

## ABOUBACAR

Teenager Aboubacar lives in Nigeria and was helped by The Leprosy Mission. He is one of over 200,000 people who are diagnosed with leprosy every year, a disease that if left untreated can cause disability, lead to blindness and leave people facing a life of exile and poverty.

The good news is that you can help make a real and lasting difference in the lives of people like Aboubacar.

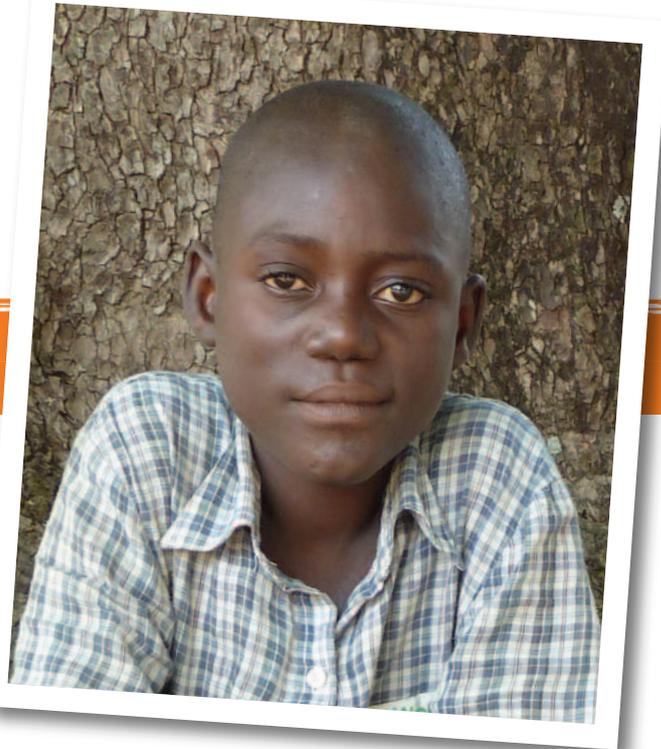
- Just £10 will provide a pair of sandals that will help protect feet made vulnerable by leprosy.
- £200 will help to cure, care and restore a person affected by leprosy.

Here are some creative ways to put your groups' feet to work in a life changing way...

**3 LEGGED CHALLENGE** Get your group to partner up and spend the whole session with legs tied to one another.

**A WORK OF ART** Hold a 'feet painting' event. Get the group to paint each other's feet. Enjoy seeing who has the tickles, and who is afraid of smelly feet. To make it more interesting, get the group to play lots of high energy games before the painting starts. This should heighten the stink factor!

You can get your group to ask people to sponsor them or they could pay an agreed 'fee' for taking part in the activity you choose. Sponsorship forms can be downloaded from the 'Fun with Feet' section on [www.leprosymission.org.uk](http://www.leprosymission.org.uk)



**RACE TIME** Run 100m wearing wellies filled with water, or baked beans. This could be a group race, or a leader versus young person competition.

**THAT'S ODD** Wear odd socks for an evening or day. The stranger the combination the better.

**SOCKSTATIC** Hold a wacky sock evening – get your group to dress to impress in socks that might make you look twice. Make sure they wear them over their trousers!

**FUNNY RUNNY** Take part in a local fun run. Why not wear wacky socks while you do it!