



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

Inside this issue

Orphan and Vulnerable	1
Health	1
Uniform distributions	2
Staff News	2
New office	3
Sam's village	3
Food Mill at Kafutwe	4
Fundraising Events	4
Thank yous	4

ORPHAN AND VULNERABLE

Feeding the most vulnerable

The last 2 years have produced very poor harvests and there is famine in our area. Many of the orphans and their carers who are often grandparents are struggling, as they wait for the next harvest. Global warming has made the rains very unpredictable and again the rains were very late this year; not arriving until January. We provided 280 food parcels.



February food distributions .



Memories of Pam Southern

It is with great sadness that one of our great supporters passed away on October 11th. Her legacy continues though, as her retiring collection funded the food that was distributed in February during the 'hungry months'. She was our oldest volunteer, who went out to Malawi in 2008 with a group from St Matthew's Church, Surbiton. God rest her happy and generous soul.



HEALTH—Safer Motherhood

A Child is Born campaign raised £14,000 over the Christmas period which is a wonderful contribution to our Safe Motherhood Unit. We hope to start the renovations and extension of the old unit by 2017; creating a 'Waiting home' to encourage pregnant women to attend the unit early and utilise this time for nutritional and disease prevention training. Malawi has one of the highest rates of premature births in the world!



Project4Africa visited the Maternity unit

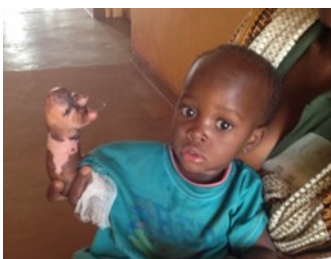


Our grateful thanks to Lilongwe Round Table and Metropolitan Health Insurance for funding the building of an extension to the Maternity Unit to provide cover from the elements to the increased numbers attending.

Burn awareness workshops - During the month of October Heather Palmer witnessed these 4 children injured through preventable burns. One child had put their hand in an open fire and lost his fingers, one had tried to light a fire and her synthetic dress had caught alight and stuck to her skin and another had fallen on his face into an open fire. A young girl had been identified with a burn that had fused her arm in a bent position; an operation freed the limb. Now back at school, she can finally use her arm and write again. All were avoidable burns and we would like to hold awareness workshops to educate people on building fuel-



saving ovens which will prevent such life-disfiguring burns. Parents will be made being aware of young children being near any cooking area where live flames can potentially disfigure them or leave them disabled for life. If you would like to support these workshops please donate online or send a cheque to African Vision Malawi at the address on the back page. We hope to hold these in May this year if we can get sufficient funding.



School uniforms for the orphans

280 orphans have now received a new school uniform which has not only given them a piece of valuable clothing, but encourages them to go to school. Some of our Partnership schools in UK have raised money to pay for these. Many thanks to all of them for giving this gift!



Chibwata Primary School – partnered with Tolworth Infant & Junior



Kaninga School which is not partnered

STAFF NEWS

Bokela Gunda – My Life Story ‘I was just staying at home farming. After that I was employed by Landirani on 14th November as a security guard. When I was at that position I was supporting the village for planting fruit trees e.g. Mango and Orange trees. Around the village Mango trees are now producing fruits. From 2012 December I was promoted as an agriculture officer. When I was at that position my site manager tried to teach me a new skill of thatching – now I am a master thatcher here at Sam’s Village . Here I thatched many buildings e.g. Compost toilet, site manager’s house, Library, M’teza workshop, trainee accommodation, reception and the volunteer accommodation and I am still going on with this skill. Now I have worked in Landirani for 5 years during the period of my skills of thatching. Many people call me from town to do some work in weekends and now I am very proud of my skills of thatching.’ You can see Bokela in action in our recent film about Sam’s Village on our [website](#) Thanks to Lesley Howlett for supporting Bokela’s salary.



