



Issue 10
Spring 2018



Friends of Fleet Lions

Welcome to the Fleet Lions Spring newsletter

Prostate Cancer Screening Tuesday 17th July

Last year Fleet Lions held two prostate cancer screening sessions for men over 45yrs at Fleet Hospital. This involved an awareness video followed by a simple blood test to measure the amount of prostate specific antigen in the blood. The results for the 453 men tested were sent out by retired consultant urologist, Mr David Baxter-Smith. Twenty men were advised to see their doctor for immediate follow up checks and a further 11 to keep their prostate specific antigen under review.

Although the number of men dying annually in the UK from prostate cancer is now higher than for women with breast cancer, there have been considerable improvements in prostate cancer treatment. However, there is no national prostate screening programme for men.

Men with concerns are advised to see their doctor. Some men are reluctant to do this and, as part of Fleet Lions annual prostate cancer awareness programme, the Lions will be holding free screening sessions on 17th July for men over 45yrs who have not been screened before at Fleet hospital. Further details can be found at www.fleetlions.org.uk/prostatescreening.

The free screening is funded from monies raised by the Lions and at last year's Paint Fleet Blue campaign, as well as specific donations from individuals tested including donations via BT My Donate.

It is also possible for participants in the Hart Lottery to nominate the Lions prostate screening programme as a beneficiary of the local lottery. Details can be found at www.hartlottery.co.uk.

**A man dies every
hour of
Prostate Cancer
in the UK**

**FREE
PROSTATE
CANCER CHECK**

For further information go to:
www.fleetlions.org.uk/prostatescreening



A 3 minute simple blood test could save your life

Message in a Bottle



The Lions Message in a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the fridge. Whilst the scheme is focused on the more vulnerable people in our community, anyone can have an accident at home. The information is kept in a small bottle and the emergency services will be alerted to membership of the scheme by a "green cross" label fixed to the door of the fridge.

Bottles are available from most doctors' surgeries, health centres and chemists or by contacting Fleet Lions at miab@fleetlions.org.uk.

The Lions Den

Fleet Lions are offering local voluntary/community organisations an opportunity to present their ideas to a panel with a chance of being awarded financial or other support from the Lions. Last year's beneficiaries included local Scouts and Explorer groups, Oakley Park, a local disability group and the CC and Fleet Man's Shed project.

Application forms can be found at www.fleetlions.org.uk/lionsden. Please register your interest by 7th May 2018.

Classic Motorcycle Rally

The Fleet Lions Motorcycle Rally is an annual event held on May Day Bank Holiday Monday at The Key car park at Elvetham Heath. The event attracts well over 200 entrants with bikes ranging from the early 1900's to the later Classics, with condition varying from untouched original to gleaming concours restoration.

Riders from around the South East arrive between 9.30am and 11.00am and return to The Key car park at about 2pm. This well-established event in the enthusiast's calendar is also popular with the public who have a chance to view the bikes taking part.



A Year in the Life of Fleet Lions

Lions celebrate a near miss at the Oscars Fleet Lions just missed having their film about "a year in the life of Fleet Lions" reaching the final of this year's Charity Film Awards. John Sutton of Clearwater Photography followed the Lions around for a year to produce the film which tells of the many things the Lions enjoy. The film was entered into the Awards and the Lions were delighted when the public voted the film into the shortlist to be judged by industry professionals. The film can be viewed by going to our home page.

Fleet Beer Festival



Planning is well underway for the 12th Fleet Beer Festival, set for Saturday August 4th at The Harlington. The hall is booked, bands likewise and dedicated Lions are researching what ales and ciders to invite to this year's event. Music during the lunch time session will be from Kindred Spirit and evening drinkers will be entertained by the ever popular Fleet Booze Hound Blues Band. Tickets will be £8 in advance and £9 on the door, subject to availability. Further details can be found at www.fleetlions.org.uk/beerfest

Wenceslas Winter Fuel Project

The extension of the Lions Wenceslas Project to Fleet and surrounding areas has been an outstanding success with over £4,650 raised to help alleviate fuel debt and poverty in the area.

