



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

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SAM'S VILLAGE

We are building the Training Village so that we can provide vocational and life-skills training to the most vulnerable people in the community. This will empower them to raise an income and become self-sufficient. Some of the vulnerable groups are people with disabilities, young adult orphans and single mothers with dependent children. We are planning our Tailoring course for next year. People staying in the Village will also learn about permaculture, fuel saving ovens and water harvesting. They can take these ideas back to their own villages.

Our team in Malawi have been working relentlessly to get these buildings finished before the rains come later in the year. We thank them for all their commitment and dedication.

Sam's Village has had a year of amazing growth. This year we are building a

1. Training Workshop
2. Kitchen/Restaurant
3. Trainee Accommodation for 11 people



COMMUNAL STAFF HOUSE
(ABOVE AND BELOW)

Completed and occupied

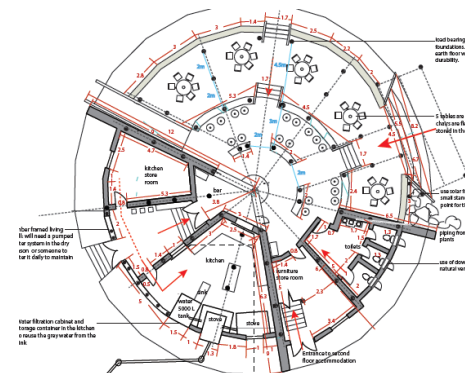


The Communal Staff House is being occupied by our Architect, Nyomi Rowsell as she is managing one of the builds on site and Shelby Spear who is a Peace Corps volunteer who will be supporting the community with Nutritional support.



TRAINING WORKSHOP
(ABOVE & BELOW)

Now nearly up to roof level



Kitchen & Restaurant plan above and foundations below



Foundations of Accommodation block below





Women farmers in Chamcholo showing their shelled crop

Groundnut Update

There is certainly a drop in the yield this year from last year. Last year we supported 100 single ladies who sold 15,018kg of groundnuts and this year we expanded the project to 140 women, but only 11,600kg of nuts are being sold. The price that they are being bought for has increased this year, so we know that some of the women will be able to support their children. 6 of our centres were affected by the poor rains and this was extremely unfortunate for them.

PERMACULTURE *We can empower people to have 'food security'*

No one should be starving, but sadly many people in Malawi rely on the 'rainy season' to grow their crops, since watering plants is an issue when there is little water around to drink, let alone put on plants. Permaculture is a 'way of life' where plants can be grown on your doorstep, up your house, on your roof and climbing up a tree. They can be watered with your dirty water used for washing. You can eat your food, go to the toilet using a 'compost toilet' which will provide 'free compost' for your vegetables to grow even better the next year. Crops can complement each other and we are modelling this at Sam's Village, so people can see it is a way of becoming self-sufficient.

Rains will still need to be relied upon for the staple cropping until a better solution of water harvesting and irrigation is developed.

Sadly this year, there was a very bad harvest in our area, due to poor rains. Many people are going hungry already, yet their next crop won't be ready until April 2015. You can help us in providing seeds for people to grow crops local to their homes and money for us to buy maize to distribute to the orphan, ultra poor and disabled in our area, who are going to starve this coming year. £1 will buy a packet of seeds in Malawi or £8 will buy a 50kg bag of maize.



Pre-school Food Gardens

Our pre-school food gardens are doing well, but some of the field crops did not do so well this year, due to the poor rainfall. Thanks to the Calverts for making this project possible.

Photo left of Mngwizi garden

Staff News

McLeod Gwirima (left) joined us at the end of May as our Finance and Admin Manager. He has replaced many roles that Sarah Parsloe was doing, plus additional Finance control. He has started to make some positive changes so our office will run more smoothly. Takulandirani! (welcome)

Lusungu Mhango left us in May and we have promoted **Julie Ndalama** (bottom left) to be our new Disability Outreach Worker. She has been with us for 2 years and has been involved with supporting the project with outreach visits and putting the disability register together. She has already shown great enthusiasm and promise. She is now having further training in this area. Congratulations!

Blessings Zembani left us in August and **Gift Banda** is covering part-time during his Degree course. He will return to his full-time role as Project Support Officer when he has completed his Degree after Christmas. We wish him well with the remainder of his studies.

Our grateful thanks to **Giorgia Prizzon** who has been a volunteer helping us with fundraising in Malawi. She has taken up employment in Lilongwe and we wish her all the best in her future.



EDUCATION

Jack Maduka held a 3 day 'summer camp' for our Secondary School students during August. It was extremely successful and had a combination of activities that covered career opportunities, team building, spirituality, making the right choices and games. A number of our staff attended to talk about their jobs or participate in the activities. Jack Morris (volunteer) and Shelby Spear (Peace Corps volunteer) also contributed to the camp.



Sponsor a student

We will have the end of Primary results through at the end of August and will select 10 more students to support. If you feel you would like to sponsor at £17.50 per month, you will find it a rewarding experience. We have had some of our students going on to university or technical colleges to do nursing, teaching and carpentry.



