



Review of our year

March 2021 - April 2022

**Together we can empower
communities**

REGISTERED CHARITY NUMBER: 1162406



OUR VISION

The prevention or relief of poverty or financial hardship in Malawi, by providing or assisting in the provision of; education, training and healthcare projects to enable individuals to generate a sustainable income and become self-sufficient.



We continue to focus on our key projects...

Using a 360° model - Love Support Unite empowers communities to become self-sufficient, with a leg-up rather than a hand out.



We create self-sufficiency and food security through funding integrated community-based projects around; education, nutrition, enterprise and healthcare.

We work alongside other NGO's within Malawi; African Vision Malawi, Mphatso.

Overview March 2021 - 2022

Love Support Unite Foundation has grown from strength to strength by collaborating with Africa Vision Malawi; two dynamic grassroots charities, sharing resources, data, and expertise.

We empower communities to become self-sufficient, with a leg-up rather than a hand-out. We create self-sufficiency and food security through funding integrated community-based projects based around education, nutrition, enterprise and healthcare. Primarily with Africa Vision in Malawi.



2021-22:

Key Highlights:

- ♥ The Flight Lieutenant Rakesh Chauhan Trust Ambulance was donated
- ♥ Medical - 10 mobile outreach clinics provided in rural areas monthly, reaching 24,256 patients this year
- ♥ Early Childhood Development - 3 centres funded
- ♥ Adult Literacy - 5 centres - 10 weekly classes - 110 adults graduating, giving a second chance at education
- ♥ Sustainable Family Farms - 18 new families - 440 dependents - 86909KG of Maize harvested
- ♥ Nutrition - Mphatso Baby Feeding Programme - 119 babies a month supported - 14,280 babies meals
- ♥ 5000 trees planted
- ♥ Raised 22,858GBP in our annual fundraising walk

CHALLENGES...

January and February 2022 were particularly challenging in Malawi:

- Tropical Storm ANA caused floods, destruction, and fatalities in Malawi
- The Malawi President declared a State of National Disaster on 26th January 2022
- 221,127 households (995,072 people) were affected across 19 districts
- 46 people died, 206 people were injured while 18 people still reported missing
- 32,935 households (152,786 people) displaced
- 178 displacement camps across affected districts
- Food and non-food items being delivered to affected populations across the districts



- <https://malawi.un.org/>

CHALLENGES...

March 2022 was also particularly challenging in Malawi:

- Due to seasonal changes, there had been an increase in Diarrhoea diseases and high numbers of Malaria. It's also a famine season, meaning food is scarce.
- Sadly, these factors contribute to low immune systems and more people are prone to illnesses.





EDUCATION

With education there can be enterprise, nutrition, and health. 92% of teenagers and adults in Malawi didn't complete secondary education.

The average school leaving age is 11 years old. With less than 1% achieving education after secondary school. 26% of children are engaged in child labour, varying from season to season, dropping out of school. (CIA World Factbook)

We believe education is the key to change and development - no matter your age. Our ECD programs are available to all age groups.

Programmes:

- **Adult Literacy** - 5 centres - 11 teachers - English and Chichewa classes
- **Early Childhood Development** - 4 teachers - 3 centres
- **Infrastructure** - we have begun supporting the building of a new ECD centre in the Kande area. Mphasto aims for this to be completed in September 2022
- **University Grant** - we supported a college graduate to go to University and have committed to this for 3 years

Our Education programmes with African Vision Malawi aim to:



- Help well deserving orphans and vulnerable children (OVCs). 'Well deserving' in terms of high academic performance, good behaviour, clear vision, a goal in life and those that are self-motivated, despite challenging home circumstances, to become self-dependent and develop their families and communities.
- Support existing 3-5-year olds from our catchment area and provide them with quality Early Childhood Development (ECD) support, leading to improved health, easy transition to primary school, increased performance and better life opportunities.
- Enable girls to stay in schools by reducing dropouts, early marriages, early pregnancies and absenteeism of girls during their menstrual days.
- Promote literacy levels among the elderly and persons above the age of 18 that failed to get their education, by providing them with basic literacy lessons.



