



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

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## DISABILITY

### Burns prevention workshops



Jennifer's healed wounds

On May 18<sup>th</sup> we held our first Burns prevention workshop. We hired a drama group from Nkhoma Hospital connected with the burns unit and presented to all our Local Based Committee (LBC) members, M'teza school children and staff, M'bang'ombe school children, staff and community. Approximately 2,000 witnessed the drama. 500 Miles also sent a representative who spoke about the physical disability consequences of burns and Landirani spoke to the LBC members about burns cases recently taken to hospital for treatment, such as Jennifer (left)



Drama workshop

Group Village Headman Chighonti spoke about the incident his own son was involved in. A burns accident and the immediate treatment that helped him recover. He put honey on his healing wounds which came from our very own Sam's Training Village!



Two weeks after the workshops our team was distributing blankets and jumpers to orphans when Gaynor Cook was called by one of our LBC members to see a 2 year old girl with badly burnt legs (left). She had an accident near the fire and couldn't afford to get to hospital, so her mother had taken her to a Traditional doctor who had advised putting goats dung on the wound. This had then become very infected. We took her to hospital and 2 weeks later, she is going to have to have a skin graft as the infection was too deep for her skin to heal naturally. Her stay in hospital is costing us £3 a day as we have to provide food and buy specialist medication not available in the hospital. If you want to help support this young girl please donate through our website [www.africanvision.org.uk](http://www.africanvision.org.uk)

Ida Mwangala (CM), Jack Maduka (Ed Manager), Heather Palmer (CEO) and Mavali Morris (Volunteer OT) attended the 3 day National Conference on Intellectual Disability in Lilongwe. This was a great event, as it showed who was involved with supporting Disability and Inclusive Education around Malawi. A great way to network and Heather was asked to sit on a panel to present the work we do relating to Disability to the audience. Photo right is the group that attended.



NATIONAL WORKSHOP ON INTELLECTUAL DISABILITY IN MALAWI. 3-5 MAY 2016, SOBECOA GOLDEN PEACOCK HOTEL, LILONGWE.



Julie in training

### Mavali Morris visits Malawi

Mavali is an Occupational Therapist working in New Malden. She spent 6 weeks in Malawi with Julie Ndalama, our Disability Outreach Worker (DOW). She provided advice which included how to make detailed assessments on people with disability to enable the correct referral channel, along with some basic information on different disabilities and advice on operating outreach clinics. She revised our registration form and set up a new Disability data process which will enable us to produce specific data reports more easily. Thanks Mavali!



Mavali and Blessings

DISTRIBUTIONS



Arrival of 15 cases!



Colourful, warm orphans



Gaynor Cook



Kay Lennox

During the month of May we provided some items of clothing or hand-knitted blankets to 600 orphan and vulnerable children. People think Africa is hot, but it is now the Winter months and jumpers are needed in the early and late hours of the day. These children are sleeping on a cold mud floor, so the comfort and warmth of a blanket and jumper are appreciated. Our thanks go to **Kay Lennox** and **Coverage Care Services Ltd** who have knitted hundreds of jumpers, hats and blankets. **All Saints knitting group** in Kingston have also provided many of the blankets and finally to **Alfriston Day Centre** who knitted small jumpers and hats for our maternity unit.

STAFF NEWS



Obstacle course



Winning team!



11 Year Celebration cake



Nyomi Rowsell

We held a Landirani 'fun' day to celebrate our 11<sup>th</sup> Anniversary. It started with a short Team meeting and then went into team games. It was great fun and ended with a Treasure Hunt and of course a Birthday cake. The cake was also shared with our labourers at Sam's Village.



It is with great sadness that we say goodbye to **Nyomi Rowsell (above)** who has been with us for 3 years. She has been our Earth building architect and designed and managed many of the builds at Sam's Village and Njewa new office. We wish her well as she goes on to do amazing things in Malawi and further afield, continuing her passion for recycling and earth building. Good luck Nyomi and thanks for all the work you have done to move Landirani Trust forward.

**Richard Chintochi** was made staff of the month during April as he did amazing work trying to get the vehicles back on the road (left).



Dan Cocks

**VOLUNTEERS** We have had a busy couple of months with a lot of volunteers and the activities were very varied. **Mavali Morris**, an Occupational Therapist came for 6 weeks and was focused on supporting our Disability Outreach Worker, **Julie Ndalama** (read more in disability section). **Dan Cocks (left)** also came for 6 weeks and was from an organisation called Accountants for International Development and worked with our Finance team to support good governance and looking at our Financial procedures.



Lorraine Mole

**Lorraine Mole (right)** helps us in the London office and came for three weeks to see the projects and particularly meet some of the students she helps to find sponsors for.

Unfortunately, we had so many problems with our vehicles, she couldn't see as many projects as we had hoped. We had to collect **Gaynor Cook** (Founder), **Eileen Speak** (Partnership Co-ordinator) and **Kay Lennox** from the airport in our big truck as they had 15 cases of clothing for distribution and 20 Partnership packs between them (photo in Distributions)! This was Kay's second year out to Malawi to distribute blankets and clothing to the orphans. **Steve Mwangala** (see new office) has been an amazing help with Project Managing the office new build. He is leaving us this month to go to University to do Biochemical Engineering. Thanks for all your help Steve!

Our Local Based Committee members are an important part of our organisation and help us gain information and implement projects in the communities. They are all volunteers. We hold Cluster meetings every 6 months and this is the first time we have got all 98 members together. Each meeting has a training session and this year it was the Burns Prevention Training which was included. Cooking for 120 people was no mean feat, Lorraine and her team above did well!



