

NEWSLETTER

SUMMER 2022

INCREASING KNOWLEDGE AND SKILLS IN PALLIATIVE CARE

Gifts from MACS' donors have supported Ndi Moyo Palliative Care Trust in the training of palliative care professionals. This has included the funding of distance learning degree education in Palliative Care at Makerere University, Uganda, for Specialist Nurse Anastasia and Clinical Officer Evelyn, allowing them to 'cascade' their training within Ndi Moyo and beyond.



Anastasia at work

Ndi Moyo is the only hospice and standalone Palliative Care Centre in Malawi and provides free practical and emotional support to around 500 people and their families each year. Founded by Lucy Kishindo-Finch, a palliative care nurse who retired to Malawi with her husband, the Centre sits in delightful medicinal herb gardens in Salima and is modelled on the best practice demonstrated by Hospice Africa Uganda. '*The place giving life*' is the English translation of Ndi Moyo, which supports mostly those with cancer and AIDS.

Most people who have life-threatening illness in Malawi, and families that care for them, do not have access to such support. This is why Ndi Moyo now also trains many health care professionals and students from elsewhere in Malawi including providing placements. These highly educated Ndi Moyo staff can then 'cascade' their skills, knowledge and ways of providing care widely.

Anastasia and Evelyn have recently talked at length with MACS Trustee Gill Barber and shared with her the difference the BSc. Palliative Care has made to how they provide support. Gill found talking to them really moving and outlines here some of the things they emphasised.



Anastasia



Evelyn

The strongest message they gave was their increased understanding and confidence in providing social and psychological support. Before the specialist studies they felt unsure how best to help people emotionally and socially and just felt sorry for them. Foremost was the need to break difficult news and give information to people who are terminally ill and to their families. They now feel they can talk confidently when providing information and counselling to them. They know how to improve lives and make people as well as possible. They understand better how to educate families in caring for their loved ones at home.

Pain management was another key issue talked about. Studying this in depth and understanding that pain is not only physical, they feel confident now not only in providing medication but also in identifying ways of improving discomfort and feelings of illness. From providing physical treatment they have expanded their horizons to increasing well-being and helping families to understand how important their role is, so improving their own mental health too. An example given of dealing with pain was the simple act of calling a pastor which helped the pain levels of a person who lamented that they could no longer attend church.



Two other important topics in the BSc. course were communication skills and educating others. These have contributed greatly to their confidence and developing their roles. Through both theory and practical learning, Anastasia and Evelyn have moved on to spreading their knowledge beyond Ndi Moyo. They take part in the palliative care courses run by Ndi Moyo and have been invited onto the Reformed Health Forum, a collaborative group of healthcare professionals in Malawi. They are often used as contact points by others needing to consult on issues they encounter with their own patients. A poster presentation has been accepted for a pan-Africa palliative care conference so highlighting the work of Ndi Moyo.

Anastasia and Evelyn show their passion for their work in all they say and in their enthusiasm for passing their knowledge on. The last thing said when they talked to Gill was that they aim to, “bring hope to the hopeless and add more days to the little people have”.

THE GIFT LIST IS CHANGING....

Trustees have made the decision to suspend the Gift list as such for the coming year. Over recent years the difficulties involved with procurement and distribution of small items has begun to outweigh the benefits. Last year the gift list was made more straightforward to operate but this seemed to make it less attractive and resulted in less uptake. The fact that MACS is now running an appeal for a major project each year may also have had an impact.

A decision has been made to offer only one ‘gift’ item each year, this year’s item being ‘pencils for primary schools’. The gift offer is 200 pencils and the cost £20. As previously, the gift will be available to buy online at www.malawimacs.org

MACS will, of course, continue to support the causes previously included in the gift list, such as health centres, bursaries for secondary school students (more important than ever with a recent significant rise in fees), bursaries for students at Chilema, bicycles for clergy etc.

DO YOU SHOP ONLINE?

Did you know that you can help MACS while shopping at no extra cost to yourself? MACS CIO is now registered with both **Easy Fundraising** and **Amazon Smile**.

2022 APPEAL UPDATE

Solar Power for St Michael's Girls School, Malindi

Thanks to your generosity, we've now raised sufficient funds in the 2022 Solar Appeal to go ahead with our project to provide robust back-up power to St Michael's Girls' School, Malindi. As many of you will recall, this is a selective all-girls school for the brightest girls from all backgrounds, and has a significant catchment area. The girls have to board in hostels, and a lot of their "home" work is therefore done in the school classrooms after lessons, and often after dark.



Students trying to work by torchlight.

Thanks to your generosity this should now be a scene from the past.