Education:



Adult Literacy - 5 centres -
11 classes



3 Early Childhood
Development Centres



Overseeing the
management of 32 -
Tilinanu Education
scholarship support



2 College scholarships and
2 University placements



Support 4 orphans and
vulnerable families



10 Secondary scholarships





Early Childhood Development

- Early Childhood Development - supporting the education of children aged 2-5 years old in a preschool environment.
- We help the children gain a basic education and improve concentration before they reach the primary level. This enables Standard One, (a child's first year at school) not to be their first experience in a school setting, preventing learning delays and knock-on effects throughout life.
- LSU has provided funding for 2 preschool nursery blocks, and monthly it provides 4 nursery teachers and a full-time education manager, as well as funding qualified preschool teachers to deliver training for these teachers.
- This year we have been able to fund a full-time education manager and 4 ECD teachers' monthly salaries.
- All operational costs and materials to 3 ECD centres serving 171 registered learners a week are supported and fully funded.
- We were previously able to fund two other centres, one in 2018 and another centre at Mteza in 2020. A brand new centre/preschool is currently being built with Mphasto in the Kande region (2022).
- We provided funding for the training of Rainbow Play qualified trainers that deliver Early Years education using limited resources in rural African areas. We trained over 76 teachers in 2019, working with Mphastso, Butterfly Space, and Ripple Africa. This benefited over 3,000 learners since 2019.

Education Updates:

171 children in Early Childhood Development settings.

The attendance is still low compared to the overall enrolment as there has been no feeding programme. 'Mary's Meals', who usually provide a porridge meal a day to children, is unable to help in the area due to heavy rains and construction works being conducted in some of the centres. Making it hard for children to access, with long walking distances and empty stomachs.

The centres opened again on the 28th March 2022 and we will continue monitoring the attendance, learning and teaching across all the centres.



Secondary School:



10 vulnerable students are supported through secondary school with African Vision

This year's secondary students are:

Helen Matanda,
Chisomo Kwezekani,
Hilda Nkhoma,
Dambo Wyson Allan,
Custen Goodwin,
Thokozani
Chilambula, Owen
Lenard, Idah
Thomson, Peter
Shumba and Wyson
Lyton.





**WE CONTINUE
TO FUND JULIET MANDA'S
FOOD AND
ACCOMMODATION AT
THE MALAWI UNIVERSITY
OF SCIENCE AND
TECHNOLOGY.
JULIET WAS AT TILINANU
ORPHANAGE FOR MANY
YEARS.**



STEPPING STONES...

Working with Stepping Stones Malawi,
we help support 5 children that they
care for, and the head teachers' salary.



STEPPING STONES...



**This is 8 year old Promise.
Promise joined Stepping Stones in
February 2021.**

**He is one of eight children. They were
orphaned when their father died in an
accident and their mother died in childbirth
when the youngest child was born.
The family have been split up and his aunt
took him, his sister and baby brother.**



Stepping Stones



**International
Primary School**

ADULT LITERACY

5 CENTRES,

102
GRADUATES

11 teachers,
10 classes

ADULT LITERACY

Many families can't afford secondary school fees. Children end up dropping out in order to work and support their families, leaving the adult population over 20 years old unable to support their children's learning. This leaves them with a lack of basic reading and writing skills and are therefore unable to read medical advice and run successful businesses.

LSU has helped provide funding to train 11 adult literacy teachers, and runs 5 centres for adults teaching Chichewa and English. This will help to reduce illiteracy levels among adults ranging in age from 16-60 years in the community, enabling them to support their children's learning, run businesses, read warnings on medicines, and integrate more fully into society, for example, being able to fill out bank forms.

This year we have been able to fund; a full-time education manager, 10 adult literacy teachers, running costs of 5 centres with 10 weekly classes giving adults the second chance at education.



ADULT LITERACY



Statistics of adult literacy according to the National Statistics Office report - 14.2% of the adult population aged 16 and above are illiterate, which translates to 2.1 million people.

