



The Great Limerick Run 2015

€1,200 raised for NLT by the Dept of Public Health, Limerick

Thanks to Dr Mai Mannix, Pdraig, Jamie, Tommy, Ian, Ruth and Fiona.



Dr. Anne Dee (l), Dr. Mai Mannix, Dambar Aley and Dr Krishna Lama, in the Department of Public Health, Limerick

ESTHER
 Ensemble pour une Solidarité Thérapeutique Hospitalière en Réseau

Limerick and Lalghadh Public Health Partnership

Dr. Anne Dee, Specialist in Public Health Medicine, Department of Public Health in Limerick, travelled to Lalghadh, Nepal in March accompanied by her colleague Director of Public Health in Limerick, Dr. Mai Mannix.

This was funded under the ESTHER alliance European organisation which encourages partnerships between the health-

care facilities of high and low income countries.

Under this scheme the Department of Public Health in Limerick was funded to set up a partnership with NLT's Lalghadh Leprosy Services Centre (LLSC) in south-eastern Nepal. Dr Krishna Lama and Dambar Aley from LLSC have just completed a return trip to Ireland to finalise this partnership.

Donate

There are many ways that you can help these beautiful people and this stunning country. See our website at www.nlt.ie or for more details contact: vera.mcevoy@nlt.ie

Diary Dates 2015

1st June - VHI Women's Mini Marathon, Dublin
 11th June - Borders, Art Exhibition, Stradbally, Laois
 28th June - Vintage Tea Party, Celbridge Manor Hotel

NLT is a signatory to the Dóchas Code of Conduct on Images and Messages. We welcome feedback about our communications. Contact us at info@nlt.ie



Nepal Leprosy Trust Ireland would like to thank all those who support our work. We are deeply grateful to all the donors, churches and individuals who strengthen our mission in a variety of ways. If you would like more information on any items covered in this edition please contact: vera.mcevoy@nlt.ie



Nepal Leprosy Trust News

Beating leprosy, breaking stigma and building lives

Summer Newsletter 2015. Issue 14



Delivery of 30 tons of emergency relief provisions - food, tarpaulins and blankets to Sindupalchowk District by Nepal Leprosy Trust's Lalghadh Leprosy Services Centre on 24th May.

Earthquake Relief for Sindhuli and Sindupalchowk

The devastation in Nepal is unimaginable. Since the first earthquakes on April 25th and 26th (magnitude 7.9 and 6.8) there have been continuous daily tremors (246 aftershocks) and, on Tuesday 12th May, another two major earthquakes (magnitude 7.3 and 6.3). Casualties are rising; on 20th May the estimate is 8,622 dead, 16,808 injured across Nepal.

After the first earthquake, Nepal Leprosy Trust's (NLT) Lalghadh Leprosy Services Centre mounted an emergency relief programme. Two NLT staff have considerable experience working with WHO, UNHCR, WFP and OXFAM in delivering relief programmes after major emergencies in Nepal and elsewhere.

An immediate initial plan was formulated aimed at covering 2,000 or more families, if funds could be raised, for Sindhuli and Sindupalchowk Districts.

These are two of four districts (counties) where NLT is responsible for managing the government leprosy control programme. They are remote areas in the foothills of the Himalaya, 100km south of Mount Everest, lacking tarmac roads and infrastructure.

NLT worldwide has raised over €100k for the earthquake relief fund, €8k of this was donated by the Irish public. €90 provides a family of five with sufficient clothes, food, medicine, blankets and temporary shelter for a month. A huge thank you to the generous hearts of Ireland.

Behind the Eyes of Pemba

5th year pupils at *Ard Scoil Chiarain Naofa* in Co. Offaly showed huge empathy for those caught in Nepal's earthquakes during a workshop run by Poetry Ireland about the disaster and NLT's role in the rescue effort. After reading a news report they sat behind the terrified eyes of Pemba Tamang, the 15 year-old boy rescued after 5 days under the rubble.

