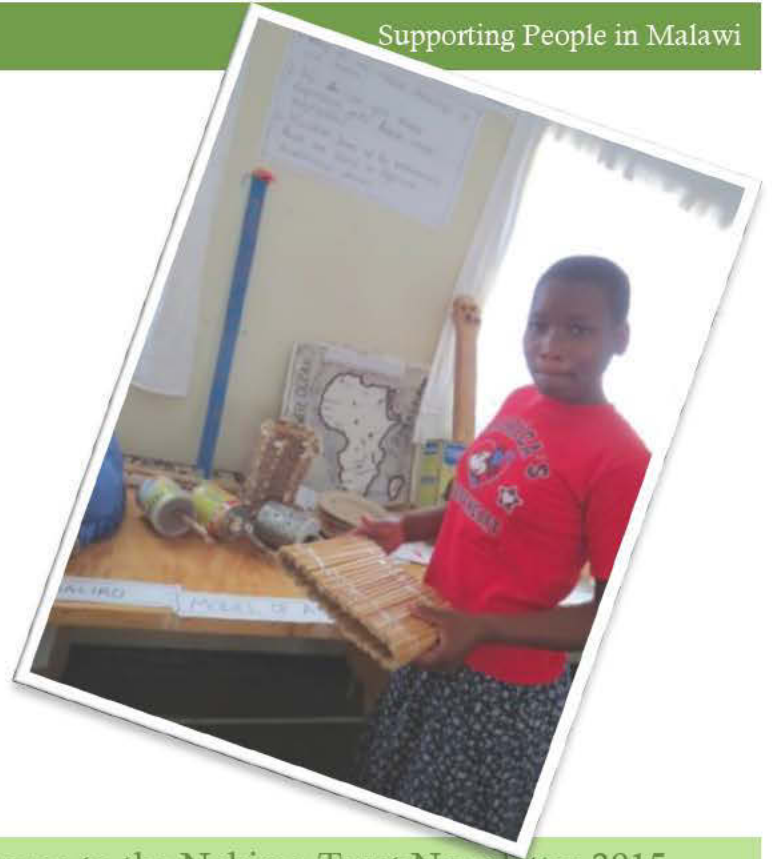




THE NCHIMA TRUST

*A Source of help for
the people of Malawi*



Sound bites

Welcome to the Nchima Trust Newsletter 2015

Nchima Trust Pronounced 'Encheema', the Trust was founded in 1962 by the Gardiner family.

Principal activities Community projects and education

Beneficiaries Malawians who have no other means to meet the specified goals.

Regulatory oversight The Charity Commission for England and Wales
<https://www.gov.uk/government/organisations/charity-commission>

Malawi A landlocked country
The warm heart of Africa famed for its lake, landscape and friendly people.

First of all, season's greetings and very many thanks to the volunteers and donors for their continued and unflinching support.

It has been a difficult time for many in Malawi. Parts of the country were very badly affected by severe flooding during the rainy season, with consequent damage to schools, homes, roads and the newly planted maize fields. The knock-on effect is that staple foods are in short supply and extremely expensive.

The economic environment continues to pose severe challenges. According to a recent World Bank GDP per capita valuation, Malawi is now the poorest country in the world. It remains heavily dependent upon outside help; 40% of its budget is made up from international aid. Inflation is running at between 20 and 30% and fees for some educational institutions have risen by over 100% in the past year or so. The work of the Trust has never been more important or better appreciated by its beneficiaries.

The Malawi Committee

The vast majority of the Trust's activity is supervised and very carefully monitored by a local committee of three tireless volunteers. Without their extraordinary enthusiasm and generosity, the Trust would be unable to function so effectively. The local committee is supported by several Nchima alumni and friends

Education

The Trust remains heavily focused on education. Beneficiaries are selected by the Malawi Committee based upon a number of criteria including need, potential and the degree to which they are key to their communities. All are means tested and are unlikely to be able to continue their education without the support of the Trust. Around 1 in 8 Malawian children and adolescents are orphans, many as a result of the AIDS epidemic. Orphans are frequently cared for by grandparents or other relations who do not have the means to support them beyond primary school age. As a result, many talented young people are denied the opportunity of further education or training and instead rely on unskilled jobs or subsistence farming in order to feed themselves and their families. The Trust is proud to offer an opportunity for some to reach their true potential.

As the social demographic in Malawi changes, the Trust has shifted its emphasis away from tertiary education in favour of secondary school education and vocational training programs; both the board and local committee feel that these groups of aspiring students are least able to access the necessary funding. The Trust strongly encourages applications in support of girls and young women.

