



MALAWI ASSOCIATION FOR CHRISTIAN SUPPORT

www.malawimacs.org

Charity No: 1025616

NEWSLETTER
Winter 2008

HIV/AIDS

MACS continues to support a variety of programmes connected with HIV/AIDS. Many of these have involved care of orphans, including feeding programmes, vegetable gardens and skills training for teenagers as well as training in Home Based Care.

The Revd Dr Anne Bayley has recently returned from two months in Malawi, where she was working alongside Diocesan HIV/AIDS co-ordinators and others, and one month in Zambia. MACS made a substantial contribution towards Anne's work in Malawi. While there she visited and sometimes stayed in fifteen parishes, where her Chichewa enabled her to participate in discussions.

Together with Malawian colleagues, Anne also planned and helped lead four workshops varying from two to five days in length. And for good measure led a short seminar for twenty-four students at the Leonard Kamungu Theological College in Zomba.

Family Life Workshop in Mangochi

Family Life Workshop **20-23rd July**

There were thirty-seven participants from the Diocese of Upper Shire in the workshop held in Mangochi, clergy and lay married couples. A powerful input was given by a man living with AIDS and receiving antiretroviral (ARV) treatment. Such witness helps to reduce the strong stigma experienced by people who are HIV positive. The programme was based on the illustrated and informative book *Time to Talk*, the third in the *Called to Care* series, written by Bishop James Tengatenga and Anne Bayley. Since its publication in 2006 it has been translated into five languages with over 22,000 copies printed and is being distributed

throughout Africa.

Continued overleaf...

Readers interested in knowing more about this excellent series of six reasonably priced books relating to HIV/AIDS can see them at www.stratshope.org

Comments from participants:

- dividing men and women into separate groups to talk about their sex lives and HIV/AIDS and then bringing us back to one group to share what had been said was helpful; we could speak openly without anyone being pinpointed by their husband or wife
- at first some people were upset with the language being used because talking about sex is taboo in our culture but then they became more open with each other
- at the end most were thankful
- AIDS is making us break down old cultures
- we learned a lot and were not challenging each other
- this will help men not to go out with other women
- it was very encouraging

Resolutions at the end of the workshop

Fr John Mchakama, the HIV/AIDS Co-ordinator for the Diocese, recorded the following resolutions, after Anne Bayley had left for Zomba.:

1. Participants shall conduct *Family Life* workshops in their respective parishes.
2. At each *Family Life* workshop to be conducted in the parishes, PLWAs (People Living with AIDS) have to be invited to give their testimony about 'positive living'.
3. VCT (Voluntary Counselling and Testing) is going to be encouraged. Leaders shall be the first to undergo VCT and act like models in the community.
4. Those who have undergone *Family Life* Workshop should be used to facilitate the same workshops in different parts within the Diocese.

Follow up

Relating to the 4 resolutions from the workshop, we have learned that:

1. Two parishes have already held *Family Life* workshops, Monkey Bay and Chilipa. At Chilipa 40 couples took part.

2. Five years ago it would have been difficult to find PLWAs prepared to speak out but there has been no problem finding people to help with workshops.
3. Fr John Mchakama, HIV/AIDS co-ordinator for the Diocese of Upper Shire has himself been to a VCT centre and is encouraging other clergy to do the same.
4. Arrangements are being made to hold workshops in the parishes that did not have people attending the Workshop on Mangochi.

Child Within Workshop 3-8th August

The workshop was arranged by the Anglican Council in Malawi to help carers connect with children who have experienced grief and loss. Aims were based on the book *The Child Within*, the 6th in the *Called to Care* series, and included:

- enlarging awareness of children's needs to include emotional and spiritual healing for grief and loss
- building resilience in children and carers alike
- reconnecting carers with childhood memories, increasing empathy with children and promoting healing of their own childhood wounds
- questioning acceptance of physical beating, suggesting alternative attitudes and methods



Playing with bottle tops

Nkhotakota Lay Training Centre was a good venue. Twenty-four participants came from all over Malawi and one from Zambia who helped with facilitating the workshop. There were slightly more women than men.

