



Yeo Valley Lions Club 2020 Christmas Programme



*Look inside to see when Santa Claus
will be on your street.*

December 2020

***Enclosed are the details of when the Lions Carol Float, with Father
Christmas aboard, is visiting your road in Yatton, Congresbury,
Wrington, Langford, Cleeve and Claverham.***

Do listen for him as the elves will not be knocking on doors





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CHRISTMAS AND A HAPPY NEW YEAR!**



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For many years Yeo Valley Lions have been out and about at Christmas time with our Santa float around Yatton, Cleeve, Congresbury, Claverham, Langford and Wrington. Father Christmas loves to see the excitement on the children's faces as we make our rounds in the build up to Christmas. But please adhere to the social distance guidelines.

Covid-19 has meant that this year has been particularly challenging for us all and as Lions we want to continue to be able to provide help and support for local organisations and welfare cases. Our fundraising this year has been severely curtailed so we are hopeful that we can raise some valuable funds while bringing some good cheer to you all with the Carol Float.

At Christmas our thoughts go out to those less fortunate than ourselves, so please can we all keep an eye on our neighbours. Remember isolation is bad enough but at this time of year even worse.

Detailed in this Programme is the timetable of our visits to your street, please listen out for us, as unfortunately we will not be knocking on your door.

I would like to thank the advertisers in this programme for their generosity and hope they will also have your continued support, remember to shop local.

Yeo Valley Lions Club are now in our 52nd year and when I think of 52 I liken it to a pack of cards. Earlier this year we used our **Spades** to plant trees in the Community Orchard, we continue to shine like a **Diamond** with a **Heart** of gold and of course we are a great **Club**.

More information about Lions and what we do can be found on our Website www.yeovalleylions.org.uk and on Facebook.



On behalf of the members of Yeo Valley Lions Club I wish you a very Merry Christmas and a Happy and Healthy New Year



**Message
from
Pete
Selvey
President
of Yeo
Valley
Lions
Club**



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A LETTER FROM SANTA



Dear Boys and Girls,

Ho! Ho! Ho!

Although you are reading this little message from me a few weeks before Christmas, my friends in Yeo Valley Lions woke me in September to tell me about the dreadful Covid 19 virus.

I must say I was cross with them at first, but not when they explained how everything since I last saw you has been affected by this nasty little virus, meeting and playing with your friends, going to school, seeing your grandparents, your holidays and days out, even going shopping with your mum and dad.

Unfortunately, my elves will also have to take into account Covid when they think about our visits to see you, and things will have to be different this year. My elves will be planning how best to keep everyone safe and comfortable right up until my first night with you, so please follow their guidance which will include respecting social distancing and keeping at least one metre distance from the sleigh. I'm sad to say that means they won't be able to allow anyone on the sleigh with me! No selfies this year!

After each evening out with the Lions I really enjoy reading the cards and letters you leave with me - and the odd mince pie! This year you will find in this programme an envelope for the collection we're having to take, instead of the usual door to door collection. Please also use that envelope to include any messages you want to send to me, and please make sure you listen out for me coming round to see you, so you, or your parents can hand the envelope over to one of my elves

I'm sure there will be something else about other Covid guidelines elsewhere in this programme, but that will be for your mums and dads to read.

I'm going back to sleep now for a few weeks, but don't worry - the elves are busy finishing off all your toys!

Ho! Ho! Ho! Bye bye for now!



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A Christmas Message

*Revd. Tim Scott,
Team Rector Yatton Moor Team Ministry.*



God at home with us.

Can I firstly express my thanks for all that the Lions do. The work of the Lions is always valued but this year in particular it is proving to be a really important part of the way in which we seek to support each other during the pandemic.

For many people the last few months have meant spending a far greater time at home than usual. For some this experience may have brought benefits whilst for others it will have been and continues to be very difficult and for others their experience of being without a home may have been heightened.

