



News and Views

October 2010
Editor: Rose Gomez

Newsletter of the Adventist **CHIP** Association UK & Ireland

News and Views

Welcome to your newsletter from the ACA UK & Ireland which we hope will keep you abreast of the latest developments in CHIP UK 2010 and forward. This newsletter is also your opportunity to share some of the outstanding CHIP stories out there. See below for the heart warming story of the youngest CHIP graduate ever.

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But first, let me introduce the team, in case you missed the mass media publicity...well okay it was in the Messenger (see extract below).

The ACA Executive Committee:



Executive Director
Rose Gomez



Secretary
Beverley Ngandwe



Treasurer
Janice Hatch



National Training
Coordinator
Pr David Hatch



Regional Trainer North
Dr Jane Nyakundi



Pastoral Role
Pr Malcolm Watson

Regional Trainer South
Millie Williams

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General enquiries – Beverley Ngandwe 07801 062417 bevjean@btinternet.com

Team-Building and Strategic Planning Weekend

The Executive Committee, hosted by Grace Walsh, Health Ministries Director NEC, and the L.I.G.H.T. Medical Missionary Training School, Wolverhampton University, with the support of two co-opted members, Elsie Staple, Health Ministries Director SEC, and Ismael Gomez, spent the weekend of 10-12 September 2010 team-building and business planning. Work groups to formulate a training strategy, working policy, fund raising strategy, and charitable status were established. The theme for the weekend was 'Building a Spiritual Team.' The smiles on the faces pictured above convey far more effectively than any words I might pen the joyful

spirit with which we embrace the tough task ahead. We were incredibly blessed as we began to build the spiritual team that, by God's grace will take CHIP forward into 2011 and beyond.

CHJP Summit 2010 – Loma Linda

The 11th annual Adventist CHIP Association Summit. Anyone with a heart for health ministry will enjoy inspiration, leadership training, scientific updates, and warm fellowship on this palm-shaded campus in Southern California. If you are considering CHIP for your church, come a day

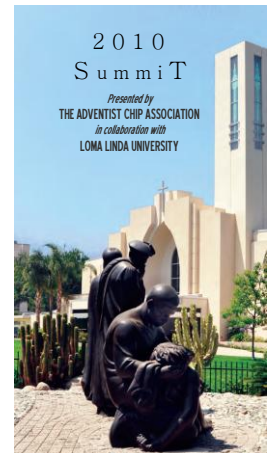


early for Basic Leadership Training and stay to enjoy all of the Summit speakers and events to follow.

17-21 November, Loma Linda

University, California.

Leadership training workshop 16-17 November, same venue. It is not too late to register; the early bird discount applies until 27



October. On-line registration available until 9 November, www.plusline.org/events.php. It is an experience you will never forget or regret! Click on the link to view the Summit Brochure: http://www.chipuk.org.uk/workshops_files/Summit2010.pdf.

CHJP in the UK 2007-2010 – by Sharon Platt-McDonald & Rose Gomez – *Messenger August*

In June 2010 the BUC executive received a report from Sharon Platt-McDonald on the development of CHIP in the UK 2007-2010 and the formation of the ACA as a supporting ministry to carry CHIP forward. From July 2010 the ACA will administer the CHIP programme throughout the UK and Ireland, with the continued secretarial and administrative support of Valerie Pearce at the BUC office until December 2010. (To order CHIP materials contact ValeriePearce@adventist.org.uk Tel: 01923 672251). The work of the ACA volunteers will greatly reduce the financial burden on the Union, freeing resources to progress this arm of health evangelism. In recognition of this the BUC has generously donated resources to assist the launch of the ACA. The association will work closely with the health directors, sponsors and local churches to promote CHIP and also to provide training and administrative support to existing and new CHIP chapters.

CHIP has seen a rapid expansion in the British Isles since its launch in March 2007, with around eight hundred individuals having participated in MicroCHIP, and three hundred and fifty having graduated from CHIP. Over one hundred and forty churches have participated in CHIP. With numerous reports of chronic lifestyle diseases being reversed, and individuals reducing or eliminating prescription medication on doctors' advice, CHIP has indeed transformed lives. Additionally, its efficacy as a health evangelistic tool is celebrated in the baptism of two CHIP graduates from the local community. Several others remain in contact with our church, visiting on a regular basis, attending monthly CHIP alumni meetings, additional health programmes and other seminars. Equally encouraging have been the requests for Bible studies, prayer and health correspondence courses. We commit these individuals to prayer as they maintain long-term friendships with us and come to find the God who brings not only healing but redemption. We pray that you will join us in interceding for the success of this ministry as we bring the message of health, hope and healing to individual lives, to the glory of God's name. *Extract from the Messenger 20 August 2010.*

CHJP Training Workshops 2011

A schedule of training workshops which will be presented across the BUC is being planned. The first will be launched in the north, the Leeds/Bradford area in January 2011, date and venue to be advised. Workshops for London, the West Midlands, Wales, Ireland and Scotland will be advertised via the website, the newsletter, and through Conference Health Directors and Sponsors.

CHJP & MicroCHJP Programme Dates 2011

Please send to info@chipuk.org.uk all your planned and prospective dates for CHIP and MicroCHIP programmes for 2011. If you do not have specific dates just indicate the month in which you hope to run your programme, and how many participants you anticipate. This is a **must do** to ensure resources are available in time. There is a 6-month lead-in to prepare for your first CHIP programme, a little less for subsequent programmes but orders may take three months to arrive from the USA so plan wisely and plan ahead. You do not need to notify us of programme details already on the website, unless there is any change or update, i.e. date/venue/contact.