Currently we support 126 secondary school students across 11 institutions and 65 tertiary and vocational students whose courses include nursing, engineering, land management, medicine, hair dressing, building, environmental science and carpentry.



A NT student from DAPP Teachers Training College posted as a teacher of Masibu primary school.



A new alliance

A German charity called (Passofundo) Studienforderung (SF) has recently formalized collaboration with the Nchima Trust through which it deploys some of their charitable income. This significantly increases the capacity of the Trust to support educational activities in Malawi. Three representatives from SF recently visited Malawi to meet some of the beneficiaries, officials and teachers at the college of Medicine and Polytechnic of Malawi. We are very pleased to be working with SF and welcome their ideas and enthusiasm for assisting Malawians

Community Projects

Mangame Community Based Organisation (CBO). The Trust has recently sponsored the building of a community center in a poor area in Southern Malawi. The project includes a hall, a public toilet and a sports area.

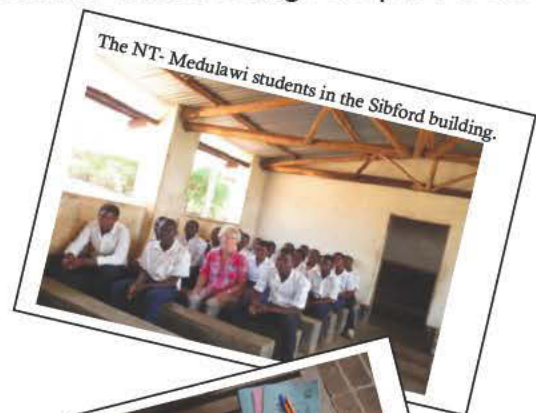


Watching the netball game of the CBO ladies

The hall is used for an adult literacy programme (supported by the district development office and a qualified teacher funded by government,) a nursery group, and youth activities. It will also be a centre for coordination of orphan care and may be used as a hub for home care directed at the elderly and terminally ill. To ensure sustainability, when not in use by the community, the space will be available for private or commercial meetings as part of an income generation plan.

School buildings

Through the longstanding generosity of Sibford School, the Trust has for 6 years been supporting a community secondary school in Nthambanyama (near Thyolo). The school actively facilitates retention of girls in secondary education. Most recently, the project saw the completion of a kitchen and dining area. This was built to facilitate a supplementary feeding program which aims to encourage attendance at school during the public examination period. Further modifications are planned to facilitate additional use of the building as a classroom. In addition, the girls' toilet block has been expanded and modernized to make it easier for adolescent girls to remain at school throughout their monthly cycle.



School term parcel for NT – Medulawi students

The Luwafwa project (Near Mzuzu) was partially funded by Nchima donors and includes a community centre, church and a school. The final phase was the installation of a rain water collection system.



Here Wambale (Project Coordinator) is looking into the new rainwater tank which is being constructed below the centre. This is then piped down to the school and kitchen area.

Flood relief

In response to the devastating floods in parts of Malawi this year, the Trust responded by provision of emergency food reserves, as well maize seed and fertilizer, to a very badly affected village in the Ruo Basin. The goods were delivered by members of the local committee and distributed by the local priest. The project was visited by a Board member in October who reported that some families are still living in tents or temporary shelters built of sticks and mud. As far as we are aware, the Nchima Trust and Friends of Malawi Association (FOMA), a closely related donor group, are the only sources of external support operating in the area.



