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.
DENTAL OUTREACH PROGRAMME

This month marked the start of our recent Dental Project - working with African Vision Malawi. The targeted primary schools include; Mkhukhu, Mteza, M'bang'ombe, Songwe and Chitedze.

SUSTAINABLE FAMILY FARMS

SFF training session took place this month with 8 new Mlumbirwa beneficiaries.
Challenges...

Malawi is currently experiencing one of the worst Cholera outbreaks in recent 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.

Last month, four centres in our Mobile Outreach Clinics emphasised diarrhoea 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 Malawi
In Malawi, protesters and opposition supporters chanted and marched Thursday in the commercial capital, Blantyre, to protest the high cost of living and alleged corruption. The demonstrators presented a petition to the office of President Lazarus Chakwera.

Joshua Chisa Mbele, leader of Action Against Impunity, a network of civil rights organizations behind the protest, accused the government of mishandling money Malawi received to fight COVID-19, among other alleged transgressions.

-Origin: VOA News.
We have reached **2638** patients in **OCTOBER**
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 October. A total number of 2638 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

Malaria Testing

Children under 5 immunisations

137 Patients

492 Rapid Malaria tests

1022 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:

This month marked the start of our 'Dental Outreach Programme' working with African Vision Malawi - (held between 31st October - 4th November 2022). Updates on this project will be shared in our November report.

The targeted primary schools include; Mkhukhu, Mteza, M'bang'ombe, Songwe and Chitedze.

In October we conducted a briefing session for teachers in the participating schools. The headmaster and 2 teachers (who are under school health programme in the schools) and 12 teachers participated in the exercise. Activities included a review of the dental project and the dental triage. Our expectations from the teachers, for example preparations of the rooms in advance, assisting us to get consent from the parents, health education and assisting in controlling the children. They all did very well.
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).
SFF - Monthly Progress:

Beneficiaries have been preparing their gardens for growing crops.

They have applied manure, and some are still making ridges. These are last years 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.
Approximately 20,100KG of maize has been harvested for families surviving on less than $1 per day within a country of food shortages.
Sustainable Family Farms Training

SFF training sessions took place this month, with 8 new Mlumbirwa beneficiaries.

Well done to Green and Kondwani for leading the training.

A huge THANK YOU to ‘The Malawi Projects’ for paying all staff and fuel costs.
Training in session!
We educate communities on nutrition and permaculture using sustainable farming to create enterprise and food security.
Meet one of our 'Sustainable Family Farms' beneficiaries from 2021-2022...
Sopileti has experienced real difficulties with heavy rainfall and many of her seeds failing to germinate.

Sopileti said: "We have hope when we see our crops grow through the famine season, even though this year they were few."

She also stated that: “Although we have not harvested as much Maize as predicted, or as much as we had hoped for, we are still grateful that there is some food for the rest of the year.”

People have worked tirelessly in their fields throughout the growing season. This year has been tough for so many.
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 October has increased; with an additional 92 students from last month - this is since the opening of our new Chigonthi centre.

We have received positive feedback from the teachers on the new Chigothi centre, however we are yet to monitor this centre.

There are 142 total registered students - and according to the data that we have received this month, the average attendance is 89."

-Wezie Gwaluka (Education Manager)
"The Chigothi Chiefs including the Senior Chief asked for a meeting with the selected 'Adult Literacy' teachers before the beginning of the lessons at Chigothi centre. According to them they said the purpose of the meeting was to welcome the teachers, form the committee, explain their programme expectations and understand the expectations of the teachers and our office. There were 21 chiefs in attendance during this meeting, plus 2 teachers and myself (Wezie) representing the office. The committee was formed and it comprises of chiefs and other community members. Below is the list of committee members;

- Chair: Mr Davie Esau
- Vice chair: Chitheka Kawawa
- Secretary: Chisomo Kalonga
- Member: Esther Kasiya

The teachers explained that they are expecting consistency and good attendance of learners. They also said they were invited to meet with the chiefs before they start their work, which has motivated them since the chiefs are the key stakeholders in this programme. They promised to work hard and work with the committee." - 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 exams 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 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

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:

"During the meeting that I had with Jade on 14th October, we suggested that we should distribute relief items to 3 girls who have written form 4 exams and 2 who are at home. These girls are: Chinsinsi Dickson, Brenda Thawani, Linda Charles, Gloria Daniel and Dorica Chikwera. This is due to their difficult home situations, results in them needing food and some basic items urgently. We agreed to take 3 bags of maize from SFF yields and some items that we have already bought at the office for distribution in December - for example cooking oil, salt, bathing soap, sugar and washing soap."

-Wezie Gwaluka (Education Manager)
Did you know every pair of Love Specs sold cleans up 2.5KG of ocean-bound plastic?

Love Specs Christmas

If you're looking to do something different with your Christmas gifting this year then check out Love Specs' new 'Christmas Campaign' and #GiftAnEducation...
SHARE THE LOVE this Christmas and
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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
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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.

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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'.
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

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

Please donate via JustGiving or email hello@lsufoundation.co.uk for more information.
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