The Christmas story speaks of God in Jesus coming to dwell with us and make his home among us. We often sing of tidings of 'comfort and joy' at Christmas. The way in which people have come together to support each other has indeed brought much comfort and joy, but nevertheless there is still much fear, anxiety, loneliness and uncertainty about health, work and financial security. As we approach Christmas these feelings may become more acute.

I hope and pray that somewhere amongst those feelings we will hear the voice of the angels to the shepherds, 'Do not be afraid! For behold I bring you good news.' That good news is of a God who is with us and at home with us so whatever our experience we will never be abandoned by God. As St. John says: 'The light shines in the darkness and the darkness did not overcome it'.

Santa's Float

Please note the following:

- Check the list further on in this Programme for the date of your street
- We will not be knocking on doors during the round, We will be very pleased to see you and the children, listen out for our music.
- We will be making regular stops on the street, any donations gratefully received.
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We would like to thank everyone for the support during a difficult year and wish you all a peaceful holiday.





Do Lions Hibernate?



No Lions don't hibernate, but they do sleep for about twenty hours per day!

Similarly, you may well ask what Yeo Valley Lions have been doing since lock down, which was about seven months ago when this article was written.

- Firstly, let's have a brief recap of what would normally have happened by this time in our Lions diary, on the fundraising side alone;
- we'd have completed our Easter Egg draws, which is kindly supported by various shops and pubs in the area;
- our Strawberry Line walk would also have been completed;
- we'd have welcomed you to our 18th Beer Festival at Claverham Village Hall;
- we'd doubtless have helped Yatton school PTA with the marshalling of their fete, and our coconut shy and football game would have been in attendance at various functions.
- all this not forgetting about 6,000 miles which would have been added to our yellow minibus with its regular weekly and monthly shopping trips, summer afternoon trips out for the residents of a local rest home and other trips.

OK, all well and good, but if that has all been on hold what have we been doing?

Well, looking at the minibus again it wasn't idle for long! At an early stage in the pandemic we started helping with the logistics of the local food bank base in Clevedon. Over the months this has involved taking donated food from Yatton to Clevedon, transferring pallets of food around the food bank bases in Clevedon and bringing back from Clevedon made up food parcels for families, couples and lone users of this service. In fact, we estimate we've moved well over five tons of food in and out of our mini bus, to and from Clevedon from Yatton, and in and around Clevedon! All done without any back twinges!

Lions who are regular minibus drivers have also taken it upon themselves to stay in touch with our weekly minibus passengers. When we started making these phone calls at the start of April, we thought the need would be for urgent shopping as most of our passengers are in the elderly category, but that has not turned out to be the case. It quickly became apparent to us that food supplies and general shopping was being catered for by well meaning friends and neighbours - but there was (and still is) a need for a 'catch up and a bit of a natter'. Over the months we have made more than 1,500 such calls and have helped with such routine things as dog walking, picking up prescriptions, collecting items for local charity shops and the odd bit of shopping.

Jonathan Kelly - Lions Member



YATTON & CONGRESBURY

Temporary Foodbank Outlet in Yatton on Thursdays

To help those in financial hardship during the current covid crisis, until further notice. Every Thursday Morning, Yatton Youth Club, Rock Road, Yatton, BS49 4JE will be open from 930am -12pm to assist Clevedon and District Foodbank with food parcel distribution.

Foodbank vouchers can be obtained (by phone if necessary) from schools, social workers, doctors, Citizens Advice (national helpline 0808 208 2138) or other support agencies. Vouchers can then be brought to Yatton Youth Club to collect a food parcel.

Social distancing measures will be in place so please look out for signage and floor markings.

In addition, Clevedon and District Foodbank will work alongside Yeo Valley Lions delivering food parcels ad hoc to people in financial need in Yatton and the surrounding areas who cannot get out themselves.

Also available Thursday mornings only, there is a donation drop off area for donations at the front of Yatton Youth Club (opposite the fire station) in the outside porch; info on current donation needs can be found at Clevedon and District Foodbank CIO.

Yatton Youth Club, Rock Road, Yatton, BS49 4JE





LIONS MINIBUS



As with many other social activities in the UK the Yeo Valley Lions Club have suspended our minibus and it will not be running the usual shopping and social trips until the government guidelines enable us to restart.