Comments from participants:

- as carers we sometimes don't know how children feel in their hearts
- it was helpful to have time talking with children from school and hearing how they feel
- our custom of relatives coming to grab belongings when someone dies is very painful for the children
- when we were children we played games together but today most children are glued to the TV and go to video show rooms, including in the rural areas, and nobody censors what they watch

- it was very helpful because we learned how to care for orphans.

The Revd Dr Anne Bayley OBE

Anne worked as a doctor in Zambia for 21 years. In 1983 she was one of the first to recognise people infected with the new HIV in Zambia. She came back to Britain in 1990 for ordination training.



Continued...

Since 1998 Anne has returned to Africa each year to help with HIV/AIDS programmes and has contributed to a number of books and international conferences.

Figures provided by the National Aids Commission of Malawi for 2007:

Adult HIV prevalence	12%	Est no. of adults needing ARV therapy	252,720
HIV new cases aged 15 and over	65,000	Est. no. of children needing ARV therapy	23,440
HIV new cases aged 14 and under	20,000	Est. total number of people needing ARVs	276,160
People living with HIV/AIDS	900,000	Est. total number of people receiving ARVs	184,000
AIDS orphans	436,500		

Young People

Treasuring The Gift MACS paid for 1000 copies of this book to be printed and it is used widely throughout Malawi. It was written by young people in Zambia for young people and looks at how to handle God's gift of sex and HIV/AIDS. Copies have been distributed to the Youth Co-ordinators in every parish.

Mrs Josie Tengatenga, Youth Co-ordinator in the Diocese of Southern Malawi is enthusiastic about the way young people have been coming forward to be trained in using the book and then using it in their own community.

PROJECTS SUPPORTED

Since the July Newsletter, the following projects have been supported:



Teachers' houses at Mponda's and Malindi Community Day Secondary schools and Likwenu Primary School

Likwenu teacher's kitchen



School hostels for 26 girls at Mponda's Community Day Secondary School and for 50 girls at Malosa Secondary School. The

Government is keen to encourage girls to attend secondary schools and MACS endorses that policy. At Malosa the old [Girls' Hostel at Malosa](#) hostels built in the 1950s are now unsafe, and dangerously close to slipping down the hillside and in urgent need of replacement. Two years ago MACS paid for the well-built hostel in the picture. Now, thanks to a generous legacy it is providing a second. Two more hostels for girls are still urgently needed.

Classrooms at Sani Community Day Secondary School

Boreholes One at Jali, where people have to walk long distances to find clean water, especially in the dry season. Another at Nkope, which will do much to help the pupils at the Day Secondary School, Primary School and blind children in the special Unit attached to the Primary School. It will also help members of the local community.

3 Braille machines were sent out for the blind pupils at Nkope, travelling in a container due to arrive in Malawi at Christmas time. A reader was so moved by the photograph of the pupil with the only Braille machine in the last MACS Newsletter that she has provided a fourth machine and Braille paper.

Women's training Funds have been provided for ten women to attend a six-month course at Chilema Ecumenical Lay Training Centre. The course includes health and sanitation, food and nutrition, vegetable growing, poultry keeping, finances and



banking, verbal and non-verbal communication, human behaviour, [Work on improving the chalets](#)

English and textiles and clothing. Accommodation is in small chalets, originally built in the mid 1960s with communal washing and toilet facilities. MACS is now providing a shower, toilet and small kitchen for each chalet.

Air conditioners have been provided for pharmacies at St Martin's and St Luke's hospitals to help protect drugs.

Churches at Mtakataka, Msaka, Chankhungu and Kasamba. During the week churches are used for a variety of community activities, often for nursery schools, literacy classes and care of orphans. Much self-help is contributed by local



people, which usually includes bricks,
Kasamba

St Theresa's church,

stones, sand, labour and timber. MACS helps with the expensive iron roofing-sheets and cement. This grass roof on St Theresa's church, Kasamba, will soon be replaced with water-proof iron.

Water supply at Malosa/Chilema. This is a large project for the urgent repair and upgrading of the gravity-fed piped water scheme installed in the 1950s-60s. Seven institutions and people living alongside the river obtain water via a small dam on the Likwenu River. Some of these did not exist at that time and all have grown in size. The total population for these institutions is approximately 3,000 people. More about this in the next Newsletter.

