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.
SUSTAINABLE FAMILY FARMING

In September, seed multipliers have started doing land preparation and they have managed to collect the materials for making manure to apply to their fields. They have also started harvesting vegetables in their gardens and have planted beans, maize, pumpkin leaves and mustard.

MPHATSO NURSERY

We're delighted to share that our Mphatso Nursery build in the Kande area is now COMPLETE!!!
Challenges...

Malawi is currently experiencing one of the worst Cholera outbreaks in years. The Malawi Ministry of Health declared the cholera outbreak on 03 March 2022 after the increase and spread of confirmed cases.

-Source: Africa Health Organisation.

In September four centres in our Mobile Outreach Clinics emphasised diarrhoeal diseases because of the Cholera outbreak that has been reported in some districts.

Malawi is still facing a huge cost of living crisis, made worse by the devaluation of the Kwacha by 50%

- Source: Times 360 Malaw
We have reached 2334 patients in SEPTEMBER.
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 all the Mobile Outreach Clinics in September. A total number of 2334 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 because the clinic comes closer to the people.
HIV & Counselling

Malaria Testing

Children under 5 immunisations

154 Patients

468 Rapid Malaria tests

1218 children immunised including; BCG, PCV, Polio, Penta, Measles, IPV
Further Medical News

- 10 mobile outreach clinics provided in rural areas each month
- 10 antenatal clinics
- HIV tests, counselling and family planning provided
- Cervical Cancer Testing
- Malaria Prevention
Health Care Updates:

During 'Programmes Day in September, we had time to look at all the orphan and vulnerable children and adults that we are supporting.

We are looking at a holistic approach so that when we want to graduate them out of programmes, they are self-sustaining.

Those that have a piece of land, we have linked them to permaculture. Those that need a start-up capital for business, we have linked them with the Training Officer at Sam’s Village and those that need support in education, have been linked to Education Programmes.
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.
Sustainable Family Farms

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
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).
Beneficiaries have been preparing their gardens for growing crops. They have applied manure, and some are still making ridges. These are last year beneficiaries, who also have Dimba gardens. They are also selling vegetables and some have green maize.

Both areas: Chalasa and Mlumbwira - have food and income.
Did you know?

Approximately 20,100KG of maize has been harvested for families surviving on less than $1 per day within a country of food shortages.
Meet some of our 'Sustainable Family Farms' beneficiaries from 2021-2022
Janet Kalisha

HARVESTED 950KGS OF FARM PRODUCE

Janet has had a successful year through the Sustainable Family Farms Programme. Before this programme, she was not able to grow her own maize and her and her family were suffering from hunger.

She said: "being able to eat one or two meals per day has made such a great difference to our lives."

Janet has been able to provide basic needs and essentials for herself and her family. In the past she was not always able to do so.

Janet has 8 household dependents. Five of them are children and are all in school receiving an education.
Mateyu Sinoliyamu

HARVESTED 900KGS OF FARM PRODUCE

Mateyu said that in comparison to previous years this year has been a struggle.

He was growing on 3 acres of land but only one maize field (1 acre), was successful.

Due to heavy rain, many of the seeds failed to germinate. This meant that Mateyu had to plant again for a second time. The hard work and effort required to complete this by hand is unimaginable.

Although there will not be surplus maize to sell this year, Mateyu said: “I am happy that me and my family are able to eat three times a day.”
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
- 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.
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:

"The average attendance for the month of September dropped to 93 (6 less from last month). The total registration number across all the 3 centres is 187 and the attendance has not been good since the beginning of the 2022 academic year. In the previous two months, the teachers said the low attendance was due to cultural ceremonies, which were at a peak. However, we are still seeing low attendance even now in September. We have asked the teachers to follow those that are not coming and ask for the reasons - updates on this will be reported next month."

- Wezie Gwaluka (Education Manager)
Adult Literacy Updates:

"We observed an English lesson taught by Mr. James Sakala. He was teaching reading, sentence structure and word dictation. It was an exciting lesson - the students were able to read, understand the meanings and form sentences.

Following the lesson, we chatted with a student and asked him how he is benefiting from the programme. The student said how happy he was; that now he is able to understand some English words, which has been his dream for a long time. He said that nowadays he listens to English news on his radio and understands some words and is able to interpret to his wife.

We noted the following strengths in Mr. James Sakala's teaching style: Engaging all the students in his activities, providing good feedback, his use of life experience for easy understating. He also used practical methods and he encouraged questions and discussion, which was creating a comfortable environment for the group." - Wezie Gwaluka
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...

- Monitoring teaching and learning in the 3 centres.
- 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:

This term is 10 weeks of learning and a week for exams; altogether 11 weeks. They will close on 16th December for 2 weeks holiday.