## NEW OFFICE

It is very exciting to see our new office at Njewa getting closer to completion. All the walls are now complete and plastered, with half the roof thatched. Permaculture is growing well with many fruit trees planted amongst the vegetables. We hope the build will be complete in September and we will then start to arrange the move in by the end of the year. Thanks to **Steve Mwangala (below)** for supporting managing this project.



## EDUCATION



We have made our first Pre-school Partnership link between **M'teza CBCC** and **Katy's Nursery** in Kingston. We hope this will be a positive partnership that forms relationships between staff and pupils to understand and support each other in Early Years Development.



In May, **Eileen Speak** our School Partnership Co-ordinator, went to Malawi to do a mega 19 Partnership school visit. She brought over all the UK school packs and some school uniforms. The theme this year was growing and there was a lot of information on growing of plants and bodies. She has now returned and is doing many assemblies to the UK Partnership Schools. This is such a valuable way for both schools to learn about each other. We have a new school link which is with **Songwe Primary** and **Twickenham Preparatory School**. We hope they form a great friendship over their future link together. We thank Eileen for all her important voluntary work to keep all our Partnerships active and involved.



We have had amazing success with our final Secondary School students that have left our Scholarship scheme and applied to go to University. Out of the students that left, 5 applied to go to University and all have been accepted! We have managed to get support for one of the students to start in September, but are looking for support for the others. This opportunity can change their lives forever, so if you can support one at £40 per month or part support with other people, this would be wonderful! Please read our story of **Loness** on the website to show you the difference this could make <http://www.africanvision.org.uk/2016/06/17/meet-our-sponsored-university-students/>



## SAM'S VILLAGE

A Scottish organisation called **Orkidstudio** arrived in Malawi at the beginning of April to build 4 Trainee Accommodation blocks to complete the full accommodation required for the Training Village. They are being built in Adobe (earth bags, photo right) which is filling maize sacks pounded with earth, using them as building bricks with barbed wire in-between to secure them together. They are then rendered inside and out to finish off. We employed



local builders and had 48% women, which was encouraging to see more equality amongst the workforce. We anticipate completion by the end of August. The Reception and Office is getting the first floor level flooring, and the first floor Trainer Accommodation over the workshops is also being put in. The mega kitchen & restaurant is finally taking shape! This has been a complex building on different levels, but seeing part of the roof going on and the walls getting rendered has shown the incredible building it is going to be. Permaculture continues to grow and we now have the addition of ducks to the small farm of rabbits, chickens and doves. Water continues to be a problem, as we have had two surveys and two drillings and not being



able to get through the layer of rock to the water table. We are now negotiating with neighbours outside the boundary area to drill somewhere we can reach water. The water harvester that Sam built has proved extremely useful by the CBCC kitchen



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JULY 2016



## KAFUTWE FOOD MILL

The Food Mill was opened at the end of June after all machinery installation and training had been completed. This is a pilot project to support the sustainability of our LBC members and our orphan care projects within the community, Besides providing a much needed resource to the community, it builds up the community to become self-sufficient.

## FUNDRAISING AND EVENTS

### Past Events:

Half Marathon run by Alex Walker raised £691.00

London Marathon run by Shaughan Hawks raised £1,183.70

Triathlon in Malawi by Heather Palmer raised £1,646.00 (photo right)

Indulgence Day raised £1,540.45. Thanks to **Nerys Donaldson**, **Emma Stimpson** and **Lee Brockenhurst** (photo right) for their time and expertise in giving therapies and haircuts.

**Sarah Parsloe**, our previous Country Manager, is celebrating her 50<sup>th</sup> and asked for contributions to our Burns Preventions workshops. So far she has raised £678.75. We wish her a happy birthday as she celebrates it on Sydney Harbour Bridge! Sarah with her 4 mothers! (photo right)

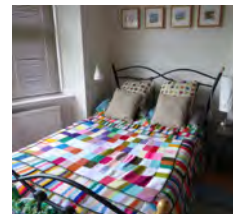
### Future Events:



Sunday 10<sup>th</sup> July. London 10km run where we have a team of 6 people running: **Dan Tuck**, **Jane Chumbley**, **Jacob Palmer**, **Sam McKibben**, **Jack Morris**, **Ariana Skipp**. We wish them all the best and look forward to meeting afterwards for a picnic in St James Park afterwards. Good luck with the run and raising funds. If you would like to support and encourage them go to [www.africanvision.org.uk](http://www.africanvision.org.uk) or <https://mydonate.bt.com/fundraisers/danielcocks1>  
<https://mydonate.bt.com/fundraisers/jacobandsam2>;  
<https://mydonate.bt.com/fundraisers/jackmorris2>;  
<https://mydonate.bt.com/fundraisers/ariana-skip1>



Beautiful hand knitted blanket (right) being raffled to support vulnerable families become more self-sufficient by providing animals for breeding and eating. Tickets through the website or Surbiton office. Winner drawn Sept 16th.



August 26<sup>th</sup> – **Sam Palmer** is climbing The Matterhorn in The Alps. This is an incredibly challenging climb of 4,478m and funds raised will go towards our Disability projects. Please encourage him to complete this amazing challenge at <https://mydonate.bt.com/fundraisers/africanvisionsummit>  
Monday 8<sup>th</sup> – Saturday 19<sup>th</sup> November: 'Positive & Negative' photographic exhibition to be held at The Rose Theatre at the Circle level. Photos of our projects showing the 'positive' impact as well as the areas still to be addressed (the negative). Private view will be on Wednesday 9<sup>th</sup> November. If you would like an invitation which will include a complimentary drink, please email us at [lorraine.mole@africanvision.org](mailto:lorraine.mole@africanvision.org) or send a message through our website [www.africanvision.org.uk](http://www.africanvision.org.uk)

If you would like to organise a challenge or fundraiser, please make contact with us and we will support you as much as we can!

