



Rufiji Leprosy Trust

Newsletter

September 2015



www.RufijiLeprosyTrust.org

This edition of the Newsletter features:

The 100th edition of RLT Newsletter pg 1

#HandsandFeet Campaign pg 1

Involve your grandchildren pg 2

News from the Village:

The good work of Parmiter's School pg 3

RLT sponsors a course for health workers pg 4

The late Dr Makamba Mbega pg 5

Contactspg 6

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.

Welcome to our Centenary Issue!



We think this is something to shout about. Ever since 1989, we have been telling the world that those people affected by leprosy in the Rufiji area need help to:

- be properly diagnosed,
- be treated,
- cope with any resulting disabilities,
- earn a living ... and last, but not least,
- combat the stigma of leprosy.

We thank all our donors past and present but now we are going to ask you to dig into your pockets yet again and take part in our:

#MyHandsandFeet challenge



This is based around the social media, so if you (like the Editor) are unfamiliar with this form of communication, why not ask your grandchildren to help?

You'll find detailed instructions on page 2.

On the other hand, perhaps you could just send us a donation in your usual way and let your friends join in, knowing that:

- £5 will provide a pair of shoes to prevent foot damage
- £10 will provide a week of full-care support for villagers unable to look after themselves
- £25 provides the Kindergarten children with a nutritious meal every day for a month
- £80 trains a village health worker to recognise the early signs of leprosy and to learn skills in preventing disability.



Copies of any of the 100 issues can be obtained from the Editor: mead.val@gmail.com

#MyHandsandFeet challenge

Are you ready? Then here goes:

simply take a picture of your hands or feet (or both) and use it as your Facebook and/or Twitter profile picture.

Your hands and feet, just as they are, is fine,
but this is a great opportunity to be creative, particularly for kids.

Paint your nails
Show us your shoes
Make hand shadow shapes
Wear sparkling gloves

The limit is your imagination.

Then, on your mobile phone - and this is the important bit - just

TEXT HAND43 £5 TO 70070 TO DONATE £5

You can donate any amount up to £30 by text.
For instance if you wish to donate £20 you would text **HAND43 £20**

The small print:

Only mobile users with a UK provider can use the text donation service. If you live outside the UK and don't have a UK mobile provider, then please donate via the DONATE button on our website or Facebook pages.
www.RufijiLeprosyTrust.org or www.facebook.com/rufijileprosy.

More small print:

Donations over £30 should be made via the website or via the Donate Now button on our Facebook page.



The picture we have used on our Facebook page

Please help spread the word - nominate your Facebook friends and Twitter followers to take up the challenge and post links to our Facebook page (www.facebook.com/rufijileprosy), on your Facebook wall and tag us on Twitter using #MyHandsandFeet or @rleprosytrust.

For this issue

News from the Village comes from:

- **Gill Perry** telling us of the third visit of Parmiter's School to Kindwitwi - *on this page*
- **Dr Rogers Nnally** reporting on a leprosy training course - *on page 4*
- The Trustees' tribute to **the late Makamba Mbega** - *on page 5*

"Parmiter's School, Watford, returned to Kindwitwi for a visit at the end of July, 2015. This was the third group of students and staff to continue an association with the Village which started four years ago. It was a real treat for several staff members to revisit the Village and see the progress made on several projects begun in 2011 and 2013.

"Once again, we worked alongside representatives of the charity 'Better Lives' on a number of sustainable projects. Students had raised funds amounting to over

£5000 to support their work, as well as having to raise funds individually to pay for themselves. Some of the project money was spent in providing tools, equipment and materials for the chosen works, as well as some sports and educational materials for the local schools.

"It was exciting to see the new Kindergarten classroom and the play equipment. This time, we undertook the building of a new toilet block with a hand-washing facility and dug a trench to



The new hand-washing facilities provided for this and other schools will, hopefully, improve hygiene and raise awareness of health issues.

allow connection to the water supply. "We started building a shade for the compost making business to



Abdallah even joined in with the digging!

reduce evaporation, thus lowering water costs and the need for plastic covers over the mounds. We also

helped to make 1,800 kg of compost.

"Jumanne Magogo had taken a 'Better Lives' loan to build his own home. Our team assisted with this construction, leaving it ready for final rendering and painting, once the mud had dried out. We also dug a trench to install a water connection to his new home. Another home in the Village was re-roofed with corrugated iron.

"It was very encouraging seeing Utete Secondary School developing and working hard, with an increased number of teachers and smaller class sizes. Our students also had the unique experience of teaching English, maths and science to their Tanzanian friends.

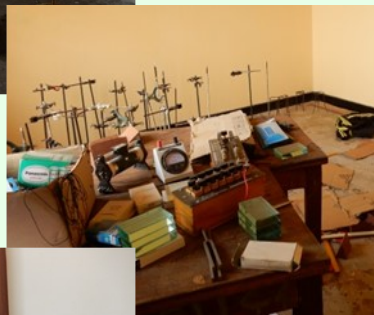
"The visit was an inspiration for our young people and we thank the Kindwitwi families concerned for welcoming us so warmly, especially those who shared a delicious pilau meal with us and those who joined in the 'ngoma' on our final evening in the Village."

We at Parmiter's were keen to support Utete Secondary School in their plans to improve the science teaching and provision.

They had built new classrooms, specifically for biology, physics and chemistry teaching.



We provided a large amount of equipment to help set this up.



As ever, more investment is needed to complete this task, especially for the safe storage of teaching materials and equipment.



