

## Inspiring the next generation - with a scone!

The 7up youth group at Haslingfield Methodist Church in Cambridgeshire were asked by their Leprosy Mission representative, Elsie Salmon, to organise a Coffee and Care event. Elsie thought teenagers helping other teenagers was a great idea. So did the youth group! They organised the day themselves, sent around invitations and even took their cakes to their school. One mum said with amazement: "My son took over my kitchen and made scones - that was a first!"

Another mum added: "My son really enjoyed himself and felt proud to have been able to help other teenagers. It was good to see him so enthusiastic doing something so worthwhile."

They raised £165 to feed leprosy-affected students at Bankura vocational training centre in India. We add our thanks to all of them for their support and for helping many more people become aware of the needs of people affected by leprosy.



Please request a Coffee and Care poster and leaflet for ideas and to help promote your event.

There are so many things you can do for a Coffee and Care event including asking someone else or your youth group to hold one. You never know until you ask! Joan Cawcutt, our representative at London Road Baptist Church in Lowestoft organises Ladies' Breakfasts. This year, very nervously and after a quick prayer, she went into her local Co-op store and asked if they would like to donate the breakfast. They said yes! Joan was thrilled. So why not think what you can do? You might just amaze yourself!

## The East of England Region

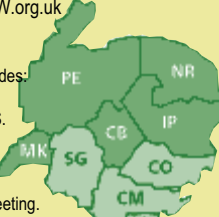
Area Coordinator:  
Revd Mike Griffin  
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Thetford  
IP24 9AG



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01842 750631

Covering postcodes:  
PE, NR, IP, SG,  
CB, CO, CM, SS.

Please contact me to arrange a speaker for a meeting.



The 7up Group at Haslingfield Methodist Church celebrating the success of their Coffee and Care event

## Event booking and response form

Please make cheques payable to The Leprosy Mission

Event Title (e.g. 'Southend Golden Mile')	No. of people or further details <input type="checkbox"/>	Amount enclosed (if applicable) £
_____	_____ <input type="checkbox"/>	£ _____
_____	_____ <input type="checkbox"/>	£ _____
_____	_____ <input type="checkbox"/>	£ _____

Please send me Coffee and Care leaflets \_\_\_\_\_ (number required)

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Church/Group: \_\_\_\_\_

I/we would like to support the work of The Leprosy Mission. Please accept the gift of:

£100  £50  £25  £

**giftaid it** For personal gifts only, not group donations

Please treat all my donations to TLM for the four years prior to this year and all subsequent donations until I notify you otherwise as Gift Aid donations. I understand that I must pay tax at least equal to the tax reclaimed on my donations in any tax year.

Signature \_\_\_\_\_

Date \_\_\_\_\_

The Leprosy Mission England, Wales, the Channel Islands and the Isle of Man  
Goldhay Way, Orton Goldhay, Peterborough PE2 5GZ  
Telephone 01733 370505 Email post@tlmew.org.uk  
Reg. charity no. 1050327 A company limited by guarantee registered in England no. 3140347



## When a volunteer is called for: Mohumad is there!

Volunteers and supporters come in all shapes and sizes! They live all around the world and you may be surprised to know many of them have been affected by leprosy themselves. Mohumad, living in the slums of Dhaka in Bangladesh, is a fine example of a volunteer determined to make a difference where he lives. He may not be able to give financially but he can give time and determination. I met him proudly wearing his Leprosy Mission t-shirt declaring 'leprosy is curable.' He wears this as he cycles his rickshaw around Dhaka as a message of hope to everyone who sees him.

Mohumad was diagnosed as a result of a house-to-house survey carried out by Leprosy Mission staff and volunteers in his slum. They spotted pale patches on his skin, an early sign of leprosy, and as a result he was thankfully treated early before there were any long-term effects. Mohumad told me that as he cycled around Dhaka and saw many left severely disabled by leprosy it made him so grateful he had been cured quickly. In response he wants to help others get diagnosed before leprosy causes disabilities and therefore he has become a very enthusiastic volunteer.

His heart and determination reminds me of a promise of God in the book of Hosea. Hosea brought a message of hope to the people of Israel during a time of great despair when all seemed lost and the nation doomed, but one man, Hosea stood up to make a difference. The promise was;

**“I will transform the Valley of Trouble into a Gateway of Hope.”** Hosea 2v15 (NLT)

Mohumad has no disabilities and nobody would ever know he has had leprosy if he did not wear his t-shirt and tell everyone. It took great courage for Hosea to speak on behalf of God when all around him were turning away and didn't want to listen, and it takes great courage for Mohumad to stand up and advertise the fact he has had leprosy in an area where stigma and fear of the disease are still strong. But he hopes by doing this he too will give a message of hope to those affected by leprosy and they will have the courage to come forward for treatment.

Mohumad also tries to encourage people left severely disabled by leprosy by helping to organise a local self-help group to welcome, encourage and support people nobody else accepts. What God can do with a willing life and heart never ceases to amaze me.

When we support The Leprosy Mission we too join with God's heart and help to transform valleys of trouble into gateways of hope. Hosea and Mohumad both decided to stand up and make a difference. I wonder what you could do for people affected by leprosy if you decided the same? There are lots of ideas in this newsletter to get you started.  
Mike Griffin



Changing lives together

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Some great ideas!

