

The medical staff at Lalgadh



The 'frontline team' who serve hundreds of people each day at Lalgadh

Vitality 10 km Run

The 'Vitality London 10000' run will take place again on 2nd May 2022 in London. There will be several runners for NLT, including Matthew and Julie Houghton, and Amy Forbes. Please consider sponsoring them with a specified donation to NLT!



Many people shop on Amazon, but not everyone is aware that Amazon has a way of donating to charity called Amazon Smile. If you do your Amazon shopping through Amazon Smile <https://smile.amazon.co.uk/>, and select NLT as your charity of choice, it won't cost you any more and Amazon will send 0.5% of the net value of eligible purchases to NLT.

Child sponsorship

Helping poor families to educate their children is an excellent way of lifting people out of poverty, and usually produces good outcomes. Every year, some children finish their education support and others join the scheme. The numbers of families coming forward to seek help was less during the last two years, but is increasing again. We are grateful to every sponsor who supports children in this way; and if you would like to start helping a child, please get in touch.

A Touch of Providence

Don't forget to order a copy of this book, full of photos and fascinating stories from the beginning of NLT and its work at Kathmandu and Lalgadh. Amusing accounts of different people's experiences add colour to the amazing story.



Only £10 including UK postage. Discounts available for multiple copies.

Speaking Team!

Enid and/or Mike would love to visit your church, school, club or group to share about the work of NLT and life in Nepal, and show you the NLT handicrafts made at our fairtrade workshops!

Twitter

NLT has a Twitter account!



See the tweets on our website or follow us at:

@NepalLeprosyTr

If you are someone who prays for NLT, we send out a monthly prayer letter by email. If you do not use email, we can post it to you if you let us know. It will help to keep you updated between our newsletters.

If you would be happy to receive your copy of this newsletter by email to save NLT some postage, please let us know by emailing us at: info@nlt.org.uk

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Nepal Leprosy Trust

Changing lives

NLT's 50th anniversary event

We are thrilled this year to celebrate 50 years of NLT serving in Nepal, supporting and working with people affected by leprosy. This is a significant milestone, and we hope that friends and supporters who have shared this journey will be able to come and mark the occasion with us. We are planning a gathering on the 11th June, in the afternoon, with time to mingle and catch up with 'old' friends, enjoy some refreshments, hear the latest news about the work in Nepal, and reflect on God's goodness in bringing NLT this far.

The last anniversary we marked was the 40th - and quite a number of you came to that at Halford House in Richmond. This time we will hold the event at Stoke Poges, at the beautiful St Giles church building and grounds. It is near the junction of the M25 and M40, west of London. We would be delighted to have many come and join us there. If you are able to come, please let us know soon, so that we can keep you informed; and it will help us plan the day.



World Leprosy Day



On 30th January, World Leprosy Day was this year combined with World Neglected Tropical Diseases Day. This helped to increase awareness about 20 diseases, including leprosy, which mainly affect people in poorer countries. 1.7 billion people are affected by these diseases, but they are "neglected" because the big players in global health inevitably focus on tackling health issues in developed countries, where there is more financial incentive. There are exceptions; and leprosy programmes around the world are enormously grateful for the free provision of leprosy medicines by Novartis AG for the last 22 years. This major contribution by a pharma company to leprosy work has made a huge difference to millions of people. However, there is much still to be done for leprosy and the other neglected diseases. Around the world, World NTD Day was marked by lighting up 100 landmarks in 32 nations, with messages about the diseases. In Nepal, the Dharaha Tower was illuminated. So, for a few minutes, NLT's name was up in lights! (See: <https://worldntdday.org> for a video - 'Light up the world')

A new wound care technique

Innovations in leprosy medical work do not occur very often, but we are pleased to mention one here. Many of you will be aware that one of the persistent complications of leprosy is the severe ulcers that can develop and which can take weeks to heal. Many of our inpatients have lengthy hospital stays for this reason.

Early in March our staff were trained in a new wound dressing technique using 'Leucocyte- and Platelet-Rich Fibrin' dressings (L-PRF). This is a system that has been used for years in dentistry, and uses a patient's own blood to make a dressing that can be applied to the wound to encourage healing. Healing of very resistant ulcers has been achieved in tests, and the healing time of wounds has been significantly reduced. The dressing is made using simple equipment (which has been donated to Lalgadh) and is applied directly to the wound, covered with vaseline and then bandaged. It acts like a 'scab', providing protection for the wound and assisting healing. The L-PRF dressings only need to be changed once or twice a week, rather than daily (as with current systems), which will reduce nursing input and avoid damaging the wound as well. We look forward to hearing about progress with this system at Lalgadh and will update you when we can.

Province 2 gets a name

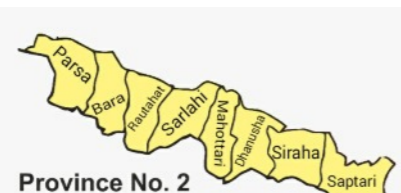


In 2015 Nepal reorganized its districts into seven provinces as part of creating the Federal Democratic Republic of Nepal. NLT works in Province 2, which from 18 January is called Madhesh Pradesh, or Madhesh Province. Janakpur has been confirmed as its capital.

Madhesh Province is the smallest of the seven in terms of area, but is the second largest in terms of population, with 6.1 million people in 2021. Bordering India, it has eight districts, including the four that NLT has worked in for the last 25 years. The main language is Maithili.

