August
2022
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

Farmers have harvested their fields and the farming report is now complete. Look out for it in your inbox this month!

MPHATSO NURSERY

We are excited to share that the Mphatso Nursery in the Kande area is currently being built!

SUPER STAR WEZZIE

This month Wezzie got straight A's at AS level - the gift of education is one no one can take away. She's worked so hard and truly deserves the world. We have been supporting Wezzie for many years and are so proud of her achievement.
Challenges...

One of the reasons for low attendance of students across schools in Malawi this month, is due to absenteeism of caregivers and cultural ceremonies. This is at an all time peak in the community at this time of year.

Malawi is still facing a huge cost of living crisis, made worse by the devaluation of the Kwacha by 50% - source: Times 360 Malawi.
We have reached 2101 patients in AUGUST.
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 August. A total number of 2101 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 to them.
HIV & Counselling

110 Patients

Malaria Testing

433 Rapid Malaria tests

Children under 5 immunisations

1088 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
Dental Project:

In August, we had a virtual meeting with Dentists in the UK. Our meeting was based on how we plan to run the project. Our target groups are learners from Standard 1, 2 and 3. (our equivalent of Year 1, 2 and 3). Health Education will be provided to the learners in the morning before the screening starts. We also discussed buying a generator to aid in sterilization of instruments.

Implementation of the project will be in October this year. The targeted primary schools include; Mkhukhu, Mteza, M’bang’ombe, Songwe and Chitedze. These are all schools we have worked with before except for Chitedze Primary School.
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 Chalsa.

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 Tilinamu 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; Chalsa (5 participants, all of them are women) and Mlumbwira (20 participants, 5 men and 15 are women).
Approximately 20,100KG of maize has been harvested for families surviving on less than $1 per day within a country of food shortages.
Our yearly 'Sustainable Family Farms Report' will be released in October. However, until then, meet some of our beneficiaries from 2021-2022
Anastaziya Mankhusu has benefited greatly since joining the Sustainable Family Farms Programme.

She said: "before joining the programme I previously harvested 150kgs of maize on 2 acres of land. This year has been far better!"

Cost of living increases are having a huge impact on farming in Malawi. Without the help of the Sustainable Family Farms Programme Anastaziya said she would not have been able to afford fertiliser for her land.

Anastaziya will not have surplus maize to sell this year. Herself and the 6 dependents within her household will need the whole harvest for food until the next growing season.
Joseph Ckikatuwa

HARVESTED 750KGS OF PRODUCE

Fortunately for Joseph and his family, he has a river very close to the land where he grows his maize.

He said: “if the river was not so close to us our crops would have suffered.”

Watering 3 acres of land by hand is an exhausting job, however with the lack of rain this year, families who were fortunate enough to have access to water were extremely grateful.

Since joining the Sustainable Family Farms Programme Joseph and his family are now eating 2 meals every day. Before the programme they were eating just one meal per 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:

Attendance:
The attendance of beneficiaries for the month of August dropped significantly. According to the teachers, this is because of cultural ceremonies occurring in the villages.

In the month of July, the average attendance was 175. In August it dropped to 99 students. A 44.4% decrease.
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
Adult Literacy: Next Steps...

- Report writing on feeding programme meetings
- Coordinating the purchase of materials for 3 toilets construction
- Meeting the DEM and Ministry of Hope (Stakeholder engagement meetings)
- Monitoring adult literacy and preparing for new classes in Chigonthi and/or new areas.
- Meeting the adult literacy graduates
- SWOT analysis – tertiary institutions
- Irish Embassy meeting and visit
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.

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).

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Education Updates:

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 Wezzi 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.
Secondary School

10 vulnerable students are supported through secondary school.

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

Our friend Wezzie is one of the kindest, loving and dedicated people we know. This summer she got straight A's at AS level - the gift of education is one no one can take away. She’s worked so hard and truly deserves the world.

In the UK where our education is free, it’s hard to imagine not being able to give your children even a basic education to set the foundations for life.
Wezzie's Results...

