

CHCT Newsletter

FOR SUPPORTERS OF THE CATRIONA HARGREAVES CHARITABLE TRUST

Issue number eighteen

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HOPE KNOCKS AT THE DOOR

£4,000 takes home the fight against TB



THE charity has sent £4,000 to help tackle a disastrous TB epidemic in Zambia where the local aid group Bwafwano is struggling to protect a quarter of a million people at risk.

People such as baby Chimwemwe Phiri, whose granny Hilda has looked after her since she was orphaned at two months old. Like many families in the area Hilda has no clinic nearby so relies on the help of health visitors coming to her door.

Those carers in turn rely on CHCT supporters to fund drugs and the medical packs they need keep up their work. Melanie Matthews of our sister charity TB Alert joined Hilda's care team near the capital, Lusaka, on a visit funded by a corporate sponsor.

She wrote afterwards: "Hilda had started to worry when little Chimwemwe wasn't putting on any weight, and one of her eyes started to be very sore. Luckily TB was diagnosed in time to save her sight.

"Carers from Bwafwano visit every day to give medicine and bathe her eye. They showed me how they crush the tablet and feed it to her on a spoon. It must taste horrible, but she didn't cry. I think playing with Chimwemwe was their favourite job of the day!" Carer Mary Kwenda is typical of



BABY Chimwemwe (top) in the arms of granny Hilda; Melanie stirs the bubbling dinner pot; and carer Mary Kwenda of Bwafwano



many volunteers. She took up the work ten years ago after her own sister contracted TB and was stigmatised by neighbours. Nutrition is also supported by CHCT and Melanie joined in a local cooking

session—helping to stir the boiling maize. She explained: "Patients lose appetite when they have TB but get it back on treatment. If they don't eat enough they may stop taking their tablets and get worse."

NEXT ISSUE



EUROPE's premier leprosy centre at Fontilles in Spain, which has historic links with many of CHCT's projects, celebrates its centenary. Exclusive report and pictures.

THE £700 QUESTION



A WELCOME £700 was raised on 18 October at an antiques quiz in Marden Memorial Hall. Collector Sue Hamilton-Miller and husband Jeremy had hosted a similar event two years ago, so we hoped for another highly successful evening and so it proved (pictured left).



Would you recognise a top hat polisher, a lady's hat pin holder or a condom stretcher? No? Well not many of the 80 competitors did either! Top score among the teams was just 12 out of a maximum 40 correct answers. Never-the-less a great time was had by all, helped by

a delicious two course supper, provided by Max and Molly of La Tavola in Tunbridge Wells, who also gave CHCT £132 raised by their Christmas raffle. Bar refreshment came from licensee Russell Roberts.

However it was a struggle to sell all the tickets, despite helpful publicity from parish magazines, and our audience came once again from those loyal supporters who always turn up to CHCT functions.

Now that's fantastic – and thank you – but if anyone has a bright idea about the sort of charity event that you think might bring in more of the public, then please email the editor at long.barn2@btinternet.com

Sarah's treble chance

KEEN supporter Sarah Hargreaves has raised more than £1,000 for CHCT the hard way, by competing in this year's London triathlon.

For the couch potatoes out there, that means the full Olympic course – a 1500 metre swim, 40km cycle ride and a ten-kilometre run to finish off. It was her first attempt at the triathlon, held in August around the Docklands area, and she had spent a year in training.

Sarah is married to Richard Hargreaves, son of Catriona after whom the charity is named. She said after the gruelling event: "I've always been a strong swimmer but I knew from the start that the cycling and running stages were going to be a challenge."

She set herself a tough enough target of three hours for the course because training had been going well, but on the day Sarah had her supporters cheering when she did even better with a very creditable 2hours 34minutes. Sponsors had no choice but to pay up with a smile.

Sarah's sparkling performance was only 13 minutes off the lead amateur women's time this year for the 30-35 age group, and she is now inspired to keep training hard as she will move into that age group for the 2009 competition.

So from now until next August Sarah can be found in the evenings training hard at her gym in Canary Wharf – and looking forward to the chance of beating her own record.



