Impact Report

May 2022 - April 2023

Together we can empower communities

REGISTERED CHARITY NUMBER: 1162406
OUR VISION

The prevention or relief of poverty or financial hardship in Malawi, by providing or assisting in the provision of; education, training and healthcare projects to enable individuals to generate a sustainable income and become self-sufficient.
We continue to focus on our key projects...

Using a 360° model - 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.

We work alongside other NGO's within Malawi; African Vision Malawi, Mphatso and Butterfly Space.
An Overview 2022 - 2023

Love Support Unite Foundation has grown from strength to strength by collaborating with African Vision Malawi. Two dynamic grassroots charities, sharing resources, data, and expertise.

We empower 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 based around education, nutrition, enterprise and healthcare.
2022-23: Key Highlights:

- Medical - 10 mobile outreach clinics provided in rural areas monthly. Reaching 27,849 patients this year
- Early Childhood Development - 3 centres funded
- Adult Literacy - 43 graduates with an overall of 76% pass rate
- Sustainable Family Farms - 8 new families - 487 dependents
- Nutrition - Mphatso Baby Feeding Programme - 166 babies a month supported - approx 14,280 meals this year
- 2,800 trees have been planted in schools and communities since January 2023
- We support 1/3 of AVM Staff Costs that support 1000's people through diverse projects.
- Raised 22,858GBP in our annual fundraising walk
Malawi’s challenges...

- Cyclone Freddy is estimated to have caused production losses equivalent to $36.4 million, which translates to a real GDP loss of 0.5% for 2023. World Bank analysis has shown that without significant investments in climate adaptation, the impacts of climate change will lead to GDP losses of 3% to 9% in Malawi by the end of this decade (Worldbank).

- “More than 2.8 million people will face hunger in the coming months in the worst food crisis in a decade in Malawi, where a staggering 4 out of every 10 children suffer from stunting”. The United Nations World Food Programme (WFP).

- Inflation has remained high at 28.4% in July 2023. Food prices are increasing rapidly, reaching 39.3% year-on-year in July 2023, mainly driven by supply constraints.
In March 2023 we completed our annual trip to Malawi to visit beneficiaries and projects in Malawi.

We were in the country when Cyclone Freddy hit, which caused a huge disturbance. We were pleased that we could mobilise donations in a short space of time and distributed supplies through The Sparkle Foundation network in Malawi.

The Tilinanu Co-Operative was started, which enables more in depth support for the girls on the education programme.

It was amazing to touch base with most of the beneficiaries, and see how they are progressing.
With education there can be enterprise, nutrition, and health. 92% of teenagers and adults in Malawi didn’t complete secondary education.

The average school leaving age is 11 years old. With less than 1% achieving education after secondary school. 26% of children are engaged in child labour, varying from season to season, dropping out of school. (CIA World Factbook).

We believe education is the key to change and development - no matter your age. Our education programmes are available to all age groups.

Programmes:

- **Adult Literacy** - 5 centres - 11 teachers - English and Chichewa classes
- **Early Childhood Development** - 4 teachers - 3 centres
- **Infrastructure** - Completed the supported building of a new ECD centre in the Kande area and an Mphatso ECD centre.
- **University Grant** - we supported a college graduate to go to University and have committed to this for 3 years
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 those that 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 better life opportunities.

Enable girls to stay in schools by reducing dropouts, early marriages, early pregnancies and absenteeism of girls during their menstrual days.

Promote literacy levels among the elderly, and persons above the age of 18, that failed to get their education, by providing them with basic literacy lessons.
Education:

- Adult Literacy - 5 centres and 11 classes
- 3 Early Childhood Development Centres
- Overseeing the management of 32 Tilinanu Education scholarship support
- 2 College scholarships and 2 University placements
- Support of 4 orphans and vulnerable families
- 10 Secondary scholarships
Early Childhood Development

- Early Childhood Development - supporting the education of children aged 2-5 years old in a preschool environment.
- We help the children gain a basic education and improve concentration before they reach the primary level. This enables Standard One, (a child’s first year at school) not to be their first experience in a school setting, preventing learning delays and knock-on effects throughout life.
- LSU has provided funding for 2 preschool nursery blocks, and monthly, it provides 4 nursery teachers and a full-time education manager, as well as funding qualified preschool teachers to deliver training for these teachers.
- This year we have been able to fund a full-time education manager and 4 ECD teachers' monthly salaries.
- All operational costs and materials to 3 ECD centres serving 173 registered learners a week are supported and fully funded.
- We were previously able to fund two other centres, one in 2018 and another centre at Mteza in 2020. A brand new centre/preschool is currently being built with Mphatso in the Kande region (2022).
- We provided funding for the training of Rainbow Play qualified trainers that deliver Early Years education using limited resources in rural African areas. We trained over 76 teachers in 2019, working with Mphatso, Butterfly Space, and Ripple Africa. This has benefited over 3,000 learners since 2019.
Education Updates:

173 children in Early Childhood Development settings.

