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, Mphetso 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.
Alice and Dominique from LSU UK travelled to Malawi in March to catch up with the local staff, see the projects, how they're running, meet the beneficiaries, have meetings with other charities, and support those in education scholarships.
The Cholera outbreak is still ongoing. Fuel, food, and transport cost increases have affected people all over the country. Cyclone Freddy brought heavy rains and wind to the southern and central areas of Malawi during February and March, making some roads difficult to navigate. With the heavy rains, many communities were left displaced. Roads and bridges were destroyed, making relief efforts difficult.
Malawi is facing its deadliest cholera outbreak in recorded history and its largest in the last two decades, leaving 4.8 million people in need of assistance in 15 priority districts. The outbreak was officially declared on 3 March 2022, after the first case was reported in Machinga district at the end of February 2022. By 18 February 2023, the outbreak had claimed the lives of more than 1,400 people, with more than 45,400 cases recorded, and had an overall case fatality rate (CFR) of 3.21 per cent, more than three times the emergency threshold. The current outbreak has already surpassed the 2001-2002 epidemic, which was the worst in the country’s recent history, that registered 33,000 cases and 1,000 deaths.

Source: https://reliefweb.int/

We visited the Cholera Outbreak Centre during our visit. Located at Area 25 Health Centre

We were given a tour by one of the doctors. She explained the symptoms and treatment.
Cyclone Freddy

Cyclone Freddy hit southern Africa for the second time in a month on March 11th, 2023 and was deadly and destructive. In Malawi, a year’s worth of rain fell during the weeks of the cyclone. The heavy rains, floods and landslides caused widespread damage, especially in Blantyre and the Southern Region.

The cyclone killed at least 676 people in Malawi, the epicentre of the disaster. And the country's disaster management department says the chances of finding the 538 missing is painfully slim.
Emergency Relief for Cyclone Victims

With the money donated, we bought essentials that were requested from those affected, and charity workers (The Sparkle Foundation) who were distributing on the ground. We were able to provide; salt, maize flour, sugar, milk, oil, blankets, water, soap, sanitary products and clothing.

We were overwhelmed with the donations we received within 48 hours. Over £1600 was donated!

We went over to Malawi with three suitcases full of donations from the UK. The donors all agreed that their items should be given to the cyclone victims instead of distributed elsewhere, as some people had lost everything.
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.
We have reached 3516 patients in February and March.
Background

Malawi has a population of approximately 18 million people, with 86% of its total living in rural areas, which are often poorly equipped with basic health services.

In the absence of sufficient access to health facilities in rural areas, Medical Outreach services often provide basic healthcare services to remote rural populations where services were previously non-existent.
Health Care Updates:

We visited all 10 of the Mobile Outreach Clinics over February and March. A total number of 3516 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.
HIV & Counselling

- 220 Patients

Malaria Testing

- 982 Rapid Malaria tests
- 112 were positive

Children under 5 immunisations

- 1509 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
Disability Outreach Clinic

In November last year, we embarked on mapping the areas where the Mobile Outreach Clinics are conducted in our catchment area, to establish a cross-over with our disability outreach clinic.

The Mobile outreach clinics that have been mapped are as follows: Nkhalapadzuwa clinic, Mkhukhu clinic, Songwe clinic and Chitedze clinic. This exercise was done together with the Health Surveillance Assistant, who are the owners of the catchment areas.

There has been no outreach clinics so far in 2023 due to weather and impassable roads.

We are resuming the clinics next month in April.
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.
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.

The beneficiaries are provided with farming inputs to farm 1 hectare of land, along with access to adult literacy, teaching, agriculture and business training over two years.

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 191 families on the SFF Programme.
Approximately 20,100KG of maize has been harvested for families surviving on less than $1 per day within a country of food shortages.
Our 2023 SFF beneficiaries are:
Bezita Jemisi
Anness Jekepu (previously at Tilinanu)
Malita Lukas
Christina Salima
Polina Lilangwe
Jenala Kalibwanji
Rhoda Ziyadi
Devison Muzithe

All beneficiaries received training in November 2022, and have planted their mixed crops. They are all doing well. Dominique and Alice from the LSU UK team, visited the beneficiaries in March 2023. They are all expecting a good yield in June 2023.
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 Updates:**

The table shows the attendance of learners across all ECD centres for the month of March. Last month’s average was 571 and this month’s average is 764. An increase of 143 learners (+48%). The reason being that many families have now started harvesting crops in their fields and have food in their homes. They are able to send their children to school, as reported by the Caregivers (teachers).