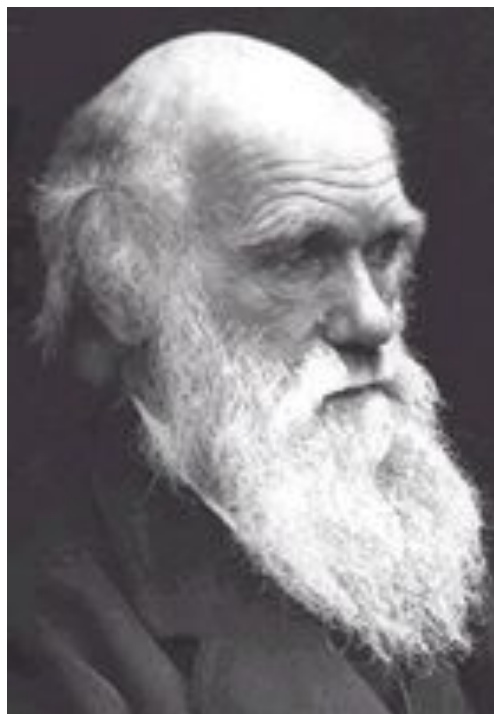
Go for it...Sarah clipped half an hour off her target

HOW EVERYBODY CAN HELP OUT

RICHARD has set up an account with the charity webpage [Justgiving.com](http://www.justgiving.com) where supporters can donate directly online. It's perfect for anyone who can think up an idea for sponsorship – just ask your sponsors to pay in at <http://www.justgiving.com/catrionahargreavestrust>

THE BUG THAT 'DID FOR DARWIN'

THE charity is taking the first steps towards tackling a widespread infection believed to have killed the great Victorian scientist Charles Darwin, whose bicentenary is this year.



DARWIN (above) reported in his diary how he was bitten in March 1835 to the east of the Andes near Mendoza. Two years later, after returning to England, he began suffering strange symptoms which persisted until his death.

Chagas disease is common in parts of South and Central America which Darwin is known to have visited during research into his ground-breaking work about evolution, *On The Origin of Species*.

Like so many issues taken up by CHCT, Chagas is largely a problem of poverty. The parasite causing it is spread by an insect, the triatomine bug, that thrives in the roughly-built adobe homes of poor Amerindians.

Colonies hide in crevices of the walls or ceiling, emerging at night to suck blood from sleeping families. The face is often targeted, which is why they are known locally as “kissing bugs.”

Infection of the bloodstream leads to a lifetime of chronic ill-health and an early death. Twenty years later 40per cent of those infected develop the heart disease which will kill them.

At present there is no vaccine against Chagas, but the hope is that preliminary work carried out at Rosario in Argentina will lead to finding one. As a first stage



Deadly....the triatomine bug

the charity has financed the training of a young doctor from the area in the specialised reading of electro-cardiograms, to help with early diagnosis of heart disease.

Together with our sister charity Sanitorio Fontilles in Spain, Rotary International and the local Department of Health, an expedition is planned for next summer to Santa Fe Province in Argentina where the disease is a large problem.

Alongside the scientific investigation CHCT will be working as always to improve the quality of life for this impoverished community.

JOB DONE! The inspiring story of a community that will never need handouts again

WHEN CHCT first came to the remote Somotillo region of Nicaragua six years ago, it was a place without hope.

Families scratched a living from mining while leprosy took a growing toll among their underfed children.

Today they are a proud community with a secure future thanks to the charity and its local partner ADP.

They have fresh nourishing food on the doorsteps after learning how to grow kitchen

crops for themselves—and more important, how to harvest the seeds so they can keep on doing it year after year without need of any more help.

In a final report to the Trustees, project leader Martha Ardila writes: “Communities have learned how to prevent malnutrition among their children through the use of soya beans and vegetables grown in their own backyards.

“The project has had a great beneficial impact on their way



Soya good....a cooking seminar of life. In the name of all these families we want to thank CHCT for its valuable collaboration and support”.

The wheel has turned full circle

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 extra cash from the Treasury if they kindly fill in and enclose this form.

I am a UK taxpayer and want the Catriona Hargreaves Charitable Trust to reclaim tax on all my donations.

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)

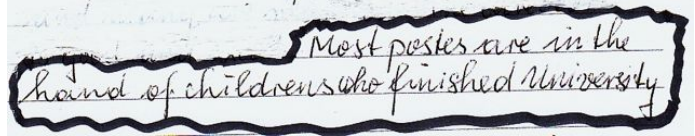
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IT was a joy this spring to receive a letter from one of the first good friends we made in the early days of defeating leprosy.

One of the nursing sisters from the clinic we visited near Tabriz in northern Iran wrote to say how, a generation later, children of the patients we saw then have grown up to take over much of the work of the clinic.

From being poor and hopeless outcasts with no prospects, these kids have been able to finish university and qualify for worthwhile careers, as this quote from Sister Fabiola's letter shows:



In that short sentence she sums up the philosophy of CHCT in doing more than just cure illness. With your support whole lives and communities are being changed.

People who would once have been part of the problem of leprosy are now part of the solution. Truly the wheel has turned full circle.

Cynthia Stanford

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