Life of a 'Survivor' by Shane Dunican

Yes I have 'survived' but what does that mean? Does it mean I am alive? I do not feel alive. Five days of darkness. Four days of listening to the others dying. I heard them die. They screamed and they screamed but no-one came. They stopped screaming on Wednesday... I was left with nothing except for the darkness, wet, stench and silence. So much silence.... I feel like I died that day too. As they slowly faded to silence so did I. Why keep screaming when no-one will come?

Dear Diary by Shauna Troy

Why me? Why has my god forsaken me to suffer here? Why did he not allow me to enter the Promised Land with my friends, my family and the others who have escaped this world? I remember laying there with my body heaving under the weight. The rubble of my house lay on top of me. My skin could only feel the jagged pieces of concrete digging into me. I had almost become numb after so long. The first thing I could think of was when will I die? How will I die? Will I starve to death or dehydrate or will I be crushed by shifted rubble in a rescue attempt?

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. Deuteronomy 31:6. New Living Translation.

A Jungle Hug

16 year-old Emily Thomas visited Lalgadh for the first time at Easter.



Lalgadh Hospital. Image: E.Thomas

'Lalgadh Hospital has an amazingly peaceful atmosphere. As you step through the gates, you feel God's presence like a comforting hug. I was really surprised, not expecting such a safe haven in the middle of the jungle.

The area is surrounded by dense trees and small villages that really don't prepare you for the cleanliness and safety of the grounds. It's like a small village with places for the staff and patients to sleep, eat, work and play. I immediately felt at home. The staff are so lovely.

Unassuming, kind and gentle, they didn't look down on me because of my age, which I was afraid might happen. Friendly and fun, they had a brilliant sense of humour and were interested in what I had to say. They were inspiring models of leadership, setting a culture of love.

I really enjoyed seeing how the hospital was run. It was fascinating to learn about everyone's busy routines. The patients are treated with so much care and love and we heard many stories of rejection turned into acceptance and respect.'



*Chunchun, smiling and bandaged, in the centre

Touring art exhibition.
Borders I, II and III: from Kathmandu to Kerry and Beyond.

An Arty Party in Nepal

What began as an art exhibition ended as a sing-along in the dining hall at Lalgadh Hospital. The artworks had been transported from Ireland by NLT's visiting team for the *Borders* inaugural exhibition in Lalgadh.

As 'curator' Emily Thomas arranged the paintings, collages and photos on the wall, senior staff members Dambar and Samuel insisted on helping by sticking Blu-tack on the back of each precious work. Word got out and the world arrived in all its Lalgadh colour: doctors and drivers, nurses and cooks, patients

young and old. Children were wheeled in, some like Chunchun,* fresh from operations to restore their leprosy-affected limbs. Others brought their own pictures, which they'd drawn with colouring pens given by Mary McElhinney (one of the visiting team) and encouragement given by nurse Meena.

And after more encouragement from Meena and chocolate from Mary, the hall was alive with the Sound of Music: Doh-Re-Me in Nepali, English and goodness-knows-whattish.

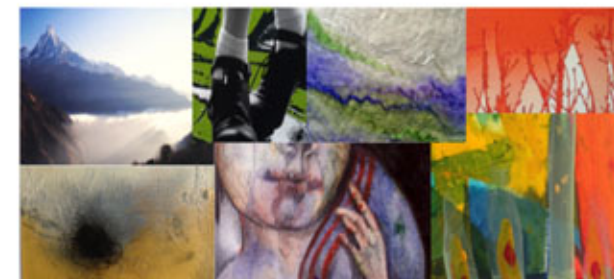
Borders in Ireland

The final *Borders III* exhibition takes place in the Laois Arthouse on 11th June 2015 at 1.30pm.

Join us for this impressive show and meet the artists who donated the artworks.

There was great excitement in Cill Rialaig, Kerry where *Borders II* opened on 3rd May. The Irish team and the artworks had returned safely to Ireland just before the first earthquake on 25th April.

€2,500 has been raised so far from this touring art exhibition.



A sample selection of the artworks in the *Borders* exhibition.

We would like to extend our thanks to all the artists involve and to Sophie Shaw-Smith Shrestha, Dr Noelle Campbell Sharp and the staff in Cill Rialaig and to Muireann Ni Chonail and the staff in Laois County Council Arts Office.