By working with the Citizens Advice Bureau, the Lions have ensured the monies donated have gone to helping the fuel needy with payments made directly to the fuel utility companies on behalf of the families in need.



Unwanted Spectacles



Do you wear spectacles? Take them off for a while and imagine how you would cope, earn your living and support your family without them. This is a problem facing many in the Third World.

Many of us update our glasses every two years. Why not donate the unwanted pair by dropping them off in one of the Lions labelled boxes to be found in Fleet at Specsavers, Harwoods, Brown & White and Leightons. The glasses will be collected by Fleet Lions and sent for cleaning and optical grading before being sent to Lions Eye Camps in Third World Countries.

Reception at Buckingham Palace



The Countess of Wessex as Patron of Lions Clubs of the British Isles held a Royal Reception at Buckingham Palace at the end of February to celebrate a "Century of Service" to mark 100 years of Lionism.

Fleet Lions' President, James Powell attended the celebrations with other Club representatives and hundreds of volunteers who work in partnership with the Lions across the Country.

Protecting Children in the Third World

Fleet Lions are part of Lions Clubs International, the largest community service organisation in the world. Together, Lions Clubs have raised over £21 million to help protect tens of millions of children in the world's poorest countries against measles. This has been matched by the Bill and Melinda Gates Foundation and the UK Department for International Development, bringing the total amount raised to £42 million.



Library Display

With the help of Fleet and Crookham Local History Group, Fleet Lions recently featured in the History Group's display at Fleet Library which showed the history of Fleet Lions since 1974, artefacts and awards as well as how to get involved.



Donations to Fleet Lions Charitable Trust

Fleet Lions run various fund raising events throughout the year.

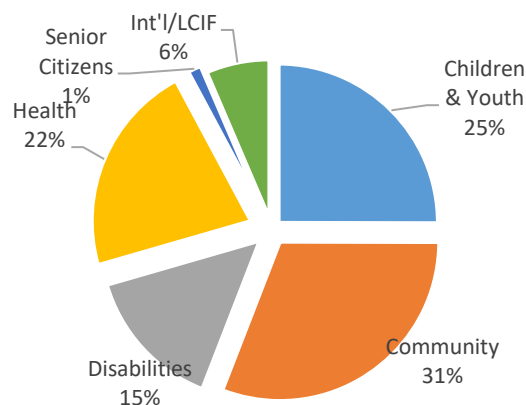
Every penny raised is spent on good causes. Club administrative costs are met by Lions themselves. The chart shows the areas where Fleet Lions have given financial support over recent months.

Recent beneficiaries have included the 'Hearing Dogs' charity, local scouts groups, Fleet & CC Men's shed.

If this is the sort of thing you would like to support, why not join us and help out at one of our events or support our charitable work by making a donation to our Charity Trust?

Amounts up to £10 can be donated via Text Giving. Text LCIF40 £10 to 70070. As confirmation you will receive a message "LIONSOFFLEET £10". This amount will be deducted from your mobile account. Lesser amounts may be used.

Donation profile for 2017



Alternatively donate through our MyDonate page
<https://mydonate.bt.com/charities/lionscluboffleet>



As an Amazon customer you can also contribute by buying from the 'smileamazon' web-site.

This is exactly the same as buying from Amazon, except a small portion of Amazon's profit is donated to the club – there is no cost to yourself! Go to www.smile.amazon.co.uk and select 'Lions Club of Fleet Charity Trust Fund' as the charity you support.

Interested in becoming a Lion?

Lions are ordinary people who do extraordinary things to help others. We support a range of good causes and projects in Fleet and we enjoy ourselves doing it. Every penny we raise goes direct to good causes. We love to help others and make things happen. And you can get involved.

Fleet Lions always welcome New Members - contact Mike Collen on membership@fleetlions.org.uk.

If you live in Aldershot, contact our Club Branch Aldershot Lions at www.aldershotlionsclub.org.uk.



If you would like to receive future updates of this newsletter or other information about the activities of Fleet Lions, please go to www.fleetlions.org.uk/contactfriends



Lions Club of Fleet (CIO)
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Ordinary People
Amazing Things