

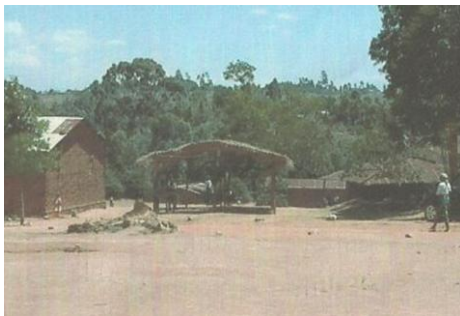
Malawi Association for
Christian Support

www.malawimacs.org

Charity No. 1025616

NEWSLETTER Summer 2011

More and Better Food Children have turned the dry, dusty earth around their classroom into a lush garden producing a variety of crops. They achieved this by harvesting water and using compost.



Before and After



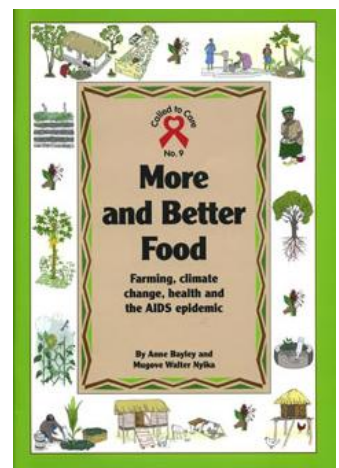
MACS funded a four day workshop for training trainers in ways of producing diverse crops of vegetables and fruit using permaculture – ‘**permanent culture**’. Sixteen people came from all over Malawi, most were under thirty-five and four were women.

One of the aims of the workshop was to introduce the trainers to a new practical handbook entitled *More and Better Food*, to assist them as they encourage the use of permaculture. The book is written by Mugove Nyika and Anne Bayley. It is the latest in the *Called to Care* series published by *Strategies for Hope*¹.

Currently approximately 25% of Malawi’s budget is spent on buying fertiliser, 47% of children are undernourished and many people with AIDS are protected by antiretroviral drugs (ARVs), which are effective only when taken with a balanced diet. Permaculture methods enable people to grow a range of vegetables and fruit to combat these challenges.

As well as encouraging households, schools and farmers to grow mixed crops, the benefits of permaculture include reduced soil erosion and reduced use of chemical fertiliser and pesticides. It also makes use of waste. 99% of all waste – vegetable and human - is potential fertiliser.

Many Malawians are taking permaculture seriously. The country has hosted two international conferences, for one of which MACS funded resource materials. The Permaculture Network in Malawi is active in all three regions of the country.



¹ Available via www.stratshope.org

A Bumper Gathering on Saturday 17 September

Grafiud Tione, the MACS Representative in Malawi, will be attending the MACS Annual Meeting on 17 September. He has an in depth knowledge and understanding of how MACS supports people in Malawi. In 1998, while still an Under Secretary in the Ministry of Finance, he did much to assist MACS in a large community project at Nambira.



Grafiud Tione

Grafiud was appointed MACS Representative in 2005, since when he has proved himself to be a hard worker with perceptive skills in monitoring projects. He travels many miles to meet with local committees and makes valuable and well respected contributions to discussions. He works closely with Project Officer Eileen Eggington and Treasurer Colin Gardner.

Since the second of MACS' annual Working Party visits to Malawi in 2009, travellers have enjoyed being with Grafiud as a companion and guide, appreciating his cheerful and knowledgeable comments and advice.

Grafiud's 'on-the-spot' monitoring in Malawi enables Trustees to know that standards of work on projects continue to improve and that they are carried out with integrity. MACS is sincerely grateful to him for his reliable and important contribution.

Questions For a question and answer session with Grafiud during the meeting on 17 September, friends of MACS, whether or not attending the meeting, are invited to email or post questions to Richard Barton, Chairman of MACS – see back page.

Also speaking at the meeting will be Dr Susannah Woodd, recently returned USPG missionary at St Luke's Hospital.

Time: The day begins at 10.30am with the AGM and ends at 3.30pm.

Place: St Saviour's Church Hall, St George's Sq, Pimlico, SW1V 3QW

Everyone is welcome to the meeting, so please bring a friend with you.

Drinks provided – please bring your own lunch.

“This course has changed my life.”



Enelise Jailosi

So said Mrs Enelise Jailosi after completing a 6 month course for Homecraft Workers at Chilema Ecumenical Lay Training Centre, supported by MACS. Enelise went on to say: “We learnt to knit, crochet, sew with a machine, cook a variety of dishes and grow different crops. But we also did business studies, and learnt about communication and human behaviour.

When I finished the course I saved up for a second-hand sewing machine. I now have my own small business in making cushions, chair cloths and bed covers. The extra income will help towards securing a future for my three children.”