Food aid from NT-FOMA

The UK Committee

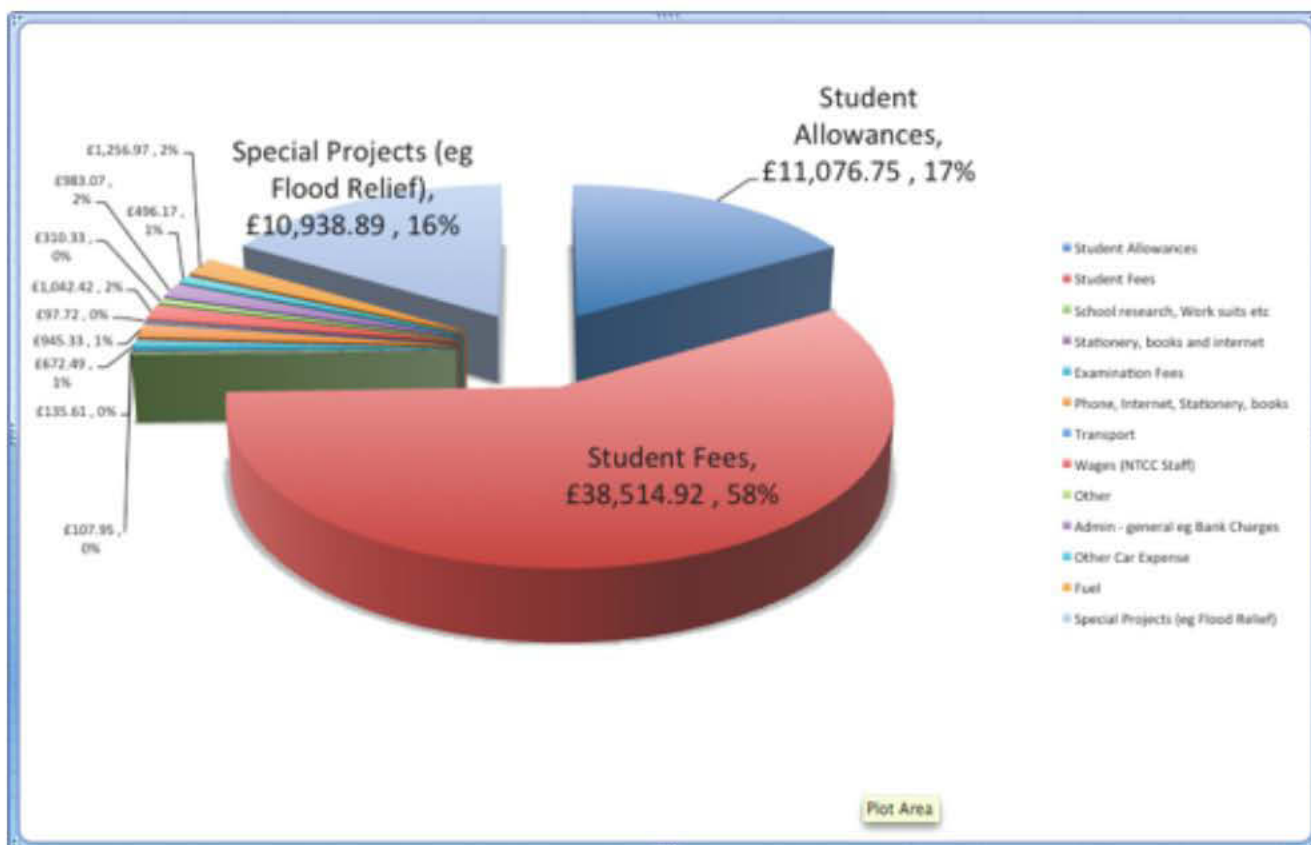
The Trustees and Board are based in the UK and meet quarterly to discuss strategy and investment, and to provide governance oversight of the funds available to the Trust. All have lived and/or worked in Malawi at some time in the past and remain in regular contact with friends and family living there.

Where the money goes

Changes to the pattern of expenditure next year will reflect a decision by the board to abolish student allowances and accommodation payments. This decision was taken to ensure that NT beneficiaries were not perceived to be unduly privileged compared to students without sponsorship. It also allows us to sponsor a greater number of students.

Sadly, and after very careful consideration, the board has decided to cease support for the Thyolo Community Centre, including the paper making workshop and maize garden. Despite considerable effort and investment, the project failed to become self-sustaining and was plagued with a security issues. The land and buildings were handed back to Nchima Estate in July 2015 with clear arrangements for ongoing support and opportunities for the staff and their dependents.

We, like most charities, aim to minimize our administrative costs and maximize disburseable expenditure. The charity benchmark is a 14% overhead and NT is well below this at less than 9%.



An old friend retires

Rosalind Richards, past chairman and an active board member for over 25 years, has been forced to retire her position through progressive ill health. The board, committees and alumni owe her a great deal for her unending enthusiasm and passionate involvement in the Trusts work. We wish her and her family much gratitude and very best wishes.

Ennipher comes from a remote village in the Thyolo district. She has recently graduated from the Polytechnic of Malawi in Blantyre with a degree in social studies.

Ennipher first came to our attention when she was effectively orphaned and relied upon her grandmother to care for her as a young teenager. Like many children of her age, this is not an unusual occurrence, with an estimated 8% of Malawian children orphaned or equivalent in similar circumstances.

Her grandmother was unable to pay for Ennipher's secondary school fees and it appeared almost inevitable that without support from elsewhere, she would have to leave school. However, being a bright and diligent student, she was brought to our attention and NT provided the necessary support.

