



Wellbeing  
Foundation

# Q DISTRICTS



## Wellbeing Foundation District Bulletin

From your  
ALWF Director  
Alan Brooks

## Q DISTRICTS ROARED LOUD FOR WELLBEING

Still time to support the campaign

District Overview

**OCTOBER 2025 ISSUE**

[www.alwf.org.au](http://www.alwf.org.au)

# Q DISTRICTS - PASSIONATE ABOUT WELLBEING

October is such an important month in our Lions' calendar. I have promoted four District Conventions and we have all celebrated the launch of Lions Clubs International global mental health and wellbeing initiative for 2025/26. International President A. P. Singh designated **mental health and wellbeing as a key service focus** and nominated 4-11 Oct as the formal awareness week, which aligns with Mental Health Month in Australia.

The Australian Lions Wellbeing Foundation magnified the impact through our **Roar for Wellbeing** campaign. The response has been exceptional, with Queensland Clubs leading the way.

The **Lions District 201 Q3 Convention** was buzzing with positivity and purpose with wellbeing being a theme throughout.

From keynote speaker Kellie Grainger of the Collaborative Wellness Centre sharing her insights, to the service stall with a wellbeing theme and PDG Toby Crawford (National Coordinator, Youth & Community Projects) featuring the inspiring ALWF video with Leo Molly in his address – there was no shortage of inspiration.



A special shoutout to District Project Chair Barbara Matthews and member of the Lions Club of Redcliffe Central for her fantastic display showcasing the work of the Foundation.

## A Generous Donation from Ashgrove/The Gap Lions Club sees National Impact

I was delighted to join the Ashgrove/The Gap Lions Club recently to receive a donation on behalf of the Foundation in memory of Lion Ross and Wendy Smith. It was a proud moment to receive the cheque from their family members Suzette and Mark Robinson.



We sincerely thank Suzette, Mark, and the Ashgrove/The Gap Lions Club for choosing to support the Foundation's work in promoting wellbeing across Australia – the funds were used to supply 50 clubs with a **Roar for Wellbeing** resource pack, seeing impact nationally.



Positive wellbeing is something that matters to us all – and it's wonderful to see Lions leading the way in spreading this important message.

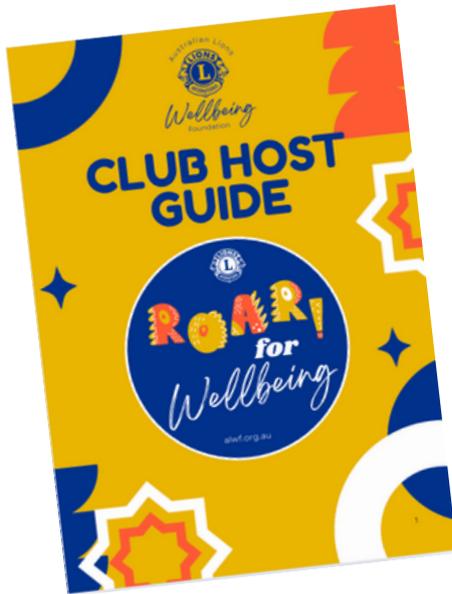
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# STILL TIME TO ROAR FOR WELLBEING

There is still time to support our Roar for Wellbeing Mental Health & Wellbeing campaign. Although the month of October is the feature month, it is always a good time to host an opportunity to make an impact in your community.



## DOWNLOAD A COPY OF OUR CLUB HOST GUIDE

Plus: We also have a wide range of downloadable resources at [alwf.org.au/roar](http://alwf.org.au/roar)

We wish to express our thanks to Ashgrove/The Gap Lions Club (201Q3) for their generous support, which helped make 50 free packs possible.

## QLD IN ACTION

A huge thank you to all the Q Districts Lions Clubs who've got behind the campaign so far. As you can see below, Q Districts Clubs are very passionate about wellbeing.



Ashgrove/The Gap Lions Club held an information stall at the local shopping centre



Dayboro Lions Club has the support of a local pharmacy, with a wellbeing display.



Golden Valley Keperra held a community event



Lions Club of Redcliffe Central held an event in combination with local services



Lions Club of Toowoomba West held a Mental Health Symposium



Lions Club of Tenterfield had a stall at a community event.



Townsville Northern Suburbs Lions Club supported the Lift the Lid on Mental Health walk.

See the full events calendar at [alwf.org.au/roar](http://alwf.org.au/roar)

# SUPPORT OPPORTUNITIES

## Did you know District Wellbeing Chairs can assist you with...

- Promoting ALWF projects and campaigns
- Engaging Lions/Leos Clubs with available resources, grants and awards
- Sharing regular updates and ideas
- Providing feedback and community insights into ALWF

Need the contact details of your District Chair - drop me a line I can help contact you.

## THANK YOU TO THE TOP SUPPORTING Q CLUBS

I have recently emailed twenty Q District Clubs with a **personal letter** and **Certificate of Appreciation**. These Clubs are the top ALWF sponsors in each District in recent times.

### District 201Q1

- Capalaba
- Ballina
- Helensvale
- Robina
- Rochedale Springwood

### District 201Q2

- Whitsunday
- Proserpine
- Tully
- Townsville Ross River Valley
- Townsville Northern Suburbs

### District 201Q3

- Ashgrove/The Gap
- Golden Valley Keperra
- Toowoomba
- Brisbane Bunya
- Brisbane Oxley Sherwood

### District 201Q4

- Gympie
- Cooroy Pomona
- Tewantin Noosa
- Boyne Island
- Gympie South

We appreciate the support of all Clubs that engage with the Australian Lions Wellbeing Foundation.

### Support can come in many forms.

#### Please consider...

- Visiting [our website](#), downloading free resources
- Subscribing to [eNews](#)
- Following us on [Facebook](#) and [Instagram](#)
- Recognizing a Lion / Leo or community member with an [ALWF award](#)
- Applying for a [Community Initiatives Grant](#)
- Making an [annual donation](#) to this unique Australian Lions Foundation