With Africa Vision Malawi we offer adult literacy programme as one way of promoting lifelong learning opportunities.

We are working in 5 centres; Mkunkhu, Songwe, Mseteza, Chalasa and Mkhalapadzuwa and this year.

This year we have had three main activities namely; impact assessment, teacher refresher training and graduation and Programme Impact Assessment.

We found that 80% of our beneficiaries enrolled for the adult literacy programme to learn how to read and write and to learn business skills.

89% of beneficiaries achieved their expectations.

20 beneficiaries stated that they were able to read and write after completing the courses we run.

6 beneficiaries were then able to successfully run their businesses.

11 were able to send their children to school after discovering the importance of education through the programme.



ADULT LITERACY

March 2022

57 new participants attended lessons and successful meetings took place in both centres.

People outlined their needs, expectations and fears. Common needs were; business skills, reading and writing.

The expectations are that by the end of lessons the learners will be empowered through the knowledge and skills they will acquire. For example, seven Chiefs said that they do not know how to write and they believe after going through adult literacy lessons they will be able to do.



ADULT LITERACY

We conducted a refresher teacher training session for eleven adult literacy teachers in August 2021 at Sam's village. The aim of the training was to refresh teachers on areas that they had learned in 2017; delivery of lessons, planning, assessment and reporting. We had two classes; Chichewa and English, with different facilitators.



Graduation

The adult literacy graduation for the 2021-2022 cohort took place at Sam's village on 24th February 2022. We had 102/137 graduates pass, representing a 76% pass rate. 60 of the graduates were from English classes and 42 were from Chichewa classes, while 35 beneficiaries failed their exams.

Adult Literacy:



178 students sat their exams in December 2021



The graduation ceremony took place on 24th February 2022



Two new centres are soon to open in Mlumbwira and Sam's Village.



Mkunku and Songwe centres have now provided Adult Literacy to all adults wanting to learn....



...this is a real success!



RUGBY

The primary aim of the project is the promotion of Rugby as a sport amongst the local school children and teenagers in Lilongwe. We have a fully funded programme which pays for one full-time Project Manager and 10 Rugby Development Officers (RDOs). The RDO's are involved in the weekly training sessions at 20 different primary schools in Lilongwe, as well as trainings with junior and senior club teams in their respective areas. The LSU Rugby Project is one of the most successful Rugby development projects in Malawi. Run by Jack Mphande and Dan Hatch.

Medical

A life-saving service to those who need it most.



Through the provision of an ambulance - we provide free medical care to 10 rural areas, monthly.

Working with the Ministry of Health to deliver Malaria and HIV testing and treatment, vaccinations, antenatal care, under 5's care, family planning and sexual health, and covid prevention advice.

We offer dental outreach programmes and we respond to emergency appeals.





TOGETHER WE
OFFERED HEALTH
CARE AND TREATMENT TO:

87,921
PATIENTS

JULY 2016-AUGUST 2022
THE MEDICAL OUTREACH
HELPS THOSE THAT
NEED SUPPORT
THE MOST



MEDICAL DATA



Between March 2021-March 2022, the Mobile Outreach Clinic was able to provide outpatient services to **24,256** people through the Under 5 clinics, Family Planning service, HIV Counselling and Testing service, Antenatal and Malaria Rapid Diagnostic Testing.





February 2022 recorded the highest number of patients with an attendance of 3637 clients. During this time of year, there are many Diarrhoea and Malaria cases. It is known as 'Lean Season', as food is scarce.

April 2021 recorded the second highest attendance rate with 2500 clients, this was the month that the Mobile Outreach Clinics had resumed after being suspended for 3 months due to COVID-19.

May 2021 registered the lowest number of patients, when at this time of the year, food is available and there are less issues.





RAKS TRUST AMBULANCE in MALAWI



The Flight Lieutenant Rakesh Chauhan Trust.

This life-saving ambulance was collectively raised over a series of walking and hiking challenges, by an amazing group of people from all over the UK and then shipped to Malawi.

In loving memory of Rakesh Chauhan.

