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When you have read this Newsletter, please would you pass it on to a friend?

This way, we can tell more people of the good work of RLT and Kindwitwi.

News from the Village

sent to us by Salum Kipoloya, the orthopaedic shoemaker

STOP PRESS
See page 4 for our clinic's reaction to the worrying upward trend in leprosy cases

Dear Readers

Here in Kindwitwi, we are all in good spirits and we hope that all our readers both in Britain and worldwide are well and happy.

I have quite a lot of news, including some rather worrying statistics about leprosy, although I do not have as many photos for you as I would wish. This is because some leprosy patients do not like to have photos taken (as I am sure you can understand) and then on another occasion because my camera battery was down!

Editor's note: *Anyone who has ever tried to use equipment like a camera under African conditions (no easy access to power, ubiquitous insects, dust and high humidity) will sympathise with Salum. I know I certainly do!*

Leprosy News

In the second quarter, **nine** leprosy cases were detected, many more than usual.

- **Eight** were new.
- **One** was a relapse after multi-drug therapy. Fortunately, this does not happen often, but is worrying when it occurs.

After treatment:

- **Two** will have no lasting problems - Grade 0.
- **Three** will be left with numb patches, so that they will have to be careful not to injure themselves - Grade 1.
- **Four** will have permanent injuries because they have some bone loss - Grade 2.

It is bad news that some of these patients presented with leprosy that was so far advanced they will be left with permanent problems. They were 'self-reporters', turning up at their own health centres, where our Mr Nnally found them when he visited during his village supervision. [A better way is for people to have regular checks, so that any cases can be detected as early as possible.]

The centres were

- **Utete** - three patients
- **Bungu** - three patients
- **Kibiti** - two patients
- **Mkupuka** - one patient.

So, you see, we still have a problem with this age-old disease.

The National Programme

Despite the disappointing results I reported on the front page, it is good that we are now functioning within the national health scheme ...

In the middle of May, we were visited by three officers from the National TB and Leprosy Programme. Dr Mpangile was the regional **co-ordinator** and he was accompanied by two specialists. One was Dorothea Semu who knows all about **prevention of disability** (abbreviated to PoD) and Paul Shunda, an **orthopaedic technician**.

As you can imagine, their visit was very useful. One of our most important jobs in Kindwitwi is to help prevent disability. My job, in

particular, is to provide special protective clothing for ex-leprosy patients who have lost the feeling in their hands and feet. I make special shoes and gloves, so it was very interesting for me to talk to both Dorothea and Paul. I also asked them about new types of artificial legs.

The three officials then saw how we make patients soak their hands and feet and then rub in Vaseline to prevent the skin becoming hard and cracked.



Here is a photo of the weekly soaking treatment. It is an old photo but we still have the same regime.

These two photos show why leprosy-numbered hands and feet need to be protected.

The one on the left illustrates the usual method of cooking in Kindwitwi - metal pans being heated up precariously on hot charcoal.



Photo by Melanie Bumburger

And, although the photo below was taken in Uganda, it indicates how swinging the hoe towards the body can easily damage toes.

While heat-induced burns and cuts on feet may not hurt leprosy sufferers, it's only too easy to neglect them, so that they become infected, and that's when trouble *really* begins.



Photo courtesy of IFAD

Looking good!

Every year the Kindwitwi organisation buys new clothes for the Ward residents, all of whom receive full care. They are so pleased to have these new clothes and they sometimes think they are too precious to wear every day. ... This year Mr Ngyu, our Manager, encouraged them to make sure they did wear them and not keep them locked away!



Each man received :

- Three shirts
- Three pairs of trousers

And here you see Frank Taji  with the list to make sure all items are fairly distributed.



