

NLT Christmas Cards for sale



Bethlehem
Town



Riding to
Bethlehem



Journey to
Bethlehem



The road to
Bethlehem



Gifts
from afar

Large: £4.00 per pack of 10
Small: £3.50 per pack of 10

Add £0.95 P&P for small cards and £1.30 P&P for larger cards (ask when ordering larger quantities)

To Order

Email: info@nlt.org.uk
Or ring: 020 8940 1200

Future Events in 2016



12th November - Musical evening and Nettle products at Eastwick Road Church, Bookham - 7pm



25th November - Vineyard Community Centre Christmas Fair

Published by: Nepal Leprosy Trust, 10A The Vineyard, Richmond, TW10 6AQ (England)

Telephone: 020 8940 1200; Email: info@nlt.org.uk; Website: www.nlt.org.uk

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Facebook Group

We are slowly moving into the 21st Century with the help of NLT friends Jill Woods and Jo Walkworth, and we have started a Facebook group called *Nepal Leprosy Trust Alumni*. Would you like to join us and share in the news and views? If you would, please click on the link below (email copy) or search on the group name.

<https://www.facebook.com/groups/1057390907684853/>

We are hoping that this will stir some memories, re-connect long-lost friends, provide some interesting stories, engaging comments and new challenges. Please take a look and see if you want to be a part of this next chapter in NLT's life.

Help in the office at Richmond is still needed, and we would be thrilled to hear from anyone who would like to spend a few hours a week helping with various administrative tasks, and/or helping at fairs and events locally. **Please ring or email us on info@nlt.org.uk**

Speaking Team!

We have a group of three people: Enid, Mildred, and Mike, who are all happy to form a small team to visit your church, school, club or group and give a talk, drama and/or slides. We do not make a charge for this, but we do like to bring NLT handicrafts to sell!



Twitter

NLT has a Twitter account!

You can go to our website to see the tweets or, if you are a tweeter, follow us at:-

[@NepalLeprosyTr](https://twitter.com/NepalLeprosyTr)



For information concerning NLT please phone **Enid or Mike** on **020 8940 1200** or email at

info@nlt.org.uk

If you would like 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

Nepal Leprosy Trust

Changing lives

Living with Leprosy



Neelam and Poonam

In our Autumn 2013 newsletter we highlighted the difficulties that Neelam and her older sister Poonam were facing from the damage that leprosy had done to them. They come from a poor village and struggled with the self care needed to maintain their health.

Neelam first came to Lalgadh when she was 5 years old, but despite much help, her hard life at home plus anaesthetic feet caused progressive damage, leading to a below-knee amputation of her left leg in 2013, and the fitting of a prosthesis at 11 years old. An NLT supporter provided help for the education of Neelam and Poonam, which has made a real impact on their well-being.

However, Neelam is still growing and this required a new, larger prosthesis in July this year. It seemed a good fit, but Neelam has had to be re-admitted again at Lalgadh with an ulcer on her leg where it goes into the socket of the prosthesis. This highlights the challenge of living with the after-effects of leprosy, even after a so-called "cure" and when there is skilled help at hand. The good news is that Neelam, now 14, is thriving at her boarding school and is doing very well. This has made her much happier in herself, despite her significant physical challenges. She has expressed a desire to study nursing and we are sure that with the experiences she has had, she would make a good and compassionate nurse.



Rest for her damaged leg

Neelam's sister Poonam is now 20, and, being a bit older, has really got to grips with her self care. Her feet were very vulnerable but good care has ensured that they have not deteriorated further and Poonam is now also much happier. She lives at home, and her mother shares the chores so that Poonam can avoid damaging herself further. She also goes to school and has just passed 8th grade coming 2nd in her class.

Life has been hard for these sisters, beginning with their home situation, significant and on-going damage from the effects of leprosy, little access to schooling, and, for Neelam in particular, episodes of very serious illness through badly infected ulcers in both feet. However, the last 5 years have seen

great improvements, with Neelam living at her school and enjoying it, and Poonam living more happily at home now, and enjoying school as well. They still have a hard road ahead, but at least there is hope, and our dedicated staff at Lalgadh have played a big part in that. Please pray that Neelam will recover from her ulcer quickly, and will be able to care well for her leg and for her vulnerable right foot.



Neelam with her prosthesis

Neelam with the nursing team and Graeme and Meena Clugston at Lalgadh



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Hand Surgery at Lalgadh

For several years we have had the great blessing of help from Dr Donald Sammut, a UK-based consultant hand surgeon, in supporting hand surgery camps at Lalgadh. These provide operations for people with hands badly deformed by injury, congenital defects, and by leprosy, in order to restore appearance and function and in the process make life much better for them. The blockade last year prevented Donald from going, but this November his team, and colleagues from Kathmandu Model Hospital, will give their time to as many patients as they can, and transform some lives in very positive ways.