His love shines on.

This ambulance arrived in January 2021 and is used on over 10 medical outreach programmes a month in hard-to-reach rural areas, where people would otherwise have no medical support.

Mother and Infant Health



The Mother and Infant Health Initiative aims to provide and act as a guiding programme for a healthy life for mothers and their babies. This is done achieved through mother and baby groups learning infant massage, safe motherhood education, Kangaroo Mother Care, first aid, hand hygiene, and infant mental health.

This programme is delivered through community groups and training partner organisations. The programme represents the importance of investing in Early Childhood Development and the first 1000 days of life from conception to two years old. It follows the World Health Organisation and Unicef's Nurturing Care Framework, as launched at the World Health Assembly in 2018. It also works towards Goal Three in the Sustainable Development Goals launched by the World Health Organisation.

Last year we trained 11 caregivers at Sparkle Malawi, 3 at Children of Blessing and another 11 at Mphasto. These three partner organisations use the training to train mothers and deliver it to babies throughout the year. The impact of the programme can be increased dramatically in this way, and we are working on the government Under 5 clinic's adding the programme. A proposal is currently underway to add this programme to our agreement with the DH0.

Moving forward we help to fund a safe motherhood centre with AVM.

Mother and Infant Health



- Trained 11 Caregivers at Sparkle Malawi
- Trained 3 caregivers at Children of Blessings, that in turn deliver the training weekly to over 100 mothers and babies suffering from disabilities.
- Trained 11 caregivers at Mphasto Children's Foundation



Moving forward - funding of the Safe Motherhood Centre

Further Medical Data



Table 5: *Total attendance of clients at Mobile Outreach from April 2021 to March 2022*

MONTH YEAR	AND TOTAL ATTENDANCE
April 2021	2500
May 2021	1461
June 2021	2041
July 2021	2027
August 2021	1524
September 2021	1810
October 2021	1633
November 2021	1680
December 2021	1735
January 2022	2104
February 2022	3637



**LOVE
SUPPORT
UNITE**

NUTRITION



An economy dependent on struggling agriculture leaves over half the 18.5m population in poverty. 80% live in rural areas and rely on farming for income and food security. Lack of access to resources forces farmers with their own land to have to work on other farms, trapping them in the poverty cycle due to low wages and high inflation. A single harvest means that only those with money, or who've saved enough from the previous harvest, have food security.



Sustainable Family Farms Programme:



AVM, with the support of LSU, operates this programme in Lilongwe East, where it has four centres; M'seteza, Songwe, M'bang'ombe and Bowa.

This project provides Hybrid farming inputs to beneficiaries who live below the poverty line, with its main focus being on the elderly and orphans.

The farming inputs (seeds and natural soil fertilisers etc) are given to the target group as a loan paid back over two years. The first year they pay half of the loan back and the other year they finish paying the loan. It is a form of 'Paying it forward' as the returned seeds/loan is then passed on to a new family/beneficiary.

It helps vulnerable families living on less than \$1 per day, who have 6 or more dependants, including orphans or the elderly.

This programme aims to help these families become food secure, provide nutrition for their family, and provide surplus to sell as an income for school fees, mosquito nets, and essentials for a healthy life.



THIS PROGRAMME
IS HELPING
TO SUPPORT
444
DEPENDENTS

39
NEW
FAMILLIES
THIS YEAR



WE NOW HAVE
222
FAMILIES ON
SUSTAINABLE
FAMILY FARMS





TREE NURSERY AND TRAINING

£1000 was provided to train farmers and plant seedlings which enabled the planting of **5000 trees!** This money also paid for the training of the staff at four different Tree Nurseries that we support in 4 different centres. This training was carried out by Kondwani and Green from the Africa Vision Malawi (AVM) team.

The planting of these 5000 trees took place over three days; Monday 10th, Tuesday 11th and Wednesday 12th January 2022. They will be shared between; 7 schools, 2 clinics and 2 rural communities. The community trees will go directly into the villages and be monitored by the community, local-based Coordinators and the AVM team.