In more normal times we are proud to maintain and operate a comfortable 15 seater minibus to serve the local community – the 'Big Yellow Minibus' that you may have seen around the villages. The bus provides 14 passenger seats and is equipped with an electric wheelchair lift for disabled users. The bus is also available for the use by the non profit making community, youth, and voluntary local groups that find it difficult to afford commercial hire vehicles. In normal times it is well utilised by local organisations for groups of people both young and old around the district (Scouts, Guides, Youth Clubs, Lunch Clubs and Church Groups). There is no hire charge but we do ask that the bus is returned in a clean and tidy condition and the tank has been refilled with fuel.

We hope to restart regular shopping trips for our senior citizens as soon as conditions permit but this is unlikely to be until some time in 2021.

The trip schedule is usually as follows:

Every Tuesday morning:--Yatton/Claverham/Cleeve to either Clevedon Tesco or Nailsea Waitrose

Every Thursday morning:--Yatton/Claverham/Cleeve to Yatton Precinct (Coop & Post Office)

Alternate Friday mornings:--Yatton/Claverham/Cleeve to Weston-super-Mare Sovereign Centre

Once a month: from Congresbury to Weston-super-Mare Sovereign Centre (Thursday afternoon).

Wherever possible the minibus will come to your front gate, so there's no need to struggle to a bus stop and there's no charge for these shopping trips but donations are of course always welcome to help cover the running costs! Some of these trips may have seats available so if you might be interested in being a regular passenger call 07551 610514 for further details.

The significant funding for the minibus purchase, and the garage to house it was achieved through the generosity of local people over a number of years through the Yeo Valley Lions Club fund raising events such as the Beer Festival, Christmas Float Charity collections, Easter Egg Draws, Sponsored Walks and Charity Auctions. We appreciate your support to help continue this valuable local resource.

The elves have been busy
Making lots and lots of toys,
Ready to receive the letters
From all the girls and boys.



A nasty worldwide bug
Has put us in a fix,
Boris and his cronies
Allow elf teams of only six.

The float will have to be different,
We cannot come to the door,
Our socially distanced elves
Have buckets, of which there are four.



In our Father Christmas booklet
This year you will find
An envelope for donations
If you could be so kind



The science we must follow,
The money left for a day,
After that we're able to count it
And the total then we can say.



No sweets this year, I'm sorry,
Covid has caused the delay.
We do have plenty of handwipes
And sanitizer to toast our way.



As we slowly pass your house
Do smile and wave and cheer,
Our music will be extra loud
To wish you a JOLLY good year.



Lions and Yatton Foodbank

At the beginning of April we were approached by Alison Kember of Clevedon Foodbank to see if we could set up a temporary Foodbank in the Yatton and Congresbury area.

We have good links with Yatton Youth Club and Niccy Hook the youth club leader was very keen to help. A store room was made available at the club and Niccy liaised with Clevedon Foodbank.

We were then able to move food parcels from Clevedon and Yatton Foodbank was opened. It operates on a Thursday mornings between 9.30 & 12pm. Foodbank Vouchers can be obtained from schools, social workers, Doctors, Citizens Advice and other support agencies, you may even be able to arrange this by phone.

Vouchers can then be exchanged for food parcels at Yatton Youth Club Rock Rd opposite the Fire Station.

Yeo Valley Lions also work with Clevedon , Yatton and Congresbury Foodbanks, to deliver food parcels to people in financial need in Yatton and surrounding areas, who cannot get out for themselves.

On Thursday mornings only, donations can be dropped off at Yatton Youth Club, we also collect donations from the Co op in Yatton weekly.

The Lions also provide funding for items that are needed to make up food parcels, such as toothpaste, handwash etc.

During the past months Niccy has gradually built up the facilities at the Yatton and Congresbury Foodbank, the lions have installed some racking and our yellow minibus makes trips to and from Clevedon every week with your donations and brings back food parcels.

