



# IRONBRIDGE AND SEVERN GORGE LIONS

## NEWSLETTER OCTOBER 2024

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Welcome to our monthly newsletter for October 2024. As usual, this is intended to update our community of friends on recent events plus upcoming activities and identify areas where we would welcome help or support. You can find more information about upcoming events and activities for the next few months on our website – <https://ironlions.org.uk>

For further information or to offer comments or suggestions contact Graham Powell (07887 638207 [grahamj.powell@btinternet.com](mailto:grahamj.powell@btinternet.com)) or Colin Thompson (07970 417497 [cthompson@bcs.org.uk](mailto:cthompson@bcs.org.uk))

### Prostate Testing



Yet another high-profile prostate cancer case hit the headlines this month. Following on from the case of Nick Owen last year we had the sad news this month that cyclist Sir Chris Hoy is suffering from prostate cancer. We also recall the news from earlier this year that the King had been treated for an enlarged prostate. As a result of the publicity associated with these and other high profile cases, prostate cancer awareness is now running at a significantly higher level, and this is reflected in the response to our next test session to be held on 28<sup>th</sup> March 2025. At the time of writing, 178 of the 312 available test slots have been booked, leaving 134 slots available.

If you are over 40 and you have not had a test – or you have not had one for a while – why not join us on 28<sup>th</sup> March. The entire process will take no more than 15 minutes of your Saturday afternoon, and it could just save your life

To book a test, just go to <https://myspatests.org.uk>, log on if you have had a previous test with us or otherwise register and then scroll down to find the 28<sup>th</sup> March event. Any problems, just contact Lion Colin Thompson ([cthompson@bcs.org.uk](mailto:cthompson@bcs.org.uk) or 07970 417497)

### Welcome to Specsavers



Ironbridge Lions collect used spectacles from opticians right across Shropshire, and this month we are pleased to be able to welcome Wellington Specsavers into the scheme. As with all our participating opticians, Specsavers Wellington will be happy for you to drop in and deposit your used specs even if you are not currently in need of testing or treatment. You can see the full list of the organisations involved in the scheme [HERE](#).

Lions Clubs throughout the British Isles collect unwanted and damaged spectacles to support eyecare programmes overseas. These donated glasses are then sent to either Lions Clubs National Headquarters in Birmingham or to Chichester Lions Club. All donations are examined by a team of volunteers in the recycling workshop before being sent out to support eye-care projects all over the world.

## Christmas Food Collections



As always, our main focus in November will be on collecting the food items which will be distributed to support those in need over the Christmas period. Over the next two months we will collect and sort around 4 tonnes of food items, all of which will be distributed to those in need through the local authority and charity agencies we have used for many years.

As usual, we start our food collecting at Lees Farm estate in Madeley on 3<sup>rd</sup>

November, followed by Sutton Hill on 10<sup>th</sup> November, with help on both days from our friends from the local police cadets. Collections in other parts of the borough will also be taking place over the next few weeks but if you are not in one of the areas covered by these organised collections, why not donate using our 100 Bag Challenge?

The process for the 100-bag challenge is very simple - If you, your friends, your club, your church, your school, your office, your pub or any other group can put together a bag or a box of non-perishable foodstuffs then call one of the numbers below and we will come and collect. Your gift could make a massive difference to a family in need this Christmas. Just call either of these numbers when you have food ready to collect – Andy on 07771 753855 or Sam on 07871 527247

**Ironbridge Lions Club**  
**Christmas 2024**  
**100 bag challenge**

Are you able to brighten someone's Christmas?

Each year we collect 4 tonnes of food, fill 400+ Christmas food parcels and distribute them to local residents who find themselves in crisis at Christmas!

If you, your school, your office, your pub, or any other group can put together a bag or a box of non-perishable foodstuffs then call one of the numbers below and we'll come and collect.

07771 753855 or 07871 527247

*Ironbridge Lions are volunteers, enabling individuals and groups to build better communities*

The poster is yellow with the Ironbridge Lions Club logo in the top corners. It contains text about the 100 bag challenge, including contact numbers and a description of the club's activities.

## Redhill Harvest Festival



The club has had a relationship with Redhill Primary Academy for many years and we were delighted to be invited to their Harvest Festival celebrations this year. Three members of the club attended the Harvest Festival assembly on the 25<sup>th</sup> October and Lion Graham Powell gave the pupils a brief presentation of the clubs activities with local organisations involved in supporting those in need. All this year's Harvest Festival food is to be donated to three of those organisations – Stay, Maninplace and YMCA - and a small representative group of the children and staff will accompany the Lions team when the food is delivered.



## And another Quiz night



Another excellent quiz evening at the Cock Hotel Wellington this month and, as usual, we had the warmest of welcomes from mine hosts, Simon and Louise. They are terrific supporters of the club, always willing to support fund-raising activities. Having already held two quiz nights for our benefit they were happy to “lend” us some space on their bar for a Soft Toy Draw. We supply a large soft toy, a poster and a draw sheet; the 100 squares on the sheet are sold for 50

pence each and, once all of the squares are sold, the winner is revealed. The idea has proved so popular with Cock Hotel customers that we are now into our third soft toy draw. Contact Graham Powell [grahamj.powell@btinternet.com](mailto:grahamj.powell@btinternet.com) if your local would be willing to help us raise funds in this way.



Quiz nights are held at the Hotel every other Monday evening, and the next one, on Monday 11<sup>th</sup> November, will be in aid of the excellent Shropshire Prostate Cancer Support Group. It costs just £5 per table to take part in the quiz and further details can be found on the [Cock Hotel website](#).

## And Finally

Ironbridge and Severn Gorge Lions Club is part of Lions Clubs International, the world's largest service club organization with 1.35 million members in over 45,000 clubs in more than 200 countries and geographic areas. Our primary purpose is to work together in a spirit of friendship to serve the needs of our local community. If that appeals to you and you think you might like to join us, why not come along to one of our monthly meetings? You would be most welcome and there would be no pressure to join if you felt that it wasn't for you. We meet at Coalbrookdale Community Centre and if you are interested in attending just contact our Secretary Andy Pilsbury (07771-753855 or email [Mullburyap@gmail.com](mailto:Mullburyap@gmail.com))

If you need information about Ironbridge Lions' activities in between these monthly bulletins, the best source is our Facebook Page. Just go to [www.facebook.com](http://www.facebook.com) and type Ironbridge and Severn Gorge Lions in the search box.