The schools receiving seedlings are: Chibwata Primary - 500 seedlings, Mundundu - 250 seedlings, Chimbal - 500 seedlings, M'khalapadzuwa - 500 seedlings, Songwe - 250 seedlings, Bowa - 250 seedlings, Chitukula and CDSS - 700 seedlings.

The M'bang'ombe Clinic and Ngoni received 250 seedlings each, and communities Songwe - M'lumbwira Centre and Chalasa - Chalasa Centre 700 each.

The benefits of these trees for each of the centres, communities and schools are to provide better **food, shade and to improve soil quality in rural areas.**

FEEDING PROGRAMME AND MPHATSO



In October 2019, Love Support Unite began working with Mphatso nurseries and training their nursery teachers.

Seeing first hand the life-saving work that they do, we want to help support them in their mission.

"Feeding the Children, Growing the Community, Impacting the Future".

This has been the key message of Mphatso Children's Foundation for many years because they believe that it is the way to bring about slow, positive change to the communities.

Mphatso feed over **1,000** children each school day throughout their 14 nursery school programmes.

The Baby Feeding Programme is for those that are seeking help because the mothers have either died, or are too unwell to feed their babies. Hospitals and doctors are referring carers to Mphatso for life-saving baby formula as they cannot afford to give it themselves. Many babies' lives have been saved because of this programme.

They support these babies by routinely weighing and supplying baby formula, and then as they progress - maize porridge.

We provide funding for their feeding programme.

This year we have provided funding for:
14,280 babies meals

**WE HELP
MPHATSO
WITH
FUNDING FOR
LIFE-SAVING
FORMULA**

**SUPPORTING
67
BABIES PER
MONTH**

**PROVIDED
14,280
BABIES
MEALS**

Mphatso 





♥ **2835GBP** raised for building a new nursery centre at Kande Village. This is now under construction.

This new centre will help educate children aged 2-5 years old in a preschool environment.



TILINANU



32 vulnerable girls of Tilinanu are now funded through school; 14 in primary, 10 in secondary, three girls at college, one at university, and one young lady has now graduated university!

We help to support the children's; school fees, school books, examination fees, toiletries, accommodation and food.

We believe that education is the key to change. LSU provides all the admin and fundraising for Tilinanu Orphanage and hopes to support these girls to reach their full potential.



Tilinanu



Love Support Unite has covered all administration tasks and costs for Tilinanu.

From December 31st 2020, Tilinanu Girls have all been reintegrated back into their communities.

The Malawian Government gave notice that children over the age of 18 and who are living in an institutional setting should be reintegrated. The government feels that children are better placed in a local environment with their extended family.

The girls' homes were either in a desperate condition or far from any schools.

The advice from Social Welfare has been that we should support the girls to the end of secondary school.

They advised local level boarding school as many girls could not return to their villages. They also advised us this should be done through a partner organisation, with experience handling scholarship places for children nationwide.

As many children as possible will be educated in their birth district.

