



LEG UP



Issue 5 • Dec 2023

For Distribution to Members of Lions Clubs in Singapore

Below is a letter received from the daughter of one of our beneficiaries. We publish it here to show readers how a family benefited from our service, and how potential beneficiaries can approach us for help.

Letter to LPC

By Ms. Chia MF, daughter of beneficiary Mdm Sin Geok Heng

Dear Board of Directors and Members of LPC,

I am writing to express our greatest gratitude for your assistance in helping my mum get fitted with a prosthetic leg.

My mum had diabetes but did not manage it well as she did not take her medication regularly. Unfortunately, this year during CNY, it was so bad that she needed to be hospitalised due to a toe infection. According to her doctor, below-knee amputation was required.

To be honest, it was like the world was breaking apart for us. But we knew we needed to move forward no matter what.

We did lots of research about amputation and how to go about getting a prosthetic leg for my mum. We learned from the hospital that due to our household income, we were not eligible for any subsidies for almost everything including a wheelchair.

Finance was tight as both my parents were not working. While scrolling through Facebook, I happened to read about LPC and found that they provide financial assistance to those in need of a prosthetic leg. I contacted LPC and was grateful that they responded to me promptly.

The assessment team visited us and had a better understanding of our situation, especially about our financial challenges. They managed to get approval from LPC EXCO on our case and thankfully, my mum's prosthetic leg was fully sponsored by LPC! This had indeed lessened our burden and worries about how to help our mum get back to walking again and being independent.

Prior to being fitted with a prosthetic limb, my mum was unable to take care of basic functions such as standing up, getting out of bed and even going to the bathroom on her own. She is now undergoing rehabilitation. We are hopeful that with the aid of the prosthetic leg, my mum can eventually manage these basic daily functions on her own. This will greatly boost her self-esteem as she gets back to walking again.

I strongly recommend those who need financial help to reach out to LPC. The team from LPC will thoroughly investigate and understand your family situation better before providing sponsorship to the amputee. **Thank you very much, LPC!**



Fund Raising To

By PDG SK Ho



We complain about not having new shoes to wear, not realising there are those with no feet. Well, these people can now have new feet too if given prosthetics for them to walk again.

When I was first appointed as LPC's Fund-Raising Chairman three years ago, I was tasked to raise S\$100,000. It was very tough for a Lions Program with only 22 Clubs as members then. But we did it together successfully and even exceeded our target slightly.

Now with 58 Lions Clubs as registered members, I have again been tasked to raise funds to help amputees who need financial help.

Lion Dan Tinsley of LCS Clarke Quay started his 169 km Round Singapore Island (RSI) Walk on 16 September 2021 and raised S\$38,888 for LPC! He has volunteered to do this again on 25th November 2023 and challenged himself to do this in shorter time and fewer rest periods. For RSI 2, Lion Dan requests Lions and friends to walk with him along various parts of the Route so that they can all also raise funds to help amputees in need to Walk Again and live a normal life. Let's work on this together in District 309. We hope to double our fund raising success in 2023.*

Besides this project, LPC will continue with its Coin Collection Campaign. We are asking for gifts of \$1 Coins this time. It's a very simple exercise. If every Lion can accumulate one \$1 Coin a week for 6 months, we can achieve $(3,000 \times 28 \times \$1) = \$84K$. Even if only 25% of Lions participated, we can attain \$21,000.



***Footnote:**

At publication deadline time for this article, LPC collected S\$49,500 for the RSI 2 charity walk. The final amount raised will be published later.



Presentation of \$5,000 cheque by President Mefield Loh (LCS Enterprise) to LPC from their 50-cents coins collection



President Zheng Shuyun (LCS Le Shan) presenting \$4,000 cheque to LPC on their Charter Night in July 2023

Aquathlon 2 will be held in March 2024, spearheaded again by Lion Trevor Xie and sponsored by Conservation Capital. We hope to raise some funds for LPC again.

Another event to raise funds for LPC is to host a large-scale celebrity concert. This will likely be in 2H of 2024 or even 1H of 2025 as it

needs much sponsorship and time to plan for such a mammoth event.

No matter the size of fund-raising, the most important point is that we must all work, serve, and enjoy together in LPC, knowing very well that God has provided us with two strong legs to walk our Lions journey to serve others.



LIONS PROSTHESES CENTRE (SINGAPORE)

Our Funding

Lions Prosthesis Centre (LPC) was registered with the Singapore Registry of Societies (ROS) in May 2020 (UEN T20SS0073D). LPC is a non-profit Social Service Agency (SSA), approved in January 2023 as a Charity under the Charities Act 1994.

