What We Do...

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. Working alongside African Vision Malawi, Mphatso Children's Foundation and Stepping Stones within Malawi.
Each month we send a small update on each project so you can follow the benefits of our work, which are enabled with your support. These reflect the previous month as data needs to be collected in Malawi and reports written.

Please circulate our report with people who have supported your fundraising for us.
CHOLERA AWARENESS CAMPAIGNS

Our mobile outreach clinics ran Cholera awareness campaigns in two different areas over November and December. They were located at; Chitedze Mobile Outreach Clinic and Nkhalapadzuwa clinic.
Challenges...

Cholera is endemic in Malawi with seasonal outbreaks reported during the wet season. Currently, 27 out of 29 districts are affected and this most recent outbreak is the worst it's been in 10 years, according to local news sources. The government, through the Ministry of Health, has started distributing chlorine to people for water treatment.

Drivers in Malawi are spending all night in long lines at fuel stations in hopes of filling their gas tanks as the country struggles with a fuel shortage. This has affected outreach projects as our staff are having to queue for long hours to get the fuel they need.
We have reached 4379 patients in November and December.
HEALTH CARE

The ambulance provides free medical care to people in 10 rural areas.

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.

We also offer dental outreach programmes and respond to emergency appeals.
Health Care Updates:

We visited 9 of the Mobile Outreach Clinics over November and December, due to fuel and driver shortages. 1 outreach clinic was missed during this time period. A total number of 4379 clients attended our clinics, accessing different health services.

The clinics continue to serve many people in rural areas, with women and children being the majority.

Many people walk long distances to access integrated health care. The mobile outreach clinic reduces the walking distances for clients as the clinic comes closer to them.
4 HIV & Counselling

Malaria Testing

Children under 5
immunisations

244
Patients

794
Rapid Malaria tests

2901
children immunised including;
BCG, PCV, Polio, Penta,
Measles, IPV
Further Medical News

- 9 mobile outreach clinics provided in rural areas each month
- 9 antenatal clinics
- HIV tests, counselling and family planning provided
- Cervical Cancer Testing
- Malaria Prevention
DENTAL PROJECT:

Following the success of the Dental Outreach in October, where a total number of 994 learners were screened in the targeted primary schools of; Mteza, M’bang’ombe, Chitedze, Songwe and Mkhukhu.

187 learners had fillings and 236 learners had extractions done.

We will aim to hold 4 Dental Outreach Projects a year moving forward.
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.

Our Sustainable Family Farms initiative (SFF) helps vulnerable families living on less than $1 per day who have 6 or more dependants, including orphans or the elderly. The programme aims to; help these families become food secure, provide nutrition for their family, grow surplus to sell to provide an income for school fees, mosquito nets and essentials for a healthy life. We provide them with farming inputs to farm 1 hectare of land, along with access to adult literacy, teaching, agriculture and business training over two years.
AVM, with the support of LSU, operates this programme in Lilongwe East, where it has four centres namely; 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 are given to the target group as a loan payable over a period of two years. The first year they pay half of the loan back and the following year they finish the loan. It's a Pay-It-Forward initiative as the loan that is paid back is then paid forward to another family in need.

We now have 183 families on the Sustainable Family Farms Programme.
28 new families joined 2021-22.
Did you know?

Approximately 20,100 KG of maize has been harvested for families surviving on less than $1 per day within a country of food shortages.
Sustainable Family Farms Updates:

We have a SFF programme in Chalsa centre, which has been running since 2018. Due to its success, the programme continues to run, and in 2021 we identified another 9 beneficiaries; 3 men and 6 women. All of them are learners in the Adult Literacy programme that we run at Chalasa.

In Mlumbwira, we have 30 beneficiaries. 4 men and 26 women. Among them, 5 are in the Adult Literacy programme at Songwe centre, 9 are families that are supporting Tilinanu girls, and the remainder are vulnerable families that have been identified through our outreach projects.

We have managed to identify beneficiaries who are going to be trained in Village Savings Loans skills (VSL) in order to manage their money for the next growing season and support ideas for running a business. The participants are from two centres; Chalasa (5 participants, all of them are women) and Mlumbwira (20 participants, 5 men and 15 are women).
SFF - Monthly Progress:

In November and December, we went to Songwe primary school to see the trees and they are growing well.