We have also used our minibus to move many tonnes of food donations around the Clevedon area to build up supplies for what we believe will be a tough time during the winter months and into the new year.

If you find yourself in a position where you need to use the foodbank please don't hesitate get a voucher, you will be very welcome Niccy and the gang will do all they can to help.

Although we have not been able to carry out many individual one to one welfare cases, we have been doing our best to support the local community.



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YEO VALLEY LIONS CLAVERHAM BEER & CIDER FESTIVAL 2021



This time last year we had started the planning and organisation for the 2020 Festival due to be held in Claverham Village Hall.

This would have been our 18th event since 2003. Importantly the year 2020 should have been the year when the total monies raised at the Festivals passed the £100,000 mark and we intended to highlight this achievement over the weekend.

However, as we all now know the 2020 event was not to be! As with several of our fundraising efforts we unfortunately had to cancel the weekend. There was no way that our Festival format could have satisfied the ever-changing guidelines for a Covid-safe environment.

Therefore, we start again looking forward to 2021 in the anticipation that normal service can be resumed! We will aim to have about 30 beers available from regional breweries, a wide selection of ciders and the return of the pop-up gin bar so well received last year. The usual mix of entertainment will be arranged and the BBQ chefs will be in place!

So, next year we will be suggesting 'drink out to help out' at this community event.

The dates for your 2021 diary are **Friday/Saturday 4 & 5 June**, hope to see you there!!



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SANTA'S ROUTE



Santa's sleigh starts each evening soon after 6pm and finishes around 8.30pm. Sundays & Christmas Eve start at 5pm. The timetable will be as printed where possible but may be altered or cancelled as required at the time.

Please note that his elves will not be knocking on doors, so do listen out for his cheerful music.

Sun 6 Dec – CONGRESBURY SOUTHLANDS

Sheppey's Mill, Southlands Way, South Side, Well Park, Millennium Mews, Kent Road, Wrington Lane, Wrington Mead, Cobthorn Way, Cadbury Fields, Weetwood Road, Verlands, Gooseham Mead,

Mon 7 Dec - YATTON MENDIP ROAD

Mendip Road from Chescombe Road, Elm Close, Mendip Gardens, West Road, The Batch, Marsh Road, Lodge Close, Grace Close, Dysons Close, Shiners Elms, Ashleigh Crescent, Ashleigh Road, Grassmere Road.

Tue 8 Dec - YATTON WEMBERHAM

Wemberham Lane & side roads, Wemberham Crescent, Horsecastle Close, Horsecastle Farm Road & side roads, Wakedean Gardens. Jones Close.

Wed 9 Dec - WRINGTON SILVER STREET

Silver Street, Lawrence Road, Hannah More Close, South Meadows, Rickyard Road, Church Close, Garstons, Garstons Close, Garstons Orchard.

Thur 10 Dec - YATTON High Street (2)

Derham Park, Derham Close, High Street from Derham Park to the Railway Bridge, Myrtle Gardens, Elborough Avenue, Heathgate, The Eagles, The Ridge, The Avenue, Atlay Court, Park Avenue, The Park, Laurel Terrace, Laurel Gardens, Barberry Farm Road, Durban Way.

Fri 11 Dec - YATTON TO CLAVERHAM

Claverham Road to High Street, Claverham Close, Hollowmead Close, Whitehouse Road, Claverham Park, High Street, Anvil Road, Franklins Way, Withymead.

Sun 13 Dec - CONGRESBURY PARK ROAD

Mill Lane, Mill Leg, St Congar's Way, Park Road, The Leys, Weir Road, Homefield, Dickensons Grove, Cadbury Square, Bramley Square, Mulberry Road, Venus Street, Nomis Park, Potter's View.



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Mon 14 Dec - YATTON HIGH STREET (1)

Westaway Park, Henley Lodge, High Street to Chescombe Road, Westaway Close, Rock Road, Henley Park, Rectory Way, Church Close, Rectory Drive.

Tue 15 Dec - WRINGTON HIGH STREET

West Hay Road, Albury's, High Street, School Road, Orchard Close, Home Close, Roper's Lane, Yeomans Orchard, Wrington Road.

