

NLT Goods for sale



Our beautiful *Joannie* style wallets come in a variety of styles (Size 18cm x 9.5cm)
To order, or see more designs, contact us on 020 8940 1200 / info@nlt.org.uk

Child Sponsorship

NLT supports around 85 children to enable them to have an education - the best escape from poverty. There are currently several children from Kathmandu and Lalgadh needing help, all from very needy families, some affected by leprosy. If you would like to sponsor a child at £15 per month, please contact us on 020 8940 1200 or mildred@nlt.org.uk. See more information on our website.

(Our apologies for the poor picture quality.)



New to NLT

We have received our first delivery of these colourful felt ball bracelets, which cost £2.50 plus postage. If you would like to buy some, please contact us on 020 8940 1200 or email: info@nlt.org.uk

Sponsored Walk

Please put the 14th September in your diaries and come and join us for our annual Sponsored Walk to raise funds for NLT's work to reduce stigma and poverty amongst people affected by leprosy. This year's walk will be in Black Country Park near the junction of the M25 and M40, (SL3 6DS) and more details will follow in due course. Last year's walk was in Windsor Park and was great fun!

Speaking Team!

Enid, Mildred, and Mike, would love to visit your church, school, club or group to share about the work of NLT, life in Nepal, etc, with video and/or slides. We don't make a charge for this, but we do like to bring NLT handicrafts to sell!

Twitter



NLT has a Twitter account!
See the tweets on our website or follow us at:-

@NepalLeprosyTr

For information concerning NLT, please phone Enid or Mike 020 8940 1200 or email info@nlt.org.uk

Postal costs have risen again! If you would be willing to receive your copy of the newsletter by email and save NLT some postage, please let us know by emailing us at: info@nlt.org.uk

Help in the office at Richmond is still needed. If you would like to spend a few hours a week helping with admin tasks, handicraft stock management, and/or helping at fairs and events locally, please contact us by phone or email.

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Nepal Leprosy Trust

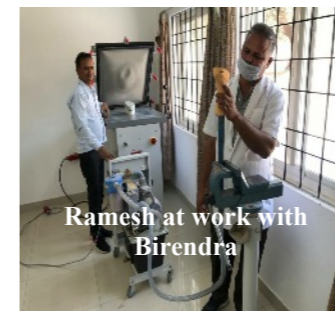
Changing lives

Lalgadh makes its first lower limb replacement



A view of the new outpatient facilities on either side of the original central unit

In the summer of 2017, we described some of the new outpatient facilities that were opening at the NLT Leprosy Services Centre at Lalgadh. These include better consultation facilities, a new registration and billing unit, a new A&E unit, expanded pharmacy and lab services, and a new footwear and prosthetics unit. The production of special footwear for people with feet damaged by leprosy has been a staple part of NLT work at Lalgadh since it began in 1994, and they have made more than 70,000 pairs of special shoes since then. All these are provided virtually free of charge to our patients, with just a nominal payment to encourage care of the shoes.



Ramesh at work with Birendra



Ramesh with his first creation

The footwear workshop began in a tiny room that was part of the verandah behind the physio unit, and then moved to a 'temporary' building for 10 years. The new space for this work is purpose built and will be ample for many years, but the exciting part is that it has equipment for making lower limb prostheses, which we have never been able to make before. A new staff member, called Ramesh, joined NLT in 2018 as a Prosthetics Technician to get this part of the work going. Early this March there was



Sunil with his new leg

great celebration as the first patient, Sunil, received and tested his new leg - the first prosthesis made at Lalgadh. This now means that our patients can stay nearer their homes through the lengthy process of having an amputation and then a new limb made for them. Previously they have had to travel to Pokhara or Kathmandu for this work which is difficult for them. This is a landmark achievement for Lalgadh and reinforces our work as a referral centre for people affected by leprosy.



Birendra, Ramesh and Guduri in front of the new workshop

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A Huge "Thank You" to all those who held a coffee morning in aid of

World Leprosy Day 2019

You raised over £1000 and it will be used for our work with people affected by leprosy in Nepal.