We have also distributed the NPK fertiliser - 1 bag of 50kg, manure, maize, seeds 10kg, and urea fertiliser 1 of 50kg. The germination percentage in all the fields is 99% and the beneficiaries have integrated the maize with the soya beans, beans, and cow peas, and other beneficiaries have already started applying NPK fertiliser.
SFF training

Eight beneficiaries attended the training at the Mlumbwira centre which taught how to make the land become fertile and methods of land preparation.
The leaders covered topics such as:
- types of manure
- methods of making manure
- soil and water management
- planting diversity crops
- box ridges
- making ridges.

They also covered business skills for sustainability.
Well done to; Bezita Jemisi, Anness Jekepu, Malita Lukas, Christina Salima, Polina Lilangwe, Jenala Kalibwanji, Rhoda Ziyadi and Devison Muzithe.
Education

- Adult Literacy - 5 centres - 11 classes
- 3 Early Childhood Development Centres
- Overseeing the management of 30 Tilinanu Education scholarship support
- 2 College scholarships and 2 University placements
- 4 Orphan and Vulnerable Support
- 10 Secondary scholarships
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 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 life chances.

- Enable girls to stay in schools by reducing dropouts, early marriages, early pregnancies, absenteeism of girls during their menstrual days.

- Promote literacy levels among the elderly from the age of 18 and above, who failed to get education by providing them with basic literacy lessons.
Early Childhood Development

83% of first-grade students (the equivalent of Year 1 in the UK), are unable to pronounce a single syllable.
92% of these students fail to read a single word. (Global Reading Network 2022).
Such statistics are the result of children being denied the chance to learn under normal conditions.
55.2% of women over the age of 15 in Malawi are illiterate and struggle to help their children reach their full developmental potential (Unesco).

We fund; 4 nursery teachers, have set up and support 3 centres, a full-time education manager, the operational costs and materials for over 160 children daily. We do this to ensure that children's first experience of nursery and a school setting is fun, educational and beneficial to their development.
Education:

- 171 children in Early Childhood Development settings.
- We have continued to monitor the attendance, learning and teaching across the centres.

Next Steps...

- Implementing and monitoring a new tool that is underway by Princess and Wezzie at the ECD centres.
- Funding is now secured for toiletries of the girls that we support.
- Funding for painting classrooms at the ECD centres is secured.
Education Updates:

During November and the first two weeks of December, the attendance dropped from 661 in October to 557 for this 6 week period. Following a meeting with caregivers, they said that this is due to heavy rains and parents not sending their children to the ECD centres for safety reasons.

The agenda of the meeting was to:

- Share updates from each ECD centre
- Share the teaching and learning experiences
- Set 2023 teaching objectives
- Drafting lesson plans for the 2nd term
- Feeding programme implementation plans
Education Updates:

Below are the objectives that were agreed with caregivers for the next two terms;

- To improve students’ academic performance
- To instil children with intrinsic motivation to learn
- To develop children’s thinking skills
- To promote inclusive teaching and learning
- To develop children’s skills and good mental health
- To create positive learning environments
Secondary School

10 vulnerable students are supported through secondary school.

This year's secondary students are: Helex Matanda, Chisomo Kwezekani, Hilda Nkhoma, Dambo Wyson Allan, Custen Goodwin, Thokozani Chilambula, Owen Lenard, Idah Thomson, Peter Shumba and Wyson Lyton.
Adult Literacy

This year we have been able to fund:

- A full time education manager
- 11 adult literacy teachers that teach English and the local language of Chichewa
- The running costs of 5 centres with 11 weekly classes, giving 598 adults a second chance at an education.

We will reduce illiteracy levels among adults ranging in age from 16 to 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 paperwork and bank forms.
Adult Literacy Updates:

Adult literacy examinations took place on December 12th 2022, across three centres.

We had three facilitators from the government who were invigilating the exams and 64 beneficiaries that wrote the exams.

All centres were then closed on that same day after finishing the exams, in line with the government’s academic calendar.

The 2023 academic calendar will start in April and the registration will be done in March. We are hoping/planning to have a graduation in February and the dates will be communicated.
£600 (GBP) provided every 3 months to feed babies whose mothers have died or are unable to feed them.

£2835 (GBP) raised for building a new nursery centre at Kande Village. The build is now complete.

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

30 vulnerable girls of Tilinanu are now funded through school. 7 in primary, 14 in secondary, 3 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.

Opposite shows: Talandira Makina at her new school - Malamulo secondary.
Tilinanu Updates:

"Martha Chaguzika has completed her tailoring in Mchinji training and has requested a sewing machine alongside other materials to start her business. We have funds for this and she will be given this before we close for Christmas holiday!

Linda Charles has passed Level 5 exams and she will start Level 6 in January. Her performance is average and she has been encouraged to improve for next year.

Talandira Makina has started her new school at Malamulo Secondary School and is settling in well.