Wed 16 Dec - YATTON NORTH END

North End Road from Railway, Kenn Moor Road, Moorside, Bramblewood, Grange Farm Road, Dairy Close, Macquarie Farm Close, Meadowland, Hawthorn Crescent, Gregory Mead, Briar Mead

Thur 17 Dec - YATTON CHESTNUT PARK

Brunel Way, Wheatear Road and all roads in the Chestnut Park Development

Fri 18 Dec - CONGRESBURY SILVER STREET

Station Close, Silver Street, Silver Mead, Silverstone Way. Yew Tree Park, Stonewell Lane, Stonewell Park Road, Stonewell Grove, Stonewell Drive, The Causeway, Broad Street, Bridge Farm Square, Paul's Causeway, Walnut Tree Court.

Sun 20 Dec - LANGFORD

Langford Fields, Stock Lane, Pudding Pie Lane, Stockmead, Pudding Pie Close, Hillmead, Rowan Way, Larch Close, Birch Drive, Broadoak Road.

Mon 21 Dec - WRINGTON BROAD STREET

Broad Street, The Triangle, Ladywell, Station Road, Brooklyn, Wiltons, Westward Close, The Glebe, Old Station Close, Kings Road, Butt's Batch, Butt's Orchard.

Tue 22 Dec - CLEEVE AND CLAVERHAM

Millier Road, Woodview Drive, Cleeve Drive, Warner Close, Bishops Road, Graitney Close, Bishops Mead, Dunsters Road, Broadcroft Avenue, Chestnut Drive, Streamcross.

Wed 23 Dec - YATTON CHESCOMBE ROAD/ FROST HILL

Church Road, Chescombe Road, Court Avenue, Mendip Close, Mendip Road (from Chescombe Road to Frost Hill), Alexander Road, Binhay Road, Bramley Close, Cadbury Farm Road, Frost Hill.

Thur 24 Dec - YATTON STOWEY ROAD

Stowey Park, Stowey Road, Beech Road, Barnard's Close, Well Lane, Cherry Close, Cherry Grove.

Playground

For many years, our playground at Kingston Seymour has been much used by the local families who have children with special needs and by organisations for those who support them. Unfortunately, due to the COVID 19 pandemic, we were unable to open the Playground this year. We were preparing to open on 1st April when, with effect from 23 March, we were compelled by law to close. From 4 July, playgrounds were allowed to open provided that they were COVID-19 Secure.

In normal circumstances, the Playground offers a safe haven for children with special needs and their families. It is designed to enable children to let off steam and have social interaction between each other in a way not possible in a traditional playground. Facilities include specially designed playground equipment that allows a carer to accompany a child on a swing or down a slide and a wheelchair swing where the child and their wheelchair can be accommodated. It also has a sandpit, a playhouse, a fort, a boat, tubular bells, various other field equipment, toys, bikes and tractors. A waterfall and a movement sensitive water feature make a calming corner of the garden. There are picnic tables, a rain shelter and a toilet facility.

Last year BAM Ritchies, a leading, award winning, geotechnical company based fairly close to the Playground, undertook some refurbishment of the Playground. This resulted in a new pergola, non-slip decking in various areas, a very large (five metres square) sun umbrella, two fantastic picnic tables and benches and lots of things painted. The cost of these changes was met by BAM Ritchies. In addition, with the £1,000 from the staff raffle, they bought and assembled a host of toys including bikes, tractors, diggers, a kitchen for the playhouse, a replacement swing and a nappy changing facility for the disabled toilet.

With this design of playground, and after taking advice, we concluded that we could not meet the requirements necessary to be COVID-19 Secure and therefore could not open the Playground safely. This was a hard decision to take because we know how much this facility is valued by those who use it.

We have kept the situation under review, but there has been no change in the restrictions. The safety of families and the Lions who maintain the Playground is paramount.