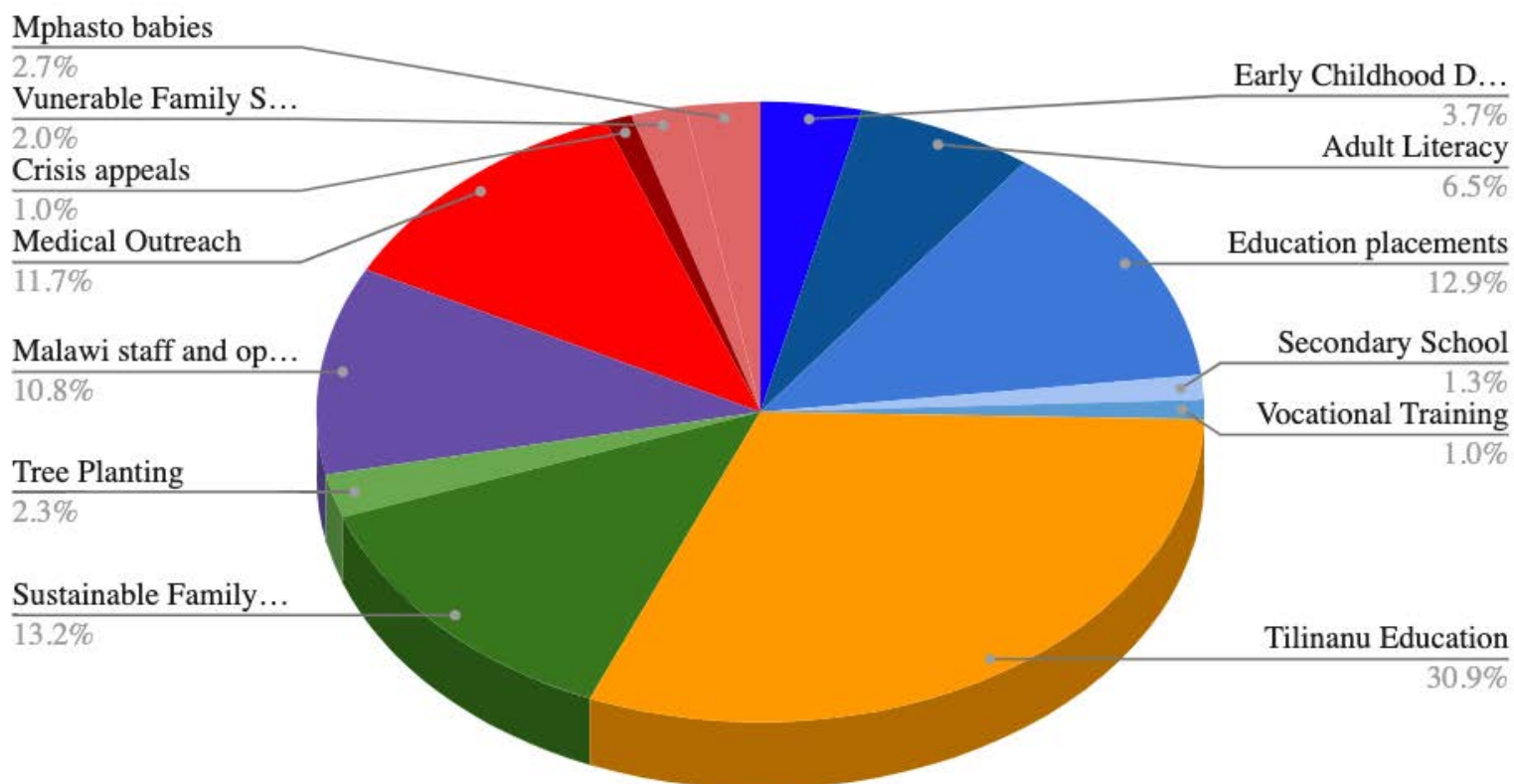
We work with Africa Vision Malawi to deliver this as they have had 14 years of experience.



WE ARE LOOKING FOR MORE EDUCATION DONORS ASAP



Programme funding



MOVING FORWARD

- 💡 Strengthening partnerships with like-minded organisations that are striving for sustainable change in Malawi. We couldn't have facilitated all that we have without Africa Vision Malawi in Malawi and the UK, the Malawi Projects in Ireland, and all our major and monthly donors all over the world. Thank you so much to all of you.
- 💡 Relaunching Love Specs after 2 years of no events.
- 💡 Expanding the Medical Programme to include the Dental Outreach Programme, which is desperately needed.
- 💡 Adding Mother and Infant Health to the medical programme.

CAN YOU HELP US REACH OUR FUNDRAISING GOALS?