The attendance is still low compared to the overall enrolment as there has been no feeding programme. 'Mary's Meals', who usually provide a porridge meal a day to children, is unable to help in the area due to heavy rains and construction works being conducted in some of the centres, making it hard for children to access, with long walking distances and empty stomachs.

The centres opened again on the 28th March 2022 and we will continue monitoring the attendance, learning and teaching across all the centres.
Secondary School:

10 vulnerable students are supported through secondary school with African Vision

This year's secondary students are:

Helen Matanda, Chisomo Kwezekani, Hilda Nkhoma, Dambo Wyson Allan, Custen Goodwin, Thokozani Chilambula, Owen Lenard, Idah Thomson, Peter Shumba and Wyson Lyton.
WE CONTINUE TO FUND JULIET MANDA'S FOOD AND ACCOMMODATION AT THE MALAWI UNIVERSITY OF SCIENCE AND TECHNOLOGY. JULIET WAS AT TILINANU ORPHANAGE FOR MANY YEARS.
STEPPING STONES...

Working with Stepping Stones Malawi, we help support five children that they care for, and the head teachers' salary. We donate £400 regularly to fund this.
This is 8 year old Promise. He is one of the five children we support. Promise joined Stepping Stones in February 2021.

He is one of eight children. They were all orphaned when their father died in an accident and their mother died in childbirth when the youngest child was born.

The family have been split up and his aunt took him, his sister and baby brother.
3 PRIMARY AND 1 SECONDARY IN LILONGWE

3 SECONDARY IN THE KANDE AREA

4 SECONDARY PRIVATE SCHOOL

CHILDRENS EDUCATION SPONSORSHIP
ADULT LITERACY

5 CENTRES

43 GRADUATES

11 teachers, 10 classes
Many families can’t afford secondary school fees. Children end up dropping out in order to work and support their families, leaving the adult population over 20 years old unable to support their children’s learning. This leaves them with a lack of basic reading and writing skills and are therefore unable to read medical advice and run successful businesses.

LSU has helped provide funding to train 11 adult literacy teachers, and runs 5 centres for adults, teaching Chichewa and English. This will help to reduce illiteracy levels among adults ranging in age from 16-60 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 bank forms.
Statistics of adult literacy according to the National Statistics Office report - 14.2% of the adult population aged 16 and above are illiterate, which translates to 2.1 million people.

With African Vision Malawi we offer the adult literacy programme as one way of promoting lifelong learning opportunities.

We are working in 5 centres; Mkunkhu, Songwe, Mseteza, Chalasa and Mkhalapadzuwa.

This year we have had three main activities namely; impact assessment, teacher refresher training, a graduation and Programme Impact Assessment.

We found that 80% of our beneficiaries enrolled for the adult literacy programme to learn how to read, write and gain business skills.

70% of beneficiaries achieved their expectations.
March 2022

171 new participants attended lessons and successful meetings took place in both centres. People outlined their needs, expectations and fears. Common needs were; business skills, reading and writing.

The expectations were that by the end of lessons the learners will be empowered through the knowledge and skills they will acquire. For example, seven Chiefs said that “they do not know how to write and they believe after going through adult literacy lessons they will be able to do”.
Adult Literacy:

- 137 students sat their exams in December 2022. 76% passed.

- The graduation ceremony took place on 24th February 2023.

- 16 beneficiaries were then able to successfully run their businesses after education.

- Two new centres are soon to open in Mlumbwira and Sam’s Village.

- 36 people were able to send their children to school after discovering the importance of education through the programme.
The primary aim of the project is the promotion of Rugby as a sport amongst the local school children and teenagers in Lilongwe. We have a fully funded programme which pays for one full-time Project Manager and 10 Rugby Development Officers (RDOs). The RDO’s are involved in weekly training sessions at 20 different primary schools in Lilongwe, as well as training with junior and senior club teams in their respective areas. The LSU Rugby Project is one of the most successful Rugby development projects in Malawi. Run by Jack Mphande and Dan Hatch.
Medical

A life-saving service to those that need it most.