Vitality London 10000 Run

27th May 2019

Last year, we had 5 runners representing NLT in the Vitality Run and it was good fun and a great atmosphere. This year we have 10 places and it would be brilliant to fill them all and raise some more useful funds for NLT. If you would like to be part of Team NLT, get in touch by email: info@nlt.org.uk or phone us on 020 8940 1200

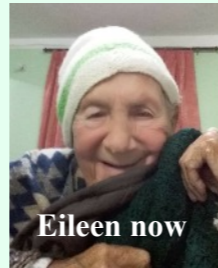


Eileen's New Home



Eileen in the 1990s

Many of you will know of Eileen Lodge, the founder of NLT who first went to Nepal in the 1950s, helped establish Green Pastures Leprosy Hospital in Pokhara with the International Nepal Fellowship in the 1960s, and then established Nepal Leprosy Trust in Kathmandu in the 1970s. Eileen was passionate about helping people affected by leprosy and took on Nepali Citizenship in order to better fight their cause. After a 10-year struggle with the powers-that-be in Nepal, Eileen finally obtained permission to build Lalgadh Hospital in 1989, and this centre has gone on to become one of the two busiest leprosy centres in the world. She then established Nepal Leprosy Fellowship in 1997, working with people affected by leprosy in the east of Nepal. Eileen is now almost 94 years old and has been mainly housebound for the last few years, living in Kathmandu in the house she has occupied for around 30 years. For some time the landlord has been pressing Eileen to leave as he wants to develop his property, and NLT Nepal finally found new accommodation for Eileen in the grounds of Koinonia Church in Patan. Eileen moved in January this year and is now settling into her new house with her carers.



Eileen now



Eileen's new accommodation

Do please remember Eileen in your prayers.

Fairs in 2019

NLT will be joining three fairs this year, and you can find us at any of these and support NLT by buying some of our NLT products and catch up on the latest news at the same time.

- Richmond May Fair, 11th May, Richmond, TW9 1NY
- Ham Country Fair, 8th June, Ham, TW10 5LA
- St Margaret's Fair, 6th July, Moorhead, Twickenham, TW1 1JS

Village Alive

Helping communities overcome poverty, prejudice and ignorance

Our self-help group programme for people affected by leprosy began in 2002. 16 years and 112 self-help groups later, these groups have shown that they can stay healthy and work hard, and that the negative community attitude towards leprosy can be changed. These groups have taken an active role in helping their communities to improve, and have thereby earned respect. In our Village Alive programme (VAP) we help villages who are in extreme poverty to learn how to work together to improve life for the village. For a community to be selected for VAP, it must be very poor and already be connected to one of our active self-help groups. VAP only works on the basis of established trust and an understanding of how the process involves "give and take". The village members have to play their part, and villages that have watched our self-help groups become effective through our involvement, have seen this process in action and understand that change takes time. They also trust the self-help groups, making these groups key partners in the VAP process.



Dhamaura from the landrover

Last November, Mike from NLT UK and Vera from NLT Ireland visited the village of Dhamaura in Mahottari, northwest of Janakpur, a Dhalit community which had begun a VAP programme just one year earlier. At the start the villagers had chosen the key improvements that they wanted to see in their village, including education, health (especially mother and child health), water, and village cleanliness including better sanitation. They had formed a women's group, a men's (farmers') group, and an adolescent girls' group, and these groups had worked towards the changes they wanted. The Lalgadh team had also trained one lady volunteer in primary health care, and she had been successfully supporting the mothers and children with health care and advice.

About 140 men and women came to meet Vera and Mike and explain what they felt had been good about VAP:

- the women were enjoying meeting together - previously they only fought and argued, and never met in a group;
- the children were now going to school;
- the men were drinking much less and family life was better;
- the village was cleaner;
- the new water supply (that had come through the self help group) had been given more privacy for the ladies by the building of a small wall;
- the women's and children's health was better;
- the groups have a growing savings scheme which supports individual projects;
- they have learned that they can improve things themselves with a little outside help.



The group explaining the improvements VAP has brought

Faces were happy and smiling and the mood was very positive. There are two more years of support from NLT to come for this village whose story mirrors the experiences of about eight other villages with VAP. We are also starting VAP in a further four villages this year thanks to Irish Aid which has been a keen supporter, through NLT Ireland, of our work to transform life in these desperately poor communities. We are very grateful to our field staff whose dedication and hard work makes VAP possible.

Mainudin, a biker with a prosthetic leg



Mainudin has been affected by leprosy since he was a child, but did not get treatment until leprosy had already badly damaged his hands and feet, leading to the loss of one leg. Ostracised by his own family and friends, he found the care and compassion at Lalgadh a very real replacement for that missing love, and has since given much of his time to encouraging others affected by leprosy. He is the leader of the largest self-help group, with 75 members, and is also the president of all the Dhanusha self-help groups. He therefore needs to travel a lot between groups, and with a false leg was finding this hard. NLT Ireland and NLT UK have therefore bought him a motor-tricycle to help him with this important work. **Mainudin is now a biker!**