MACS has recently agreed to fund 80% of the fees for ten ladies to attend the next 6 month course at Chilema.

Handed over

Stage one of the newly upgraded water supply to the six institutions at Malosa – Secondary School, Chilema Ecumenical Lay Training Centre, Diocesan Headquarters, Likwenu Primary School, St Luke’s Hospital, the College of Nursing and local community - was ceremonially handed over to a Management Committee on 16 June. Over 4,000 people now enjoy gravity fed, clean, and reliable water.



Willy Mandowa

The work included rebuilding and protecting the dam, providing a new 230m³ reinforced concrete tank, installing or upgrading storage tanks, meters for each institution and replacing all feeder pipelines. This large first stage was completed on time and within budget, thanks to the efficient work of consultants Willy and Partner Engineering Services of Blantyre, led by Willy Mandowa.



John Lindop

John Lindop was present at the Handover Ceremony and spoke movingly of how the Bishop brothers would have been delighted to know of the successful upgrading of the Malosa water supply.

At a cost so far of £115,000, this is the biggest project ever undertaken by MACS and was possible only because of large legacies left by two brothers. Their wills were administered by their solicitor John Lindop. The brothers were farmers in Essex who received considerable compensation when their land was requisitioned to provide a reservoir. Their wish was that others in need of water should also be helped.



A joy to behold – a larger, stronger dam

It is encouraging that the institutions have formed a Water Management Committee responsible for collecting revenue and ensuring proper maintenance of the dam and pipelines. It is even more encouraging to know that a separate Malosa Forest Conservation Committee has been formed.

This Committee organises people to patrol and protect the catchment area. They have power to arrest offenders and take them to the local court, where they are fined.

The cutting down of trees for firewood and charcoal in the catchment area is a real threat to the water supply. The government Forestry Department has now given responsibility to different groups to protect separate blocks of Malosa mountain. The Malosa Committee looks after the Malosa Block, and others the adjoining Likwenu and Machinga Blocks.

Traditional Authority Malemia and his sixty Village Headmen have all pledged themselves to stop the charcoal burning in the area. Good news indeed and we wish them success.

Stage two of the upgrading, still to be done, is the replacement of the 943m long, 200mm diameter main pipeline serving all the institutions and local community. The existing asbestos pipeline is forty-seven years old and needs replacing. A balance of £9,500 is needed for this work, which would complete the upgrading of the whole scheme.

Two Trainings

Patient Attendants Successful 5-day training courses for 30 Patient Attendants working in three Lakeshore health centres and St Martin's Hospital were held in March and funded by MACS. The excellent report of the training describes PAs as being key to good patient care in the hospital and health centres.



Patient Attendant participants

They are the first to welcome patients to the ward, attend to them at every stage of care and are the last to talk with patients when they are discharged.

Sessions lasting five days were held at Mkope, Mpondasi, Malindi and Lulanga, the latter being the only health facility in a remote area. Facilitators were senior nurses at the centres who had previously met together to prepare the curriculum, programme and agree their roles.

Content of the course included knowledge and skills in:

- accurate admission of patients to the wards
- wound dressing
- effective ways of monitoring vital signs
- effective measures for prevention of infection
- preparing documentation and reports
- the importance of public health and preventing disease

PAs were joined by ground workers, hospital attendants and watchmen for the sessions on prevention of infection and the importance of public health. After the course one of the participants said, "I thought I knew my job but today I have known better."

Maintenance Workers A one-day workshop for health centre and hospital maintenance staff was held in March at St Luke's Hospital, also funded by MACS. The maintenance staff at St Luke's organised the training attended by people from the eight health centres attached to St Martin's and St Luke's hospitals.

Mr Losi, a participant said, "What I have grabbed will not be wasted but will make our hospital take a step ahead."

The course was facilitated by maintenance supervisors from St Martin's and St Luke's Hospitals and the Senior Maintenance Supervisor from the government District Hospital in Machinga. Course content included:

- electricity (solar and ESCOM) repairing and maintenance
- plumbing and sanitation
- overview of carpentry, maintenance of rimlocks and brick-laying.

Nkope School for the Blind

Thanks to the efforts of staff at the school and concerned people in the area, numbers of blind children at the school have increased to 26 – 13 girls and 13 boys. In 2006 there was only one girl. The Unit is attached to the local Primary School and is under the care of two specialist teachers, one of whom, Clara Njawala, has given many years to providing expert and sympathetic tuition and care for the children.



Some of the blind children at Nkope

Since 2008 each of the MACS working groups visiting Malawi has spent time working at the school and adjoining health centre, painting, repairing and helping with whatever needs doing. MACS contributes £500 a term towards the cost of food for the children, several of whom are orphans.

