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.
WE'RE TRYING SOMETHING NEW...

To make our reports more digestible, as let's face it, they haven't exactly been short... We're going to be focussing on one area a month.

Last month we focused on Medical. This month, we'll focus on June's data for Sustainable Family Farms.

Next month, we'll focus on Education.
The Cholera outbreak is still ongoing, affecting thousands across the region. Fuel, food, and transport cost increases have affected people all over the country. The after effects of Cyclone Freddy are still ongoing and continue to make life difficult for those in rural communities. There are fuel shortages across the country, bringing many services to a standstill.
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 Aims & Objectives:

- To deliver quality healthcare services to vulnerable communities whilst strengthening access to health services for those with disabilities so that they are fully integrated within their communities.

1. Improve access to health care and rehabilitation for people with disabilities
2. Providing health care services and health education to an increased number of beneficiaries.
3. Reducing the risks in childbirth to both the mother and the unborn child by reducing maternal and child deaths through bicycle access to hospitals.
4. Strengthening program and partnership integration to ensure equal access to health services for people living with disability.
5. Planning appropriate interventions to facilitate independence and sustainability for orphan and vulnerable children and adults.
We have reached 2755 patients in June.
Background

Malawi has a population of approximately 18 million people, with 86% of this 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 10 Mobile Outreach Clinics during June. A total number of 2755 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

173 Patients

Malaria Testing

605
240 were positive Rapid Malaria tests

Children under 5 immunisations

1095 children immunised including; BCG, PCV, Polio, Penta, Measles, IPV
Patients were given the choice and option of preventative methods of contraception. Safe, effective vaccines are given to pregnant women to protect their infants and/or themselves against certain infectious agents.

6 sessions covering:
- Hygiene and sanitation & prevention of scabies
- Growth monitoring & immunization
- Malaria vaccines
- Self HIV Testing
- Birth preparedness
- Importance of Cervical Cancer testing
- Cholera & vaccination
- Typhoid fever & Cholera awareness
Further Medical News

- 10 mobile outreach clinics provided in rural areas this month
- 10 antinatal clinics
- HIV tests, counselling and family planning provided
- Cervical Cancer Testing
- Malaria Prevention
- Dental Outreach mapping
Bicycle Ambulance

This project helps to ensure that people can get to a health service. In our area of support there is a huge issue with lack of transport to hospitals and clinics. The community are trained on the maintenance and record the use of the bicycle.

There are two small Health Centres in our area and they serve a catchment area of 45,000 people!

Due to the lack of health services in our area, people have to travel vast distances to be seen by a nurse or doctor. Travel to the clinics is usually by Ox and Cart, but this is an expensive and slow mode of transport.

1 in 6 women die during childbirth. The bicycle Ambulances are helping save lives in the community, and is one of the pillars of the Safe Motherhood Initiative.

Total patients transported on a Bicycle Ambulance during June: 7
Disability Outreach Clinic

This month the outreach clinic was at **Ngoni Clinic** where 7 people with disabilities attended. Out of the 7 clients that attended 2 were already known to us and 2 were new clients. Disabilities ranged from physical, visual, and congenital abnormalities. Three were referred to 500 Miles.

The 500 miles Prosthetics and Orthotics Centre is in the grounds of Kamuzu Central Hospital (KCH), the main tertiary care hospital for central region.

Disability mapping was undertaken this month, to further our knowledge and awareness of those in need in the rural areas we support.
DENTAL PROJECT:

The Dental Outreach Projects will be running every few months moving forward.

In the month of June, the teams began distributing teaching materials to the schools in our catchment areas and to those that participated in the dental project last year.

We have distributed the teaching materials to Mteza primary school, Songwe primary school and M'bang'ombe primary school. These are schools in our catchment area that participated in the Dental project last year. These teaching materials will be used by the teachers to raise awareness with children on dental hygiene.

We are yet to deliver teaching materials for Mkhukhu Primary school.
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.
A struggling agricultural economy traps over half the population (18.5m) in poverty. 80% of the population lives in rural areas and relies on farming for income and food security. Limited resources force farmers to work on other farms, perpetuating the poverty cycle due to low wages and high inflation.

Only those with money or savings from previous harvests have food security, leaving many vulnerable.

Our Sustainable Family Farms initiative (SFF) assists impoverished families with six or more dependents, including orphans and the elderly, who live on less than $1 per day. The program aims to achieve the following:

- Ensure food security for these families
- Provide nutrition for their households
- Generate surplus crops for sale, enabling them to earn income for school fees, mosquito nets, and essential items for a healthy life.
Approximately 20,100KG of maize has been harvested for families surviving on less than $1 per day within a country of food shortages.
June Progress:

We have collected 40 of the 50kg bags of maize, and each of the 8 beneficiaries from the 2022-2023 farming group have paid back their loans, which is brilliant.

They have also started making manure and preparing the land for next season.

We had a refresher training, where the beneficiaries were encouraged to keep some maize for food and to sell the surplus so that they're able to purchase farm inputs and resources. We have also encouraged them to continue to make manure for the coming season. The farmer who harvested the most at 28 bags was Genala Kalibwanji and the least at 15 bags was Daveson Muzithe.
Meet some of our 'Sustainable Family Farms' beneficiaries from 2022-2023
Joanna is 21 years old and previously lived at Tilinanu Orphanage.

She now lives with her grandmother in the rural village of Bowa.

Joanna was growing; maize, benas, cassava and sweet potato. Their crops are very successful this year and they're expecting the right amount of yield. This is due to the fact that they had good training and they tend to the gardens and their fields regularly, even though it is a 45 minute walk to their field.

Joanna and her grandmother keep their yield to eat and then store some seeds for the next harvest.
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?

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Love Specs @ festivals

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

We've had a very successful summer so far, with; Love Saves The Day, Gottwood, Glastonbury, Tonnau, Secret Garden Party, Camp Bestival, and we've still got; Wilderness, Boomtown, Shambala and Forwards to go!!

Thank you to all of the amazing, kind souls that have helped us spread awareness and share the love!

Gottwood Festival 2023

Photo credit: @khaliphotography
SNOWDON 6 FUNDRAISER

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!

SAT 9TH SEPTEMBER, 2023

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, or to find out how to sponsor our teams:
hello@lovesupportunite.org
SIGN UP TO SUPPORT

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

Could you spare £5, £10, £20 a month?

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