The sponsored artificial limbs and associated costs are funded from donations raised by its members. **Donate to support our needy NOW!**

How To Donate



Fund Raising Projects

Riding Under the Stars

By PP Jenny Tan



On 23 September 2023, radio station MediaCorp YES 933 organised “Riding Under The Stars 2023” at the Singapore Sports Hub. This get-together fun event for cyclists, which flagged off at 7.00pm, attracted a turnout of 550 enthusiastic participants!

LPC was invited to partner in this event as some funds raised were intended to be donated to LPC. 15 LPC Member Clubs were present at the beginning/end point at Stadium Riverside Walk to set up an information booth as well as to promote LPC and raise funds through our Pizza Or Puff vouchers.

We are thankful to all for making this event a successful one, raising funds and generating excellent publicity for LPC.



AQUATHLON - Swimming & Running

By PP Jenny Tan



The first Lions Singapore Aquathlon was held on 6 May 2023, from 7 am to 12 pm, at Passion Wave @ East Coast. The event was organized by Triathlon Singapore and Orange Room. Lions Prostheses Centre is grateful to be the sole beneficiary for funds raised from this event.

The event encompassed various categories for different age groups, including an open adult section where three Lions took part, namely Trevor Xie (LCS Centennial), Fiona Chia and Dan Tinsley (LCS Clarke Quay).

A total of 126 participants signed up for this grueling endurance event that challenged athletes to swim and run various distances depending on their age groups.

The main sponsor was Conservation Capital, a private company that specializes in buying and selling endowment insurance policies. The venue at Passion Wave was provided by the People's Association.



The event was flagged off by Guest-Of-Honour MP Ng Ling Ling. She was accompanied by DG SK Ho, LPC Chairman Goh Boo Han and witnessed by 12 Lions.

It was a demanding event that needed discipline and endurance, but the event ended successfully with good publicity for LPC. A total of \$1730 was donated to LPC from this event.

We are very grateful to Triathlon Singapore, People's Association, Conservation Capital, and all donors and participants for making this event a huge success for LPC.

Understanding the process of fitting of prosthetic limbs

By PDG David Lee, Founder Chairman



Some Lions and volunteers recently expressed interest in witnessing and understanding the process of interviewing, examining, measuring, fabricating, and fitting of prosthetic legs. Hence a trip was organised to coincide with The Prosthesis Foundation, Thailand's mobile clinic scheduled from 19 November to 24 November 2023.

On 22 November 2023, a group of LPC members and Singapore Lions and volunteers (totalling 28 pax) visited the mobile clinic at Uthai Thani, Thailand. We were warmly welcomed by the new Secretary General Professor Niwes Natachit and his Deputy, Professor Rome Chiranukrom. We were invited to a briefing followed by a video presentation where we learned how the Prosthesis Foundation was formed, their mission and objectives as well as testimonials from amputees who were given free prosthetics legs. We toured the clinic site to witness the consultation with amputees,

the fabrication of the limbs and the fitting of limbs onto the amputees. It must be quite an experience for those of us who had not seen so many amputees, 117 of them, all in one place. We understand that eventually only 90 amputees were fitted with prosthetic legs as the rest were not medically fit yet or had some other ailments.

The Lions and volunteers pooled together and made a small donation to the Prosthesis Foundation. Lion Linda Tan also prepared some gifts of food, T-shirts and other useful items for both staff and amputees at the site.

We hope it had been an enlightening experience for all. Lions Prosthesis Centre (Singapore) will continue to help amputees in Singapore to



A Summary of LPC's 4th AGM on 19th August 2023

By PP Peter Chua

1. Chairman's Report

- a) Chairman Goh Boo Han reported that the current membership of LPC was 58, an increase of 15 Lions Clubs or 35% from the last AGM.
- b) During the year, LPC processed 13 applications for prosthetic limbs of which 7 were approved, 2 being processed, and 4 were rejected as they did not meet our criteria.
- c) Other activities:
 - i. LCS Enterprise initiated the 50-cents coins collection resulting in a donation of \$5,000 to LPC.
 - ii. LPC participated in:
 - The **World Diabetes Day 2022** organised by Diabetes Singapore in November 2022. This is in line with our objective of providing awareness of diabetics' prevention programs to the community, as well as promoting awareness of LPC to the public.
 - The **"Walk Again with Confidence"** seminar organised by Diabetes Singapore on 8 April 2023.
 - **Lions Aquathlon 2023** held on 6 May 2023.
 - **L65 Carnival** (In celebration of Lions 65 years of community service in Singapore) on 18 & 19 March 2023.

