

WELCOME TO THE FLEET AND ALDERSHOT LIONS SPRING NEWSLETTER

Aldershot Lions



Aldershot Lions Club is a branch of the Lions Club of Fleet and, in turn, are part of the largest community service organisation in the world. The aim of both clubs is to help local people and organisations where there is a need and organise health awareness events as well as raise funds for good causes. The aim is for the Aldershot Lions Club to become a Lions Club in its own right serving the community.

Aldershot Lions are a small mixed group of individuals based in the town and are looking for new members. In addition to the free Prostate Cancer Check at Aldershot Health Centre on 2nd May (see below), the Club is supporting a number of events in June and July including:

- the RVS Volunteer Day event in Union Street, Aldershot on 1st June
- the Victoria Day Parade and Stalls in and around Aldershot on 8th June including running a cake stall
- the Samefest music festival at Tongham on 22nd June where the Club a children's toy stall
- a Diabetes Awareness event in conjunction with Fleet Lions at The Views in Fleet on 23rd June
- the Lions Funfest at Yateley on 30th June, and
- the Hook and Odiham Lions Summer Fayre on 7th July.

Aldershot Lions Club works closely with Rushmoor Borough Council, supporting community events organised by the Council.

Aldershot Lions are a small club and find themselves stretched at times. The club would welcome and appreciate support from local people interested in helping their local community..

Prostate Screening Event



Aldershot and Fleet Lions are holding a prostate screening event at the Aldershot Centre for Health on Thursday 2nd May 2019. This free event for men over 45yrs involves an awareness video followed by a simple blood test to measure the amount of prostate specific antigen in the blood. From previous screenings held by Lions in Fleet and elsewhere across the Country, we know these events help save lives. The number of men dying annually in the UK from prostate cancer is now higher than for women with breast cancer. However, there is no national prostate screening programme for men, although there have been considerable improvements in prostate cancer treatment where diagnosed early.

This free screening event is being funded from monies raised by the Lions.

Diabetes Awareness

Nearly 100 people took advantage of the free screening assessment that Fleet Lions offered recently as part of international efforts by Lions across the world to tackle diabetes. The Lions had been

fully trained to carry out and explain the results of these assessments by Diabetes UK, who now promote the use of this initial questionnaire approach rather than the "pin prick" blood test. More than 50% of the people assessed had a one in seven, or higher, chance of developing diabetes in the next 10 years. All of the participants were given leaflets targeted at their risk profile, explaining what action they could take to reduce the chances of developing this crippling condition.

Fleet Lions were supported in undertaking the assessments by Aldershot Lions and it is hoped from the training and experience gained, a similar awareness event can be held in the Aldershot area.

Message in a Bottle



Both Aldershot and Fleet Lions actively support the Lions

Message in a Bottle scheme 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 the community, anyone can have an accident in the 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.

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 the Lions labelled boxes to be found in most opticians in Aldershot and Fleet. The glasses will be

collected by Aldershot or Fleet Lions and sent for cleaning and optical grading before being sent to Lions Eye Camps in Third World Countries.

Classic Motorcycle Rally



The Fleet Lions Motorcycle Rally is an annual event held on Mayday Bank Holiday Monday at The Key car park at Elvetham Heath. The event attracts well over 200 entrants with bikes ranging from the early 1900s to 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 2.00pm. 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.

Fleet Beer Festival



Planning is well underway for the 13th Fleet Beer Festival, set for Saturday August 3rd 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. Tickets are on sale now. Further details can be found at www.fleetlions.org.uk/beerfest.

Fleet Lions Volunteer Team



Fleet Lions organise some of the biggest events for the people of Fleet and neighbouring

communities to enjoy. Many of them such as the Beer Festival or the Fleet Fireworks require helpers on the day in addition to the members in the club to run the event. Training will be given so please let us know if you would like to help and join in the fun.

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.