

NEWSLETTER AUGUST 2017

MACS TRIP 2017

By Eileen Eggington



Another great success with so many memorable moments. Joyful worship with singing and dancing at St John's Nkope; eating nsima and relish with families in their small traditional homes; learning to make mbaula low energy clay stoves; planting mango and tamarind tree saplings in village gardens; reciting the alphabet and playing games with pre-school children before serving their bowls of fortified porridge; riding on bicycle taxis into

surrounding villages with the inspirational Malosa Community volunteers as they showed us how to smear mud floors and demonstrated the success of the MACS funded Goat Pass-On Scheme. Added to this we enjoyed an amazing overnight trip by river to Mvuu Safari Camp (lots of elephants!) and shopping in Zomba market followed by fabulous views from the Zomba Mountain Plateau. Interested in a 2018 trip? Email: info@malawimacs.org

www.malawimacs.org info@malawimacs.org

Charity No: 1025616

RICHARD BARTON

By Sally Huband

MACS trustees are very sorry to be saying 'goodbye' to Richard Barton in September. Richard has been a trustee since 2006 and was Chairman from 2008 – 2016. He has worked extremely hard for MACS and moved the charity forwards significantly both in the UK and Malawi. Obviously, his previous occupation as a Headmaster of a Preparatory School stood him in good stead, though whether it was easier to deal with unruly children, or enthusiastic trustees with strong views and equally strong voices, he has not disclosed! Under his leadership we were encouraged to review our Constitution and policies which were in serious need of updating. Richard has been a tireless fundraiser, speaking around

the country to school groups and churches, bringing merchandise from Malawi and also designs from Malawian artists to be made into cards for sale. He has been to Malawi numerous times, leading groups twice but also visiting projects particularly in Nkope where he has been instrumental in getting a large water project off the ground. Richard believes that small gifts make a real difference and he has particularly enjoyed administering gifts that MACS' supporters have sent through the Gift List. His visits to Malawi enabled him to forge strong friendships and links with many Malawians; particularly with the four Bishops and Grafiud Tione. Richard has now moved to Norfolk but his support for Malawi will certainly continue. We all wish him well in the future; he will be missed.

SALLY HUBAND

By Jane Arden

Sally Huband has many skills and wide experience of nursing in Malawi and Nigeria. As a Trustee of MACS for the past twenty-three years, she has been unstinting in her support of people in Malawi. All voluntary organisations need someone who will read documents before meetings, ask pertinent questions and persist in the search for accuracy. Sally is one of those people.

When becoming a trustee in the second year of MACS' existence, Sally was given the job of Treasurer, which, with her clear mind for detail, she did extremely well. Later gratefully handing over to a trustee familiar with the necessary computer software. She was Secretary from 2005-2011 and looked after the website from 2007-2014. As a valued member of the Buildings Sub-Committee, she has done sterling work assessing applications.

Sally kept in touch with Malawi by visiting several times. After returning from Nigeria

she maintained contact with developments in nursing by co-editing and contributing to three publications, one of which *Practices in children's Nursing: Guidelines for hospital and community* published in 2000 is now in its 3rd edition. Another, *Nursing and Midwifery: a practical approach* published in 2006, which was also co-edited by Gillian Barber, another Trustee, was written specifically for use in Developing Countries and particularly in Africa.

Over the years Sally has raised hundreds of pounds for MACS by selling surplus seedlings and plants from her glorious and productive Sussex garden. She is also well known in the local area for her energetic work with Traidcraft.

Trustees are going to miss Sally's accumulated wisdom and perceptive contributions very much indeed as she now focuses her energy in other directions - "Retirement" is not in Sally's vocabulary. We say HUGE thanks and wish her well.

LIVINGSTONE'S LAST JOURNALS

First edition in two volumes. Spines repaired and one or two maps missing but pages in very good condition. To be auctioned on Saturday 23rd September at the Annual Supporters Day. Bids in advance can be posted to the Secretary. Mark the envelope BIDS FOR LIVINGSTONE BOOKS or email

info@malawimacs.org with an offer. Funds raised will go to MACS, thanks to the generosity of the donor.



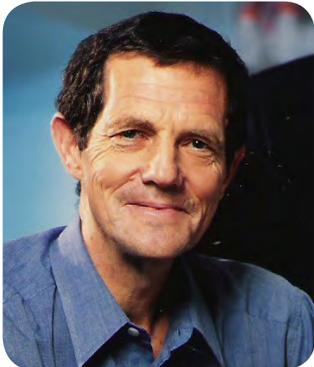
DO YOU STILL WANT TO BE ON THE MACS MAILING LIST?