2. Amendment to Constitution

The proposal to amend the Constitution to change from District 308-A1 to District 309 was unanimously endorsed and approved by the general body. This has been endorsed by our sector administrator, The Ministry of Health, and subsequently approved by the Registrar of Societies on 17 October 2023.

3. Board of Directors

- a) To fill the 3 vacant Director positions, LPC member Clubs were invited to nominate candidates for election.
- b) Only 3 nominations were received, and Election Chairman thus declared all nominations for the 3 Director positions as successful. They were:
 - PDG Ho Sum Kwong, LCS Clarke Quay
 - PP Sally Seow, LCS Enterprise
 - CP Michael Wong, LCS Ji Siang
- c) PDG Ho Sum Kwong and PP Sally Seow had since been appointed LPC Fund Raising Chairman and Co-Chairman respectively.

4. Treasurer's Report

The audited accounts for the years ended 31 March 2022 and 31 March 2023 presented by Honorary Treasurer Eng Chen Lian were duly approved by the general body.

New Member Clubs

- Lions Club of Singapore Beverly Hills
- Lions Club of Singapore Bifrost
- Lions Club of Singapore Bukit Timah
- Lions Club of Singapore Cheng Hua
- Lions Club of Singapore Elite
- Lions Club of Singapore Fei Yang
- Lions Club of Singapore Jin Yu
- Lions Club of Singapore Khatib Mandarin
- Lions Club of Singapore Le Shan
- Lions Club of Singapore Man Tang
- Lions Club of Singapore Marine Parade
- Lions Club of Singapore Raffles City
- Lions Club of Singapore Tanglin
- Lions Club of Singapore Vanguard



Scan and learn more about
Lions Protheses Centre (Singapore)

OUTREACH EVENTS: World Diabetes Day 2023

By PP Jenny Tan

LPC participated in World Diabetes Day 2023, an event organized by Diabetes Singapore, on 4 and 5 November 2023 at Anjung@ Wisma Geylang Serai. Diabetes Singapore (DS) graciously offered LPC a complimentary booth at this event to showcase LPC to the public.

The event was graced by Mdm Rahayu Mahzam, Senior Parliamentary Secretary, Ministry of Health and Ministry of Law, and supported by reputable medical and pharmaceutical companies.

The highlights of the event included talks and culinary demos, free basic non-fasting health screening, fitness dances, as well as savings on purchases of medical devices for diabetes management.

We are thankful to DS for their collaboration with LPC, where LPC was awarded Certificates of Participation, one for setting new Singapore records in the Largest Canvas Painting (measuring 29.9m by 3.0 m), and another for the Largest Workshop (748 participants) on Insulin Injection.

LPC has collaborated with Diabetes Singapore in outreach activities since LPC was founded. We look forward to more collaboration in the future on relevant events

World Diabetes Day 2023

Guest of Honor
MDM RAHAYU MAHZAM
Senior Parliamentary Secretary,
Ministry of Health & Ministry of Law

Venue
Anjung@Wisma Geylang Serai
1 Engku Aman Turn,
Singapore 409528

Date / Time

| | | | |
|-----------------------|---------------------------|-----------------------|--------------------------|
| 04 NOV 2023 | 10.00 am TO 8.00 pm | 05 NOV 2023 | 9.00 am TO 6.00 pm |
|-----------------------|---------------------------|-----------------------|--------------------------|

HIGHLIGHTS

Participants / Attendees can expect the following:

- On stage activities
i.e. culinary demos, talks on diabetes and chronic disease
- Greater savings on medical devices for diabetes management
- Free basic health screening
i.e. 3-month average blood glucose
HbA1c test for A1c level, lipid, blood pressure, diabetic foot screening
No fasting required
- Chumba dance fitness (4 November, 5.00 PM)
- Zumba dance fitness (5 November, 1.00 PM)

CO-SPONSORS
AstraZeneca, BD, Gendria, GSK

FOOD SPONSORS
Freestyle Libre, DKSH, ANJUNG@WISMA GEYLANG SERAI, ZEPHYRUS

BOOTH SPONSORS
Bayer, Abbott, ConvaTec, Medtronic, JINTUM, festo, sonofi, Medtronic

such as health talks and health checks on prevention and management of diabetes to prevent foot loss.

