

# “LIONS CARE”

A National Category C Project tackling isolation, depression and anxiety.

Following on from the success of the Lions *beyondblue* ‘Joining Hands’ project Lions clubs are again being encouraged to come together under a National Category C project that tackles social isolation, depression, and anxiety. ‘Lions Care’ is an innovative project that offers three ways for Clubs to show they care

1. By reaching out to isolated community members through the *beyondblue* ‘Connections Matter’ campaign
2. By becoming a Black Dog ambassador and helping Black Dog Ride take their awareness raising mission to communities- particularly those in rural and regional Australia
3. By building on your club’s past successes and developing local projects that address mental health issues in your community

The project will run from 1st July 2015 to 30 June 2016 and this year, for the first time, participating clubs will also be competing for three Melvin Jones ‘Lions Cares’ awards. The award winners– one for each of the three programs- will be announced in the February 2016 Lions Magazine.