Just as the 2 previous terms, the school terms have been squeezed together with the aim of returning to a normal calendar prior to COVID, of 3 terms per year.

The Form 2 students are still waiting for exam results and they are still at home, hoping that the results will be out by the 2nd or 3rd week of the term. We had 4 students who wrote government exams (1 AVM and 3 Tilinanu).
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.
£600 (GBP) provided every 3 months to feed babies whose mothers have died or are unable to feed them.

£2835 (GBP) raised for building 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.
We're delighted to share that our Mphatso Nursery build in the Kande area is now COMPLETE!

A huge THANK YOU to everybody in the village for their hard work and helping hands.
Completed Build...
Tilinanu

32 vulnerable girls of Tilinanu are now funded through school. 14 in primary, 10 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.
Tilinanu Updates:

Jenifer, Joanna and Annes - three of our lovely Tilinanu girls are currently working extremely hard on their tailoring course at Sam’s village. They have all said that the training is going very well and they are learning a great deal. They believe after completing their training they will be great tailors in their community.

They also recommended their teacher, saying that he is very hardworking and he helps them when they do not understand anything which has helped them to master the more challenging concepts in their course.
Did you know every pair of Love Specs sold cleans up 2.5KG of ocean-bound plastic?

Summer of Love

Love Specs had a jam-packed season of events, including lots of wonderful music festivals this summer - which have all been a HUGE success!!! Check out our Instagram and Facebook pages to see if we managed to pap you in your Love Specs!

CHANGE YOUR PERCEPTION
CHANGE THE WORLD

Did you know every pair of Love Specs sold cleans up 2.5KG of ocean-bound plastic?
£10,000 (GBP) was raised for Tilinanu Education

A Huge THANK YOU to all our incredible Love Specs pixies who volenteered this year... We couldn't have done it without you!
FUNDRAISER OF THE YEAR: NORTH WALES WALK
Our amazing FUNDRAISER of the year: 'NORTH WALES WALK' was a HUGE success - raising money for Love Support Unite & Tilinanu Education in Malawi - Africa!

Taking place over two days - Saturday 10th and Sunday 11th September 2022. Our wonderful team took on the massive challenge of completing a 24 mile marathon of Anglesey Coastal Path (the Holy Isle) walk and Snowdon summit back to back.

We had over 20 dedicated participants take part! We want to say a massive THANK YOU to each and every one of them for their amazing fundraising efforts and for their incredible determination and perseverance to take on this epic challenge!

We also want to say a huge THANK YOU to Harriet Krarup - a personal trainer and fitness coach who volunteered her time and skills to help support our team's preparations for the walk.

The blisters and tired muscles were certainly worth it, as we raised a total of £6000 (GBP) for Tilinanu Education and £6000 (GBP) for Maternity Care! THANK YOU to all those who sponsored our team, the funds raised will make a huge difference in helping communities in Malawi through sustainable education and health care!
FUNDRAISER OF THE YEAR: NORTH WALES WALK

FUNDRAISER TOTALS:
TILINANU EDUCATION: £6000 GBP
MATERNITY CARE: £6000 GBP
SHARE THE LOVE
this Christmas and
#GiftAnEducation

Shop our limited edition 'Christmas Bundle' now and give a gift that lasts a lifetime!

When you spend £50.00 on our exclusive 'Christmas Bundle', you will receive:

5x Recycled Plastic Love Specs in any colour to gift to family and friends
5x Christmas Cards sharing how together you gave the gift of education
2x Paper Love Specs perfect for stocking fillers

SIMPLY ADD 5 PAIRS OF LOVE SPECS OF ANY COLOUR TO YOUR BASKET AND THE PROMOTION WILL AUTOMATICALLY APPLY

*£35.00 (GBP) of your spend will go towards funding a child's education in Malawi with Love Support Unite Foundation Africa.

By 'Gifting an Education' you will also be helping our planet...
Each pair of Love Specs are made of recycled plastic and each pair sold helps recycle 2.5kg of ocean-bound plastic.

CHANGE YOUR PERCEPTION, CHANGE THE WORLD

100% of proceeds goes directly towards the cause
VISIT LOVESPECS.ORG

SHARE THE LOVE
this Christmas and
#GiftAnEducation

Shop our limited edition 'CHRISTMAS BUNDLE' now and give a gift that lasts a lifetime!*

*£35.00 (GBP) of your spend will go towards funding a child's education in Malawi with Love Support Unite Foundation Africa.
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?

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SIGN UP TO SUPPORT

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

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

Please donate via [JustGiving](https://www.justgiving.com/).
LOVE AND THANKS TO OUR PARTNERS