



AFRICAN VISION MALAWI

CREATING LASTING CHANGE

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Our Vision: A healthy, educated, self-sufficient community in Malawi

Sam's Training Village — *Beauty emerges from sadness*



Sad news that Sam Hayes passed away on September 10th at the young age of 23. His parents decided to do something positive as a memorial to his life and are supporting the funding of our Training Village over the next 3 years, so we can finally start to plan the completion for this project. Our condolences go to his family and friends and we hope they visit the village to see this positive memory Sam has left. <https://mydonate.bt.com/fundraisers/samsvillage> so far we have raised £24,935 towards £250,000 target.

Rammed Earth Building

As the Earth heats up in the 'Warm heart of Africa' our team are making the most of this dry time of year and are going full speed ahead with our natural building projects, which includes a beautiful library and resource centre (right), and an accommodation block both to be completed within the month. They have been built sustainably using rammed-earth building techniques, from the very earth on which our village sits. Thatching skills learnt last year are now being used on these new builds.

We have two new additions to our team at the Training Village site. Kondwani Garanga will head up the permaculture on our site after completing a 6 month training course at *Kusamala* in Lilongwe (www.kusamala.org) and a 6 month internship with us on site. Also, Kelvin Tembo is an orphan who we supported to complete a carpentry course in Zomba and is now helping with making frames, roof trusses and furniture.



Permaculture — We're growing!

Since the start of the training village, we have stressed the importance of how best to use what resources we already have in abundance around us; in effect this is the premise of permaculture. When we were first donated this land, it was a barren and largely empty space. What you see in the photo (left) used to be a football pitch! It is amazing to see how the earth has been transformed in little over a year, where we now have lush vegetation and good soil in areas. However this is no miracle, it is simply down to using the natural resources around us to their best potential. You can see in the photo, we now have a well mulched nursery garden with simple sun protection. We are also practising agro-forestry, water harvesting, swales, compost toilets etc. Without such practices we would not be en route to a self-sufficient future!



Sleeping mats and blankets distributed

We recently distributed hand-made blankets from Kingston Parish Church, as well as sleeping mats kindly donated by Margaret Howell, to 10 orphan and vulnerable children in our area. We still have more to be distributed which is fantastic, especially as a mud floor to sleep on is hard and cold.





MATERNITY NEWS

Project4Africa raised funds for this much needed new maternity unit. Others involved in supporting this project are Liz Bartley, Sarah Rogers, Richard North, Gaynor Cook, Jo & Mike Calvert, Reed Elsevier and The Trusthouse Charitable Foundation. Our grateful thanks for making this project become reality. The opening was held on 12th Nov and was attended by Dorothy Ngoma who is the Presidents Advisor on Safe Motherhood. Amazingly the first baby was born in the unit that very day! This 10 bed unit will be the first in our area which has lighting and internal running water via a solar pump. We have drilled the borehole and are waiting for funds to install a tower and solar pump. The existing unit will become a ‘waiting home’ to encourage women to come to the unit earlier than their due date.

ADULT EDUCATION

It was wonderful news to hear that Evelyn Dongolosi got accepted by Blantyre University to study nursing. There are very few places in Malawi so if you get a place, you have done extremely well. She set off to study in October and was very excited about this new phase which will be life changing for her and her family. When we first met her 5 years ago, she was sleeping in a little hut which doubled up as a kitchen and chicken coop! She was selected for our Secondary School Scholarship programme. Our thanks to her sponsor, Rainer Struck, for continuing to support her through her Adult Education.



Evelyn Dongolosi starting her Nursing studies



New Midwives

We have had an opportunity to select two young ladies from our community to study to be a Community Midwife. This is a new initiative by the Government to train up more midwives and keep them in the community for a minimum of 5 years after training. Msankhulana and Thokozani started their studies in Zomba in September and we look forward to their completion in 18 months time, when they will be working at our new M’bang’ombe Maternity Unit. Our thanks to Ken Stimpson Secondary School and Simpson Travel for sponsoring them.

Msankhulana Kalimo and Thokozani Chikacha training to be Community Midwives.

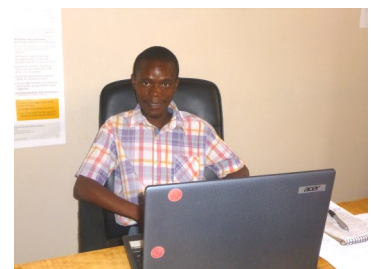
DISABILITY

It is so wonderful to visit children such as Kondwani who we have helped and changed from a helpless soul, to one who shows expression and trying to communicate. His eyes have a sparkle that truly make you smile. We also met this lady with albinism who has no support at all and was not aware of our Disability register. One of Pempho’s jobs will be to sensitise the community about their rights and possible ways forward to make lives a little easier to cope with. We are currently trying to link with other organisations in the Capital that can help people with disabilities.



Pempho Kambalame

We welcome our new Disability Outreach Worker, Pempho Kambalame who has a big task ahead of him to support our people with disabilities. We have funds to employ him for a year, and if any of you feel you would like to continue his post, please set up a standing order form to keep him in the team.



SELF SUFFICIENCY

Groundnut project: Our pilot project (funded by Epsom College) was a great success and 100 women benefited from the program. Out of the 100, only 5 couldn't pay back their seed loan. The ladies raised £9,927 between them, which will go to support their families over the year. The seed loan we received back is now going to support a further 40 new ladies on the programme. We are working in partnership with NASFAM who buy the nuts which will end up as 'Harry's Nuts' in UK. Picture of nuts ready for collection by NASFAM.



