

A short Case Study

Chand is 12 years old. He lives in the Sarlahi district of Southern Nepal. After testing at Lalgadh Leprosy Services Centre it was confirmed that he had leprosy.

He received a year's course of anti-leprosy medications. Following further treatment for an ulcer on his finger he was enrolled in the Self-Care Training Centre to learn self-care techniques.

Below.

Chand pictured with his father who also has leprosy.



After joining the course Chand was very happy because he has noticed a significant change in both hands. His hands are softer than before, he can hold things and extend his fingers. Chand enjoys playing with the other children who are also enrolled in the self-care training course.

Other ways to help

There are lots of ways to get involved.

- Prayer** Pray for the work in Nepal
Ask us for the latest prayer news
- Share** The story with your family & friends
- Host** A learning night with Nepalese food, stories and video
- Gifts** Buy gifts from the NLT on-line store
- Personal** Offer financial support

Find out more

If you would like to receive more information about this project please contact the church office

Email - office@stokepogeschurch.org

Telephone 01753 642331

Our church website has more information about this work

Website www.stokepogeschurch.org

or visit the NLT website www.nlt.org

Stoke Poges Church in partnership with Nepal Leprosy Trust

Self-Care Training Centre



Self-Care Training

The funding from Stoke Poges enables the NLT to run a two-week "Self-Care" training course for people disabled by leprosy.

The course teaches techniques that enable them to carry on with their lives without making their disabilities worse through further injury. It helps to overcome despair and to believe that life can get better.

The course is taught by people who have been in the same position. The Christians in the team are able to share their experience of the great love that they have found in the Lord Jesus, as well as providing compassionate support. The practical self care skills set people on a new path to independence.



The training centre where the courses are run

Like a pebble dropped in a stream the knowledge can be shared with their family and the wider community at home.

Leprosy is a significant disabler of people in Nepal and the manual nature of their lives can make it very difficult for them to care for limbs and eyes that have lost feeling due to nerve damage caused by leprosy.

What is Leprosy?

Hansen's disease, commonly called "leprosy", is a chronic disease caused by a bacterium, *Mycobacterium leprae*. It is not highly infectious, but can cause severe and permanent damage to the skin, nerves, limbs and eyes if untreated.



Examining a hand with severe "clawing" and contractures

The stigma of Leprosy

Leprosy is often stigmatised in Nepal. In some cultures it can be viewed as a punishment for past misdeeds. This can make people afraid to go for treatment, hiding the signs of leprosy for as long as they can. When this is no longer possible and they go for help, it is often too late to reverse the damage. Those who seek treatment may have been rejected by their communities and even their families. The Nepal Leprosy Trust is there for them "empowering for life".

Can it be cured?



Treatment is simple, effective and free in all countries. Leprosy can now be cured easily and cheaply through multi-drug therapy (MDT). Eradication of the disease worldwide is a

realistic goal. However, those affected by the disease need not only a medical cure, but help in rebuilding their shattered lives.

A Life Changing Project

"This life-changing training will be funded by Stoke Poges Parish Church for the next two years and we hope that you will enjoy being a part of something that can transform the lives of some of the poorest people in the world. We look forward to sharing more about this work and the people it helps."

Mike Houghton
Nepal Leprosy Trust