Through the provision of an ambulance - we provide free medical care to 10 rural areas, monthly.

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, and Covid prevention advice.

We offer dental outreach programmes and we respond to emergency appeals.
TOGETHER WE OFFERED HEALTH CARE AND TREATMENT TO:

105,405 PATIENTS

SINCE THE PROJECT STARTED IN 2016

THE MEDICAL OUTREACH HELPS THOSE THAT NEED SUPPORT THE MOST
236 learners had extractions through the dental programme

187 learners had treatment dental programme

994 total seen through the dental programme
Between March 2022 - March 2023, the Mobile Outreach Clinic was able to provide 27,849 outpatient services to people through the; Under 5 clinics, Family Planning service, HIV Counselling and Testing service, Antenatal and Malaria Rapid Diagnostic Testing.
March 2023 recorded the highest number of patients with an attendance of 3,516 clients. During this time of year, there are many Diarrhoea and Malaria cases. It is known as 'Lean Season', as food is scarce.

November 2023 recorded the second highest attendance rate with 2,644 clients, this was the month that the Mobile Outreach Clinics had resumed after being suspended for 3 months due to COVID-19.

December 2022 registered the lowest number of patients, when at this time of the year, food is available and there are less issues/illnesses.
The Flight Lieutenant Rakesh Chauhan Trust. This life-saving ambulance was collectively raised over a series of walking and hiking challenges, by an amazing group of people from all over the UK and then shipped to Malawi.

In loving memory of Rakesh Chauhan.

His love shines on.

This ambulance arrived in January 2021 and is used on over 10 medical outreach programmes a month in hard-to-reach rural areas, where people would otherwise have no medical support.
Over the past three years we have:

- Trained 11 Caregivers at Sparkle Malawi
- Trained 3 Caregivers at Children of Blessings, that in turn deliver the training weekly to over 100 mothers and babies suffering from disabilities.
- Trained 11 caregivers at Mphasto Children's Foundation
- Moving forward - funding of the Safe Motherhood Centre
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.
AVM, with the support of LSU, operates this programme in Lilongwe East, where it has four centres; 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 (seeds and natural soil fertilisers etc) are given to the target group as a loan paid back over two years. The first year they pay half of the loan back and the other year they finish paying the loan. It is a form of 'Paying It Forward' as the returned seeds/loan is then passed on to a new family/beneficiary.

It helps vulnerable families living on less than $1 per day, who have 6 or more dependants, including orphans or the elderly.

This programme aims to help these families become food secure, provide nutrition for their family, and provide surplus to sell as an income for school fees, mosquito nets, and essentials for a healthy life.
THIS PROGRAMME IS HELPING TO SUPPORT 487 DEPENDENTS THIS YEAR
WE NOW HAVE 230 FAMILIES ON SUSTAINABLE FAMILY FARMS
£1000 was provided to train farmers and plant seedlings which enabled the planting of **5000 trees**! This money also paid for the training of the staff at four different Tree Nurseries that we support in 4 different centres. This training was carried out by Kondwani and Green from the Africa Vision Malawi (AVM) team.

The planting of these 5000 trees took place over three days; Monday 10th, Tuesday 11th and Wednesday 12th January 2022. They will be shared between; 7 schools, 2 clinics and 2 rural communities. The community trees will go directly into the villages and be monitored by the community, local-based Coordinators and the AVM team.

The schools receiving seedlings are: Chibwata Primary - 500 seedlings, Mundundu - 250 seedlings, Chimbal - 500 seedlings, M’khalapadzuwa - 500 seedlings, Songwe - 250 seedlings, Bowa - 250 seedlings, Chitukula and CDSS - 700 seedlings.

The M’bang’ombe Clinic and Ngoni received 250 seedlings each, and communities Songwe - M’lumbwira Centre and Chalasa – Chalasa Centre 700 each.

