



▶ LIONS HELP BRING SENIOR FANS TO CROKE PARK EXPERIENCE

ISSUE 2

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Malahide Lions Club



▶ CHRISTMAS FOOD APPEAL CONTINUES TO RAISE FUNDS FOR LOCAL NEEDY CASES



District 105I Chartered 1973

"We Serve"

Keeping in touch

THE 2ND EDITION OF AN OCCASIONAL BULLETIN TO KEEP OUR VALUED PAST MEMBERS AND FRIENDS UP TO DATE WITH WHAT'S HAPPENING IN MALAHIDE LIONS CLUB

Dear past members and friends

We have been busy over the winter months continuing in the tradition of fundraising and service activities for which the Club has a proud history. Included in this edition are items on our recent activities and the causes which we support. Of particular note is our involvement in supporting financially the excellent **Stress Control** course run by Dr. Mark Harrold and also the importance of the free **Diabetes Testing** programme in which around 10% of people had Indicators requiring follow-up. We are also excited about sponsoring a number of plots in the new Malahide Allotments. Read on, enjoy, and as always we are grateful for your support.

Joseph D Gunning, President 2011/2012

Lions on top of the World



One of our Hill Walkers takes a well-earned break in the Cooley Mountains (Slieve Foy 589m) (Photo: Lion Klaus Demant)

Some causes recently helped by Malahide Lions:

St. Francis Hospice; St Michael's House; Stress Awareness; Sight First; Christmas Appeal; Diabetes Testing, Living with Arthritis, Light of Maasai Project Kenya; Laura Lynn Foundation and Childrens' Sunshine Home; Senior Citizens' visit to Croke Park; Local and Third World causes

Kind weather for the 14th Annual Hill Walk

On 11 March over 20 brave Lions and friends departed by bus for Carlingford, Co. Louth for the start of a "leisurely" (not!) hike across the Cooley Mountains. Organiser Stephen MacDonagh stretched the meaning of the term "almost there" to breaking point with some of the walkers barely making it to the watering hole before dark!. Apart from that a great day was had by all and more importantly much needed funds for Lions causes was raised by the walkers through sponsorship for which we are very grateful.

Big demand for stress course

Malahide Psychologist Mark Harrold decided to run stress control courses as a result of a number of suicides in the Malahide area. However, he was overwhelmed by the numbers who attended seeking help to deal with the growing level of stress in their lives. He expected perhaps 40 to turn up but over 170 attended. "It's a very practical course. It deals with suicide prevention and depression but mostly how to deal with the stress in your everyday life," he explained. He is now planning another six week course in the Grand Hotel starting on 16 April. Malahide Lions are very pleased to be able to support this very important community service.



CHRISTMAS FOOD APPEAL

One of our flagship projects, our **Christmas Food Appeal** was held from 8th to 11th December 2011. As a result of the collection, we were able to distribute €7,000. In the past six years we have collected in excess of €45,000. On average we have about sixty helpers to fill our rosters over four days. These include many friends and volunteers from the Active Retirement Group. A very special thank you must go to our many friends without whose very generous assistance our task would be much harder. The success of this project is due to the generosity of the people of Malahide who year in year out are tremendous supporters of the club. Through confidential contacts in the area the club has been able to identify those in need who may not otherwise come to the notice of other charitable agencies.



Diabetes Screening – get checked..!



From time to time, Malahide Lions organise a series of screening sessions for Diabetes, a potentially debilitating illness if left undetected. The Lions act as facilitators only. The testing is conducted by qualified nursing or medical personnel who carry out a simple blood test (involving a needle test to the finger).

Over 50% of those attending our free checks needed to be followed up with a visit to their local GP, and nine people were diagnosed as 'definite'.

The results from 2010 and 2011 show that, out of 238 screenings, over 20% have been categorised as being either possible or definite cases of Diabetes. The individuals concerned have been advised to contact their own doctor for follow up procedures.

Of 310 people who got themselves tested over 6 sessions 56 tested "Possible" and 30 tested "Definite".

We plan to run another testing programme again soon so get yourself tested.

We have the enthusiastic support of local retired *Doctor John McCurdy, The Medical Hall, McCabes Pharmacy* and a committed team of Lions.

"Our last screening session was held on 2nd and 3rd of February 2012. The results are quite alarming"



We are inviting applications from those would like to have an allotment but cannot afford it. Please contact us.

The **Living Well with Arthritis** course is a programme of non-medical interventions, designed to complement the medical treatment of arthritis with simple but effective techniques. This award-winning workshop has been proven around the world to be an important part of the prescription of effective arthritis treatment by decreasing pain, reducing reliance on health professionals and medication and improving the overall sense of wellbeing. You can learn how to manage your condition and make a big difference to your quality of life. Malahide Lions, in conjunction **Arthritis Ireland**, were delighted to run this 6 week course in the Grand Hotel and plan to run it again soon.

Forthcoming Events and causes helped:

Race Night – Malahide Cricket Club – March

Sponsorship of Stress Awareness programme – Apr - July

Graffiti Classics concert St Michael's House - May

Steam Train Outing – June

Tennis Tournament – June

Message in a Bottle campaign - June

Golf Classic – July

Bridge Night – tbc

Classic & Vintage Car Show - tbc

Christmas Appeal

Spectacles collection

Diabetes testing

Sponsorship of Malahide Allotments

Club contacts:
Joe Gunning, President.
086 3296023
Noel Mitchell, Hon Sec.
8452107

Club activities in 2012

- Table Quiz – Feb
- Hill Walk - March
- Race Night (Cricket Club) - March
- Steam train outing - June
- Tennis tournament – June
- Golf Classic - July
- Classic Car Show - Sept (tbc)
- Bridge Night - tbc
- Christmas Appeal – Dec
- Spectacles collection – ongoing
- Diabetes testing – ongoing

"Blast from the past" – recognise anyone from this 1993 club photo?



Table Quiz in aid of Childrens' Hospice

Our annual Table Quiz was held on 9th February in Grand Hotel expertly run by **Donal Lehane** and team. This year we helped raise much needed funds for Laura Lynn House and Lions Charities. Twenty eight teams battled it out over 10 rounds with 10 questions in each round. Scoring was close all evening and coming in to the 10th bonus round it was all to play for. We would like to thank everyone who attended, participated, helped out, donated any of the many wonderful raffle prizes or in many cases, all of the previous!! Pictured are **President Joe Gunning** presenting a cheque from the proceeds to Maurice Wall of Laura Lynn



Malahide Lions Club: 'Website of the Year 2012'

awarded at Lions Ireland 105-I Annual Convention, Kilkenny, March 2012

www.malahidelions.com

