

One in a MILLION!



This week, we're celebrating the incredible story of Melissa Day, 38, from Suffolk. She said...

Closing my eyes, I dreamt of the Sri Lankan Hill country. Since I was little, I'd had a feeling that I was meant to help the poor communities in my birth country.

I had been adopted when I was a baby and in my mid-20s had gone on a journey to find my birth mother.

I didn't know any details of my story, except that there was poverty behind it – clinging onto one photo of my mother as a token of hope.

By a miracle, a friend visiting Sri Lanka, armed with the photo I treasured and her name, Vijialakshmi, managed to track her down – finding her along with my younger brothers, Arun and Ashok, and extended family, working as tea pickers.

I then arranged to fly out a



With my birth mother Vijialakshmi

few months later – meeting my birth mother for the first time was very emotional.

We embraced, and as she stood back and looked at me, I had tears in my eyes.

It felt so surreal.

During my time in Sri Lanka, I came to learn about the education system and I knew I had to help.

I helped to raise £60,000 in total

On the tea plantations, workers like my family could take home as little as 11p per day, and the education they received was very poor.

I wanted to help raise awareness, as well as help young people get access to English – so I helped to raise £60,000 in total for educational projects in Sri Lanka.

Alongside my full-time job running my business, Niroshini Cosmetic Acupuncture, I volunteered

with the Jain 108 Academy and founded Zero Point.

The first helps young people to rediscover themselves through 'whole brain learning', while Zero Point is a Clean Water and Housing Project for the tea community.

Ashok is a key person in Zero Point – it's

special to work together on something close to our hearts.

My community work also extended to the UK – following a conversation back in 2008 with a man called Timba Mqhubeli. He told me the story of how he fled from his home country and was detained in an immigration removal centre.

Soon after, I started by campaigning for my hometown Ipswich to become a recognised 'Town of Sanctuary' – a safe, welcoming and hospitable place for refugees and asylum seekers.

And after four years, my hard work paid off – in 2012, Ipswich became the first town in the East of England to become a Town of Sanctuary.

For me, it's about helping others and making change happen – it's one thing I'll never stop doing.

● Visit: jain108.com

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Bitesize!

JUST FOR FUN

1	2	3	4
5			
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ACROSS

- 1 Small duck (4)
 - 5 ___ Korbüt, former gymnast (4)
 - 6 Mumble (4)
 - 7 Take notice of (4)
- #### DOWN
- 1 Nonsense (4)
 - 2 ___ Macpherson, model (4)
 - 3 Fever (4)
 - 4 Cooking fat (4)

Read down the shaded squares for the answer.
Answer on page 47.

DON'T MISS OUR PICK ME UP! MAY SPECIAL, OUT NOW!



Sneaky peek at this week!



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