Rasulan's story ...



Rasulan Khatoon is 19 years old and affected by leprosy. She lives in a Muslim community with her 18 month old son but is now a widow as her husband recently died from tuberculosis. After his death, her husband's parents refused to allow her to live in the family home any more.

Rasulan's situation was very difficult. She had nowhere to live, as her own mother lives with her brother and he also would not allow Rasulan to live with them. She spent several nights with neighbours but this was making Rasulan sad, and very worried.

Rasulan shared her story with the Lalgadh Socio-Economic Rehabilitation (SER) Unit and asked if they could help her. The SER staff made it a priority to visit Rasulan's village, to see if the community could help her, or if her maternal uncle could assist in the immediate future.

There was a good outcome as her community have shown care and concern for Rasulan, and expressed their commitment to help her after the loss of her husband. They have requested help from Lalgadh in providing land for her, and the community has taken responsibility for building a house consisting of two rooms and a kitchen. The maternal uncle was encouraged to let Rasulan live at his house until her new home was built. The counselling offered to Rasulan has also led to an increase in her self-confidence.

This has been a positive process, helping this poor village to take some responsibility for Rasulan with some help from NLT with the land issue. Rasulan herself now feels more cared for by her community instead of an outcast. Please pray for this girl's future - she is not even twenty yet!

Weather in Nepal

The monsoon was especially wet this year at Lalgadh. The picture shows patients waiting in the out-patients area with the rain sluicing down. We often complain about the weather, but rain at Lalgadh can put life "on-hold" until it stops!



Lydia Children's Fund

The following children are all from very poor backgrounds and have applied for support through the Lydia Children's Fund.



Ashmita is 13 years old and lives in a leprosy shelter with her parents who are old and too disabled by leprosy to do any type of labouring work. Ashmita is an only child and has faced stigma in society due to her parents' leprosy. She is currently studying in class 8, but her parents cannot afford to keep her in school although she really wants to continue her study. She is a well behaved student, studies hard and hopes to go on to further education, but will need support for her schooling to continue.



Dipson is 7 years old and lives with his parents and older sister, who is in class 8. His father does hand sewing for a living, but cannot use a sewing machine as he is affected by polio. His mother is paralysed from the hip down, but earns what she can by doing bead work. Dipson is a conscientious boy and does well in his studies. His parents would be grateful for help that would enable him to stay on at school.



Sushmita is 9 years old and both her parents are affected by leprosy. They come from a remote part of the country, but now live in one room in a leprosy shelter in Kathmandu where they receive food but nothing else. They have no income to educate Sushmita or her sisters and would be very grateful for help with supporting Sushmita's education.



Aarush is 4 years old and is in Kantipuri Boarding High School near Lalitpur. His father died tragically and his mother, Sujita, does not have work, but would like to learn some skills that would help her. Their house was damaged by the earthquake of 2015, so they live with her father, who is not well and cannot communicate due to a stroke. Sujita would very much appreciate help with her son's education.

If you would like to sponsor any of the above children please contact Mildred.

020 8940 1200 or mildred@nlt.org.uk

Steps against Stigma Saturday 24th September 2016



This year's walk followed a similar format to last year, beginning at Hampton Court and following the River Thames to Richmond. We had some new members in the team, including Julie and Trixie - Trixie being a small, blind dog (she was carried most of the way and did not contribute many steps to our walk but enjoyed the smells and the sounds). It was a bright day and the River was as lovely as ever. Lunch was in sight of Kingston Bridge, with some doggie company for Trixie, and we finished with a cream tea in the garden of the NLT office at Richmond. It was a good day and raised some useful funds for the work of NLT. Perhaps next year you might consider joining us!



Developments in NLT in Nepal

Many of you will be familiar with the long-running saga of the Headquarters building which we have had to partially demolish and rebuild, due to road-widening taking place next to the building. The final outcome has been to extend the office five feet backwards and to cut off ten feet from the front, across the eighty-foot width of the building. This has been a challenging task that has been completed without mishap, but not without a lot of hard work by Kamal and his team. The remodelling is nearly complete, and the building looks like this now. NLT staff hope to be back in the office during November.



At Lalgadh, the new buildings have been going up fast, and the new registration and consultation block is nearly ready for action. This is just as well, since the numbers of patients attending has been growing steadily. On 16th October there was a record 904 patient visits, putting a considerable strain on existing facilities which were never designed for such numbers. The new buildings will make it easier to handle large numbers, and the patients will have an easier time too, with less waiting and a more comfortable



environment. The new pharmacy unit is already open and provides 3 service windows for patients. Other new buildings include a small A&E unit, an expanded laboratory, a new footwear and prosthetics unit, and a new children's ward. We are so grateful to the various donors who have made this expansion possible. Please pray that work will be completed soon, so that NLT can receive and serve the many needy patients coming for help in a good and effective way.

