

## NEWSLETTER

February 2024

### Palliative Care Training at Ndi Moyo

*‘Great news indeed! And a big relief too!’*

*‘That is amazing news!!!! It will be so great for the training to be up and running again!’*

*‘That has made my day J.’*

These are some of the comments from Ndi Moyo staff when they learned that MACS is funding the outreach training that Ndi Moyo plans to provide through April and May.

For new readers, Ndi Moyo Palliative Care Trust runs a hospice in Salima providing home-based care and support to people living with terminal illness and their families and helpers. Such care is sadly lacking in Africa and too many people experience pain and suffering unnecessarily. The services are run by qualified nurses and other healthcare workers, supervised and trained by Ndi Moyo. MACS has already been heavily involved by funding the education of one nurse and one clinical officer to degree level through Hospice Africa Uganda which promotes a model of care appropriate to rural Africa. Both Anastasia and Evelyn have graduated and are using the skills and knowledge they gained in their day-to-day work for Ndi Moyo. This has also enabled them to cascade knowledge and skills more effectively to hospice and community-based staff, to wider health services in Malawi, and of course to patients and the communities they live in.



Photograph from the most recent training course

The intensive five-week residential courses aim to benchmark best practice and provide experience of different models of care to 25 participants through clinical placements at the hospice and elsewhere including in community settings.

So – watch this space. We will update you once the Palliative Care Initiators' course is under-way and, we hope, provide more photographs. This really is a worthwhile and important initiative and MACS is delighted to be able to help by using funds provided by our supporters. Thank you!

You can find out more about the work of Ndi Moyo online at [www.ndimoyo.org](http://www.ndimoyo.org)



Map showing the wide area from which course members are drawn

## What have we been able to do since our last Newsletter in August 2023?

- Grafiud Tione, our Malawi representative has a new vehicle for his work. This was purchased in the UK, shipped to Tanzania then imported into Malawi.
- As described above, MACS has supported an initiative from the charity Ndi Moyo to help train Health Care workers in palliative care in Malawi.
- Young people in schools continue to benefit from receiving bursaries to support their secondary education in St Michael's Girls' Secondary School, Malindi, Malosa Secondary School and also Bishop Mtekateka Secondary School. Despite the increase in fees from MK250,000 per term to MK310,000 per term at the start of 2024, thanks to the generosity of our supporters, we are able to continue to guarantee a full four years of education for the selected students.
- We doubled from 10 to 20 the number of students at Nkope and M'manga Community Day Secondary Schools (CDSS) who have their fees paid. Much of this is due to the generosity of Loughborough Grammar School students.

- We have agreed to fund the National exam fees for the CDSS students when they reach Form 2 and Form 4.
- We held our annual Supporters' Day on ZOOM, which was well-attended and enjoyable. The annual report is available on the MACS website [www.malawimacs.org](http://www.malawimacs.org) and also on YouTube at <https://www.youtube.com/watch?v=c0EEEFZ89s0>
- Trustees have successfully set up online banking access in Malawi.
- We have funded an upgrade to the water supply at Bishop Mtekatoka Secondary School which will increase the capacity to store and provide water for the wider community. The installation of a solar pump will cut the running costs for the school.
- The final £1200 donated by supporters following Cyclone Freddy earlier in the year, was passed on to Seedsowers International to help clean up two deep boreholes that were polluted following the cyclone.
- Thanks to some very generous donors, new classroom blocks have been provided from which many learners will benefit. New blocks are currently being built at: Matope CDSS, M'manga CDSS, St Martin's Primary School in Malindi, Chitenje Full Primary (FP) School in the Diocese of Lake Malawi (DLM) , St Luke's FP school at Liwaladzi (DLM) and at Nthumbo FP School in Namachete (DLM).
- A new deep borehole will be drilled at Phalula Parish Diocese of Upper Shire (DUS) guaranteeing the people a reliable and clean source of potable water.
- A damaged inverter on the solar electricity system at St Michael's Girls' Secondary School, Malindi, has been replaced enabling full lighting in the classrooms to be restored. Further training of maintenance electricians will take place.
- New books have been purchased for the students at Chilema Ecumenical Training Centre who are enjoying learning on the six month courses they undertake there.

MACS previously funded the refurbishment of a disused classroom to provide a library at Chilema, as well as providing the furniture and a grant towards books.

As can be seen from the photo below, this library is now in use although more books (that are very expensive in Malawi) are still needed.





## You can only kill a goat once!

Crops destroyed by drought, floods and army worms mean that parents who are subsistence farmers cannot afford to pay school fees. Parents may have killed the family goat or sold off a piece of land to pay for the fees for the first year but after that have no other assets to sell. These problems can lead to pupils dropping out of school and another generation being trapped in poverty.

