

CHCT Newsletter

FOR SUPPORTERS OF THE CATRIONA HARGREAVES CHARITABLE TRUST

Issue number twenty-four

spring 2014

A RUN FOR OUR MONEY

Doing good the hard way

SUPPORTERS put plenty of muscle into their fundraising for the charity last year—and there's another chance to help coming up soon.

First off the mark was trustee Teresa Dobing who ran April's Paddock Wood half-marathon to raise over £600 in sponsorship. In May John Shelley and teenage son Edward climbed 3,560ft up Mount Snowdon, making £1,080. Then in September Paul Stevens tackled the strenuous Ironman Wales course with two pals, bringing in a magnificent £1,750.

Now Teresa is at it again, determined to beat her own record—and she is raising a team to do it with her. Full details on the back page for anyone who wants to help her in a good cause.

Despite never entering a similar race before, Teresa clocked a respectable result of two and a half hours last year. She said afterwards: "For years I've been watching the athletes coming past our house in Collier Street and always wanted to have a go myself.

"I hadn't ever attempted more than five kilometers previously, so with this being four times the distance I expected to feel really whacked by the

end of it. Surprisingly I got my second wind with a couple of miles to go and sailed over the line thinking hey, I could have done this faster if I'd tried."

She turned out as well to help Paul's team with the logistics of Ironman Wales, one of the hardest single-day endurance events in the world.

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

Paul, Dave and Graham achieved all that in 15 hours 3 minutes, well inside the deadline.

He joked afterwards. "I'm off to eat my own weight in pizza and burn my running shoes." Money raised has gone to supporting AIDS orphans in Africa (see picture, Page Three).



Iron will. . . Paul (left) with Dave, Teresa and Graham



Teresa. . . another challenge

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. TO REGISTER JUST EMAIL THE EDITOR AT LONG.BARN@TISCALI.CO.UK

Don't they look well?



LIFE is smiles better for these villagers in Cambodia after a grant from CHCT paid to bring them safe fresh drinking water.



The charity funded four new wells like this in Siem Reap province. Buying thriftily from local markets, organiser Suon

Chosun also made our £1,500 grant stretch to smart new uniforms so that children from poor families can go to school.

HOPE BY NAME . . . and hope by nature



THIS little girl called Hope has become a symbol of the Mustard Seed project, whose dedicated work in Kenya is supported by grants from CHCT.

She was born totally deaf and there was no money for hearing aids, so never learned to speak and faced a lonely life locked in silence.

Teachers at Mustard Seed's school in Mombasa, which featured in last year's newsletter, learned sign language so they could communicate with her and she began to make progress in class.

The charity's co-founder Rita Fowler said: "That was good news, but I have saved the best till last.

"Thanks to UK donors she received top of the range hearing aids and suddenly began to speak!

"She knows the names of all the children she plays with and calls to them. She also has many other

recognisable words. I certainly did not think this would happen and it brought tears to my eyes." Mustard Seed has now launched a micro-

finance scheme making small loans to help parents start up their own business, which is also backed by CHCT.

ON THEIR OWN FEET

THE TB awareness campaign in Malawi's Bwanje Valley, detailed last time, has been so successful that local volunteers can now keep it running on their own. Lynn Stevens of Target TB said:

"With the knowledge and skills now embedded in the community, thanks in no small measure to work funded by CHCT, they are able to take on full responsibility for health testing."

MISSION: POSSIBLE

CHCT tackles a new hotspot for leprosy

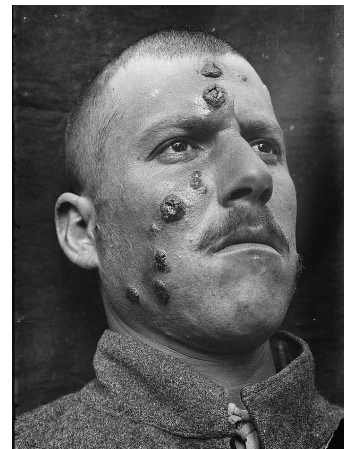
THE roaring waterfalls of Iguazu in north-east Argentina are a UNESCO heritage site attracting wealthy tourists from around the world.

