

## Child sponsorship

We have received three new applications for sponsorship of children from families in difficult circumstances. These have come via an NLT Nepal board member who is a church pastor in Bardibas, a large town near Lalgadh. We believe that this kind of support is a very good way of helping families and individuals out of poverty in Nepal, and good value at £15 per month. If you would like to help any of the children mentioned below, we would be thrilled to hear from you.



Kushal is 5 and lives in Bardibas, with his grandmother and aunties. His father passed away when he was 2, and his mother left Kushal when she married another man. Kushal's disabled aunt is supporting him along with her own family, but does not have sufficient income to educate her nephew as well. It would be a very big help to them if we could sponsor Kushal's schooling.

Angel is 14 and lives near Lalgadh with her sister and their widowed mum. Their mum earns a small income from irregular daily labour, but struggles to meet all the family needs. She wants to see her daughters educated, but covering the costs of both is proving very difficult. If someone could help by supporting Angel - currently in grade 9 - it would make a huge difference.



Aamosh also lives in Bardibas, with his widowed mum. He is 14 and in sixth grade. His father died from jaundice several years ago and he has no siblings. His mother supports the family as best she can by labouring, but it is not reliable enough to cover the cost of Aamosh's education. Aamosh and his mum would be grateful if someone was able to help them with his education.



Amazon has a way of donating to charities called Amazon Smile. If you shop through Amazon, please consider using Smile via <https://smile.amazon.co.uk/> and select NLT as your chosen charity. It won't cost you any more, and Amazon will send 0.5% of the net value of eligible purchases to NLT.

### A Touch of Providence

A history of NLT, full of photos and fascinating stories, from the early days in Kathmandu, and then the vision and establishment of Lalgadh Hospital. Amusing accounts of different people's experiences add colour to this wonderful 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!

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.

### Twitter

NLT has a Twitter account!   
See the tweets on our website or follow us at:  
[@NepalLeprosyTr](https://twitter.com/NepalLeprosyTr)

If you would be happy to receive this newsletter by email to save NLT some postage, please let us know by emailing us at:  
[info@nlt.org.uk](mailto:info@nlt.org.uk)

Nepal Leprosy Trust, 10A The Vineyard, Richmond, TW10 6AQ (England)  
Telephone: 020 8940 1200; Email: [info@nlt.org.uk](mailto:info@nlt.org.uk); Website: [www.nlt.org.uk](http://www.nlt.org.uk)  
NLT is a company limited by guarantee (no. 4046961) and a registered UK charity (no. 1081952)  
**To unsubscribe from this newsletter, please email, phone, or write to us.**

C  
H  
R  
I  
S  
T  
M  
A  
S  
2  
0  
2  
2

# Nepal Leprosy Trust

Changing lives

## NLT Envisioning Trip in November

We are thrilled to have had our first envisioning trip since 2019, with three people exploring some of Nepal and the work that NLT is doing there. There were more people keen to go, but not all were able to join this trip.



With Kamal at Kathmandu

After arriving in Kathmandu and meeting NLT's CEO Kamal and his team there, Liz, Dave and Isobel travelled to Chitwan National Park to discover some of Nepal's wildlife by boat and elephant! From there they travelled to NLT's main project in SE Nepal - Lalgadh Leprosy Hospital & Services Centre. They arrived to an enthusiastic welcome, good accommodation and food, and were quickly taken on a tour of the hospital to meet the staff and see the layout.



Exploring Chitwan

The rest of the time at Lalgadh was a mix of experiencing the work taking place in the centre, and joining field trips to see the Village Alive projects, the Self-Help Group work, and the 'Momentum



Joining a self-help group

Clubs' in action. These field trips were a good opportunity to experience the Terai landscape and culture, as the journeys to some settings took several hours in a Jeep. It gave time to chat with staff about the challenges and needs affecting the work, and to hear their ideas for developing and improving it. And it was a chance to meet face to face with the people that NLT works with in poor villages, and to see their enthusiasm and pride in the changes they have helped to bring about, after years of feeling hopeless about the possibility of life ever getting any better.

Our visitors described the envisioning trip as "fabulous" and were impressed with the way the NLT Nepal teams at Kathmandu and Lalgadh looked after them and worked together so well. We hope the next envisioning trip will be in March 2023. Do contact us if you are interested.

### Update on Sangeeta

Sangeeta, whose story was in the last newsletter, is getting stronger and is a little more positive about the future. Our community team has been educating her village about leprosy and preparing the way for Sangeeta to return to her family and village when she is ready. Please do continue to remember this special lady in your prayers.



## Official appreciation for LLHSC's contribution to leprosy work



For many years the team at Lalgadh has provided leprosy training to different groups of people, including the Nepal Government's own health staff. Recently, we have been training health staff from the 'new' districts that we are now working in. Our training team was delighted to be given a lovely wall clock by the Siraha Health Services staff as a 'thank you' for the leprosy training they had received.