# Chittagong Hill Tracts Events where you live



## Bangladesh project update



The first meeting of a self-help group in the Chittagong Hill Tracts

### Looking back on a year completed

The East of England supported project in Chittagong began in June 2009 with the aim of major reduction in leprosy cases, disabilities and stigma within three years. The first year has been completed successfully and we are pleased that the Leprosy Mission team have:

- Spoken in most schools in the region
- Held leprosy awareness meetings and dramas in virtually every village
- Begun a successful and widespread poster campaign
- Broadcast their message from portable PA systems

The aim of all these activities is to get across the message that leprosy is curable, clinics offering help are nearby, you don't have to be disabled by leprosy and crucially you don't have to fear it. The result being people are treated before they infect someone else and before disabilities begin. This in turn reduces fear and the resulting stigma and rejection.

### Moving on into the second year

The main thrust of the second year will be a house-to-house survey, with every dwelling, however isolated, being visited. This will identify leprosy and generally disabled people who would benefit from a self-help group. It will also be an opportunity to identify the training needs and the help required to get disabled people away from dependence on begging. The goal is to start 1000 self-help groups and through positive action and mutual support offer start-up loans, training in a work skill and reduce the personal feelings of worthlessness and shame.

- Conduct house-to-house survey
- Identify potential self-help group members
- Begin at least 1000 self-help groups
- Start to teach about rights, advocacy and dignity
- Introduce training and start up loans

The first year changed the community's view of leprosy-affected people, the second year is changing their view of themselves. If you would like to know more about this project, receive the quarterly prayer updates or support it financially please contact your Area Coordinator, Revd Mike Griffin.

## Feet First walking your way

Can't make our walks? No problem! We'll help you organise your own and support you all the way.

If you can't make one of our walks why not organise your own through our Feet First initiative? It's really easy and we'll do all the preparation for you.

All we ask is that you decide where you want to walk and the distance. We will then send you some walk summaries for you to choose from or alternatively if you have a walk in mind we'll just provide the posters and sponsorship forms. We will even help publicise the walk around local churches and groups. It really is that easy!

Just three simple steps to transform a life!

- 1 Choose the distance and the area where you would like to walk.
- 2 Contact us and we'll send you details of some walks in your chosen area.
- 3 Let us know your choice of walk and date and we'll send you personalised posters, leaflets and sponsorship forms. It's that easy!

Then either go it alone or better still invite some friends to join you and have a great day out while helping to transform a life.

So why not get started now by contacting Mike Griffin your Area Coordinator for some walk ideas?

Post: PO Box 250, Thetford, IP24 9AG  
Email: mikeg@TLMEW.org.uk  
Telephone: 01842 750631



All our events are supporting the Chittagong Hill Tracts project

## Fundraising events and days out

### Sponsored Walks

**Long Melford to Lavenham**  
4m Saturday 16 July 2011  
Length: 4 miles Start: 11am

A guided walk along the old railway line to historic Lavenham. Transport back provided and an optional cream tea on the green at Long Melford. Please enclose payment of £1.50 pp for the cream tea with your booking.

**Historic Cambridge**  
4m Saturday 30 July 2011  
Length: 4 miles Start: 11am

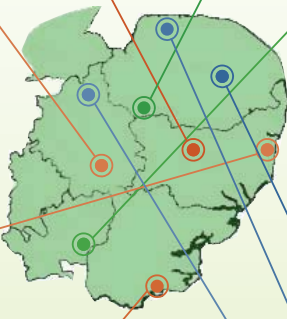
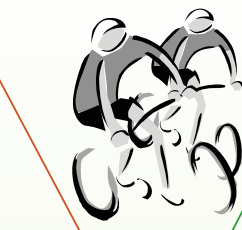
A guided walk around this historic city centre with commentary on the places of interest we will pass. A sponsored walk with a difference! Pack a picnic and enjoy a fascinating and relaxed day in this great city.

**Southwold to Walberswick**  
3m Saturday 2 July 2011  
Length: 3 miles Start: 11am

A change of location from our Constable Country walk. A guided circular walk for all abilities with time to explore Walberswick. Enjoy an optional cream tea in Southwold in the afternoon. Please enclose payment of £1.50 pp for the cream tea with your booking.

**Southend's Golden Mile**  
4-10m Saturday 6 Aug 2011  
Length: 4, 5 or 10 miles

Starting at 10.30am from Thorpe Bay we will walk along Southend's seafront to historic Leigh on Sea. A gentle guided walk with picnic and refreshment stops and several opportunities to stop and catch a train back. You can choose the length of your walk.



### Bike Rides

**Thetford Forest**  
5-12m Saturday 23 July 2011  
Length: Varied Start 11am

A ride suitable for all ages following dedicated forest cycle tracks from Brandon Country Park visitor centre to High Lodge visitor centre. Free parking. Café and toilets at start and at lunch stop.

**Annual Hertford bike ride**  
22m Saturday 9 July 2011  
22 miles Start: 10.30am

Our ever popular annual ride returns with a beautiful ride through the countryside of Hertfordshire. Expertly led with stops at places of interest and for refreshment. A ride not to be missed! Details of route available.

### Sponsored Runs

**City of Norwich Run**  
13.1m Sunday 27 Nov 2011 (tbc)  
Norwich

**Great East Anglia Run**  
10k Sunday 1 March 2011 (tbc)  
Kings' Lynn

**Perkins Great Eastern Run**  
13.1m Sunday 9 Oct 2011 (tbc)  
Peterborough

Run for The Leprosy Mission and if you raise over £150 sponsorship we will refund your entry fees. You'll get a Certificate of Appreciation and the unspoken gratitude of everyone affected by leprosy whom you've helped. Contact us for further details of these or any of the London runs.



The 2009 Constable Country Walk with some of the walkers crossing Dedham Vale