

CHCT Newsletter

FOR SUPPORTERS OF THE CATRIONA HARGREAVES CHARITABLE TRUST

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spring 2016

WHERE THERE'S

A WILL

Legacy is huge boost for charity's work

CHCT has received its biggest ever donation—more than £100,000 in support of its work for deprived people all over the world where disease and poverty meet.

The gift came in the will of supporter Isobel Livingston, who left instructions that most of the proceeds from selling her cottage in Cilgerran, Pembrokeshire, should come to the charity.

Trustees will ensure that the project it goes to will be named in her memory, as with the Helen's House hostel and treatment centre in Ghana.

Friends of Isobel have been consulted about the kind of project she would have favoured and indicated she had a particular interest in India, so a health-promoting project there is the likeliest choice to benefit from her legacy. They also suggested this should be in the area of TB or leprosy, which despite being declared "eliminated" by the World Health Organisation still has countless sufferers there.

Their position has been made worse since the WHO claim caused State funding to be cut back.

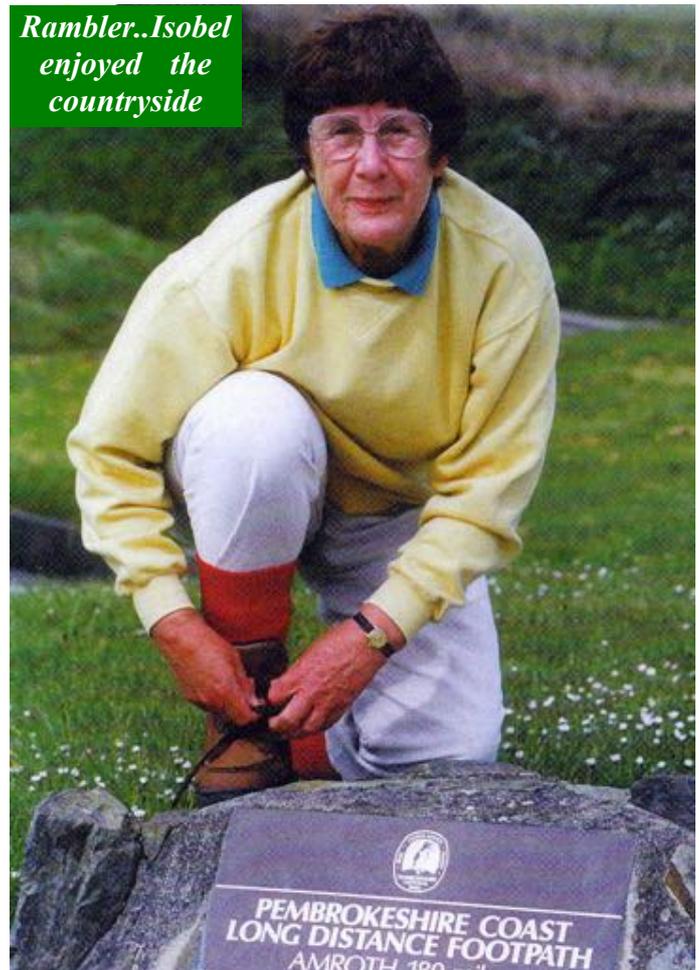
Isobel, who had no close family, first helped CHCT by donating

items to Elke Day's bric-a-brac sales in Yalding (see back page).

She was also keen to support rambling and animal welfare. But when it came to her legacy, Isobel's career as a nurse won out and aiding the sick came first.

CHCT founder Cynthia Stanford said: "We will make sure her name is not forgotten."

Rambler..Isobel enjoyed the countryside



**ALL-NEW
WEBSITE!**

**IT'S back soon after
a major rebuild so
keep up to date at
www.CHCT.org.uk**

ARE YOU ON EMAIL?

Supporters receiving the newsletter by email can get full colour, sharper pictures--and save the charity on postage.

ADOBE PDF READER REQUIRED. JUST EMAIL THE EDITOR AT LONG.BARN2@BTINTERNET.COM

HE'S NOT SO RUSTY!

Ironman Paul makes it a double whammy

MEET a glutton for punishment—supporter Paul Stevens, who endured the gruelling Welsh Ironman triathlon for CHCT in 2013, has done it again.

After the first time, which brought the charity £1,750 in sponsorship, Paul swore he'd be burning his running shoes. But he and sporting pal Graham couldn't resist another go last autumn and raised a magnificent £1,800 more.

The course involves a 2.4 mile swim in the chilly North Atlantic, 112-mile bike ride over the towering Welsh hills and a 26.2 mile marathon on the steep cobbled streets of Tenby.

Afterwards Paul said: "Knowing the course didn't make it at all easier—in fact our time was nearly an hour slower than before because I was feeling pretty rough on the bike ride." A lot of sharp entrants didn't get as far as that and many had to be helped out of the choppy water after getting seasick during the swim.

Paul has now become a Trustee, reducing the average age considerably, and also rebuilt our website.

Meanwhile, medical student Edward Shelley gave himself a

sharp lesson in overcoming pain by tackling the Anzac Tough Guy challenge, claimed to be the hardest obstacle course in the world.

Thousands braved bitter cold, mud, fire and exhaustion in the annual course and a quarter dropped out through injury, exhaustion or hypothermia. Edward battled on to finish in the top seven

per cent with a time of just over 3 hours, raising £70 for CHCT..

And trustee Teresa Dobing completed her third Paddock Wood half-marathon to bring in £520. She's up for it again this year, the date is April 3 and anyone over 18 can run so if you want to support CHCT why not email her on teresadobing@btinternet.com.



Top squad. . . Paul (left) with son William, wife Sophie, helper Ben, runner Graham and wife Jenny

The leprosy hunt goes on

MORE leprosy patients continue to be found in the shadow of the palatial tourist resort of Iguaza Falls in Argentina where half a million nearby villagers live below the poverty line.