Thank you, Gill, for this encouraging report. And thank you to both Better Lives and Parmiter's for your generosity and time.

Readers may like to know how we recently spent some of their kind donations

... on an RLT-funded training course for health workers in the outlying districts to enable them to recognise and treat leprosy. There were 16 participants, chosen from areas where

the numbers of leprosy patients are high, and three facilitators. The course was held over two full days and was designed, organised and run by

Dr Rogers Nnally, who is the government TB and Leprosy co-ordinator based in Utete. Throughout the year, Dr Nnally works closely with the

Manager of Kindwitwi, Abdallah Nguyu.

If you would like to read the full report, it will be published soon on the RLT website.

Report on Leprosy Control Training for Health Workers held in Kibiti, Rufiji District Council 1 - 2 July 2015 by Dr Rogers Nnally



One example of the problem!



1. Dr Nnally, the Facilitator, talking to the participants.

2. Diagnosis being demonstrated with the kind co-operation of a volunteer patient. 3. The eager participants

The topics covered were:

- When to suspect leprosy.
- Cardinal signs of leprosy.
- How to diagnose leprosy.
- Classification of levels of leprosy.

and

- Leprosy management:
Leprosy control.
Prevention of disability.
Social and economic rehabilitation.

Participant Feedback:

Hamisi Bungara, a clinician from Utete, wrote:

"The training was good and meaningful. It enabled us to know more about leprosy and how it is in our country, at all levels. We also heard what causes leprosy, how it is transmitted and how long the incubation period lasts. For diagnosis, we were told about the signs and symptoms and when examining a patient how to differentiate between the paucibacillary and multibacillary forms as well as how to treat the two types of leprosy and prevent drug-reaction and disability. Although the course lasted only two days, it gave us a clear

The Trustees think the money was well spent and they hope you do too!

Tributes to the late Dr Mbega

The Trustees write: following the death of Dr Mbega, we send our condolences to his family. Makamba Mbega was known personally to many of us: he was a good clinician and his work, both at case-finding and with the people affected by leprosy. He made a huge contribution to the reduction of leprosy in the Rufiji district and lessening of the stigma.

We shall always remember his great sense of humour and the support and encouragement he offered so many visitors and volunteers over the years.



Dr Makamba Mbega
TB and Leprosy District Coordinator
Died on 30 July 2015
May he rest in peace!

Dr Alex de Waal, RLT

President writes:

Dr. Mbega was a fixture in Rufiji, someone who served with a truly admirable mixture of dedication, compassion and joy for life.

Abdallah Nguyu, Manager of Kindwitwi, writes: Dr. Mbega was a good advisor to our Board of Directors, both on leprosy and on the administration of KLCCDA in general. He was always smiling and he had a way of charming all he met and making them laugh. His illness caused his retirement in 2012, both from his leprosy work and our board. He leaves two wives and seven children.

We shall miss him.

Bill Powell, Trustee, IST CEO 1991-9, Chairman of Kindwitwi Board remembers Dr Mbega well and recalls an amazing example of Dr Mbega's devotion to Robin Lamburn and his work in Kindwitwi:

A drunken villager on a motor-cycle had careened into elderly Father Lamburn and knocked him down. The result was a badly broken hip and a very considerable amount of pain. In normal circumstances, Father Robin would have been bundled into the Land Rover and driven up to Dar. But we weren't dealing with normal circumstances. The long rains had arrived with a vengeance and the Rufiji River was in full flood, nearly four times its normal size. The rains had also managed to cut all telephone connection with Utete. The south of the river was effectively cut off from the north.

... So Mbega found a boatman brave enough to take him across the raging river. He then slogged his way over several kilometres of oozing, black mud, braving the giant Selous crocodiles before catching a bus at Kibiti and arriving at my office in Dar after twenty exhausting hours. He and I concocted a plan to persuade the Flying Doctor in Nairobi to fly to Utete Air-strip - a misnomer if ever there was one - and Mbega promptly set out on the return journey to Utete to fill in potholes in the 'runway' and arrange for Father Robin to be carried in a litter to the 'airstrip'.

All went well but, in total, Mbega's round trip to Dar had taken forty hours, a good portion of which was slogging through knee-deep water in the dark.

...read Bill's complete report on the RLT website.

How to find us online

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

SOCIAL MEDIA

In between newsletters we like to ensure we are keeping all of our friends and supporters updated on the work of RLT and life in Kindwitwi.



<https://www.facebook.com/rufijileprosy>



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.

DONATE

You can donate through our Website using CAF, debit cards and major credit cards. This is now an important tool for RLT and is supported by CAF online.

CAF Charities Aid Foundation

What a very special person Dr Mbega was!



Contacts and information

In the UK

to make a donation contact:

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Financial Trustee**

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Make cheques payable to
Rufiji Leprosy Trust.

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

**to receive
the RLT Newsletter
contact:**

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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 mem-
ories of Tanzania.

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

THE PATRON

Professor the Baroness Sheila Hollins

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In Tanzania

**to arrange a visit
to Kindwitwi
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Centre Manager**

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Texting is usually best

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KLCCDA

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

THE DIRECTORS

Chair

Mr Burchard Rwamtoga

Mr Martin Hall, CEO International School of Tanganyika
Mr Daniel Masunzu, Ministry of Health and Social Welfare
Mr Omari Mtumbi, Kindwitwi Village Chairman
Mr Peter Sasi, Dental Surgeon at Utete Hospital

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.