

March  
2019

Lichinga, Niassa  
Moçambique

Deutschland



### Dear friends!

We are approaching the rainy season – we have just experienced 3 days with storm, rain and a pretty cold and „bad weather“ (tropical Cyclone) <https://www.aljazeera.com/topics/country/mozambique.html#>

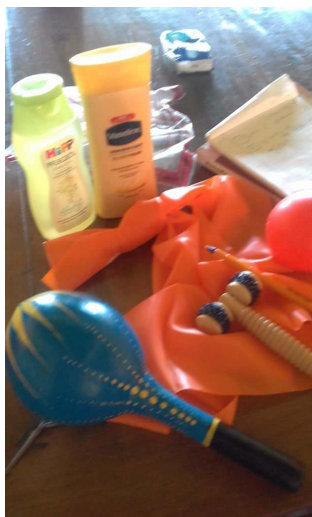
It was terrible – also the pictures we see from Malawi... drastic floods, collapsed bridges, dead bodies etc.

It will also affect the harvest; it will become visible from May to June, the time when corn and beans will be harvested.

Another cyclone is approaching and expected to hit on March 14th. Please pray for protection of the affected areas in Northern and Central Mozambique, Madagascar as well as Malawi again.



### Children / some physical therapy



Tools  
to help  
stretch  
or  
distract  
(rattle)



Children — Above C.,  
on the left our Wednesday morning children's meeting



### C. on Thursday

I already wrote about her. Here you see her bathing her feet to relax her muscles. Afterwards we can exercise.

C. has had problems due to a congenital spasticity as well as contractions and a dislocated hip.

Mary or myself pick her up and take her on a 10 minute trip to Mary's house.



At the age of 13 she attends the third grade, because no one supported her. She was considered a schoolchild or “cogitative”. She is mostly physically handicapped, but she has to work hard to catch up. Her cousins in her household take her to school in a wheelchair.



A hole in C.'s shoe, because of her limp on the inner side of her foot.

Practicing with a “thermaband”

With C. her home



Handle made from bicycle Pedals

- very hard plastic.  
His old walking aids were made of bathroom tubes... They hurt him so much that he had scars on the inside of his hands.

**Sr.E.** He broke his upper leg on December 24th 2018, clearly visible on an x-ray. He has been waiting for his operation ever since, because he had a wound from his precious cast.  
After May 29th, they say...

Sr.E. with his son, who cares for him here



The new ones

But NOW he has new, adjustable walking aids! Thank you for your support that enables me to help beyond milk, sugar, beans, corn and peanuts for mother/children program with e. g. walking aids or blankets, because it gets really cold here during the nights and the rain and this man was laying by an open window that cannot be closed, or... with iodine salve and compresses you cannot find at hospitals right now.

They are practical things and immediate help, if those things are available. I appreciate your prayers in this area, because there is a lot of injustice that leads to hopelessness.







### Children on Wednesday afternoon

More are attending again. For a period of 2.5 months only 6-8 women attended with their children. The women had to work their fields in order to provide food (the fields are far away, which means that people have to move there to sow and weed).

Three weeks ago more than 27 mothers brought their 13 special needs children. Unfortunately we can hardly look at every child, exercise or talk to every mother, because it is too full and turbulent. So once again I asked for every mother to bring an extra caretaker for the child. They would love to bring all their children to play... but that is not the purpose of these meetings and it really distracts. Until the end of April it will only be the two of us: mana Bia and myself).

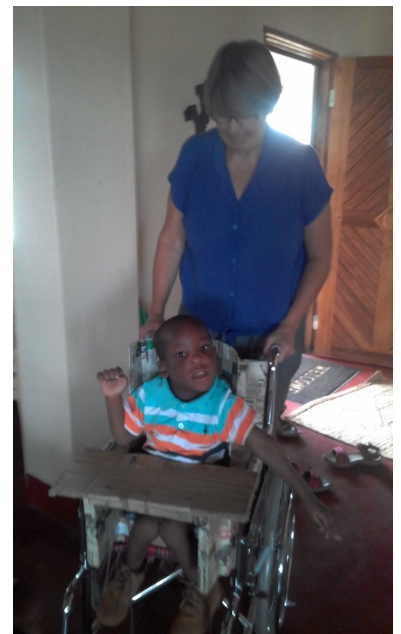
Twice we were supported by a Portuguese friend of mine. Her name is Jo and this year she will be looking after the catholic elementary schools in Niassa. She is an elementary school teacher and she really helped with the studies of the 4-7 year old children who also want to study in the afternoon.