Each woman received :

- Two pairs of kangas
- One kitenge
- Three dresses

Our Ward residents want to say **'Thank you'** to all those readers who continue to support them through the quarterly transfer of funds from the RLT to Kindwitwi

and

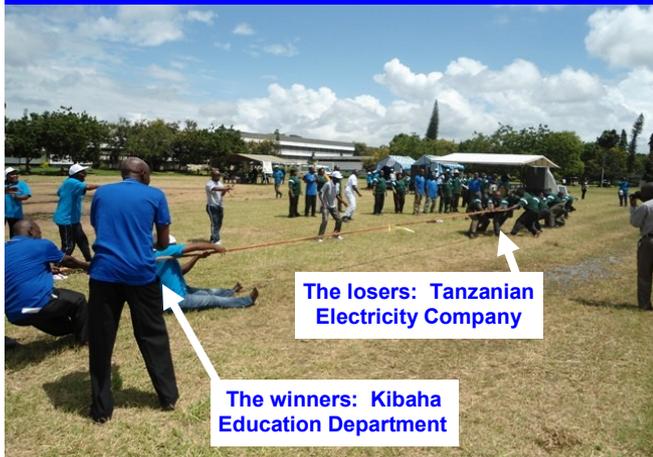
there is another reason why they are grateful. You may remember that we asked in the last Newsletter if anyone would be kind enough to buy hurricane lamps for every Ward resident.

I am pleased to say that two readers kindly sent donations that covered the cost of a hurricane lamp for each and every one of them!

Another big **'Thank you'**.



What on earth has a tug-of-war to do with the Village of Kindwitwi?



The losers: Tanzanian Electricity Company

The winners: Kibaha Education Department

Every year, all the workers from the Coast region gather to celebrate **May Day** and the tug-of-war was part of the celebrations. *[That's when my camera failed!]* This year it was my turn to go as I'm our local Branch Chairman. My sister, Maua, who is the corresponding Women's Branch Chairman, came too.

But it wasn't just a family outing, because Fatuma Mbonde

was also there. Fatuma is Kindwitwi's Accountant and we were so proud of her when she received a prize and certificate as **'Best Worker'**.

Our younger readers may not realise that Tanzania is a socialist country, which is why we workers celebrate May Day. Whatever your political views, isn't it a good idea to have a day of celebration in the sun?

Here is the latest addition to the Kindwitwi family!

It is a baby bull calf born to the cow owned by the women's group. They would have preferred a girl calf, but the milk from the mother



is the same whatever the sex of the calf! The mother produces eight litres of milk a day and, at 1000 Tz Sh a litre, that means a good income.

Some of the milk goes to those who live on the Ward.

STOP PRESS

LEPROSY

Burchard Rwamtoga, our Chairman, was worried to see the rise in multi-bacillary cases because this is the infectious type of leprosy. The Board resolved to increase their work in areas where the problem is worst. The budget for training health-care workers will also be increased.



Wouldn't it be nice if money really did grow on trees?

... we always seem to find something that **needs money spending on it!** For example, we are hoping to spend more next year on 'leprosy case-finding'. ... **And here are three other deserving projects ...** Mr Nnally had a really bright idea that we would attract more people to our World Leprosy Day if we had some really **LOUD** music. The Board had not thought of that before, but they could see straightaway what a good idea it was.

We Tanzanians love music and dancing! So, we shall spend a little money on that and hope to get an even bigger attendance at our World Leprosy Day.



Two old trees to be cut down

This is very sad but it is necessary because one tree is threatening the Offices and the other not only endangers our Library but also overhangs the new electricity cable. It is this second tree that has a special significance for us - it is the tree under which we all sit to chat, watch videos projected on the wall of the clinic and listen to the Village elders.



Increasing the size of agricultural loans

At present the maximum size of a loan is 45,000 Tz Sh (c £16), which is really too small, and the Villagers asked for an increase to 100,000. However, the Board thought this might risk too many defaulters. We have to be careful with our donors' money, so we decided to raise the limit to 65,000 instead.

*My best wishes to you all
Salum*

Why on earth would anyone choose to cycle from Avonmouth to Gravesend? to help RLT, of course.

Read the account of our Financial Trustee, Richard Luxmore, about his mammoth effort:

This year was my 50th birthday and I was determined to prove that I could still stretch myself. Living in Berkshire, I had always wanted to cycle along the Kennet and Avon Canal. So I started to plan my journey. The idea came to me: how about going estuary to estuary i.e. from Avonmouth on the Severn Estuary to the Thames Estuary.