TARGETS:

- ♥ INCREASE MONTHLY DIRECT DEBITS - TO ENSURE SUSTAINABILITY
- ♥ EMERGENCY SUPPORT - £5,000
- ♥ MEDICAL OUTREACH PROJECTS - £14,000
- ♥ EARLY CHILDHOOD DEVELOPMENT AND ADULT LITERACY - £15,000
- ♥ MPHASTO BABY FEEDING PROGRAMME - £6,000
- ♥ 10 SPONSORS FOR TILINANU SECONDARY STUDENTS - £10,000
- ♥ 10 PRIMARY SCHOOL SPONSORS - £5,000
- ♥ 10 VOCATIONAL PLACES AT THE AFRICA VISION VOCATIONAL VILLAGE - £10,000
- ♥ MALAWI STAFF OPERATIONAL COSTS - £14,000



OUR PARTNERS... THE MALAWI PROJECTS

Our amazing partners at **The Malawi Projects** fund all staff and admin costs in Malawi! This means that their donations go so far. Take a look at what they do..



Their support helps to fund the Medical Outreach Programme, saving thousands of lives. They also fund Emma - the Medical manger - her wages, the health officials allowances, the fuel and all medication!



They pay the allowances for 11 adult literacy teachers, 4 nursery teachers, the fuel to monitor schools, our full time education manager, equipment and 4 vulnerable children's secondary students school fees. They also pay for a full time education manager to help the Tilinanu girls, monitor them and ensure school fees are paid.

THE MALAWI PROJECTS

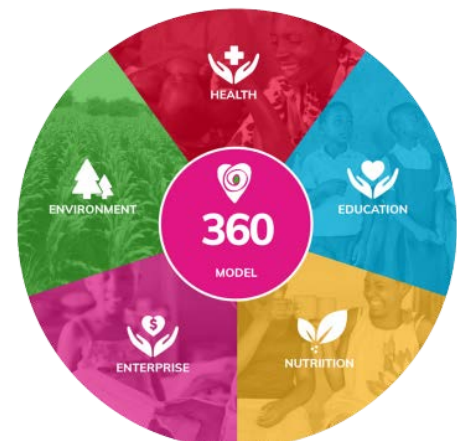
Their support enables us to respond to emergency appeals and reach those who desperately need help

They fund a full time sustainable farming and tree planting manager, helping train families, monitor tree planting and provide permaculture in schools.

They support 4 vulnerable families with maize, soya and oil.

They enable LSU to operate by funding the administration, vehicle costs, maintenance and fuel, help with office costs of security, power, printing, driver, phone credit, lunches, help pay the accountant and director to manage programmes effectively.

Without them we wouldn't be able to help as many people as we do.





African Vision Malawi

Love Support Unite believes in charities working together, opening their doors, sharing resources, and ultimately ensuring funding goes to those who need it most. We have been working with Africa Vision Malawi for several years now, as we have the same ethos and synergies to create lasting change.



In 2018 AVM offered us office space for free in their rammed earth building in Lilongwe. Since then we have collaborated on school buildings and projects, primarily at Mkunkhu school and Songwe school.



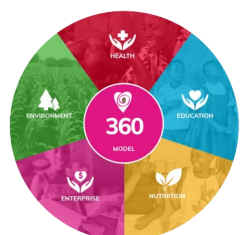
Together we are more.

Since 2020 our core programmes; Adult Literacy, Sustainable Farming, ECD and Medical Outreach have been implemented through African Vision Malawi. This saves valuable funds helping more people, it ensures programmes are stronger and more lives change for the better.



Any help, support or funding you are able to give this year means the impact will be even greater.

We are truly grateful for the partnership.





FUNDRAISING

In September 2021 we had huge success with our fundraiser of the year, 'Walking the width of Lake Malawi'. Its aim was to raise funds for our charity Love Support Unite Africa Foundation and for Tilinanu Education Scholarships based in Malawi.

Our walk/scramble and hike took place over two days, with our team walking approximately 24 miles each day of the beautiful Anglesey Coastal Path. This equated to over 9 hours of walking each day. This is nothing in comparison to the lengths Malawians consistently walk, but was a huge challenge for us nonetheless!

We had over 20 participants sign up and raised a whopping **£22,858.**

£10,000 was donated to Tilinanu Education Scholarships and £10,000+ was donated to projects for Love Support Unite working alongside African Vision.



OUR FUNDRAISING PARTNERS JUNK YARD GOLF

Junkyard Golf Club (JYGC), our incredible fundraising partners do annual fundraising for LOVE SUPPORT UNITE by selling Love Specs across the country at their venues.