Jo. and C., studying in the afternoon



Mary (her house, where we meet), in England until the end of April



Mary with G.,

New insert, now the wheelchair fits the 5 year old child with spastic palsy. Amazing handwork by Mary, who worked on it for weeks! She attended courses on the topic in England. Made of newspapers, cardboard and flour-paste!

### Sick children like the girl above.

We see many of them at the moment – Malaria, pneumonia and diarrhea are quite normal for the wet, often cool time of the year. In addition there is the hard labor on the fields and consequently 3-5 months of malnutrition, especially among the 2-5 year old children and the special needs children. The mothers don't have enough food, the water supply doesn't work properly and what follows are sicknesses.

The sick child on the photo below is nearly healthy now, thank God.



We are in the middle of the hungry season, like every year – that changes in May or June. 2.3 children and their mothers in one bed at the hospital are normal now.

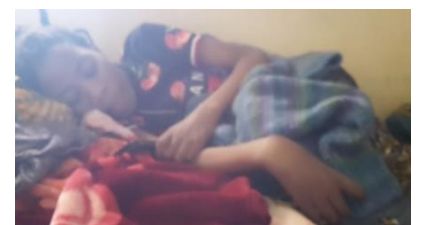
### Healthy! March 13th 2019

She still needs additional feeding, because at the age of 2 she only weighs 4.5kg. She had malaria and pneumonia, after 4 days at the hospital with intravenous antibiotics and malaria treatment she smiled again. Her mother had a high fever as well, when they went to the hospital, but she is healthy now.

### More hospital visits

A., an 18year old Yawo speaking Mozambican girl. She has been living at the hospital for a whole year.

Her mother stays with her and cares for her devotedly. It breaks my heart to know that she could be treated at home with community care – under different circumstances.





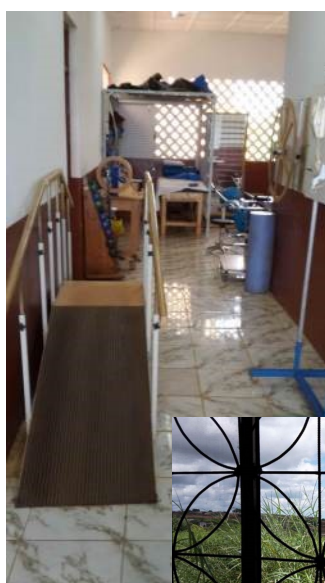
She suffers from spastic palsy and cannot walk. I don't know her first diagnosis. She has been sick since she was 13 years old and hasn't attended school since. Mentally she is 100% present, intelligent, laughs a lot and has great humor... I can hardly believe it after a whole year under these circumstances.



A. and her mother outside the hospital. Sun, fresh air, colors and other people are good for her!

With your support I was able to buy a new wheelchair for her (there are no wheelchairs at the hospital). With her mother's help she uses it a lot. She can FINALLY leave her bed and escape the bad smells, rooms that are not aired and up to 20 visitors or more a day. This is good for her skin (she was yellow-pale due to a lack of sunlight and vitamin D), her blood circulation and – of course – her mind!

The new PT areas, balls, new tools and new equipment



#### Physical therapy department:

A bright, quite modern building with new equipment and new tools like balls in different sizes and colors with a beautiful view at Niassa province.



THANK YOU for your help, support and especially your prayers, your love for the people here, especially those who are sick and the special needs children and their mothers.

Love and blessings

**Heide**

P.S.:

For those interested:

[https://sitan.unicef.org.mz/english/files/UNICEF\\_SitAn\\_FULL\\_14\\_EN\\_WEB.pdf](https://sitan.unicef.org.mz/english/files/UNICEF_SitAn_FULL_14_EN_WEB.pdf)

additional statistics on Niassa province, sick children etc.

[www.clubofmozambique.com](http://www.clubofmozambique.com) for more information concerning the situation in the country – the amount of information would go beyond the scope of this letter.

Another P.S. :

Car purchase: I have not found anything suitable so far. Africa has its own challenges when purchasing a used car. Condition, mileage and model (no automatic) must be right. My search – online and keeping eyes and ears open. A good deal may happen anytime!

Thank you for caring. My old car can still run small distances if the water is checked regularly.

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**Please include your name and address on the transaction and earmark them for GM – Zwirner**

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