'Madheshi' means 'people from the plains', and is now a term used politically by the 'hill people' to refer to 'non-hill people' living in the plains (or Terai) who speak plains languages as their mother tongue. It was originally used negatively to imply 'not true Nepali', but the people of the Terai have accepted and owned the term 'Madheshi' and now declared that their land is called 'Madhesh'!

NLT's work at Lalgadh has always been amongst the Madhesh or Terai people, and many of our original Nepali staff had to learn Maithili so that they could communicate effectively with the patients. There are more Dalit communities in Madhesh Province than any other, and so NLT is well placed to meet its chief objective of serving the very poor and needy, and supporting people affected by leprosy.



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Batik cards



Over the Christmas period our beautiful, themed batik cards were popular, and many of you bought them to send greetings. Our range of batik cards includes many other themes: birthdays, thank you, amusing pictures, ethnic, animals, flowers, butterflies, etc. We have included an insert with this newsletter to give you an idea of the range, and they can also be viewed on our website at:

www.nlt.org.uk/more-batik-cards-for-all-occasions/

Every card sold helps our batik workers to earn a livelihood. Please contact us by email or phone to place an order.

NLT visits Telford

In November 2021, we visited St Michael's and St John's churches at Muxton and Lilleshall near Telford, Shropshire and were able to share about NLT's work in Nepal. Alan, Enid and Mike were given a warm welcome, and after both services were able to sell NLT items and enjoy a wonderful Sunday lunch before heading home. We received several generous gifts to help a 73-year-old widower called Shakyamadi, a member of Lalgadh church, who had no house and was trying to look after a granddaughter with special needs. In December, Shakyamadi suffered a stroke which left him partially paralysed on one side. A new house near his two sons has been built for him with your gifts, and he moved in on 24 March. He is very thankful for this. Shakyamadi can be seen here with his family, with Dambar and Gyanok, our contacts at Lalgadh Church.



Alternative gifts

For Christmas 2021 we tested the idea of some alternative gifts - for those who wanted to send a gift to Nepal, to help a family there, as representative of a gift to a friend or loved one here. For Christmas, our small range of alternative gifts included: a week's food for an inpatient; a pair of special sandals for someone affected by leprosy; a chicken to help a family; or, a goat to help a family. For each gift we sent one of our batik cards with an insert explaining the alternative gift, to the giver. They then could send that in place of a physical gift to their friend or loved one.

Thank you to all those who bought these gifts. We passed on the money to our team at Lalgadh, so that the chickens, goats and sandals could be bought and distributed as soon as possible.

We now intend to make these gifts available throughout the year, and to increase the range - to provide more opportunity to support the work at Lalgadh. The additional gifts include a duck at £10 to help a family; a warm blanket at £18 to help keep a vulnerable person warm during winter; a sewing machine at £80 to support a new vocation for a needy person; and L-PRF dressings for a patient with a serious ulcer at £35. All these gifts will make an important impact on lives affected by leprosy and poverty.

Farewell to two of NLT's pioneers

In January, two special people who contributed significantly to NLT's work when Lalgadh Hospital was being established in the 1990s, went to be with the Lord. The first was Marion Cochrane MBE, who died on New Year's Day, aged 93. Marion and her husband Dr Ian Cochrane came to support the early medical work at Lalgadh from late 1994. From 1992, while the hospital was being built, a growing number of people affected by leprosy began arriving. A retired doctor, Dr Margaret Owen, supported our paramedics for three months in early 1994; and then Marion and Ian, recently retired from work in India and Bangladesh with The Leprosy Mission, came to support Dr Anne Dee who had just arrived to be the first full-time doctor at Lalgadh. Marion and Ian helped us for three periods during 1994 to 1997, and gave much training and support to our young staff. Marion helped train our nurses as they set up the first inpatient unit. She and Ian inspired the staff with their unstinting love and commitment to people affected by leprosy; and they were greatly loved by staff and patients alike.



Revd Norman Meeten, who passed away on 15th January, was a minister of the gospel based in Liverpool and then at the Longcroft Fellowship on the Wirral. He travelled extensively, preaching and teaching in 35 countries, and always had a special love for India and Nepal. From the 1960s, most years saw him travelling in India by bus and train from south to north, visiting various small church groups along the way. He then travelled via Darjeeling into Nepal to encourage the Christians there - who were very few at that time. It was on one of these visits that he met Eileen Lodge, and saw her early work amongst people

affected by leprosy in Kathmandu. He supported Eileen's work, sharing about it, and later becoming a trustee of NLT UK. Norman became the chairman of trustees during the 1980s, and led NLT through the challenging time of obtaining permission for a hospital to be built, and then praying in all the funds needed for the construction. He visited the little church at Lalgadh most years from about 1992 to 2019, holding leaders' conferences and encouraging the congregation. Norman is pictured here at about 84 years of age being hugged by Dambar Kumari, after a church meeting at Lalgadh in 2018. She has lived at Lalgadh's Care Haven for many years, being mentally and physically disabled and affected by leprosy. She met Norman many times over those years. Norman will be greatly missed by so many, including our brothers and sisters at Lalgadh.

2022 Envisioning trip

After our successful envisioning trip in November 2019, and then two years missed due to the pandemic, we are planning another trip later this year, led by a trustee who worked at Lalgadh in 2000. Whether you are an NLT supporter, or simply interested in Nepal, please consider joining us to explore some of this amazing country and see for yourself what NLT is doing amongst people affected by leprosy. Contact us by email or phone to find out more.