The benefits of these trees for each of the centres, communities and schools are to provide better **food, shade and to improve soil quality in rural areas.**
CYCLONE RELIEF

Tropical Cyclone Freddy hit Malawi, Madagascar and Mozambique in mid-March 2023. Over 1216 people died in Malawi as over 600 were confirmed dead and 538 were missing, presumably washed away in the high waters and floods. Our founder Alice, and Dominique (part of the UK team), were in Malawi at the time and launched an Emergency Relief Fund for those affected. Within 48hrs we had raised over £1500, which meant we were able to provide; blankets, soap, female hygiene products, water, cooking oil, sugar, oats, salt and other essential items for displaced persons. The Sparkle Foundation were doing an incredible job on the ground in Zomba - 2hrs south of where we were. We teamed up with them to distribute these items so that they got to the most vulnerable people.
CYCLONE RELIEF

Amongst those affected in the southern regions, were two of the Tilinanu girls’ guardians.

Glory and Donata’s guardians had their homes badly affected. One house washed away entirely during the Cyclone and the floods that came with it.

A well wisher friend of LSU’s donated an extra £1000 and we were able to help rebuild their homes with this money.

The two eldest girls from Tilinanu, that have both graduated university - Gift and Fan helped with the organisation of this and monitored the build independently.

Well done and thank you to the girls.
In October 2019, Love Support Unite began working with Mphatso nurseries and training their nursery teachers.

Seeing first hand the life-saving work that they do, we wanted to help support them in their mission.

"Feeding the Children, Growing the Community, Impacting the Future".

This has been the key message of Mphatso Children's Foundation for many years because they believe that it is the way to bring about slow, positive change to the communities.

Mphatso feed over 800 children each school day throughout their 13 nursery school programmes.
The Baby Feeding Programme is for those that are seeking help because the mothers have either died, or are too unwell to feed their babies. Hospitals and doctors are referring carers to Mphatso for life-saving baby formula as they cannot afford to give it themselves. Many babies' lives have been saved because of this programme.

They support these babies by routinely weighing and supplying baby formula, and then as they progress - maize porridge.

We provide funding for their feeding programme.

This year we have provided funding for: 14,280 babies meals
WE HELP MPHATSO WITH FUNDING FOR LIFE-SAVING FORMULA

SUPPORTING 50-70 BABIES PER MONTH

PROVIDED 14,280 BABIES MEALS
2835 GBP raised for building a new nursery centre at Kande Village. This is now complete.

This new centre is used to educate children aged 2-5 years old in a preschool environment.
32 vulnerable girls of Tilinanu are now funded through school; 14 in primary, 10 in secondary, 3 girls at college, 1 at university, and 1 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 CO-OPERATIVE

Introduced in April 2023. Our eldest girls from Tilinanu Orphanage manage this. Gift who is now in full time work after graduating, and Fanny who is in her second year of university.

The aim of this project is to help the girls help themselves as a community. When Tilinanu closed we lost a lot of autonomy with the girls as we were only supporting them through their studies. Through the co-operative we can further assist the girls with a variety of things, advice, counselling, support for siblings, business loans etc.
Love Support Unite has covered all administration tasks and costs for Tilinanu.

From December 31st 2020, the Tilinanu Girls have all been reintegrated back into their communities.

The Malawian Government gave notice that children under the age of 18 and who are living in an institutional setting should be reintegrated. The government feels that children are better placed in a local environment with their extended family.

The girls' homes were either in a desperate condition, or far from any schools.

The advice from Social Welfare has been that we should support the girls to the end of secondary school.

They advised local level boarding school as many girls could not return to their villages. They also advised us this should be done through a partner organisation, with experience handling scholarship places for children nationwide.

As many children as possible will be educated in their birth district.

We work with African Vision Malawi to deliver this as they have had 14 years of experience.

WE ARE LOOKING FOR MORE EDUCATION DONORS ASAP
Programme funding

- Mphasto babies: 2.7%
- Vulnerable Family Support: 2.0%
- Crisis appeals: 1.0%
- Medical Outreach: 11.7%
- Malawi staff and operations: 10.8%
- Tree Planting: 2.3%
- Sustainable Family Project: 13.2%
- Early Childhood Development: 3.7%
- Adult Literacy: 6.5%
- Education placements: 12.9%
- Secondary School: 1.3%
- Vocational Training: 1.0%
- Tilinanu Education: 30.9%
Moving Forward

- Strengthening partnerships with like-minded organisations that are striving for sustainable change in Malawi. We couldn't have facilitated all that we have without African Vision Malawi in Malawi, and the UK, the Malawi Projects in Ireland, and all our major and monthly donors all over the world. Thank you so much to all of you.