DISABILITY

Beth Sheehan is an Exercise Physiologist lecturer at Griffith University in Australia. In June she travelled to Malawi (for the 3rd time) with another lecturer, Courtney Clark and a group of 6 student physiotherapists. They worked on our disability project for 5 weeks. Part of their brief was to visit our People with Disabilities (PWD) who have had referrals to 500 Miles for various prosthetics and orthotics and assess how they are managing back in their home environment. They also visited new PWD to make new referrals to 500 Miles. This was a life changing experience for many of them when they saw the challenges that are faced in Malawi and compared them to the privileged facilities they can access in Australia.

People being ostracised by the community is still a very big issue and we are trying to tackle this, along with providing the physical needs to make them independent. Our big challenge is to keep the communications going and encouraging people to use their devices and keep up the exercises. One answer is to employ an outreach physiologist or physiotherapist, but this of course will need funding at around £100 per month.

Beth (below) with some of her team and the welcome from the villages they received. Also some of the treatment they were witnessing during their trip.



Yusuf (right) has a prosthesis and has just taken his first steps independently without his walker or helping hands. He is seen here with his mother and we hope he will become an independent little boy who will be able to attend school with his friends one day!



VOLUNTEERS

Rebecca Hibberd, Cara Steel and Jenny Paull (below) volunteered in Malawi for 3 weeks in July. Two of the group attended Epsom College which has supported us over the past 7 years. It was great that they could get to see some of the projects that they have supported. They painted the Community Library (below) at Sam's Village and helped with the evaluation of our Bicycle Ambulances.



Jack Morris (photo above in Education) went to Malawi in August to help Jack Maduka with the Secondary Students 'Summer Camp'. He is a teacher at Coombe Hill Infants' School in Kingston, which is linked to Namanyanga Primary School. Along with 3 other staff he helped to facilitate the camp, leading a range of activities including thinking skills, problem solving, sports, games and a quiz as well as providing counselling along with the other staff. The camp was a great success and Jack found it a hugely rewarding experience.

Patrick McMahon has been volunteering since the beginning of July and has done an evaluation of our existing boreholes installed by Rotary International and he will also be helping with preparing the communities for new sites to have boreholes this year. He will be with us until the end of September.



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THANKS TO:
PROJECT4AFRICA
FEED THE CHILDREN
(MALAWI)
ROTARY INTERNATIONAL
Jackson, Tennessee
OUR LBC MEMBERS
OUR MALAWI TEAM
ALL SUPPORTERS
EPSOM COLLEGE
TOLWORTH GIRLS
SCHOOL
JO & MIKE CALVERT
SURBITON HIGH SCHOOL
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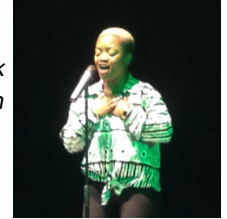


September 2014

Malawi Turns 50 Thanks to all who supported and helped with the event to celebrate Malawi's 50 years of Independence on 4th July. The charismatic artists, Brave Mnyayi, Hazel Mak and Spiwe Zulu are all Malawian and provided an entertaining evening, along with Kingston College Dance and Drama students who performed an amazing Malawian influenced choreographed dance and re-enacted our 'true stories'. We raised £1,050.16 for our Disability Project. Our grateful thanks to Kingston College and Suna Marfe for providing the venue and Kira and Lorraine for helping organise it.



Kingston College Dance left and Hazel Mak right. Hazel will be performing at the Garden Music Festival on 30th August.



Christmas Cards Kingston College of Art have designed our Christmas cards this year. We have 5 amazing African influenced designs which you can collect from the office in Surbiton or order on line. £5.00 for a selection of 10 cards (2 each design) or all one design. Available from the end of September.



FUNDRAISING AND EVENTS

Future Events:

'Garden Music Festival' - Saturday 30th August. 2:00pm until 6:00pm

£10 a ticket on the door or £8 early bird, children under 16 free. Ticket includes tea, cake and a raffle ticket.

Acts are Sugardrum (acoustic) who recently performed at Glastonbury, Rowland Middleton (folk and country), Emilee Cheshire (acoustic), Hazel Mak (Malawi contemporary) and Afumu (funky rock). Face painting, loom band making and henna available. Bar, stall and raffle.

Jo Bohan (Sam Hayes sister) is running the Great South run in September. Please support her at <https://mydonate.bt.com/fundraisers/jobohan> Funds going towards Sam's Village.

Past Events:

Paul Alderson did [The Transcontinental race](#). non-stop unsupported cycle race from London to Istanbul! He completed this within 2 weeks and came 39th out of 48 who completed the challenge within the time limit (100 started). Not only was this an incredible challenge, he was cycling with a pinned femur from an accident 2 years ago which left him on crutches for a year, a broken jaw, stitches in his chin and 2 broken ribs! Funds going towards our Disability project. He has so far raised over £1,000 and it is not too late to appreciate his incredible challenge.

<https://mydonate.bt.com/fundraisers/transcontinental2014>

Claire Gunnell completed her 24 hour 'nill by mouth' to raise funds for our feeding programme. Many thanks for her support.

Challenge yourself and make collecting money easy!

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

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

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