The power situation in Malawi having got worse - droughts have meant the Shire hydro-electric station has had to reduce output, while soaring diesel prices and a devaluation of the Kwacha have made diesel-powered generation prohibitive - power-cuts have become a weekly occurrence. So we were delighted to have been able to finance back-up power systems for BOTH the main classroom blocks AND the dormitories, where the girls sleep. MACS has commissioned a MKW 43.5million project (£35,000) to install solar panels, batteries and the switches, which will allow the batteries to be charged from the panels or the mains. This should not only ensure there IS power when needed, but also should significantly reduce the school's consumption of expensive mains electricity.



Of course, for a project this size, we got a number of quotes, but the best option again came from the supplier, Powerplus, with whom we installed the systems in the health centres last year. We've had a good experience of their work, and contracts were signed in July. And, of course, MACS representative, Grafiud Tione, has been closely involved, both in fine tuning the project ahead of contracts being agreed, and in monitoring ongoing progress. We've made substantial progress already (see photos) and the project is expected to be completed later in August - allowing for a short break in the work so as not to disturb the girls doing their exams which, after all, is what it's all about in the end!



PROJECTS AGREED OVER THE LAST YEAR

- A donation towards flood relief (cyclone Ana) in the Diocese of Southern Malawi (DSM), to be sent via The Anglican Council of Malawi (ACM)
- The renovation of two staff houses at St Martin's Hospital, Malindi.
- Increasing the number of students supported to ten participants per course (January to June and July to December) at Chilema Ecumenical Training College and to increase that support to cover 90% of their fees owing to the increase. (The course aim is to teach participants new skills to improve living standards, which can then be 'cascaded' within the community).
- The 2022 Appeal - the installation of Solar Power in classrooms and dormitories at St Michael's Girls' Secondary School. (*This work should be completed in August 2022*).
- To continue to pay school fees for a total of 67 young people at St Michael's Girls Secondary School, Malosa Secondary School and Bishop Mtekatoka Secondary School and also to continue the support given to two Community Day Secondary Schools at M'manga and Nkope.
- the purchase of 60 desks and chairs for Nkope CDSS.

CYCLONE ANA EMERGENCY RESPONSE

'Let me once more on behalf of the Church, express my sincere gratitude to MACS and other partners on their continued support to communities in dire need due to natural catastrophes such as these. While the support may appear to be small, it is the spirit in which that support is given that is important. We know that those that support us also have challenges – especially during this time of Covid pandemic; but they have a heart for others who are facing destitution due natural calamities like floods and droughts. Please extend our gratitude to those who have and continue to support us'.

Edward Abel Chisala
General Secretary
Anglican Council in Malawi



Above: Some of the food items that were distributed to those patiently waiting their turn..

Below: Women receive plastic sheets for roofing and farmers collect seeds and fertilizer at Nsanje parish



THANK YOU.....



‘On behalf of the four graduated students, Deacons Sandress Mganja and Lucius Manjawira (ADUS), Ordinands Lawrence Kambalame and Ganizani Carlos (ADSM), the two dioceses (ADSM and ADUS) and on my own behalf, I would like to thank you and the entire MACS community for the timely help given to our graduated students. Indeed, their mobility is now eased and for sure, no one will say, ‘I didn’t do pastoral work due to mobility issues’. Once again, thank you very much for the support you always give us. Finally, please find attached pictures of the four students after receiving their bicycles and learning to maintain them’.

Stay blessed,
Fr Charles Chiutula
College Dean.
Leonard Kamungu Theological College



You have received this newsletter because you are registered on our system as a supporter of MACS CIO, Charity no.1188309. You can update your preferences or unsubscribe at www.malawimacs.org or by contacting the secretary at info@malawimacs.org

MACS CIO SUPPORTERS' DAY and AGM of MACS (charity no 1025616)

On Zoom by popular request! This allows us to bring together supporters from all over the UK and well beyond.

Join us on Saturday 24th September 2022 from 1030am to 1pm.

The day will start with a short meeting of **MACS Charity no [1025616](#)**. Supporters will be asked formally to support the resolution to dissolve the Malawi Association for Christian Support, charity no [1025616](#) with effect from 31st December 2022. (See website for full details of the resolution).

The day's programme will then proceed for **MACS CIO, Charity no [1188309](#)**, with an update on how MACS CIO funds are spent and how projects are progressing.

We hope to have an interview with Grafiud Tione, our Malawi representative, and also with Jesman Seva, who works for both the Department of Education and the Department of Health in the Diocese of Lake Malawi.

There will be opportunities to talk with other supporters and to consider how to develop the work of the charity.

For joining instructions, please email info@malawimacs.org

You will then be sent a Zoom link during the week beginning 18th September along with an electronic copy of all the papers required.

MACS WHO'S WHO

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