In another ceremony, the training team, represented by Dr Krishna and Arbind Shah (left in picture), received a framed 'Letter of Appreciation' from the Province 1 Health Training Centre and the Fairmed Organisation, following a 'Training of Trainers' course on Neglected Tropical Diseases.



Continuing the theme, LLHSC's Shankar Man Shrestha was awarded a 'Certificate of Appreciation' by the District Health Office in Dhanusha, for his "extraordinary contribution to the leprosy control programme". This award was presented to Shankar during an official review meeting at the District Health Office in Janakpur in September, and is another mark of the respect felt for our staff and work by the local health officials.



## Momentum Clubs

This initiative was started by a podiatrist called Jill Woods, who spent time at Lalgadh 20 years ago. She now runs 'Practice Momentum' helping other podiatrists in the UK establish their businesses. Jill returned to Lalgadh again in 2017 and wanted to help women who are affected by leprosy or marginalised by poverty or disability. She now supports women to work together in 'Momentum Clubs' to start businesses and improve their economic situation. Three clubs now include nearly 70 women, and 15 children are sponsored in education. It is improving both their lives and their villages as they work together for a cleaner environment and improved women's rights.



The team at Lalgadh supports these clubs with training and seed money for the business start-ups and club savings, and with the sponsorships. Pictured left is Pramila Sada from the Mahendranagar Club, receiving her certificate of bookkeeping which will help her to manage her Club's savings. Many of the business start-ups are animal husbandry, especially goats and buffalo, and it has helped a number of the women, such as Bhanu (right), to become more independent.



## The Lalgadh organic farm

The farm with Mr Shah the manager



In late 2021, Ramesh Choudhary, the Community Department manager at LLHSC, re-established a farm at Lalgadh. This had been a long-term ambition of Ramesh's, and is a good way of using the land around the buildings for a useful purpose. The farm is now producing cauliflowers, cabbages, radishes, okra, aubergines, pumpkins, beans, bottle gourds, sponge gourds, and coriander. They have three buffalos and three calves, and two of the buffalo are pregnant - one of them producing 10 litres of milk a day! They intend to add two more buffalo, along with chickens and pigs, so that Lalgadh can be increasingly independent in food supply for the Training and Inpatient departments. It has not been easy, as the nearby monkey population tries to raid the vegetable plots, and has to be kept at bay with efficient fencing. The farm also supports a biogas plant which supplies gas for cooking, saving a lot of money. By the middle of 2022, the farm was not too far away from breaking even, so this is another step towards making Lalgadh more sustainable.



## A Self-Care Training Centre story

As many of you will know, Lalgadh's Self-Care Training Centre (SCTC) has helped hundreds of people to be lifted out of despair and isolation into community and hope. Some of you have been great supporters of this part of our work, and it continues to be one of the keys to the growth of the community programmes such as Village Alive, the Self-Help Groups, and the Socio-Economic Rehabilitation programme.



Shova, a Dalit lady from Dhanusha district was recently diagnosed with leprosy at LLHSC along with her 5-year-old son. She had just lost her husband to illness after 10 years of happy marriage when their second child arrived. Her husband had been a high-caste Nepali, whereas Shova was from the 'untouchable' caste, so she had never been accepted by her in-laws. Being diagnosed with leprosy added to her isolation and loss, and she had little hope.

Due to a lepra reaction, the staff at Lalgadh counselled her to join the SCTC to learn how to prevent damage developing in her hands and feet, and she agreed, joined by her mother and children (pictured). Two weeks of good food has really improved her health and she has regained enthusiasm for life and the future. The staff have directed her to Maiti Nepal, an organisation that will help and guide her to gain rights from her in-laws for her and her children. She has applied for a micro-credit loan from Lalgadh to start a business and also for a scholarship for her son. Life is therefore starting to look positive again for Shova.

## Bel and Maita - update on their house

A huge "Thank You" to all those who contributed some funds to assist Bel and Maita Gurung - long time employees at NLT's Kathmandu workshop - in starting to build a house. Bel suffered with a broken back about 25 years ago, and has always been wheelchair bound, looked after by his wonderful wife Maita, who also works for NLT. They are very grateful for your help, which has made it possible for them to build a home and have some security for the future. We will give further updates in due course.

## Dr. Graeme Clugston



Dr Graeme is coping well with his chemotherapy treatment and has now completed almost six cycles of chemotherapy. We have been told he is looking well and feels quite well apart from a few weaknesses. Do please continue to pray for a good recovery and a blessed Christmas for Graeme and Meena.

## Ruku's treatment

Likewise, please remember Ruku as she faces an uncertain outcome to her cancer treatment. Pray for a miracle for her life, which has been beset by cancer for a long time.

