



# IRONBRIDGE AND SEVERN GORGE LIONS

## NEWSLETTER FEBRUARY 2025

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Welcome to our monthly newsletter for February 2025. As usual, this is intended to update our community of friends on recent events and upcoming activities and to 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

**1 IN 8 MEN WILL GET PROSTATE CANCER**  
Early diagnosis saves lives.

Speak to our Specialist Nurses  
0800 074 8383\*  
[prostatecanceruk.org](http://prostatecanceruk.org)

**PROSTATE CANCER UK**

Check your risk of prostate cancer in 30 seconds.  
[prostatecanceruk.org/risk8](http://prostatecanceruk.org/risk8)

The first of our 2025 prostate test sessions will take place at the Abraham Darby academy Madeley on 8<sup>th</sup> March with our second session scheduled for 28<sup>th</sup> June. It is a sign of the increasing awareness of the disease that the first of those sessions has been fully booked for some weeks and that almost two thirds of the June test slots are already taken.

According to Cancer Research UK, survival rates in the UK have tripled in the past 50 years, largeley due to prostate testing which can result in earlier diagnosis. Currently almost 80% of men diagnosed with prostate cancer in the UK will survive their disease for 10 years or more. So, if you are over the age of 40, it is eminently sensible get tested. It involves a simple blood test and around 15 minutes of your time on a Saturday afternoon – it could just save your life!

Although the March event is fully booked we are almost certain to have a number of cancellations, If you would like to be informed of late availability send an email to Colin Thompson [cthompson@bcs.org.uk](mailto:cthompson@bcs.org.uk)

### Defibrillators



Over the past few years the club has been involved in projects to install defibrillators across Telford and we are now getting to a point at which these life-saving appliances are within reach for those in most parts of the borough.

We are currently involved in plans for the installation of a unit in the Sunnside area of Coalbrookdale.

A fully installed defibrillator costs between £1,300 and £1,800 and the Sunnside unit is a joint venture between The Coke Hearth Improvement Group, Local Councillor Carolyn Healey, The Rotary Club of Ironbridge, Broseley Community First Responders and ourselves.

For all these projects our local First Responders provide invaluable advice, guidance and support. on the purchase, installation and maintenance of the defibrillator units.

## Quiz night for a Wellington Defibrillator



Continuing on the defibrillator theme, we were approached by Louise and Simon, mine hosts of The Cock Hotel, Wellington, regarding the installation of a publically accessible unit on an external wall of the hotel.

We are in the early stages but already have the technical support of Telford Community First Responders, and our members have pledged financial support. We are now looking at other sources to raise the necessary funding and to that end The Cock Hotel will be hosting a quiz night on Monday 31<sup>st</sup> March. Registration by 7.30pm, £8 per team and there is food available. Money raised at the quiz night will contribute towards the purchase and installation of a defibrillator unit and external casing..

Louise and Simon are real community champions and friends of the club. We hope that all who can will come along and support their ambition to provide this life saving community asset as quickly as possible.

## A letter of thanks



In our January newsletter we reported that, thanks to the enormous generosity of local people, we had been able to distribute 482 bags of food through a dozen local organisations supporting those in food poverty within our community.

We recently received the following letter of thanks from Jo Britton. The Executive Director of Children Services and Public Health for the borough.

*“We would like to express our sincere thanks for your support in organising 50 food hamper donations over the Christmas period*

*As you know, many children, young people, and their families face challenges in their day to day lives and some are less fortunate*

*than others – many are surprisingly left struggling even more over the Christmas period.*

*We would like to express our heartfelt gratitude to Ironbridge Lions for your generous contributions. This support enables us to assist families in need at Christmas .and provide some welcomed support to children and families in need within the Borough. The hampers which you kindly helped to organise were distributed to families who needed them most and were so very welcomed by practitioners going out to visit and deliver items and they fed back how grateful they were for this support during the festive season.*

*We sincerely appreciate your support and dedication to children and families within our borough”*

*Yours sincerely*

Jo Britton

Executive Director

Children Services and Public Health”

We are very conscious that food poverty is not just a Christmas issue, and our food programme now extends right through the year. If you would like to help us by organising a collection of cash or food within your family, your community or your place of work, please contact us.

## A story of courage and determination



Back in 2018 we were approached by Ursula, the mother of a Elspeth, an 11 year old girl who had been diagnosed with Myalgic Encephalomyelitis (ME) a neurological disorder which, in its most severe form, is extremely debilitating, involving very severe pain and profound fatigue

At that point Elspeth was unable to walk or to perform the most basic of tasks and the club made a grant to assist with the cost of converting the garage to a downstairs bedroom.

Elspeth's condition persisted and she was never able to return to school, but she was determined to pass her GCSE exams, even if it meant taking them one at a time. By 2024, with the help of a local tutor, she had achieved a GCSE pass in both English Language and English Literature.

At this point one might have expected that Elspeth would take a break since she is still very seriously disabled; but she was determined to press on and this year she will be sitting for an A level in English Literature. Ursula is, as you might expect, enormously proud of her daughter and determined to enable her to achieve her ambitions. But there is a very significant cost to home study and particularly to home examination, involving as it does the cost of a dedicated invigilator.

The club has maintained contact with Ursula over the past 7 years; We made a modest grant to support the cost of Elspeth's GCSE exams in 2023 and we were happy to make a further grant this year to help with the cost of the A level exam. We are proud to have been able to play a small part in the story of a determined and courageous young lady.

## 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 and every penny we raise is used to support our charitable activities.

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))