Youngest CHJP Graduate Ever – by Dr Isaac Nyakundi Keengwe – Messenger October



The Manchester South SDA Church CHIP programme held April-May 2010 was a huge success story for the majority of the participants who attended, as well as for Dr Jane Nyakundi, the CHIP director and her team. One such participant is

Jack Lavelle who is drawing attention not because he successfully completed the programme but because he is the youngest CHIP participant in the world!

I first met Jack with his mum in my clinic in May 2009 after he had been referred to me by his GP with concerns over his weight. When I first met Jack his weight was 98kg (15½st) with a body mass index (BMI) of 36 (normal range for his age 15-22). I struck a good accord with Jack and his mum Karen. Over the following year we tried a number of programmes and interventions including regular input from the dietician, MEND Programme, A2A Programme and Be Active, with very limited success.

The last time I saw Jack in my clinic was in April 2010 when his weight was a staggering 107kg (18½st) with a BMI of 37. At this point I was exasperated with his poor progress in terms of weight control and thought neither Jack nor I had anything to lose by trying something unconventional in the paediatric realm. Fortunately Manchester South Church was planning to have a CHIP programme starting the following month. I recommended the CHIP programme to Jack and Karen. My only concern was that the programme is not free and since I was involved with running it I did not want to appear to be recruiting patients to a money paying project. The thin line of trying to help my patient and conflict of interest was real. As the programme was not money making and relied heavily on subsidy from the local church I did not see myself as being at loggerheads with the law. I was very open with Jack and Karen and they willingly decided to try the programme.

After Jack had attended the Information Session, he was even more determined to join the programme but the next hurdle was to do with issues regarding consent. As Jack was only

thirteen years old legally he could not sign consent forms, and invasive procedures such as blood sampling require consent. To go through this it was agreed that Jack could join the programme if his mother joined as well, and she could then give consent and be with Jack throughout the 4-week programme. Karen agreed to the proposal and the rest is now history.



Jack and Karen successfully finished the programme attending each evening and participating in the exercises which were ably organised by Paul Elleston. I shared the table with Jack, Karen and three other participants over the course of the programme and loved the enthusiasm shown by Jack who was the talisman for the total miles clocked by our table participants and was the recipient of the coveted price whenever our table won. It was indeed a pleasure to see Jack receive his certificate of completion of the programme and he gladly obliged to give a speech at the graduation ceremony. He said

that he had made a choice to follow healthful eating and had made a permanent lifestyle change. He lost 4.9kg (11lbs) during the 4 week period and said he felt much better and great.

KAREN'S STORY

In 2008 I became concerned about how much weight Jack was gaining and how unhappy he was. I mentioned it to Jack's GP who referred him to Dr Keengwe at Stepping Hill Hospital, Stockport. Jack and I got a lot of support from Dr Keengwe who introduced us to a dietician and the A2A Programme encouraging Jack to be more active and to look at his diet.

In 2010 Dr Keengwe invited Jack and I to a seminar in Manchester to hear about the CHIP programme. Jack was very enthusiastic to join the programme. It has been a wonderful experience and has educated us both to a healthier and happier lifestyle.

CHIP has truly made the difference. After the 4-week programme, there has been a significant change in Jack's level of energy as well as mine. There is a definite visual difference in Jack's weight loss. This has helped Jack to stay motivated and excited to attend his appointments with the dietician and to talk about the changes he has made. Shortly after CHIP Jack had lost a further 1.8kg (4lbs). The dietician has been intrigued to see the difference in Jack's life and is always very keen to talk with him about the CHIP programme.

Although there was a fee to join the programme, for me to know that Jack is now educated and on the road to a healthier happier lifestyle is truly priceless. Thank you so much Dr Keengwe and all at the CHIP Programme for the support you gave us. We are grateful to have had the opportunity to be part of this amazing programme. Karen Lavelle

JACK 'S STORY

In May 2010 I joined the CHIP programme supported by Dr Keengwe. This has changed my whole lifestyle and educated me to know why it is important to eat healthfully and exercise regularly. I knew I was seriously overweight and realised I needed to do something about it. After four weeks of the CHIP programme I lost 4.9kg (11lbs) in weight and my energy levels had increased significantly. I cannot begin to explain how much better I feel and also how my fitness levels have improved. This has given me more confidence as I have lost several inches all around my waist and I am beginning to feel happier with my body. I also feel motivated when friends and family comment about the change in me and ask about the programme.

CHIP will always be part of my life. I will continue on this journey to a healthier and happier future. I would like to thank Dr Keengwe and all at the CHIP Programme for their support and for giving me the knowledge which has enabled me to change my lifestyle.
Jack Lavelle, (age 13 years).

CONCLUSION

The CHIP programme has been found to be successful in reversing disease and giving individuals a second chance as far as health issues are concerned all around the world especially in the USA, Canada, Australia and Europe. CHIP is not about diet but is a lifestyle. There are thousands of CHIP graduates round the world who have experienced the profound benefits of this health promoting programme. This four week programme which incorporates video based lectures, clinical rounds, regular support from staff, regular exercise and cookery demonstration and food sampling was to Jack and Karen the start of a life-changing journey. I will be seeing Jack in my clinic soon and although he is still my patient this time round he will be a fellow graduate in the CHIP fraternity.

I will say like John, beloved I wish above all things that you may prosper and be in good health even as your soul prospers.

Good Health everybody!

Dr Isaac Nyakundi Keengwe

MbChB, MMed (Peads), MRCP (UK), MRCPCH

Praise to God! And thank you to Dr Isaac!

Send in your **News and Views** to info@chipuk.org.uk for the next edition of the Newsletter (which will not run into 5 pages!).

Take a look at this 3-minute CHIP Clip and pass it on: <http://www.chiponline.org/chipvideo>