You may have seen in the press issues regarding how various charities use personal information and details. Best practice guidelines are complicated but trustees aim to follow them. As a result, we intend to offer everyone on our lists an opt in opportunity with our January 2018 newsletter. This means that if you do not respond to us then we will delete you from our lists and you will not receive any further communication from us after January 2018. In this way we will be able to recreate our database to demonstrate our compliance with the latest recommendations.

We are still in the process of working out how best to do this and how to update our Data Protection Policy and procedures so that we are fully compliant. If any of you has recent experience of these matters with another similar charity, we would really like to hear from you. It would be good to learn from others.

Contact info@malawimacs.org

SUPPORTERS' DAY GUEST SPEAKER 2017



Malcolm Molyneux trained at Cambridge University and Bart's Hospital in London. He began his work in Malawi in 1974 first at St Luke's, Malosa and then as a Government specialist in Medicine based at the Queen Elizabeth Central Hospital in Blantyre. In 1984 he took up a post as Senior Lecturer (later Professor) at the Liverpool School of Tropical Medicine, returning to Malawi in 1995. He has worked principally in malaria, with a special interest in severe disease in children. He continues to advise on malaria research and is Chair of several data committees for international controlled trials relating to new vaccine against the disease.

NKOPE MEDICAL ASSISTANT'S HOUSE

By Eileen Eggington

Nkope Health Centre, like many other Health Centres, struggles to keep trained staff because of poor housing. The original Medical Assistant's house was dangerously close to the receding edge of the lake; the foundations had become exposed and the walls were cracked. MACS has funded a new house on safer grounds using standard plans drawn up in cooperation with the Bishop and his staff. When I visited earlier in July I was delighted to see the completed house

– the finest for miles around! Once ESCOM has connected the electricity and provided a meter, a newly appointed MA and his family will move in, we hope this will be very soon!



WORK STARTS ON KAYOYO CLASSROOM

By Tony Cable



In the remote rural village of Kayoyo the school is badly in need of the replacement classroom block that MACS has funded. Foundations have been laid and brick walls built up to floor level in part.

Local villagers have provided self help in the form of bricks, sand and aggregate with funding help from MACS for contractors' charges, roofing and other materials.

The classroom will replace existing buildings dating from 1956 which are showing signs of structural failure.

NEW CLASSROOMS AT KAWAZA

By Tony Cable



The New Classroom block



The Head teacher and village heads in the new classroom

A new classroom block at Kawaza in Buzi parish of the Diocese of Lake Malawi has been completed. A collaboration between village heads and MACS has provided a double classroom block and materials stores. Trustees Colin Gardner and Tony Cable visited the project in May and were greeted enthusiastically by the Head Teacher Lindley Buwa and the heads of the villages that the school serves.

The school has 500 pupils, 203 girls and 297 boys. There are 9 teachers including Lindley. Kawaza is a remote village in a rural area and teaching staff travel up to 15 kilometres daily by bicycle to reach the school.

CONSTRUCTION OF RETAINING WALLS AT MALOSA SECONDARY SCHOOL

By Tony Cable

A new retaining wall and steps have improved appearance, stability and safety at the site of the Girls' Hostel at Malosa Secondary School.

The old earth bank, which had formed the boundary between two of the hostels, has been replaced with an attractive and stable stone wall.



(above) The old earth bank and steps
(left) The new steps and retaining wall.



The work has made a vast difference to the girls who occupy the hostels. It is even more of an improvement to the precipitous route they used to have to follow to get to school through the bush and over the Likwenu river before these new hostels were built.

NEW PROJECTS

- Solar power for St Luke's, Malosa, theatre, laboratory, paediatrics and maternity ward.
- Construction of eco-toilets and training in hygiene at Samama, DUS.
- Thirteen Africycle bicycles and training in maintenance for new ordinands at Leonard Kamungu Theological Training Centre.
- Roofing of St Lawrence church, Chimwala Parish in Mangochi district.
- Survey and subsequent drilling of a borehole at Bishop Mtekateka School.
- Staff housing at Nkasala: two renovations and one rebuild.
- Repair of a borehole at Holy Cross, Jali.
- Roofing Bakasala Church in Linjidzi Parish, DSM.
- Renovation of a teacher's house at St Peter & St Paul Primary, Mmangas DUS.