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<th>Centre Name</th>
<th>Series</th>
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<tr>
<td>THE LILONGWE ACADEMY INTERNATIONAL SCHOOL</td>
<td>JUNE 2022</td>
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**GCE AS & A LEVEL**

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<th>Result</th>
<th>Percentage Uniform mark</th>
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<tr>
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<td>Geography</td>
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<td>9990</td>
<td>Psychology</td>
<td>Advanced Subsidiary</td>
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<td>90%</td>
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</table>

This is an Electronic Statement of Results. Cambridge International Examinations reserves the right to amend the information on this statement. Results will be confirmed by the issue of certificate.
600GBP provided every 3 months to feed babies whose mothers have died or are unable to feed them

2835GBP raised for building new nursery centre at Kande Village is under construction

This centre will help educate children aged 2-5 years old in a preschool environment
Mphatso Nursery Build Updates...

We are excited to share that the Mphatso Nursery in the Kande area is currently being built!

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

We will continue to share regular updates and more progress pictures of the build.
Build in progress...
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 - a vocational training centre in M’bang’ombe. They all started the course on 25th July.

Well done girls, keep up the hard work! You are well on your way to becoming fantastic tailors! We are so proud!
We are looking for new sponsors to help support our Tilinanu education programme.

Can you or a group of friends and 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>
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<td>£42 PER MONTH</td>
<td>£75 PER MONTH</td>
<td>£100 PER MONTH</td>
<td>ANY AMOUNT</td>
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<td>£500 PER YEAR</td>
<td>£900 PER YEAR</td>
<td>£1200 PER YEAR</td>
<td>£5/£10/£15/£20</td>
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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 Specs!
Love Specs at Boomtown Ch.1:

We made: £2240!

A huge THANK YOU to our absolutely fabulous volunteers: Georgie, Cadi and Gaz
We made: £4350!

A huge THANK YOU to our absolutely amazing volunteers: Georgie, Laura, Cara and Phan
And a HUGE thank you to all of you lovely Shambalans that bought Specs and Shared the love!
CERTIFICATION

This certifies that LOVE SPECS has financed Plastic Positive collection to the stated amount in August 2022.

The cleanup is carried out by verified Empower partners in over 20 countries, tackling the plastic waste problem where it’s needed the most.

Sponsoring plastic waste cleanup of

2652,5 KG
PLASTIC CLEAN-UP CERTIFICATE

Cleanup Data
Period cleaned up: August 2022
Certificate amount: 2652.5 kg
Plastic cleaned up: PET bottles
Handling: Collection and delivery

Location
Cleanup location: Abuja, Nigeria

Activity

Local organisation Trash Monger
COLLECTION PROJECT

Abuja, Nigeria

Project information
Empower is developing a collaboration with waste recycler and social enterprise Trash Monger in Abuja, Nigeria, as part of an early stage pilot. The team at Trash Monger has quickly transitioned to use the Empower platform. Their collection comes from several sources, both extracting valuable plastic resources from landfills that would otherwise be lost and possibly damage the surroundings, as well as local streams and waterways that would otherwise damage the environment.

The team at Trash Monger during a cleanup event in the local community in Abuja

Partner organisation information
Trash Monger started as a community development project with focus on helping school children understanding the importance of climate change and waste management, but the project quickly evolved into an estate collection program and further into a waste processing business. Trash Monger’s mission is to fight both waste pollution and unemployment by setting up waste collection points in suburbs around Abuja, employing more than 50 local women and young adults who otherwise would have limited availability for an income for their livelihood. Funding through Empower’s Plastic Credits program will be used to scale up collection volumes and increase processing capacity.

Organization webpage: www.trashmonger.com.ng/

Activity: Daily collection around and delivery to the collection hub in Abuja

Types: PET bottles, HDPE etc.

Note: Information is subject to change according to local conditions.
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.'
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
LOVE AND THANKS TO OUR PARTNERS