The playground is maintained by members of Yeo Valley Lions Club. This year, although the Playground could not re-open safely, the opportunity was taken to carry out maintenance work so that we would be ready to re-open when circumstances permit. In addition to painting and some enthusiastic pruning, we installed a Summerhouse donated by one of the Lions together with some excellent chairs donated by another Lion's family.

Although the Playground is now closed for the winter, we hope to be able to open in Spring 2021 and we will make an announcement on the website depending upon the situation nearer the time.

If you know of a child with special needs who could benefit from joining the playground then contact playground@yeovalleylions.org.uk

John Oldham - Lions Member



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Alzheimer's Society and Yeo Valley Lions

Dementia is a progressive disease of the brain and currently over 850,000 people are living with the condition, and this is predicted to increase to over a million by 2025.

As part of its Action Plan following its recognition, in May 2017, as a Dementia Friendly Organisation, Yeo Valley Lions has worked closely with the local branch of the Alzheimer's Society to help to develop services to support families living with dementia, in the Yeo Valley Area.

This took the form of Yeo Valley Lions sponsoring an Information Hub/Café in Wrington, which has been operating successfully in the Reading Room on the first Tuesday of the month from 10 am to noon since it was established in July 2017. The programme of events is devised with input from those who attend.

In January 2019, this sponsorship was further extended with financial support from Yeo Valley Lions for the Yatton Coffee Morning which moved to Yatton Youth Club where it meets as a drop in cafe on the last Tuesday of the month from 10.30am to noon. This is an informal group with input from the Alzheimer's Society and supported by Yatton Youth Club.

In January 2020, following discussions with the Alzheimer's Society, a much larger long-term project was launched to support families living with Dementia. Yeo Valley Lions agreed to provide support and finance for a new Singing for the Brain Project.

The aim was to start a pilot project, initially fortnightly in Wrington but expanding to have a base in Yatton so as to provide weekly sessions. The pilot set a target of forty people registering with the project before taking it further.

This Project was an immediate success. Several Lions and Friends of Lions joined Alzheimer's as volunteers and, by mid-March, 37 people were registered and plans for expanding were being pursued.

Sadly, all three of these activities had to cease in March because of the pandemic. Everyone was concerned about the impact this would have on a vulnerable group of people. With support from Yeo Valley Lions, the Alzheimer's Society decided to take the Singing for the Brain Project on line using Zoom. By combining with Singing for the Brain groups in Weston and Clevedon, this weekly on-line session started in April and is continuing. The Alzheimer's Society stays in regular contact with those unable to participate in the on-line sessions.

As soon as it is possible to do so safely, and in accordance with regulations, the Wrington Hub, the Yatton Coffee Morning and the Singing for the Brain Project will resume normal service with the support of Yeo Valley Lions.

John Oldham - Lions Member

The following message was received recently from the Alzheimer's Society:

For several years, Yeo Valley Lions Club has been supporting the Alzheimer's Society and, since the beginning of this year it has been supporting a major project to provide regular Singing for the Brain Sessions. The pandemic meant that those sessions had to cease. However, thanks to the continuing support of Yeo Valley Lions those sessions have been taken on-line as weekly Zoom sessions.

Alzheimer's Society is immensely grateful for this continuing commitment by Yeo Valley Lions, as are the many participants who regularly join the sessions.

If you would like further information, call Alison Heath on 0300 1234589.

Sally Cavill
Local Services Manager
Alzheimer's Society
<http://www.alzheimers.org.uk>

Yeo Valley Lions will continue to encourage other Lions Clubs to become Dementia Friendly Organisations.

YATTON NEWS

(CLIVE'S)



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Strawberry Lion Challenge

It was with great regret that we had to cancel the 2020 Strawberry Lion Challenge. The event, which was to have been the 9th, has raised almost **£25,000** since its inception, for distribution to local charities including **Springboard, Young Carers** and **Centre**.

The Lions are acutely aware that our charities are in even more need of support in these difficult times and we will be making every effort to hold an event in 2021. Normally by this time we would be asking you to keep the date in your diary but planning too much at the moment seems a little premature. We will certainly be holding a Challenge next year but it could be later in the year or a virtual event, as soon as plans are finalised they will be posted on the Yeo Valley Lions website.