Avonmouth is not the nicest of places to start a



The start

cycle ride. After a fitful night's sleep, I set off on the first of my three days. I said goodbye to the west coast of England as I cycled alongside the M5 over the River Avon, then alongside it to Bristol. The great thing about cycling is that you can see a lot in a relatively short space of time. These were places I had never seen: the Clifton Suspension Bridge, Bristol, the old railway from Bristol to Bath.

The canal is really quite

beautiful and it was a lovely summer's afternoon as I passed through its leafy glades, the canal, the river and the railway constantly intertwining. What a sight: 35 locks gracefully ascending onto the Wiltshire plains. I put my bike into a low gear and, before I knew it, I was on top.

When I arrived in Pewsey, I couldn't have asked for a better place: a thatched pub, chickens roaming, cold beer, and good food. As I sat on the saddle the next morning, I really didn't think I could cycle another 70 miles. But after a mile or two, body and saddle got to know each other again and I was back on the treadmill. I spent much of the day following the canal in glorious countryside. I was soon in my home town of Reading and, for the first time, I had a companion for the journey. We rode together from there to Windsor and for 15 miles it was a nice break to have company. We had a glorious entry into Windsor, across the bridge at Eton and up the High Street for a well-deserved pint near the Castle.

I awoke the next morning knowing my last day was going to be the hardest. I



Still a long way to go!

set off through Windsor Great Park, down to Egham and Staines and then along the river. The sight of Craven Cottage on the other side of the river made me think I was getting close to London. But the centre was still a long way off. Later, as I approached Dartford, I encountered a Rottweiler. Having a German Shephard as a pet stood me in good stead. As he growled at my bare legs, I shouted at him and he immediately whimpered away, his tail between his legs!

Eventually, I completed my journey and then, by hook or by crook (aka train), I arrived back at Reading just before midnight. My wife, Elsa, was there to greet me and take me home in the car. But there was one small twist of fate left for me. Matthew, my youngest son, had drunk the last can of beer in the house!

Thank you so much to all who sponsored me.

Making use of the internet



OUR LOGO. Its simple design gets home the message and is in the colours of the Tanzanian flag.



OUR WEBSITE spreads the word about our good work:
www.RufijiLeprosyTrust.org



www.facebook.com/pages/Rufiji-Leprosy-Trust/193338934009



www.twitter.com/rleprosytrust

SINCE RLT STARTED using both Facebook and Twitter, we have reconnected with lots of our younger supporters and GAP-year volunteers to Tanzania.



www.thebiggive.org.uk
You can find us on the Big Give website where the keyword *leprosy* and you too can donate to us from our website using this button:

OUR FINANCE PEOPLE are now successfully using the Internet to make money transfers to Kindwitwi and you too can donate to us from our website using this button:

[Donate Online Now](#)



Contacts and information

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Make cheques payable to
Rufiji Leprosy Trust.

Bankers Order forms
and Tax Declarations
are available either on
request or from the RLT
website.

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The Editors are always
pleased to hear from you
and we should welcome
any contributions and notes
about your visits to or
memories of Tanzania.

RLT The Rufiji Leprosy Trust
is registered in the UK, Charity no 286242

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**Kindwitwi Leprosy Care and Community
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is registered in Tanzania, Certificate No 58593

THE DIRECTORS

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Mr Martin Hall, CEO International School of Tanganyika
Mr Daniel Masunzu, Ministry of Health and Social Welfare
Mr Omari Mtumbi, Kindwitwi Village Chairman

MANAGER and SECRETARY

Mr Abdallah Nguyu

RLT was set up in 1982 by founding trustees, Dr Alex de Waal OBE, The Rev Victor de Waal, Mr G W W Laverton MBE and the late Lord Pilkington, to continue and extend the work of Canon Robin Lamburn, who relocated to Rufiji in 1968 and, until his death in 1993, devoted himself to promoting a good life for the people in Kindwitwi Leprosy Village. Today, as KLCCDA becomes increasingly autonomous, RLT's primary function is to support KLCCDA in its work with the patients and people of Kindwitwi and the surrounding area. This work includes not only KLCCDA's leprosy work but also their efforts to gain self-sufficiency for themselves and those in the immediate Rufiji district, in cooperation with the Tanzanian Government authorities.