Dormitory accommodation for the blind children is woefully inadequate, especially as the demand for places increases. A local committee is preparing plans and estimates in consultation with MACS. The intention is to build two new hostels, one for 20 girls and one for 24 boys. Details in the next Newsletter.

Braille machine One of the blind pupils from Nkope has achieved a treasured place in a secondary school but his work there is hampered by not having a Braille machine. An appropriate machine would cost £570. It would be great if readers of this Newsletter felt able to help with buying him a machine. Donations can be sent to the Treasurer – see back page.

Health and Sanitation

Msalawatha is a remote village north of Neno where MACS has recently funded a 5-day Health and Sanitation Workshop arranged by Mrs Agnes Mkoko, a retired Mothers' Union Worker.



Not the sort of person to put her feet up in retirement, Agnes said there was a need to sensitise the community on the importance of using pit latrines and of boiling water.

Church – classroom – meeting place

Facilitators were a nurse from Malamulo Adventist Hospital, a government Community Health Worker and Agnes. Plans were made for 25 participants but numbers increased to 32, plus 15 children. The workshop was held in the grass church which doubles as a classroom. The Village Headman was present throughout the workshop and encouraged participants to put into practice what they had learned.



Church elder, Agnes Mkoko, new latrine

Eileen Eggington was able to visit the village during her recent visit. In consultation with Agnes Mkoko, she has arranged for someone from the Seedsowers Trust, (www.seedsowers.org.uk) which uses hand-held drills to drill for water, to visit Msalawatha in August.

The hope is that there will be a low cost borehole and pump to replace the mud hole that currently provides doubtful water for people living within a 5kms radius.

In brief

Visits MACS Project Officer, Eileen Eggington, and Treasurer, Colin Gardner, together with Representative Grafiud Tione, spent two weeks in June visiting 31 projects and travelling approximately 2,650kms. They appreciated being able to listen to how people feel about MACS' involvement in projects. Working in partnership we learn from each other. The critical shortage of fuel meant they were unable to visit as many projects as they wished. They warn that the chronic fuel shortage will result in rising costs.

This year's MACS July working visit, led by Richard Barton, consisted of 11 people with a variety of skills and interests. News of where they went and what they did in the Winter Newsletter. Book early for 2012 visit.

Projects In addition to projects described elsewhere, funding for the following has been approved since the last Newsletter:

- renovation of teacher's house, Ulande
 - new teacher's house, Nansenga
- electrification of 10 teachers; houses, Mpginanjira
 - refurbishment of Chilema Guest House
 - new roof Kaphiridzinja cook's house
 - textbooks and dictionaries for schools
 - renovation of priest's house, Chinseu
 - renovation of church, Chinseu
- course for parents/guardians/health workers on rights of disabled children, Likoma and Chizumulu islands
 - restoration of roof for classrooms at Magomero
- supplementary funding for women on 6-month Chilema course
 - strategic planning workshop for Diocese of Lake Malawi
 - youth conference, Nkhotakota
 - Mothers' Union course, Diocese of Lake Malawi
 - roof to complete church at Buzi
- T-shirts for MACOBO volunteers distributing mosquito nets
 - roofs for churches at Mngobi and Mtuwanjovu
 - training for community family planning advisers

Bursaries Arrangements for providing bursaries for 14 students at Malosa Co-ed Secondary School and 14 at St Michael's Girls' Secondary School have been reviewed and agreed with the relevant committees. Fees have recently increased by 20% to £75 per term, causing real hardship to many families. Support for these young people is vital if they are not to drop out of education. Contributions may be sent via www.malawimacs.org or to the Treasurer.

In the Steps of the Bishop On 24 September walkers from Haslingfield and Eversden will walk in the footsteps of Charles Mackenzie, the curate who used to walk from Cambridge to take services in All Saints' Haslingfield and who later became the first Bishop in what is now Malawi. This is the third of their fundraising walks to provide classrooms at Magomero, where the Bishop made his base. The Archbishop of Canterbury will be at Magomero to join with people celebrating the 150th anniversary of the arrival of Bishop Mackenzie.

If you would like to take part in this interesting and special walk giving thanks for the arrival of the first missionaries in Malawi, contact José Hopkins, 01223 872 190 or Hopkins@drawstop.plus.com

Many thanks to those who have helped MACS by sending their old ink cartridges and mobile phones for recycling, which has so far raised over £1000. Please go to www.malawimacs.org to see how to receive envelopes for posting cartridges and phones.



By email If you would like to receive Newsletters and *Nkhani* by email – which reduces MACS' costs - please contact Tony Cox news.macs@gmail.com

ANNUAL MEETING 2011
Saturday 17 September
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