GENEROUS LEGACY Funding for the larger of these projects has only been made possible through donations from a generous legacy. The executors of a will looked at various charities meeting the requirements of the legacy and decided that MACS was an effective charity. They concluded that overheads are minimal, administration efficient and that there is good on-site monitoring of progress. We are grateful for this and for the benefits it will bring to people in Malawi.

PROJECTS INSPECTED



Margaret Parr has recently returned from a three week visit to Malawi, during which she was accompanied by **Mr Grafuid Tione**, the MACS representative in Malawi. We are grateful to Grafuid for the photographs on this page and some on

other pages.

New water tank for St Michael's

Margaret was pleased to see the completed large water tank for St Michael's Girls Secondary School at Malindi where she was headmistress in the 1980s. MACS appointed Mr Willy Mandowa as consultant to this work and have recently employed him as consultant to the Malosa/Chilema water project. Mr Mandowa is a highly qualified and well experienced water engineer and we are fortunate to have his services.

A DOUBLE WHAMMY

In this country we are concerned about rapidly rising prices but in Malawi and other developing countries prices have risen far more steeply. Since the beginning of 2007 the cost of iron roofing sheets has gone up by 317%! Petrol is £1 a litre. Now there is the additional problem of the declining value of the £ against the Malawi Kwacha. A year ago £1 bought MK280, today it buys MK205, a fall of 27%. The combined effects of rising prices and devaluing £1 are drastically reducing what MACS can do.

At their recent meeting Trustees learned that an additional £16,000 would have to be allocated to complete projects already agreed and that this meant there were no funds for new projects.

The pains of recession

Despite the pains of recession in this country, it is hoped that supporters will be able to find ways of increasing their contributions, either by giving more themselves or by encouraging others to contribute.

The usual annual form for a **Banker's Order and Gift Aid** declaration is enclosed with this Newsletter. Banker's Orders do much to reduce the Treasurer's workload and can be cancelled, decreased or increased at any time. The form is also available from the Treasurer (see back page) and on the website

www.malawimacs.org

NEW BOOK *The Life of George Ndomondo Shepherd Boy, Clerk, Politician, Guerrilla General, Detainee, Priest*

A fascinating book written by George Ndomondo, with an introduction by Colin Baker. It is published this month and is being distributed by MACS.

Proceeds of sale will be used by MACS to support projects in Malawi.

George Ndomondo: Born in 1931, and still writing today,

George Ndomondo's very active life has covered the biggest changes in the history of Malawi. *Continued...*

With his vivid style of writing we share experiences of looking after rebellious sheep to being tortured in prison for leading a rebellion



against the government of Dr Banda. In the notorious Dzaleka prison he found his vocation as a priest.

This unique book is available at £7.00 + £1.00p&p (cheques payable to MACS) from MACS Trustee:

Rachel Eaton, Moorcopse, 21 Church Rd, Tadley, Hants, RG26 3AX

MACS VISITS TO MALAWI

Bike ride of 450 miles in the Southern Region, with sponsorship to raise funds for MACS. Details from Rachel Eaton

mrsracheleaton@googlemail.com Phone: 01189 814 287

Working visit 27 June – 13th July contact Eileen Eggington, 43 High Str, Northwood, Middlesex HA6 1EB

eggington@uwclub.net

Phone: 01923 822 501

RECYCLE 4 CHARITY



The envelope enclosed with this mailing is a great way to support MACS with your used inkjets and old mobile phones. **PLEASE USE IT** or give it to a friend to use. How about putting a notice in your parish magazine asking people to give you their old mobiles?

Different ways of helping:

- **Website** - donations can be made securely via www.malawimacs.org
- **Ebay** buying and selling can raise funds for MACS – details on the website or email us on malawimacs@gmail.com
- **Shopping on the web** – can provide 2-12% to MACS at no cost to you if you go through our website at <http://buy.at/malawimacs>
- **Donations** sent to the Treasurer are placed in the General Fund, which provides flexibility, but you can give to one of the following categories if you wish: education, health, HIV/AIDS, orphans and community projects, food security, churches and clergy housing, women's projects, emergencies. Thank you.

Comments and suggestions on the Newsletter and work of MACS are welcomed. Please send to the Secretary.

ANNUAL MEETING ~ 19th September 2009 10.30-3.30
St Saviour's Hall, St George's Square, Pimlico, SW1V
3QW

All welcome - come with a friend

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