Our colleagues at Spain's Fontilles sanatorium reported finding over 50 new cases a year in a project funded by CHCT, some already disabled for life.

BLP scores new honour

THE Bombay Leprosy Project has won a prestigious award for its relief work among sufferers.

Receiving the plaque, director Dr V V Pai said the recognition of the work by its volunteers, many of them cured patients who give their time in medical and physical rehabilitation is greatly encouraging especially as it came on World Disabled Day.



MORE RAIN PLEASE

A NEW school, its fourth, has been completed by the Tongole Foundation in Malawi (left). CHCT has sent a further £550 for seeds so it can be included in the self-help food growing project

reported in last year's issue. Villagers are crossing their fingers for more rain (we can spare some!) after a regional drought reduced the expected crops of maize, soya and groundnuts (right).



SWANSONG IS ON TARGET

ONCE again Target TB beat its own target fighting the disease in the slums of Uganda's capital Kampala.

Funded by CHCT, outreach volunteers tested 440 potential sufferers last year, 10 percent more than expected. This was

achieved by bringing in people familiar with the community such as taxi drivers.

Treatment was given to 98 patients, a lower percentage than before which itself is a sign of progress—it means new infections in the country have stabi-

lised after years of being on the rise.

Sadly we have learned that Target TB ceased operating in September due to financial problems. CHCT has collaborated with them for many years and they will be missed.

Keen as Mustard

School clinic is all set

THE Mustard Seed school clinic in Kenya, funded by CHCT, is ready to open this spring.

And the charity has followed up with another £2,000 to provide safe drinking water from a newly dug secure well.

All the school's children, siblings and parents have been officially signed up as patients.

After a visit to the project in Mombasa co-founder Rita Fowler said: "We should be ready to go by March. Everyone is delighted."

None more so than a local fundraising volunteer called Sonal, who tackled a sponsored climb of the 19,341-foot Kilimanjaro, Africa's highest mountain.

Her effort brought in enough to cover specially made furniture and equipment for the clinic, with cash left over to help with its running costs.

Impressed

Rita said: "It was quite an achievement and we invited her to come and visit the school. She is a lovely girl and was really impressed when she could see what her money would help us to do. She also had a great time with the children, blowing bubbles and giving out sweets and generally enjoying their company.

The older children asked her fantastic questions about the climb."

While there Rita and helpers went shopping for the clinic's needs. They managed to stock up on medicines thanks to a friendly wholesaler who bent the rules to let them collect their drugs before

formal registration papers came through.

She also visited a local clinic run by a Kenyan charity and reported: "They are happy for us to co-operate as there are more than enough sick people to go round! Most importantly their building is on

grounds owned by the Catholic church which forbids them giving out condoms.

"So they will refer their HIV patients to us and in exchange we shall use their facilities for blood and urine testing. It's a win-win situation."



Smart. . .the new school clinic and some of its happy clients



Sorry, where was that again?

THE CATRIONA HARGREAVES CHARITABLE TRUST

Registered number 1064838

IF you wish to help the charity's work for remote and forgotten people in places where disease and poverty meet, please send a cheque, payable to CHCT, to: Mill House, Claygate, Kent TN12 9PE. Taxpayers can help us reclaim an extra 25p in every pound from the Treasury if they kindly fill in and enclose this declaration form.

I confirm that I have paid or will pay income tax and/or capital gains tax for each tax year (April 6 to April 5) that is at least equal to the amount of tax that all charities or community amateur sports clubs that I donate to will reclaim on my gifts for that tax year. I understand other taxes such as VAT and council tax do not qualify.

Signed.....

Date.....

Name.....

Address.....

.....

.....

Postcode.....

STANDING ORDER FORM

To the Manager (Name of Bank).....

Branch Address.....

.....Postcode.....

Please pay Catriona Hargeaves Charitable Trust (CHCT)

£.....(amount in words).....

every month/ quarter/year (delete as applicable)

starting on (date).....until further notice

Name.....

Address.....

Postcode.....

A/c no..... Sort code.....

FOR BANK USE

TO: National Westminster Bank PLC, P.O. Box 4,
3 High Street, Maidstone, Kent ME14 1YU

Monies from this standing order should be credited to:

The Catriona Hargeaves Charitable Trust (CHCT)

A/c no 46572406 Sort Code 60-60-08



WE had to Google a quick geography lesson when a grant request arrived from the Indian state of Telangana, which no-one here had ever heard of.

Turns out it used to be the southern half of Andhra Pradesh until only 18 months ago, so CHCT can claim to be one of the new state's first international aid donors. £2,500 was sent towards building a rehabilitation centre for disabled leprosy patients.

It just goes to show there are no boundaries to suffering and no limit to the places where disease and poverty meet.

CHCT may be small, but its reach is global due to the generosity of all who support our work. *Cynthia Stanford*

ONLINE AID COSTS NOTHING

IT'S easy to help CHCT when you shop online—and doesn't cost a penny. For a PC or laptop just register with www.easyfundraising.org.uk and tell them you want to support the charity. For a mobile or tablet, download their free app from the App store or Google Play.

Click on their site each time before shopping and they will then automatically pass on a percentage of everything you spend at more than 2,700 outlets including eBay, Amazon, most major stores and holiday operators.

BRIC-A-BRAC

Good quality curios and household items on sale with all proceeds going to local charities
Come in and have a browse or bring along those unwanted gifts (no used clothing please.)

OPEN 10am to 1pm ON FARMERS' MARKET DAY
(THIRD SATURDAY EACH MONTH) AT THE
COACH HOUSE BARN IN
YALDING HIGH STREET