

## January & February 2011

Care & support for people with multiple sclerosis  
<http://www.msf.org.uk>



The mission at the Chilterns MS Centre is very simple: "To engender a sociable atmosphere and offer an opportunity for people with Multiple Sclerosis to get help and to help themselves." For anyone, the sudden disclosure that something called multiple sclerosis (MS) has appeared in their lives - either because they themselves have been diagnosed, or someone close to them has - will be a major shock generating a need for information, advice and reassurance. Along with the other Therapy Centres offering assistance to thousands of people with Multiple Sclerosis throughout England and Wales, the Chilterns MS Centre provides a range of drug-free symptom management therapies as well as advice and support for all those with the illness and their families. If they can't help you, they know someone who can. The Chilterns MS Centre have been at their present location since 1988 and currently have approximately 500 members, including friends & carers. The Centre operates primarily on donations from the members, the general public and corporate charitable funds. In addition the Centre receives some income from PCTs (Primary Care Trusts). The centre has running costs in excess of £350k per annum. In order to meet and exceed them we are constantly fundraising. The charity are currently building and equipping a new centre. This means that in addition to their running costs they are trying to raise money for equipment. For more information contact Jill Smith 01442 825644

## March & April 2011

To help people in Tibet  
<http://www.rokpa.org>



ROKPA INTERNATIONAL is a charity that was founded in 1980 by its President Dr. Akong Tulku Rinpoche, a Tibetan meditation master and doctor and by Ms. Lea Wyler, its Vice-President, a Swiss actress, together with her father, the Swiss lawyer, Dr. Veit Wyler. The international headquarters are in Zurich, Switzerland with national headquarters and branches in 18 countries.

Tibet is a vast area, equal in size to the whole of Europe and is one of the poorest areas in the world. In contrast to other developing countries, Tibet suffers an extremely harsh winter. In consequence a substantial part of peoples' income must be spent on heating. There is one qualified doctor for each 16,830 of the population (one to 500 in Switzerland). Only 37% have access to clean water. ROKPA has been concentrating its efforts in the rural areas of Eastern Tibet: traditionally known as Kham and Amdo. These now extend over 5 Provinces: The Autonomous Region of Tibet, Sichuan, Qinghai, Yunnan and Gansu. In project areas, a high percentage of the population is of Tibetan ethnicity. Geographically, the land is on a high plateau; the average altitude is over 16,500 ft with valleys from 10,500 ft to 17,400 ft. 75-95% of the population are of Tibetan origin. In the sparsely populated areas in the North-East small-scale agriculture and animal husbandry are the principal occupations. There are often no roads and the region is only accessible across the steppe by jeep or on horseback.

For more information contact Judith Orrell 01442 824002

# Mission 2010 - 2011

The Tring Team Parish prides itself on being outward looking. Fundamental to our parish is the work of the Mission Committee. It underpins all that we do.

Mission has always had an important place in the life of our parish. At the heart of this has been the belief that mission is a two way process. We have provided financial support for specific 'missions' and we grow by learning about them and from them about what the Gospel means in different contexts.

Each year we support 6 organisations some local and some abroad. For 2 months we focus on one of them. During this time we:

- pray for them
- learn about them
- often invite guest preachers to visit us
- raise money for them

Inside are the details of organisations which the Mission Committee is supporting this year.

*"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."*

*John 13.34-35*



**May & June 2010** [Http://www.chennaichallenge.btik.com](http://www.chennaichallenge.btik.com)

Chennai Challenge is a small charity that aims to develop people and relieve poverty. Each year they take teams of people to work in Chennai during August. They work with young people in 2 boy's orphanages, schools and slum communities as well as working with tailoring, English classes and football sessions. Each year they aim as part of the trip to take 150 destitute boys on a 4 day activity holiday, a chance to build relationships and have fun. On past trips CC have provided funding for one of the boys' villages to have a protein meal once a week to aid growth. They have provided proper bunk beds and bedding, they have set up computer systems and built toilets — Chennai Challenge currently works with 2 organisations in Chennai; Madras YMCA and Oasis India.

For more information contact: Revd Jo Wetherall 01442 851200

**September & October 2010**

Carers in Herts

<http://www.carersinherts.org.uk>



Carers in Hertfordshire was set up in 1995. They aim to provide quality services to all carers throughout Hertfordshire in accordance with their Equal Opportunities policy. The organisation is governed by trustees, most of whom are carers themselves. A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help. This could be due to age, physical or mental illness, substance misuse or disability. Anyone can become a carer, carers come from all walks of life, all cultures and can be of any age. Statistically 1 in 10 people are Carers for parents, spouses, children or other family members, who may have physical, mental, developmental or sensory difficulties or just be frail. Some of these Carers are children themselves. This means about 1,400 -1,500 Carers in our Parish. Many Carers drop out of sight of the community and their friends, become desperately lonely and/or depressed, as they can so seldom get out and do not know about the available support.

For more information contact Celestria Bell 01442 381566



**November & December 2010**

The Smile Train, founded in 1999, is dedicated to helping children who suffer from cleft lip and palate by providing free surgery, free training for doctors and research to find a cure. Currently they are operating in 76 countries, some of the poorest in the world including Haiti which is particularly relevant at this time. Apart from the more obvious difficulties of feeding this condition can cause hearing loss, lack of speech development, huge teething problems and above all social ostracism. These children don't have to suffer like this all their lives. They can be cured/ They can smile again and be like other children, but this costs money, and depending on the severity of the clefts a child may need to undergo between five and fifteen surgeries during the first twenty years of their lives. This should be the right of every child.

For more information contact Pam Cockerill 01442 824394



**TOOLS WITH A MISSION**

*Sending tools across the world*

Official Sponsors:  
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**July & August 2010** [Http://www.twam.co.uk](http://www.twam.co.uk)

Tools with a Mission is a Christian Charity which recycles tools and needlework equipment to Third World Countries. It enables people to earn a living and to support themselves - in many countries of the world people have few skills, little education and no means of earning a living. A switch from aid dependency to self sufficiency is impossible without help. The charity was established 25 years ago and the need for this work is constantly growing. They often send 70 sewing machines a week packed with bags of fabric, threads, needlework magazines, as well as needles and pins. Items are sorted and repacked by voluntary outworkers, often disabled, and go to schools and colleges where students are keen to learn skills that will enable them to earn a living.

As well as tools and needlework equipment (list available) TWAM needs to raise money to pay for sending these items to donors overseas.

For more information contact Dorothy Walsh 01442 825900