From the Gift List:

- Nurses' watches and BP monitors to St Luke's, St Anne's and St Martin's hospitals and associated Health Centres.
- Bedding and mattresses to St Luke's and St Martin's hospitals and associated health centres.
- £1500's worth of textbooks to Kawaza Primary School.
- Funds to MACOBO for the Hen pass-on scheme.
- The shipping of eye clinic equipment to Malawi in June.

COMFORT MY PEOPLE

By Richard Barton

Spending the Gift List money is a continual pleasure. It's continual because progress can be intermittent though there is always something waiting to be done and it's pleasurable because the beneficiaries are hugely grateful for something, often quite simple, that will make a difference to their lives.

Gillian Barber distributed £500 of Blood Pressure Monitors and Nurses' watches during her visit in May. The trustees have just augmented the amount given for text books to £1500 and Kawaza Primary School will enjoy, like rain after a long drought, a delivery of books before the September term.

We have put in an order for another twenty flip-chart easels with a local carpenter. These are proving very popular with teachers whose only educational resource is a blackboard that gets wiped several times of day. They can keep a reminder page of today's lesson and blu-tak it to the wall as a refresher for tomorrow. If you've got more than 100 children in the class, anything that helps is a blessing!

Grafiud Tione has been delivering locally made teachers' desks and chairs to schools where we have built classrooms recently. Our favourite model of solar light suitable for rural teachers whose houses have no electricity is now unobtainable and Grafiud is looking for a new model that is robust and will charge a cell phone as well as giving light. The demand is huge and trustees have augmented the amount available to £800.

In April a third Goat Pass-on scheme was started with fifteen vaccinated goats going to the most vulnerable village families. The first kid born will go to another needy family. The first scheme also started with fifteen goats and nearly four years later the number of beneficiary families is well over a hundred. That means families with children now going to school are secure in times of food shortages or liberated from long-term debt. A brilliant way of tackling poverty.

Our latest innovation is a Hen Pass-on scheme, perhaps the first of its kind. Fifty families will receive three hens each and training in husbandry. The pass-on element and the monitoring of the fifty households will be undertaken by the MACOBO (Malosa Community Based Organisation) and they will report on its impact on the poverty.

I pass back to those who buy alternative presents from our Gift List huge gratitude from hundreds of beneficiaries. Your donations are worth so much more than the value of the gift. I have so often seen on my visits the visible boost to morale and in the eye a ray of hope that things will be better.

TRAINING IN PALLIATIVE CARE

By Colin Gardner

As part of the annual Project Officer monitoring of projects in Malawi, we visited Ndi Moyo a modern facility that specialises in palliative care for people in end of life situations. We met there Anastasia Munthali who is being sponsored by MACS to do a three year course leading to a degree in palliative care. The course includes about one month residence in Uganda with the



Anastasia with trustees Colin Gardner and Tony Cable



Anastasia showing MACS supporter John Lindop some of the plants being grown

remainder of the programme carried out on a distance learning basis online. Anastasia has already taken one examination in November 2016 but at the time of our visit had not received the results. Anastasia has enjoyed the first year of her course and is grateful for the opportunity to develop her skills.

Before we left Anastasia showed us around the garden where many of the medicinal plants used in palliative care are grown. We found her to be very positive and respectful to the needs of the people who come to the clinic.

WHO'S WHO

Chairman: Tony Cox
email: chairman@malawimacs.org

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

Treasurer: Colin Gardner
217 Main Road, Hawkwell,
Essex, SS5 4EQ
Tel: 01268 920 052
email: treasurer@malawimacs.org

Projects: Eileen Eggington
Tel: 01923 822501
email: eeggington@uwclub.net

Fundraising: Annie Barton Hodges
email: fundraising@malawimacs.org

Trustees: Jane Arden, Gillian Barber,
Richard Barton, Tony Cable, Richard Davies,
Brian Griffin, Sally Huband

ALTERNATIVE GIFT LIST

A NEW list for 2017/18 will be available from October with a selection of gifts ranging from £5-£60

Join our mailing list to receive a copy by email or post or visit our website

www.malawimacs.org
to purchase gifts online

SUPPORTERS' DAY & ANNUAL GENERAL MEETING 2017

**Saturday 23 September
11.00 – 3.30 pm**

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

**11.00 AGM followed by Eucharist
12.30 lunch**

**13.15 Guest Speaker
Prof Malcolm Molyneux**

"Fighting Malaria in Malawi"

**14.00 Trustee Gillian Barber
"A new Operating Theatre
for St Luke's Hospital, Malosa"**

**14.30
A report on the 2017 trip**

**Please bring your own lunch
We will provide drinks!**

**Friends and
family welcome!**