Sincere thanks to all of you that have supported the event in the past and best wishes for the Festive season.



Roger Gibbins - Lions Member

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2020 Yeo Valley Lions Golf Day

This year, our ninth such annual event, with everybody who took part and those that volunteered to help on the day, we managed to beat last year's total of £5600 by £150 to raise a magnificent £5750, including several donations from teams who through Covid restrictions at the time, were not able to make the day but donated their entry fee to the charity. Therefore, the Jessie May Children's Hospice – a local 'at home' Hospice for end of life care for children, were the benefactors of the donations.

The Hospice is a charity that provides hospice at home care for children with life limiting illness and conditions, many of whom are deaf, blind, and often dumb, within the Bristol and the surrounding area. It was set up in September 1994 by the parents of Jessica May Purrington, a little girl who died at home aged 4½ months from a genetic condition, Spinal Muscular Atrophy. At the time she was surrounded by her family and her nurses.

In receiving the cheque, the Hospice Ambassador (former Chief Executive) Roger Harper, explained that during the last 24 years not one of the Children they had cared for had made their 19th birthday, so it was very Humbling to think we were helping to make a difference to these young children's lives, whilst alive. He also explained that in this extraordinary year they had received very few financial donations and were very grateful for our efforts (especially as we had to postpone once due to the first lockdown, and managed to get the event underway just before the tiered restrictions came into force around the country). We would also like to thank Tall Pines Golf Club for facilitating the day whilst applying the very strictest of social distancing rules that applied at the time. Also, the assistance the whole team at the Club gave us, that made the day happen.

We are planning for next year's event already, and subject to Covid19 restrictions at the time, are hoping to organise another golf day in late spring 2021. We will be publishing details in the new year. However if you think you would like to enter a team of four, please contact the organiser – Derek White on 07973 640415



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Derek White - Lions Member

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Diabetes 2020

Yeo Valley Lions haven't been able to hold its usual Diabetes Awareness Day, Hopefully next year we will be able to set up our stall at Yatton's Horticultural Show, meeting with you, answering questions (if we can) and with our Specialist Diabetic Nurse, doing finger prick tests. I feel privileged to be in charge of YVL's Diabetic Awareness.

I thought I would like to talk about food (with the help of a picture). Honestly, food is nothing to be scared of. All you need, is to be aware of what food is good and what is bad. But don't go mad, changing your diet drastically. That way can lead to resentment, and possible failure. Of course if you are pre-diabetic then little changes can reverse that, and you can quite rightly feel smug when you go to the doctors after your next blood test and they say to you "we are pleased to say you are no longer pre-diabetic".

Below is something that might help until we can meet up in person and chat.

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- 2 Tbsp. = 1 walnut shell
- 1/3 cup = 1 egg
- 1/4 cup = 1 golf ball
- 1/2 cup = 1 lightbulb
- 1 cup = 1 fist

*See back for portion examples

MEAL PLANNING GUIDELINES

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes
- Add 1 serving of fruit
- Choose 1 serving of milk
- Add margarine or oil for preparation or addition at the table

Add other portions as needed to round out your meal plan

FOR BREAKFAST,
use only half the plate

FOR LUNCH OR DINNER,
use the whole plate

starch

protein

vegetable

- *Starches are things like Potatoes, Pasta, Rice and other grains etc.*
- *Proteins are things like Mushrooms.*
- *Fruit is brilliant for you but in moderation, remember fruit has natural sugars.*
- *The things to steer clear of are cheeses, and pastry. They are full of the wrong sorts of fats.*

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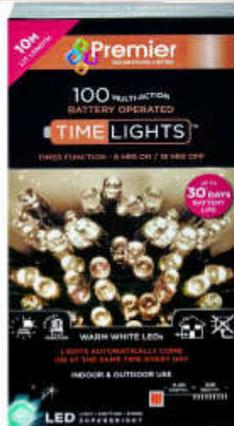
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