Bokela



Thomas Leighton was Staff of the month for January – ‘for hard working, good driver, flexible and humble’

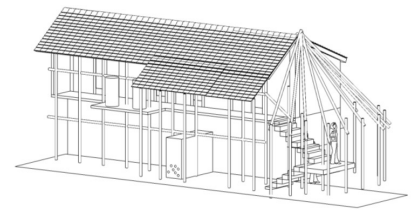
Thanks to all our volunteers who provide much needed support to our projects

Volunteers: Steve Johnson and Jenny Hawley were out in September & October. Steve was helping with completing the unfinished building in the new maternity unit, along with making it more hygienic. He supplied much needed medical resources worth over £600. Jenny was working with groups of children from M’teza School in developing their English skills and encouraging the use of the new library. **Sam Palmer** spent 3 months in Malawi making a number of new films and supporting our projects. Please look at our [website](#) to see the new films. **Gillian Wright** returned in January to do further support work on our biofuel installation which is being put in this year to supply fuel to the kitchen at Sam’s Village. **Project4africa** (Tony & Liz Williams and Steve & Heather Wood) came to see the Maternity unit and Namanyanga School which they funded. We thank them for their continued support. Four **UK Trustees** and **Nigel Palmer**, Chairman visited projects in October. It was the first time two of the trustees had been to Malawi. We also say **thank you** and goodbye to **Ruth Kawale-Kamwendo** who has stepped down as Malawi Trustee for 5 years. We appreciate all her advice and support over the years.

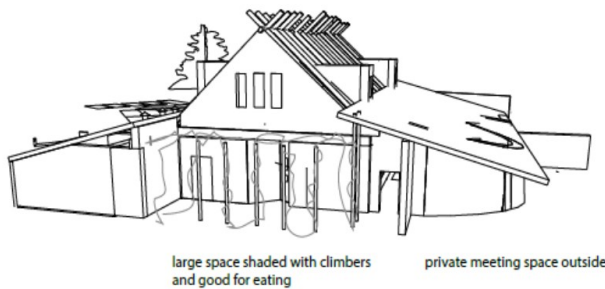


NEW OFFICE

We hope to move into our new office in July/August this year. The main walls are up and we are currently putting on the roof. Phase 2 will start with the added extension creating a flexible meeting area inside and out and some small private meeting areas. The end design gives a flexible office that gives different working options and will be surrounded by permaculture gardens and made as a showcase for Sam’s Village which we can advertise to local people in Lilongwe.



Proposed volunteer accommodation over our container

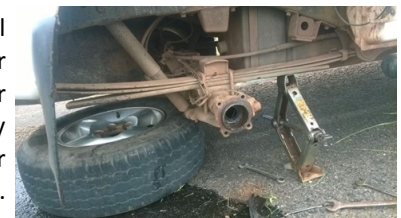


large space shaded with climbers and good for eating private meeting space outside



Vehicles

Our vehicle costs are one of our highest expenses. To run, purchase, maintain and fuel them costs us around £18,000 a year, but without them we couldn’t possibly do our projects. Jack Maduka was travelling to the north of Malawi with Gift Banda to visit our Secondary School students when the wheel came off one of the vehicles! Thankfully they were not injured, but they had to add 3 days onto their journey as well as £400 onto our repair bill! We desperately need monthly donations to cover some of these costs. Especially as we recently paid £100 to fix the broken windscreen of our Disability minibus!



SAM’S VILLAGE

Compost toilet



The compost toilet (left) is made from plastic bottles rammed with earth and then rendered. It is now fully open and in use. These are the first compost toilets to be used by the community that have welcoming whitewashed walls and glass bottles integrated into the walls to provide additional light. The rain is harvested off the roof into a water harvester to provide water to wash hands. The waste is put into a compost area to decompose for 6 months prior to fertilising the soil.

Reception and Office

The new Reception (centre and right photos below) is a traditional rammed earth and thatch build, but it has an ingenious light well made from two oil drums welded together. This will provide light into the roof section of the building which will be the office area. This building will welcome people as they come to attend their training which we will start in January 2017.