For the last six years the Year 7 pupils at Loughborough Grammar School have been told at year assemblies of the difficulties faced by children in Malawi who wish to attend secondary school. They have been shown photos of the facilities at the Community Day Secondary Schools at Nkope Hill and M'Manga including one of a cupboard on wheels that is the school science lab (*pictured below*).



Each year at Christmas the year 7 pupils at Loughborough Grammar School put on a pantomime for their parents, brothers and sisters, grandparents and friends. At the end of the performance there is a collection to raise funds to enable MACS to pay school fees at Nkope Hill and M'Manga Schools. In the last six years over £4000 has been raised due to the generosity of the parents. This has enabled MACS to pay the schools fees for needy students. The pupils to be helped are selected by a committee of staff at the schools and the fees are only paid when MACS receives a copy of each pupil's school report.

At the Year 7 Christmas Pantomime of 2023, £766.89 was collected and will allow MACS to support ten pupils at each school. The photo below shows trustee Richard Davies receiving the cheque from Mr Jeremy Parton, Head of Year 7 at a Year assembly.



# 'The Anatomy of a Borehole'

The importance of a good supply of clean water to public health outcomes has been well known since Bazalgette built the sewers in Victorian London! In Malawi, where surface water sources often dry up during the dry season, and where only a small percentage of the population can rely on a mains water supply, wells or water storage facilities are even more critical to the health of most rural communities.

Over the years, therefore, MACS has invested in range of water supply facilities, from large systems, serving an entire community (such as the dam and piped storage at Malosa, or the village water supply at Nkope), to the humble borehole. More recently, we have been focussing more at the simple end of this spectrum, because of the complexity and ongoing cost of maintaining the larger systems, and because this allows us to reach the small rural communities, least able to help themselves. So with this article, I wanted to make you aware of the types of water project which we at MACS have been supporting recently, and for which there is always demand!

Broadly, they fall into three categories: hand-dug shallow wells, typical "Afridev" deep boreholes and on the latter, we can sometimes install solar powered, pumped water storage.

I'll cover each in turn.

## Shallow Wells



The simplest and cheapest approach, these wells are typically 10-20m deep, topped by a small hand pump, as shown above, and cost around £500 each.





The borehole is drilled using a manual augur, which can penetrate subsoil, but not bedrock, and the well head is a simple platform constructed of local bricks. As such, these can be put in by the local community (subject to appropriate training). MACS supported a sister charity, Seedsowers, in building 8 of these in 2021/2, in villages in Southern Malawi. While cheap and simple to implement, the shallow nature of the water supply means these wells are more susceptible to drought, increasing salinity of groundwater, and, as Cyclone Freddy unfortunately showed, more susceptible to being polluted in floods.

### **‘Afridev’ standard boreholes**

These are the boreholes with which many of you may be familiar. They are typically 40-60m deep, and drilled by a lorry-mounted drill rig, which can penetrate into the bedrock, and typically cost £3-4,000 each. They are topped by a small concrete basin, and steel hand-pump, and there are many contractors who can install these as relatively standard items. The greater depth of drill does give these significantly better durability as well as surety of water quality, while the pump is robust and requires little maintenance.

As well as being part of the community-level water systems at Malosa and Nkope, MACS has installed these pumps recently at Kaphiri and Chididi Health centres (2021), and we are currently commissioning one at Phalula.





## Solar Powered pumped storage

On a couple of occasions, MACS has supplemented these standard boreholes with a solar powered pump, which fills overhead tanks. This is only suitable for institutional use, really, but it does provide a gravity-fed (“water on tap”) water supply. The pump is installed in the borehole, and ensure the tanks are kept topped up during the day, while the tanks can provide continuity of supply when it is dark, for example. The pump / panels / tanks, typically cost £10-12,000 for a 10,000 litre tank, which can supply / supplement a mains water supply in, for example a school. MACS funded such a system at Nkope in 2019, and has just commissioned another for Bishop Mtekateka School in Nkhotakota (opposite)



So, water projects can provide a range of funding targets for those interested in the subject, and providing children with a clean water supply remains probably the most effective way of reducing child mortality in poor countries like Malawi.

Zikhomo! Thankyou

## **2024 MACS Supporters' Day**

**10.30 Saturday September 28th**

**To include interviews with  
Grafiud Tione, our Malawi Representative,  
and other partners in Malawi.**

**Join us on Zoom by contacting the Secretary  
at [info@malawimacs.org](mailto:info@malawimacs.org)**

*Then, in the week beginning Monday 23rd September you will be sent an invitation to the Zoom meeting by email, along with an electronic copy of any papers for the meeting.*

### **MACS WHO'S WHO**

**Patron:** Jane Arden, MBE

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**Trustees:** Gillian Barber, Adrian Brown, Margaret Campbell,  
Richard Davies, Felicity Shoemith

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