

## NEWSLETTER JULY 2015

### NKOPE CLEAN WATER PROJECT



*Grafiud Tione at the site of the new tank*

Progress has been a bit slower than we anticipated but it is important to try and get things right before starting. The chairman was a keen volunteer to spend four days in Nkope in late February to check a survey of the current pipework system and to visit every house on the Mission Station, the Health Centre and the Primary and Secondary Schools.

To the twelve staff houses on the existing pipeline another fifteen will be added. There was much excitement at the prospect of having a supply of clean, treated water and Clinical Officer, Harry Kamuyango, is in no doubt about the beneficial impact it will have on the health of the community.

The rapid and generous response of donors to the appeal launched last September has enabled a considerable extension of the pipeline to reach the Secondary School, its staff houses and new Science laboratory.

Meetings held with our water engineering consultants led to the redesign of the intake system in the lake and a change in the type of pump needed to supply water to the 60 cubic metre concrete tank to be built on Nkope Hill.

Canon Tito Lezile showed huge commitment to the project in terms of time and energy. He chaired the first meeting of the Village Water Committee which will be responsible for the running and maintenance of the installation, the testing and treatment of water and the collection of fees.

Trustees approved the revised scheme in May and tender documents have been issued. Construction will take about six months so clean water should bring a sparkle to the New Year celebrations of many families.

# BETTER NEWS FROM THE LOWER SHIRE

BY BRIAN GRIFFIN

The MACS Project Officer's visit in June to Blantyre was not only to call on Bishop Alinafe Kalemba of the Southern Diocese, but also to monitor the funds donated to help the victims of recent floods in the five Anglican Parishes in the Lower Shire Valley.

The day exceeded expectations and instead of a verbal report and discussion Eileen, Grafiud and I were introduced to Father Willard Kamandani, the Diocesan Clergy Representative who has been given the work of co-ordinating the Anglican Church's response.

Next we travelled to the top of the Rift Valley escarpment where large areas of flood water could still be seen in the far distance. In the Nchalo area we met Father Raphael Mponda, the Parish Priest of Ndirande Village which is a mile or so from the River Shire. We walked through a partially swamped area to meet farmers Jack Zekins and Katherine Kankambo who spoke of the revival of hope that came with the relief supplies, especially seeds. Their rice crops had been destroyed but they had been able to sow maize, beans and tomatoes in time for an abundant crop.



*Eileen Eggington with farmer, Jack Zekins*

We set off with Father Willard and the first port of call was to the Diocesan store to see the items for dispatch to the flooded areas: seed, 10kg bags of maize flour, plastic buckets, plates and cups, cutlery, iron roofing sheets, plastic sheeting, soap and clothes, all fortuitously available from within the country. In addition to cash donations, local companies have provided fuel and transport to move these items to the disaster areas.

Father Willard believes he has made the taxing journey up and down the escarpment on about thirty occasions in recent months but his work is far from finished. The government anticipates that support for the people of the Lower Shire will need to continue until November.

# OPPORTUNITY FOR A TRIP OF A LIFE-TIME

Please encourage your friends and relations to join the 2016

**MACS Group Visit! July 12th to July 27th**

The visit is designed to allow the group of up to 11 people, who may span a wide range of ages and skills, to see at first hand life in rural Malawi and to meet local people. We also visit some recent and current MACS projects.

Our first night is likely to be at the KuNgoni Cultural Centre at Mua. A cottage on the beautiful shore of Lake Malawi will be our base during five days spent in the nearby village of Nkope where we will do some light renovation or redecoration work at its Health Centre, Primary School or in the residential unit for blind children. There will be visits to Monkey Bay and an eco-village.

We then move to Malosa with visits to St Luke's Hospital, Malosa Secondary School, and a bicycle-taxi excursion into the bush to experience the work of the MACOBO volunteers who take medical and other care to the needy of local villages. We may visit Nkasala Health Centre and picnic on Zomba mountain.

Land and boat Safaris and a night at Mvuu Camp in the Liwonde National Park provide well-earned relaxation before our return to Lilongwe via the pottery at Dedza.

**BOOKING AND COSTS:** The estimated total cost is £1800 - £1900. The first element is the flight which will be payable at the price obtainable when you apply (est £950-1100) the sooner, the cheaper. The cost of travel in Malawi, taxes, accommodation and food



*Annie Barton Hodges and Simon Grier cooking traditional lunch on the 2014 trip*

is the second element and will depend on the number of travellers, the 2016 Game Park tariff and currency fluctuation. This part will be fixed and payable, less the deposit, in April. Not included are personal insurance and spending money in Malawi or at Nairobi airport.