But away from the paradise of luxury hotels, 40per cent of the million people in the surrounding countryside are living below the poverty line. Leprosy is endemic in the province, named Misiones after the Jesuits who left a network of settlements across the region.

Another widely spread tropical disease is leishmaniasis, an insect-borne infection causing hideous ulcers that can become life-threatening (above, right).

CHCT has contributed £100,000 to a detection and treatment program sponsored by the Fontilles sanatorium in Spain which has historic links with the charity.

Fontilles' head of research, Dr Pedro Torres, said: "There is no active case detection going on for leprosy. It is only found when people get so badly



Two faces of Argentina . . . tourist paradise and untreated disease

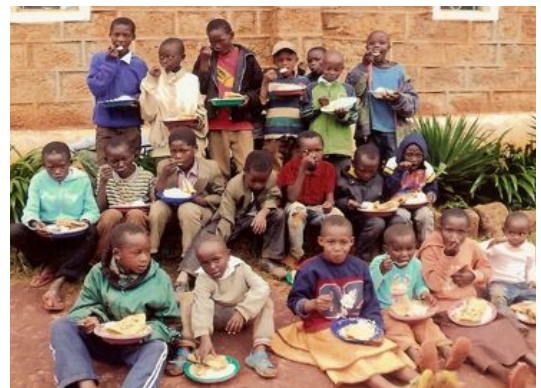
affected they come forward voluntarily to a clinic.

"This is often too late when the deformities have become irreversible, especially in hands, feet and eyes.

"An active case detection programme would prevent this by facilitating early clinical examination followed by immediate drug treatment."

CHCT previously collaborated with Fontilles in a highly successful project in Nicaragua which provided medicines, health education and improved nutrition to 14 remote mining villages.

Iron rations



NOURISHING meals for these orphans in Mutituni, Kenya, thanks to CHCT's Iron Men and our sister charity Heart of Kenya in Goudhurst—story, Page One.



BLP IS THE BEST

BOMBAY Leprosy Project, supported by CHCT through Elke Day's bric-a-brac sales, has won a prestigious award for its work among families in the world's most deprived slums.

Its director, Dr VV Pai, is pictured receiving the impressive plaque presented by the Indian Development Foundation.

The citation praised BLP's "excellent contribution and service to mankind in the field of leprosy health care". Dr Pai

said this national recognition was "truly special". The project finds itself busier than ever after the official "eradication" of leprosy, trumpeted by the World Health Organisation, led to withdrawal of specialist government treatment centres.

Since then new cases have begun increasing again. In parts of India they are back above the level recognised as "eradication" and BLP's referral clinics have been expanded to meet the need.

Let's all put our best feet forward

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.....

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Address.....
.....
.....

Postcode.....

STANDING ORDER FORM

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

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.....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.....
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Postcode.....

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

FOR BANK USE

TO: National Westminster Bank PLC, P.O. Box 4,
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The Catriona Hargeaves Charitable Trust (CHCT)

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ANYONE living near the charity's headquarters in West Kent will be familiar with the annual Paddock Wood half-marathon.

Like me, most of you will have watched the athletes pounding by, thinking anything from "they must be barmy" to "wish I could

do that." Well I did it, and maybe you can too, so why not join me and give it a try for a cause that devotes every penny raised to helping some of the world's most deprived people?

The 2014 run is on Sunday March 30. It costs £21 to enter and you must be at least 18 years old on race day. Volunteers so far range in age from teenage Edward Shelley to friends of 50-plus.

It would be great to have as many entrants as possible racing for CHCT, with a wide range of experience and abilities. I am hoping to get T shirts printed with the charity's name like I wore last year.

So if anyone is up for it or wants further details, please email me at teresadobing@btinternet.com right away so we can get together and seek sponsorship. If that's all too much, there's always a donation form on this page!

Teresa Dobing

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