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 are thrilled to update you on the powerful partnership between Love Support Unite (LSU) and Africa Vision Malawi (AVM). LSU is dedicated to transforming communities in Malawi by addressing poverty, education, healthcare, and sustainable development. AVM shares the same vision, focusing on education, healthcare, and community development. Together, LSU and AVM amplify their impact, providing quality services and empowering individuals for a brighter future.

We support 32% of AVM's running costs and contribution to their projects.
The Cholera outbreak is still ongoing, affecting thousands across the region. Fuel, food, and transport cost increases have affected people all over the country. Due to fuel increase prices, we were unable to make 1 (out of 10) of our medical outreaches in April.

The after effects of Cyclone Freddy are still ongoing and continue to make life difficult for those in rural communities.
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 2098 patients in April.
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 9 out of the 10 Mobile Outreach Clinics during April. A total number of 2098 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
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

- 9 mobile outreach clinics provided in rural areas this month
- 9 antenatal clinics
- HIV tests, counselling and family planning provided
- Cervical Cancer Testing
- Malaria Prevention
- Bicycle Ambulance started up
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!

Because of 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 in childbirth**, these bicycle ambulances will help save many lives.

The bicycle Ambulances are helping in saving lives in the community and is one of the pillars of the Safe Motherhood Initiative.

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Total patients transported on a Bicycle Ambulance during April: **10**
Disability Outreach Clinic

This month the outreach clinic was at M’bang’ombe Clinic where only 4 people with disabilities attended. Out of the 4 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.
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.
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.
Education

- 3 Early Childhood Development Centres
- Overseeing the management of 30 Tilinanu Education scholarships support
- 2 College scholarships and 2 University placements
- 4 Orphan and Vulnerable Support
- 10 Secondary scholarships
Early Childhood Development

Statistics show that a large majority of first-grade students struggle with pronunciation and reading skills. This is often due to limited learning opportunities. In Malawi, over half of women above the age of 15 are illiterate, making it difficult for them to support their children's development. To address these challenges, we provide funding and resources for four nursery teachers, three centers, a full-time education manager, and materials for over 160 children daily. Our goal is to create a positive and educational experience for children, ensuring their developmental needs are met.
The table shows the attendance of learners across all centres for the month of April. Last month’s average was 764, this month’s average is 868, and it has increased with 104 representing 13.6% increase. We have included another column showing the difference between the average attendance of the month of March and April. There is an improvement in attendance of learners in most of the centres and according to the caregivers they say it is because of the porridge distributed in the morning.
Feeding Programme:

We received funds in the month March for a feeding programme in our ECD centres, but because the schools were closed at that time due to Cholera, we were not able to start the programme.

We purchased 1100 packs of vita-meal for 10 centres to be used for 2 months, starting in April when the schools reopened. Funding allows for Vitameal for 3 days per week only, and they have been given sheets to record the number of learners who have received porridge and the amount of flour used per day. The distribution was done on 13th April. Parents/guardians, children and caregivers were happy because of this development because they said it positively affects the attendance of learners.
LSU funds 4 teachers at: MKUNKHU, MTEZA, and CHIPWAILA.

Did you know that we also funds 32% of the costs for the 13 centres African Vision runs in Malawi?

Thanks to your help 868 children received ECD education this month.
Adult Literacy

We have 5 centres which provide English (Level 2) and Chichewa (Level 1) lessons, and we have 11 trained teachers and an average of 263 learners.

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:

AVM/LSU has been working with Mseteza and Mkhalapadzuwa Centres.

The attendance of beneficiaries was low and we were having the same beneficiaries each year. Through monitoring and impact analysis, we found that the centres have reached saturation point and it is because of this background that we conducted the programme evaluation and exit meetings for these centres.
£600 (GBP) provided every 3 months to feed babies whose mothers have died or are unable to feed them.

One of the young women that is on our education scholarship programme - Wezzie, is supporting Robyn and her team at Mphatso while she waits for her university place to begin in August.
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:

Distribution for all scholarship students went ahead on the 21st April, for the distribution of school materials and money for transport.

The 3rd term of 2023/2024 academic year started on 17th April and because of the delay with funds, the students were delayed for a week.

We met both AVM and Tilinanu students who stay within our catchment area.

The materials that were distributed were; exercise books, pens, toiletries, school shoes and transport to their various schools.

On the right; Glory
We feel it's important to report that Hellena, a previous student living at Tilinanu Orphanage, was involved in an accident while at school on 1st April. Our education manager received a call from the Head Teacher at midnight on the same day informing them about the accident. He said that the students went for an education visit in Zomba. The accident occurred due to the driver speeding. He failed to control the vehicle, which resulted in hitting a pole. Two students died on the spot and 8 students, including Hellena, were rushed to Zomba Central hospital.

We provided MK30,000 to Hellena’s sister (her registered guardian) to go to Zomba and see her. Hellana was injured on the hand and leg, and she was admitted for 4 days. While at the hospital we sent MK50,000 to help them with food and transport going back home.

When our education manager spoke with her on the day of the accident, she was traumatized and crying a lot. She was encouraged to stay positive and focus on the good. Currently, she is feeling much better. Her hand is still painful, but she has gone back to school. She is failing to write since her injury and she is trying to use her left hand. She is expected to write her government exams in June and we just hope that it will go well with her. We've written to the Deputy Headteacher and are hoping she will be able to receive a little extra time due to her injuries.
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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<th>SECONDARY SCHOOL</th>
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<td>£900 PER YEAR</td>
<td>£1200 PER YEAR</td>
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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 two festivals already; Love Saves The Day in Bristol and Gottwood festival in Holyhead.

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

Next up; Glastonbury and Tonnau Tropical Tea Party

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.
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!

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

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

SAT 9TH SEPTEMBER, 2023
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