**CONTACT:** Annie Barton Hodges, MACS Trustee.

Tel: 01304 831414 or email: fundraising@malawimacs.org Applicants for the 11 places should respond as soon as possible to Annie Barton Hodges, 1 Southernside, Church Hill, Shepherdswell, Kent CT15 7NP sending a cheque made payable to MACS for the non-returnable deposit of £200.

## A NEW FACE AT ST LUKE'S HOSPITAL

On a recent visit new trustee Brian Griffin met Winasi Boma who was appointed Principal Hospital Administrator at Chilema nine months ago. He has spent much of his early months tackling debts accumulated in the past and trying to put the hospital on a sound financial footing. His other priorities are to improve the morale of staff and the quality of medical care. The equipment in many wards needs upgrading and servicing.

Winasi plans to introduce the hospital to a wider range of new donors to gain increased support. In order to increase income, he is making the most of the private rooms in the female ward, recently upgraded by MACS. He has also started a system of three-monthly meetings with Chiefs and other community leaders to encourage feedback from the hospital's customers.

Winasi, an Anglican from Nkhotakota, graduated from the College of Medicine with a BA in Health and Management and a Diploma from the University of Malawi in Nursing Management with Medicine.



We wish him and his senior colleagues well in their efforts to improve their service to the community. MACS has approved the upgrading of the nurses' hostel into five more spacious apartments which we hope will help in recruiting and retaining staff.

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## TRAINING IN NATURAL MEDICINE

Action for Natural Medicine (ANAMED) Malosa Chapter, with funding from MACS, organised a five-day course for twenty trainers who work with people living with HIV/AIDS. Group members were given an introduction to Herbal Medicine and learnt how to make ointments and oils to prevent and treat common ailments. They took home tinctures they had made, together with seedlings and herbal trees to start medicinal gardens in their communities. After phase two of their training they will start to train other members of the five HIV/Aids Support Groups represented.



# NEW OUTLOOK ON EYE SURGERY

Using artificial eyes Dr Will Dean, who once worked at Nkhoma Eye Hospital near Lilongwe for five years, conducted a simulated surgical training course in cataract surgery.

Dr Will Dean writes: 'I wanted to say, on behalf of the six trainees in Blantyre, from myself and the other wonderful trainers, Drs Petros and Miranda, Thank You! Thank you for the MACS support for this training pilot. We trialled the world's first prototypes of the artificial Small Incision Cataract Surgery cataract eyes, and more than that, we trialled an adaptive training course in SICS. Please do pass on our sincere gratitude to the Trustees.

The gold-dust provided for the trainees is ten fold when I think of what I have learnt. It is safe to say that this week exceeded all of our expectations.

I now absolutely know that simulation has a crucial and critical place in eye surgical training in Africa, not by my far flung academic and idealistic ideas, but by the honest feedback from trainees in Malawi and Kenya. Instead of saying, "Practise on patients," we are in partnership saying, "Practise using simulation until you are competent."



*Dr Will Dean and his team*

There is so much to learn from this past week. The feedback has been great, all six trainees (two registrars and four ophthalmic clinical officer/cataract surgeons) were exceptionally grateful for the course.



[www.facebook.com/malawimacscharity](http://www.facebook.com/malawimacscharity)

## FROM A GREAT HEIGHT...

Bazil Arden raised £707 for MACS abseiling down the St Alban's church tower in North Harrow. Bazil and Zoe were married in this church in 1991 and Donald and Jane were based there for twenty-six years. Bazil's advice to anyone else who gets roped into a sponsored abseil is: 'Don't look down!'



## MIDSUMMER'S DAY TEA PARTY FUNDRAISER

I decided Midsummer's Day was a good excuse for a party in the garden (*trustee Julie Lupton writes*). I'd wanted to have an extra fundraising activity for MACS for some time and, as my church had been supporting MACS through our Lent appeal for a couple of years, I knew there was interest in what MACS does. I had written a number of articles in our parish magazine and Richard Barton, our Chairman, had spoken very movingly in our church in 2014. So I advertised the party and asked for help!



photo: [www.shaneglobal.com](http://www.shaneglobal.com)

The result was that a number of people phoned up and offered me everything from eggs and flour to cakes, plates and teapots as well as their dishwashing and tidying up skills. We borrowed a marquee

and erected it in the hope that it would be needed to shelter us from the sun and not the rain. It worked and the sun shone.