<table>
<thead>
<tr>
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<th>BOYS</th>
<th>GIRLS</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>MKUNKHU</td>
<td>30</td>
<td>37</td>
<td>67</td>
</tr>
<tr>
<td>CHIWEZA</td>
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<td>20</td>
<td>39</td>
</tr>
<tr>
<td>MGWIZI</td>
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<td>20</td>
<td>35</td>
</tr>
<tr>
<td>KAFUTWE</td>
<td>20</td>
<td>35</td>
<td>55</td>
</tr>
<tr>
<td>MKAMBWE</td>
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<td>20</td>
<td>44</td>
</tr>
<tr>
<td>CHIPASULA</td>
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<tr>
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<tr>
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<tr>
<td>FUNSANI</td>
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<td>43</td>
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</tr>
<tr>
<td>MASIYE</td>
<td>52</td>
<td>40</td>
<td>92</td>
</tr>
<tr>
<td>TOTAL</td>
<td>387</td>
<td>377</td>
<td>764</td>
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</table>
Education Updates:

LSU UK visited some of the education programmes whilst in Malawi; Mkunkhu, Chipasula, Mlumbwira, Mseteza and Mgwizi. They monitored the teaching and learning and also interacted with both the caregivers/teachers and learners. It was so wonderful to see the teachers and children doing so well. The children were responsive, happy and engaged in their learning.
LSU funds 4 teachers at: MKUNKHU, MTEZA, and CHIPWAILA.

Did you know we also fund 32% of the costs of the 13 centres African Vision runs in Malawi.

Thanks to your help 764 children received ECD education this month.
Adult Literacy

Last year, we were 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.
On 23rd March, we had a graduation ceremony for the Adult Literacy programme for the class of 2022.

The graduation was held at Sam's Village - the training and vocational centre AVM run alongside LSU projects.

We had 43 graduates from all centres.

22 were from Chichewa class (Level 1) and 21 from English class (Level 2).

We had 64 learners who wrote the exams and 43 passed, 18 failed representing a 70% pass rate.

Mr Emmanuel Chakhomba a teacher from Chalasa centre spoke on behalf of the teachers and he said: "I am happy that many of the students are now able to read and write and am very grateful to the organisation for providing all the necessities for this programme to work".
Adult Literacy Updates:

On behalf of the beneficiaries, Sarah Francis shared her experience and how she has benefited from the programme. She said: ‘I am happy to receive the certificate”. Together with her friend having passed the exams, she recommended the hard work amongst teachers and the availability of teaching and learning materials.

The ceremony was great, and graduates demonstrated the skills they have gained such as writing their names, calculating numbers, writing sentences and others saying bible verses, as well as poems. It was very impressive to see an old lady writing her name and some English words which she had learnt. On this day, the graduates received gifts and we also provided lunch and transport to the graduates and teachers.
£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, 15 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:

Scholarship visits

Alice visited scholarship students in the following schools; Dedza Christian, Mercy High school, Rise Malawi and St Peters.

At Dedza they reported that the girls are doing great, especially Promise Elias who is always in the top 10 every term. There are 3 girls at this school; Yvonne, Kettie and Promise. Both Kettie and Yvonne are in Standard 8 and are expected to write government exams in June but their performance is not outstanding.

It was so wonderful to see the girls enjoying their time at school. We gave them water bottles that were donated from the UK.

Thank you for the donations; Ffynone House School, The Dolphin School and to our lovely friends in Bristol.
Tilinanu Girls Social

In March, Alice and Jade surprised the Tilinanu girls by organising a get together in Lilongwe.

The girls hadn't seen Alice for two years, and they hadn't met her daughter Liliarna.

As you can imagine, there was lots of smiles, hugs and dancing!
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@lovesupportunite.org
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>
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<tbody>
<tr>
<td>£42 PER MONTH</td>
<td>£75 PER MONTH</td>
<td>£100 PER MONTH</td>
<td>ANY AMOUNT</td>
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<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>
Love Specs @ festivals

We had a fantastic festival season last year, raising over £20,000 GBP. £10,000 was donated to the Tilinamu Education scholarships and the rest into LSU projects.

We are thoroughly looking forward to festival season 2023. We're kicking off with Love Saves The Day in Bristol. Then off to Anglesey for Gottwood and Wild Wood Disco in Cambridge.

Did you know every pair of Love Specs sold cleans up 2.5KG of ocean-bound plastic?
We'd like to dedicate some love to the wonderful women that trained their hearts out and ran a half marathon this April.

Mackenzie, Sian, Chota and Alice.
WELL DONE! You are amazing!!

A huge thanks to all that sponsored them.

Over £6000 GBP was raised. These much needed funds have gone to medical outreach and education projects.
Would you like to get involved? Are you up for a challenge? As the name suggests, we'll be tackling all 6 routes of Snowdon in one day!

Watkin Path, Snowdon Ranger Descent, Rhyd-Ddu Ascent, Miner's Track Descent, Pyg Track and Llanberis Path

Get in touch if you'd like to join us: hello@lovesupportunite.org

SAT 9TH SEPTEMBER, 2023

SNOWDON 6 FUNDRAISER
SIGN UP TO SUPPORT

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

Could you spare £10 a month?

Please donate via JustGiving or email hello@lovesupportunite.org for more information.
LOVE AND THANKS TO OUR PARTNERS