

MEMBERS FORUM

The Meththa Foundation UK

Dr. Veerasiri Punchihewa writes to introduce us to The Meththa Foundation and their work helping the limbless of Sri Lanka, literally to walk. “Our work provides free upper and lower limb prostheses to Children and Adults, from the initial diagnosis to the provision of a bespoke prosthesis. It is completely free. However, from those who can afford, we request a donation. This service is provided from 2 centres. They are in Mankulam and Mahawa. (Maho). The two technicians in charge were trained in Salford University and both graduated with First Class Honours. Alongside them are the office staff and other trainees.

We have a specially designed coach helping us to reach outlying areas and provide an outreach service. This is now a major component of our work. At the helm is a retired consultant in rehabilitation, Dr. Panagamuwa. He was attached to The Birmingham University Hospital. The need for treating war injured is fortunately diminishing and the need today is essentially for the replacement of worn out prostheses.

There is however an increasing demand from children with congenital abnormalities and from adults following road traffic accidents, as well as diabetic patients who have had amputations. Some of the children are as young as two years old who will require life-long management. We completely understand the need for a holistic service and provide counselling and intensive physiotherapy. In children ‘confidence building’ and teaching assertiveness is a key part of the healing process.

The work we do is supported by three groups: Meththa U.K., Meththa USA and Lebara. There are also many others who support us in Sri Lanka and Australia and we thank them all. Could I very kindly invite you to visit www.meththafoundation.org.uk for a comprehensive account of our work and facilities. And, when you are in Sri Lanka, please visit the two facilities there.

You could support us in many ways. Anyone with expertise with rehabilitation is more than welcome to get in touch. There may be others who could ‘spread the word’. Contributions towards our costs would be gratefully received. Thank you.”

Dr. Veerasiri Punchihewa veerasiri@aol.com 020 8959 3802

The Sri Lanka Society.

Crishni Waring writes:

“The Sri Lanka Society, a charity registered in the UK, is delighted to unveil its new website at www.srilankasociety.org For the last 45 years the Sri Lanka Society has raised funds for a wide range of good causes in Sri Lanka, making a difference to the lives of the most vulnerable and neglected in society.

Please spare a minute to see what we do and the range of organisations we have supported. Due to the pandemic we have had to halt our normal fund-raising activities and a donation through our website, however small, would enable us to continue to support the most vulnerable in society who have experienced increased hardship as a result of Covid-19.”

Please contact Crishni Waring for more information on info@srilankasociety.org

Crishni Waring crish@madasafish.com 07799 404 539

Deaf and Blind Aid Lanka

Deaf and Blind Aid Lanka (DABAL) is a UK registered charity launched in 2004 by our dear friend and FoSLA member, the late Priya Welikala and his wife, Nadani, together with eight friends in the Sri Lankan community. For these friends kindness is everything and their aim is to help young deaf and blind students who attend rural schools and struggle without adequate funding.

Today DABAL supports 16 deaf and blind schools across Sri Lanka with three different schools a year being singled out, by lottery at each AGM, for particular attention. Lord Low, himself blind and one of the UK's most respected disability campaigners, visited Sri Lanka with his wife in 2018. He visited all 16 schools and was feted at the Dalada Maligawa in Kandy, at the Sri Lankan Parliament and the UK High Commission.

On 6th June DABAL hosted a music concert in memory of Priya Welikala – too soon to be included in our Newsletter, but if you would like to help the organisation please be in touch with

Terentia Welikala on teri_welikala@hotmail.com www.dabal.org

Nadani Welikala priyaw@btinternet.com 01883 336647

Since summer 2019, founder Rosh from **Hop & Roll** has been taking recipes from her Sri Lankan heritage and combining them with her passion for introducing Sri Lankan Hoppers to the public. They proudly trade with street food masters KERB, and also at Venn Street Market, Clapham Common. After a sell-out debut supper club in 2020, Hop & Roll is excited to announce their second supper club, this time at the King & Co in Clapham Common. This event will be a night to remember, with a 3 course Sri Lankan feast combined with two delicious cocktails, made from Ceylon Arrack. If you want to be part of this unique and atmospheric supper club then take a look at the menu on the link and book today! Limited spaces available! What's more, all diners will receive a discount code for 10% off Hop & Roll's fabulous Hopper Kits, which have taken the meal kit world by storm with their latest review by acclaimed food critic Jay Rayner in the Guardian!

<https://www.designmynight.com/london/pubs/clapham/the-king-co/hop-roll-supper-club>

Rosheana Olivelle Hop & Roll 07888 723218 www.hopandroll.co.uk instagram@hop_roll

Victoria Golf & Country Resort - Kandy

A very exciting project is currently underway at Victoria Golf & Country Resort outside of Kandy. John Keells Properties are offering a limited number of villas for sale on the newly developed Sunrise Ridge. These villas will have commanding views of the stunning golf course and will be built to extremely high specification. The villas present an ideal investment for people wishing to return to Sri Lanka or for members of FoSLA who enjoy the beauty of the country and wish to spend extended periods there. These villas can be managed by John Keells Management company and rented out when the owners are not in residence. With the Colombo / Kandy Highway advancing, the golf club will become more accessible for Colombo residents as well. For further information about this new project please take a look at this short video: <https://www.youtube.com/watch?v=0iL-Pk7LH4A>

Gillian Kirk gilliankirk88@gmail.com 01797 270013/07367 511 842