Mwayi Kaipa: has completed her course at SOS and is currently waiting for the results".
Tilinanu Updates:

The Tilinanu girls graduating from a Tailoring course with African vision in December.
We are so proud of Annes, Joana and Jenifer!!
Alepha Blessings has been sponsored through secondary school, and she has now qualified for a university application. We are so pleased and proud!

Tiyamike and Milica have passed their exams and they can get a place at a private or technical college. This is great news. Well done!
The girls had their annual Christmas reunion on December 19th 2022. A huge thank you to The Malawi Projects for funding this and to Jade for organising. The girls had a fantastic time together and all received a Chitengie each and a bag of maize for the Christmas period whilst not at school.

A big thank you to all of the girls' sponsors and to those that sent private messages of love and well wishes to the girls.
Alongside many others towards the end of 2022, we experienced some trouble with physical post not being delivered.

Apologies if you did not receive the usual Christmas card in the post this year.

A huge thank you to all that continue to support our projects. You are helping so many people with your kindness and generosity.
Did you know every pair of Love Specs sold cleans up 2.5KG of ocean-bound plastic?

Love Specs Christmas

Our 'Christmas Campaign' #GiftAnEducation...went so well! Thank you to all that purchased Love Specs over the Christmas period! Don't forget to tag us in your Christmas snaps.
Fancy a challenge this April?

We have one more space available for the London Landmarks Half Marathon on Sunday 2nd April 2023.

Get in touch: hello@lsufoundation.co.uk if you'd like to know more, or to secure that space!

Raising money for Love Support Unite Africa Foundation
Would you like to get involved with our annual fundraiser? Raising money for Love Support Unite Africa Foundation. What better way to get fit in the New Year than training for a challenge that supports such a worthy cause.

SAT 9TH SEPTEMBER, 2023

CONTACT: HELLO@LSUFOUNDATION.CO.UK FOR MORE INFORMATION AND TO SHOW YOUR INTEREST.
MALAWI 500km CYCLE CHALLENGE 2023

Ever thought you couldn’t possibly cycle 500km in Africa? Anything is possible, and you will support the most marginalized people in Malawi and give them a ‘hand up’ out of poverty. An experience of a lifetime!

Depart UK Fri 12th May (arriving 13th May)
Cycle Sun 14th – Sun 21st May (includes 2 days off)
See our projects 22nd & 23rd May
Ever thought you couldn’t possibly cycle 500km in Africa? Anything is possible, and you will support the most marginalized people in Malawi and give them a ‘hand up’ out of poverty. An experience of a lifetime!

Exciting optional extra is to go to the famous music festival ‘Lake of Stars’ from 26th – 28th May
Depart Malawi Mon 29th May (arriving 30th May)

For more information on this extraordinary challenge.
Contact heather:
email: heather.palmer@africavision.org.uk
tel: 07798 695287

Registered charity 1113786
We would like to trial another form of communication with you.

If you would be interested in hearing from us via WhatsApp, please respond to this email or get in touch via: hello@lsufoundation.co.uk to let us know your preferences.
Support us while you shop!

Use Amazon Smile and give 0.5% of your purchase to Love Support Unite!

It's so easy!

How to register:

1. Go to www.smile.amazon.co.uk

2. You will be prompted to select a Charity from the list, search for 'Love Support Unite Africa Foundation'.

If you already have an account you can change anytime: just go to your account and select 'Change Your Charity'.
Tilinanu Sponsorship

We are looking for new sponsors to help support our Tilinanu education programme.

Can you or a group of friends/family join forces to gift a child's education?

To find out how YOU could become a sponsor please email: alice@lsufoundation.co.uk
Can you or a group of your friends and family join forces to gift a child's education?

<table>
<thead>
<tr>
<th>PRIMARY SCHOOL</th>
<th>SECONDARY SCHOOL</th>
<th>COLLEGE</th>
<th>MONTHLY DONATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>£42 PER MONTH</td>
<td>£75 PER MONTH</td>
<td>£100 PER MONTH</td>
<td>ANY AMOUNT</td>
</tr>
<tr>
<td>£500 PER YEAR</td>
<td>£900 PER YEAR</td>
<td>£1200 PER YEAR</td>
<td>£5/£10/£15/£20</td>
</tr>
</tbody>
</table>
SIGN UP TO SUPPORT

We are always looking for new sponsors to help support our programmes.

Could you spare £10 a month to support sustainable programmes?

Please donate via JustGiving or email hello@lsufoundation.co.uk for more information.
LOVE AND THANKS TO OUR PARTNERS