Biogas will be coming! Want to be part of the herd? We are looking for people to buy or part-buy a lactating Cow for £350. This not only will provide sustainable gas for the kitchen (photo, bottom left) but milk, giving much needed calcium. Biogas will help us on our journey to make Sam’s Village a non-wood burning zone!



 www.africanvision.org.uk

 www.facebook.com/africanvision

 www.youtube.com/landirani

 www.twitter.com/avmalawi

African Vision Malawi
P.O. Box 851A
Kingston Upon Thames
KT1 9FD

Phone: 020 8287 8169

Email:

info@africanvision.org.uk

Charity no 1113786



THANKS TO:
KINGSTON ROTARY CLUB
FOMA
JANE THOMPSON
LILONGWE ROUND TABLE
LORRAINE MOLE
SHAUGHAN HAWKS
METROPOLITAN, MALAWI
ALEX WALKER
PROJECT4AFRICA
OUR LBC MEMBERS
OUR MALAWI TEAM
ALL SUPPORTERS
THE CORNERHOUSE
JOLLY JUMPERS
ALL SAINTS KNITTERS
ALL TRUSTEES
KAY LENNOX
ST MATTHEWS CHURCH
KINGSTON COLLEGE
EILEEN SPEAK
GAYNOR COOK
OUR PARTNERSHIP
SCHOOLS
BOB PHILLIPS
LAMIA IZUGARHANE

Food Mill at Kafutwe

FOMA (Friends of Malawi Ass.) and Kingston upon Thames Rotary Club provided funds to build a 'Food Mill' as an income generating project for AVM in the heart of our area. It not only provides a much needed facility to the local community of Kafutwe, but the profits go back into supporting the orphan and vulnerable care projects. Our Local Based Committee members are a key cog to our organisation and their running costs will become sustainable through this new project. Thanks to Bryony Meek and Simret Brar for supporting the funding shortfall.



Fundraising and events

Future events:

Alex Walker is doing his first half Marathon (20km) run on March 20th. Please sponsor him at <https://mydonate.bt.com/fundraisers/alexwalker1994>

April 17th – **Heather Palmer** is challenging herself and doing her first Triathlon which will be in Malawi. 750m swim, 5km run and 20km cycle. Please sponsor her at <https://mydonate.bt.com/fundraisers/heatherpalmertriathlon>

Shaughan Hawks is doing his first ever Marathon and taking part in the biggest in London. Please sponsor him at <https://mydonate.bt.com/fundraisers/shaughanhawks1> He's surprised he is even doing it!

June 11th – **Indulgence Day** returns after popular demand. Massage, reflexology, nails, raffle, relaxation in the garden and beer tasting and tent!

July 10th – **London 10km run** – we have 6 places. 4 are up for grabs, if you think you would like a challenge and can raise £300 for the charity, please contact us.

Sept 10th 25km **Sponsored Walk** in the Surrey Downs. If you want more details contact us or keep your eye on the website.

Sept 12th—**Rainer Struck** is starting a mega cycle ride from Beaconsfield to Marsailles to raise funds for Education and particularly Chitsime School. <https://mydonate.bt.com/fundraisers/rainerstruckpedaltoempower?>

10 Ways to support AVM

<http://www.africanvision.org.uk/2016/01/18/10-ways-to-support-african-vision-malawi/>

Buy a Biogas Cow; support our vehicle costs; University scholarships; Pre-school partnerships; Goats, nets and boreholes; Old laptops and cameras; Donate monthly; Easy Fundraise; Volunteer; Gift a legacy

Past events:

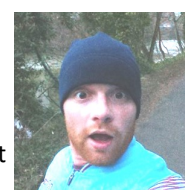
Exhibition at The cornerHOUSE—10th November—showed the amazing 2016 Calendar artwork from Kingston College, Art & Design 1st year graphic students. We also showed the artwork of the Christmas cards from 2015 and they were all on sale along with other Christmas gifts.

Thanks also to **The cornerHOUSE** for the £1,500 raised at the Pantomime.

Golf Tournament at Lilongwe Golf Course — Saturday 10th October. 14 teams took part and £1,000 was raised. Metropolitan Health Insurance donated a further £1,000 which helped to build an extension to our Maternity Unit, see front page.



Thanks to Joan Higgs who donated a wonderful digital camera which is going to Malawi to take photos of our projects.



Shaughan Hawks

