

Advent 2024

WE WISH YOU A VERY
HAPPY AND BLESSED
CHRISTMAS FOLLOWED
BY A PEACEFUL AND
FULFILLING NEW YEAR.

The light shines in the darkness, and the darkness has never put it out.
(John 1. 5)

Dear friends,

We are currently supporting 25 poor and vulnerable families in and around the Tangalle area of Sri Lanka, - enabling their children to remain at school and, where able, take O-Levels and A-Levels.

At the end of August during one week of school holidays our Director in Sri Lanka arranged for all the children from Tangalle and Matara (It would have been too expensive for the children in the Galle area to travel to Tangalle.) to meet at Still Waters - in the library - for sessions on good habits, healthy lifestyle and personal cleanliness. Two officers from the Probation and Childcare Services came to speak to the children. They created an awareness of child abuse, and also impressed on them the importance of education for their future. The feedback on this session has been excellent, resulting in plans to arrange one for the Galle families.

With your generous help - as in the last two years - the children and their families are having another Christmas party on 6th December and the children will receive new school shoes.

Up-date on Fred's health: he finally had his second surgery to laser some remaining kidney stones and remove a stent. Again, he was able to have an epidural instead of a general anaesthetic. He came home the next day with the usual care package in place. A recent CT scan revealed there are still some small kidney stones remaining, which it is hoped he'll be able to pass. He has just had yet another scan and we're awaiting the results.

He has recently been diagnosed with vascular parkinsonism, and there are plans to arrange for exercise sessions at the Parkinson's Clinic, Edgware. He's also recently had an appointment at Barnet Hospital's Memory Clinic.

Thank you so much for all your support - your prayers and your generous donations.

With much love from Fred & Hilary and the Trustees of Still Waters.

Pictures below of the August session for children from Tangalle and Matara in the library at Still Waters:



Pictures of Christmas gifts:



Still Waters bank details:

Bank: NatWest
Sort Code: 60-23-36
Account Name: Still Waters Trust Society
Account Number: 82564078