 was recently donated by Bexley & Sidcup Lions and we are most grateful. The Club has supported LIBRA over many years and we look forward to inviting them to King's in the near future.

- A further £2000 was raised for LIBRA through 'Sikh Social & Culture' with the support of Bexley & Sidcup Lions and member Lion Ranjit Deogun.
- Bexhill Lions Club successfully held a music event on Saturday 23 October at a local college. They helped to raise awareness of LIBRA at the event.
- The East Grinstead 10k was a great success on 26th September 2021. Organised and supported by the East Grinstead Lions, volunteers from East Grinstead Triathlon Club and the East Grinstead Athletics Club, the popular event attracted many competitors. This year East Grinstead Lions are generously donating their funds raised to LIBRA. Adur East Lions Club member, David Sluys enjoyed taking part in the 10K Run and raised sponsorship for LIBRA, including a generous donation of £500 from his Club. Meanwhile Susie Forbes kindly helped to promote LIBRA on the event day. Special thanks to Susie, David, East Grinstead Lions Club, Adur East Lions Club and all those who made this event a success.
- Susie Forbes has been a wonderful support this year, helping to raise funds for LIBRA in a wonderful variety of ways including clothes sales.
- Several LIBRA supporters ran the Hackney Half Marathon on Sunday 26th September in memory of a friend who was treated at King's for leukaemia. They hoped to raise over £2,000 for our Going for Gold appeal, but have raised in excess of £4,000 through sponsorship.

#### **Other news**

- We are working on the winter edition of the LIBRA newsletter which will be circulated in PDF format across SE in late January. There will be print copies available should any Lions require them for events.
- In spring 2022 we hope to be able to arrange a Lions visit to King's.

#### **Knockout, SOGB & Disabilities Liaison – Derek Ransley**

It has certainly been an unprecedented year for us all and can only hope that things will improve and we can get back to organising the functions which we have sadly missed over the past year.

As mentioned in my last report, I attended a speech and hearing zoom meeting from this I have received various leaflets and literature which I can distribute on Club Visits and Presentations. I have attended a Zone Meeting in 3A and made a couple of Club visits. Things are still very slow with people still reluctant to get involved with large groups. Zone 3A are in the process of trying to organise their 'It's a Knockout' for next year during the May Bank Holiday. They have written to the School involved regarding hire of their facilities but at this current time they are still waiting for a response. (Schools are, of course, concerned with the high risk of Covid).

Hopefully over the next few months I will try to get to as many Zone Meetings and Clubs as possible.