Junkyard aim to host a fundraising event each year for us to help with a specific project.

We work together with Love Specs at Festivals, Junkyard help to pay all festival costs, fuel, decor and staffing. They even loan us a van for the season!

We are grateful for these fundraising partners as they transition with us on our journey and goals.



LOVE SPECS

Love Specs is owned by Love Support Unite.
It is the fundraising arm of the charity, selling heart diffraction
sunglasses and 'sharing the love'.

We began getting involved with events and the festival season
in early 2022, helping raise funds and spread awareness for the
charity.

**£20,996.57 was raised
between March 2021-22**

By purchasing a pair of Love Specs, you are supporting LSU and our
ongoing projects.

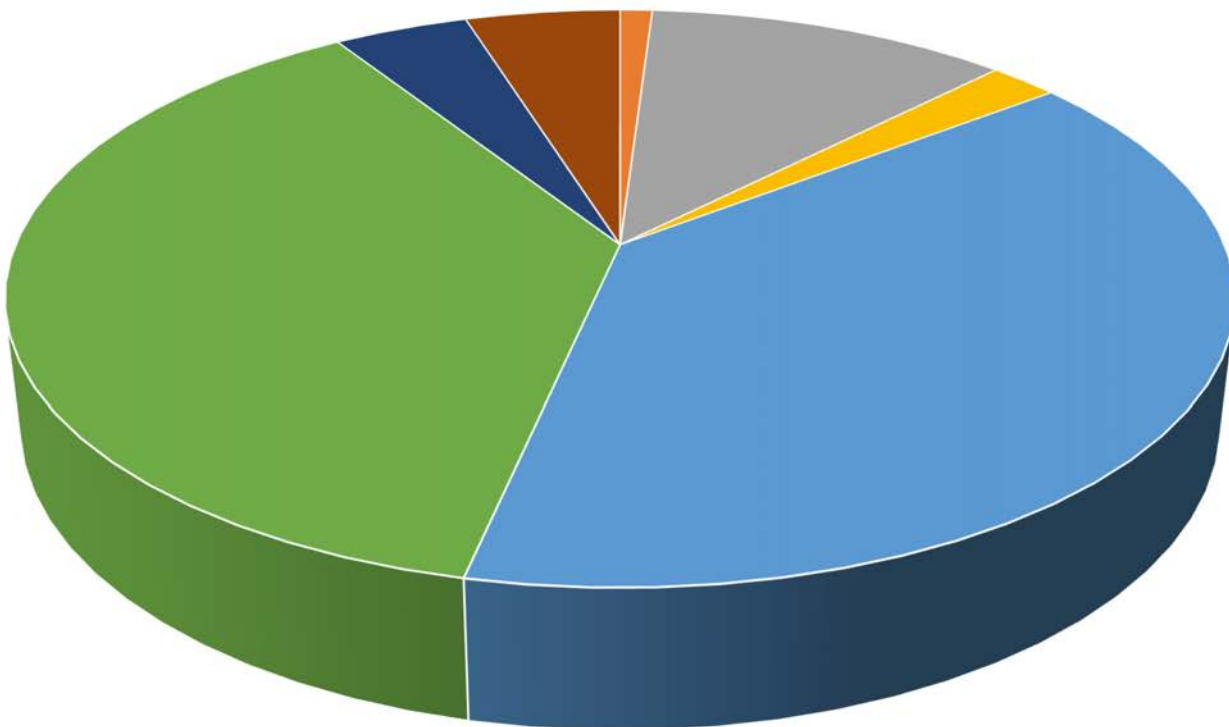


**CHANGE YOUR PERCEPTION
CHANGE THE WORLD**

Funding



Income



- Fundraiser (non LSU events)
- Fundraising LSU
- Just Giving Monthly Donation
- Monthly donations
- One-Off Donation
- Sales of Product Income
- Services



Heartfelt love and thanks
for all your ongoing support.



Without YOU these lives wouldn't
be changing!