- Attending more events with Love Specs.

Expanding the Medical Programme to include the Dental Outreach Programme, which is desperately needed.

- Adding Mother and Infant Health to the medical programme.
CAN YOU HELP US REACH OUR FUNDRAISING GOALS?

TARGETS:

- INCREASE MONTHLY DIRECT DEBITS - TO ENSURE SUSTAINABILITY
- EMERGENCY SUPPORT - £5,000
- MEDICAL OUTREACH PROJECTS - £14,000
- EARLY CHILDHOOD DEVELOPMENT AND ADULT LITERACY - £15,000
- MPHASTO BABY FEEDING PROGRAMME - £6,000
- 10 SPONSORS FOR TILINANU SECONDARY STUDENTS - £10,000
- 10 PRIMARY SCHOOL SPONSORS - £5,000
- 10 VOCATIONAL PLACES AT THE AFRICA VISION VOCATIONAL VILLAGE - £10,000
- MALAWI STAFF OPERATIONAL COSTS - £14,000
Our amazing partners at The Malawi Projects fund all staff and admin costs in Malawi. This means that their donations go so far. Take a look at what they do...

Their support helps to fund the Medical Outreach Programme, saving thousands of lives. They also fund Emma - the Medical manager - her wages, the health officials allowances, the fuel, and all medication.

They pay the allowances for 11 adult literacy teachers, 4 nursery teachers, the fuel to monitor schools, our full time education manager, equipment and 4 vulnerable children's secondary students school fees. They also pay for a full time education manager to help the Tilinanu girls, monitor them and ensure school fees are paid.
Their support enables us to respond to emergency appeals and reach those who desperately need help.

They fund a full time sustainable farming and tree planting manager, helping train families, monitor tree planting and provide permaculture in schools.

They support four vulnerable families with Maize, Soya and Oil.

They enable LSU to operate by funding the administration, vehicle costs, maintenance and fuel, help with office costs of security, power, printing, drivers, phone credit, lunches, help pay the accountant and director to manage programmes effectively.

Without them we wouldn't be able to help as many people as we do.
Love Support Unite believes in charities working together, opening their doors, sharing resources, and ultimately ensuring funding goes to those who need it most. We have been working with African Vision Malawi for several years now, as we have the same ethos and synergies to create lasting change.

In 2018 AVM offered us office space for free in their rammed earth building in Lilongwe. Since then we have collaborated on school buildings and projects, primarily at Mkunkhu school and Songwe school.

Together we are more.

Since 2020, our core programmes; Adult Literacy, Sustainable Farming, ECD and Medical Outreach have been implemented through African Vision Malawi. This saves valuable funds helping more people, it ensures programmes are stronger and more lives change for the better.

Any help, support or funding you are able to give this year means the impact will be even greater.

We are truly grateful for the partnership.
In September 2021 we had huge success with our fundraiser of the year, 'Walking the width of Lake Malawi'. Its aim was to raise funds for our charity Love Support Unite Africa Foundation and for Tilinanu Education Scholarships based in Malawi.

Our walk/scramble and hike took place over two days, with our team walking approximately 24 miles each day of the beautiful Anglesey Coastal Path. This equated to over 9 hours of walking each day. This is nothing in comparison to the lengths Malawians consistently walk, but was a huge challenge for us nonetheless!

We had over 20 participants sign up and raised a whopping £22,858.

£10,000 was donated to Tilinanu Education Scholarships and £10,000+ was donated to projects for Love Support Unite working alongside African Vision.
Junkyard Golf Club (JYGC), our incredible fundraising partners do annual fundraising for LOVE SUPPORT UNITE by selling Love Specs across the country at their venues.

Junkyard aim to host a fundraising event each year for us to help with a specific project.

We work together with Love Specs at Festivals, Junkyard help to pay festival costs, fuel, decor and staffing. They even loan us a van for the season!

We are grateful for these fundraising partners as they transition with us on our journey and goals.
Love Specs is owned by Love Support Unite. It is the fundraising arm of the charity, selling heart diffraction sunglasses and 'sharing the love'.

We began getting involved with events and the festival season in early 2022, helping raise funds and spread awareness for the charity.

£20,996.57 was raised between March 2021-22

By purchasing a pair of Love Specs, you are supporting LSU and our ongoing projects.
Heartfelt love and thanks for all your ongoing support.

Without YOU these lives wouldn’t be changing!