

# Social connection leads to less anxiety and depression<sup>1</sup>

## SUN, FUN, LEARNING, AND LEADING



"Kids should be carefree. They should be able to spend time away from school just having fun."

These words are from a Leo who, along with Lions and fellow Leos, used a US\$5,000 Leo Service grant

from Lions Clubs International Foundation (LCIF) to expand on a 22-year annual tradition. Adding LCIF grant funds to donations collected locally, the Leos and Lions planned and hosted a camp experience to remember for nearly 80 local children in Portugal.

"Atividade das Crianças [Activity for Children] has been held for decades, but this year was even better than usual because the grant enabled us to include more children," said

another Leo who helped plan and run the weekend, themed Odisseia no Espaço [Space Odyssey] and that included games, dancing, art activities, lessons on tree planting and cardiopulmonary resuscitation, and friendship building. "Some campers have special needs or have had traumatic experiences. Others are from low-income families and can't afford camp. It's wonderful to help them and at the same time build my leadership skills. I'm grateful to the Lions and LCIF for the opportunity."

"The LCIF grant enabled us to include more children."

## Humanitarian Efforts



# Vulnerable Populations Challenged

Though many are spared challenges of living life limited by disease; disability; or vulnerability due to age, gender, or economic or familial status, many in this part of the world are not and often require humanitarian services.

**5.1M**

children in Europe and Central Asia have some form of disability<sup>2</sup>

**43M**

people in Europe can't afford a quality meal every 2 days<sup>3</sup>



## Measles rising in Europe

	Cases	Lives Lost
2016	5,273	13
2017	25,869	42
2018	83,540	74 <sup>4</sup>

THAT'S EUROPE. GLOBALLY, THE PICTURE LOOKS LIKE THIS:



**15%**

of the world's population experience disability<sup>5</sup>



**~1 in 3**

children worldwide lives in poverty<sup>6</sup>



High social connectedness  
= **50%**  
increased chance of longevity<sup>7</sup>



**6M**

people are affected by measles each year<sup>8</sup>

## LCIF AND LIONS

### Funding Service, Delivering Solutions

Since 1968, LCIF has funded Lions service around the world. We continue our support, helping Lions deepen their commitment to their communities.

[lcif.org/humanitarian](http://lcif.org/humanitarian)

**MATCHING GRANTS**  
fund construction and equipment costs

**US\$10,000 - US\$100,000**

**DISTRICT AND CLUB COMMUNITY IMPACT GRANTS**

apply to district and club projects

**GRANT AMOUNT VARIES**

**LEO SERVICE GRANTS**  
fund Leo-led projects

**US\$1,500 - US\$5,000**

Hunger, Diabetes, and Childhood Cancer grants are also available.

SOURCES/NOTE: <sup>1</sup>Stanford Medicine; <sup>2</sup>UNICEF; <sup>3</sup>The Borgen Project; <sup>4</sup>World Health Organization; <sup>5</sup>The World Bank Group; <sup>6</sup>Measles & Rubella Initiative; grant limits subject to change



Lions Clubs International  
**FOUNDATION**

LCIF is the grant-making body empowering Lions to create greater impact in their communities and around the world. The vast majority of funding LCIF receives is from Lions; one hundred percent of every donation supports Lions service through LCIF grants and programs.

Humanitarian efforts is just one cause area supported by LCIF and *Campaign 100: LCIF Empowering Service*. With financial support from Lions and clubs worldwide, Campaign 100 is empowering Lions to increase service impact in vision, youth, disaster relief, and humanitarian efforts; fight the global epidemic of diabetes; and make important progress in expanded cause areas of childhood cancer, hunger, and the environment.

**SUPPORT YOUR SERVICE  
BY SUPPORTING YOUR  
FOUNDATION**

[lionsclubs.org/donate](http://lionsclubs.org/donate)