I did a spot of advertising in a local magazine as well as around the village. It was easy to print off flyers and put them through people's doors. Had it not been Father's Day as well, I think more people would have come along but, nevertheless, we had a lovely afternoon and around 40 people came along to enjoy a full afternoon tea in the garden. Rather than charge people for the tea, I just put out a bowl for donations along with some Gift Aid envelopes as well as some information leaflets and newsletters.

At the end of the day we found that, along with a few donations from kind people who were unable to attend but still wanted to offer support, we raised £360. Once this is topped up with Gift Aid it will add £450 to our funds. It was fun, it was hard work but well worth the effort. MACS made some new friends and it enabled a number of people to meet their near neighbours for the first time.

## NEW CLASSROOMS AT MITENGWE



In deeply rural Mitengwe St Catherine's Primary School has only 200 pupils but their classrooms were so badly damaged in a storm that they were beyond repair. MACS has funded a double classroom block and work is progressing. Grafiud Tione is pictured talking to teachers and builders.

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## NEW PROJECTS

**The following projects have been approved since the last Newsletter:**

- Roofing St Mary's church, Golomoti
- Building a third hostel at Malosa Secondary School
- Renovation/ upgrading of 4 houses at Lulanga Health Centre
- Provision of 8 Africycles and maintenance training for 8 ordinands
- £3000 to Diocese of Southern Malawi as emergency aid for 578 flood stricken families
- Provision of equipment for Nkasala Maternity ward
- Training in natural medicine for 20 members of HIV/Aids Support Groups.
- Funding 80% of the fees for 10 Anglican women on a 6 month Women's skills training course at Chilema

From the Gift List and mini projects:

- 40 sets of books delivered to St Martin's Primary school, Malindi
- Purchase of 23 netballs and footballs for Youth Groups in the Malosa area and 4 for MACOBO villages
- Distribution of 8 bicycle ambulances to Liwaladzi and Chididi Health Centres
- Grants of £250 to each of 4 Women's Course Tutors at Chilema to help buy additional materials for courses
- Maths books to Nkope Primary
- Uniforms for 100 Balaka Nursery School pupils
- Shipping of educational resources from Edinburgh Blind School to Nkope.
- Distribution of Nurses' Watches

## WHO'S WHO

**Chairman:** Richard Barton  
email: [chairman@malawimacs.org](mailto:chairman@malawimacs.org)

**Secretary:** Julie Lupton  
The Cottage, 72 North Street,  
Biddenden,  
Kent, TN27 8AS Tel: 01580 291 658  
email: [info@malawimacs.org](mailto:info@malawimacs.org)

**Treasurer:** Colin Gardner  
217 Main Road, Hawkwell,  
Essex, SS5 4EQ  
Tel: 01268 920 052  
email: [treasurer@malawimacs.org](mailto:treasurer@malawimacs.org)

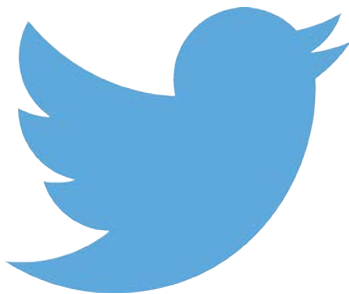
**Projects:** Eileen Eggington  
Tel: 01923 822501  
email: [eeggington@uwclub.net](mailto:eeggington@uwclub.net)

**Fundraising:** Annie Barton Hodges  
email: [fundraising@malawimacs.org](mailto:fundraising@malawimacs.org)

**Trustees:** Jane Arden, Tony Cox, Richard  
Davies, Brian Griffin, Anthea Griggs, Sally  
Huband, Susannah Woodd

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## SUPPORTERS' DAY & ANNUAL GENERAL MEETING 2015

**Saturday 19 September  
10:30 - 3:30pm**

St Saviour's Hall  
St George's Square  
Pimlico SW1V 3QW

Guest Speaker Dr Will Dean will  
give a presentation on innovative  
ophthalmic training in Malawi

Eileen Eggington and Brian Griffin  
will report on their recent visit

Please bring your lunch  
We will provide drinks!

**Friends and  
family welcome!**