Sustainable Food Gardens

The sustainable food gardens at M'teza, M'gwizi, Chibwata, M'bang'ombe and Namanyanga have now been started. The food from these gardens will be harvested next year and will provide food for feeding centres. We currently get food donated by Feed the Children and we want to make this sustainable, by the community growing their own food for schools. We will continue this programme into other schools next year, when we have evaluated this pilot programme. Jo and Mike Calvert (in photo) have raised all the funds for these, as well as drilling a borehole at M'gwizi CBCC. Jo and Mike came to Malawi to help set up the gardens and also took part in distributing (see back page). Our grateful thanks go to them and their community in France who raised over £17,000 .



New Staff William Nyasulu (left) is our new Malawian Trustee.

Kondwani Garanga (centre left) is our Permaculture Officer at the Training Village and Kelvin Tembo (centre) is carpenter at the Village. We also have two new guards stationed at the office, Overton Banda (centre right) and Laurent Mwale (right) Dave Cambell a former volunteer, has been working on a short contract to install solar at the maternity and library.



Tolworth Girls Secondary School

VOLUNTEERS

Tolworth Girls Secondary School had a small group go to Malawi in August to help build the Library they are raising funds for.

Megan Garner (Head girl) stayed for a further 6 weeks working in the Training Village.

Max Hayon has helped with carpentry at the Training Village for 3 months.

Amy Itcovitz supported us for 3 weeks working at the Training Village, painting office walls and painting school windows.

Nyomi Rowsell is an architect and is currently helping to support build the trainee accommodation at the Village.

Our thanks go to **Simon Gates** who started the build before Nyomi took over and was in Malawi for 2 ½ months.

Jo & Mike Calvert who came over to help set up the sustainable gardens (above).

Our thanks go to all of them for their support and fundraising.



Max Hayon



Amy Itcovitz



Megan Garner



Nyomi Rowsell



Simon Gates



www.africanvision.org.uk



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THANKS TO:
PROJECT4AFRICA
FEED THE CHILDREN
(MALAWI)
ROTARY INTERNATIONAL
Jackson, Tennessee
NEXUS FOSTERING
CAVE CO-OP
OUR LBC MEMBERS
OUR MALAWI TEAM
ALL SUPPORTERS
TRANSAID
REED ELSEVIER
DE LA RUE CHARITABLE
FOUNDATION
SOW IT FORWARD
ARNOLD HOUSE SCHOOL
EPSOM COLLEGE
TOLWORTH GIRLS
SCHOOL
JO & MIKE CALVERT

Distributions



We have provided material to our 26 schools, who have selected 20 orphans to have school uniforms made. This money was from Lent collections at Easter from St Matthews Church and St Johns Church. We also distributed pencil cases which were donated by the two churches at Easter to encourage girls to stay at school.



Positive future for HIV sufferers

Fiyasoni Kambiteni is Chairman of Chigonthi 1 HIV support group. He has 5 children, 3 are in the photo with him. He was diagnosed in 2000 at Kamuzu Hospital when he had TB. For 7 years he was supported under The Lighthouse Centre for HIV/AIDS providing antiretroviral treatment (ART). He has since been supported by Dream, Comunita di Sant'Egidio.

He started the Chigonthi support group in 2006 so that other HIV+ people would be able to support each other in their struggle. In 2010 Landirani helped to provide a vegetable garden and in 2012 the 'Well-being' programme was introduced, encouraging good nutrition for a positive lifestyle. We also provided a bicycle ambulance to help transport people on a monthly basis to M'tengamtenga Hospital for blood tests and ART.

Since 2012 we have linked the support group with NAPHAM and provide monthly transport costs so they can attend meetings specifically on HIV support.



FUNDRAISING AND EVENTS

Future Events:

Harriet Matthews is running the Silverstone half marathon on **2nd March** to raise funds for Sam's Village. To support her please donate at this link <https://mydonate.bt.com/fundraisers/samhayes>

February 7th (7:00—10:30) Quiz Night with a twist! Food and drink available. At the CornerHouse, Douglas Road, Surbiton, KT6 7SB for £10 per ticket. Make a team and have some fun!

Internet orders for Christmas? <http://www.easyfundraising.org.uk/causes/avm> means that money is donated direct through us from your order. It costs you nothing except clicking on this link.

Sale: All our past Christmas Cards are on sale for £2.50 for 10, ordered via our website or email info@africanvision.org.uk

Past Events:

Sarah Bowen finished her amazing cycle around the coast of England and Wales in October. She started in July and managed to raise an amazing £17,000 with funds continuing to come in. Funds will go towards supporting disability at Sam's Village (formally Landirani Training Village).

Sam Palmer summited Mont Blanc in August and raised £3,384.25 which will go towards supporting Disability projects. Our grateful thanks to his perseverance and to everyone that sponsored him.

Thanks to Richard North who did a Triathlon in August, raising £450 for Solar at the maternity unit.

Thanks to Ken Stimpson Secondary School and Simpson Travel for sponsoring the two Community Midwives.

MyDonate:

<https://mydonate.bt.com/charities/thelandiranitrust>

BT MyDonate is a free service provided by BT to enable people to fundraise for charities online. Go to: www.btplc.com/mydonate/ to donate, set up your own fundraising page for African Vision Malawi or to sponsor a fundraiser.