Having taken her Malawi Certificate of Education exams (A' levels), Ennipher left school and returned to her village, without really knowing what the future held.

During this time, she was with some friends relaxing and listening to the radio when she heard an announcement listing those who had been awarded places at various further educational establishments. In amongst this list was Ennipher's name; she had been accepted to attend Blantyre Polytechnic.

Relying on this information alone – there will have been no newspapers or internet access to confirm the news – Ennipher put on her very best dress and walked for a day and a half from her village to the Nchima Trust Community Centre in Thyolo where she hoped to find someone to talk to about sponsorship through Polytechnic.

Ennipher's Story

Ennipher is a young lady who has benefitted from NT support both through secondary school and subsequently through Polytechnic

Fortunately an NT volunteer was there and, after appropriate assessment, support was agreed.

Ennipher made her way to Blantyre to start her first term at Polytechnic She had never been there and it would have been a daunting prospect for her.

However, NT found her some mentors, previous beneficiaries at the Polytechnic who "knew the ropes". They provided her with both academic and social support, as well as some modern clothing and shoes to add to her traditional dresses (chitenje or wrap arounds).

She worked hard and, having graduated, will no doubt go on to make a contribution to Malawian society. The support of NT and its donors has been critical in changing Ennifer's life.



Ennipher at Polytechnic

Biographies of some of the students recently sponsored through secondary school

Vitta Lita – He is 14 years old and is in form one. He lives with his grandmother who took him in when he was young. They survive through farming. He has 3 siblings younger than him. He would like to be a doctor after finishing school.

Chikondi Thomson – He is 17 years old and is in form 1. He lives with his granny. Both parents died. They survive on the farming that his granny does although he helps out during the holidays. He would like to work as a steward at the airport. He has 1 sibling

Davie Tebulo – He is 16 years old and in form one. He lives with his mum. His dad died a long time ago. The mother sells food stuff e.g. tomatoes, potatoes in order for them to survive. She does not make enough to pay for school fees or to feed him and his 3 siblings. He would like to be a nurse.

Jessie Ngalande – She is 14 years old and is in form 2. Her fees were being paid by her mum's friend but after she moved away she stopped paying. Jessie lives with her mum and 6 siblings. She has no contact with her father. When they have no bananas to sell, they survive on handouts from well-wishers. She would like to be a nurse

Cedric Scissors – He is 18 years old and is in form two. He lives with his granny. In order for him to start form one he had to beg for money for his school fees since his granny could not afford to pay. He has 4 siblings. His mum is alive but he has never known his father. He would like to be an agriculturist after finishing school.

New ventures for 2016

Plans for the coming year include a project to introduce solar power at a community level. The technology is becoming progressively affordable, and the search for an alternative to wood fuel increasingly urgent. Dissemination of solar power should help alleviate the considerable pressure on trees, the time taken in collecting firewood and the threat of soil erosion that arises from deforestation. Provided that small community based systems can be revenue driven, it seems likely that will become self-sustaining. The Trust is actively seeking trial sites for model systems.

Working with another charity which supports transition of young people from orphanages to independent living (Green Malata Village in Luchenza, Southern Malawi), the Trust is hoping to pilot a novel approach to agricultural small holdings in Malawi. Shumei is a form of natural agriculture which promotes self-seed harvesting, organic techniques and soil enrichment. Frank Mkumba, one of our Malawi Committee members, has been to visit a successful Shumei cooperative in Zambia which was established in 2005. The current challenge lies in identifying an appropriate plot of land.

Medulawi, a Dutch charity with whom we continue to enjoy a healthy and active working relationship, has started a project at St Georges Secondary School (West Chileka) which focuses on a locally appropriate mechanism for the production of sanitary towels. Global and local experience indicates that many adolescent girls abstain from school for several days each month because schools often lack the necessary privacy and sanitary facilities. As a consequence, many such girls fall behind with their studies and drop out of school, particularly in poorer areas. The project focusses on teaching these girls to identify and source materials which they use to make sanitary towels.

A LETTER OF APPRECIATION

I write to express my sincere heart felt gratitude and appreciation to you and to the entire board of Nchima Trust for the wonderful hand that you rendered to me in my academic journey.

I lost my father when I was very young and then my mam in the year 2011 on the 22nd of August when I was in my first year and first semester of my school. She was the only person providing for my school fees and everything else. After she passed on, I lost my hope of finishing my school and I could see myself going back home and stay there doing nothing. It was hard for me because by then in my first semester, I had a very big balance that needed to be settled otherwise I was not to be allowed to continue with my classes. I even started experiencing hardships with money to sustain myself and even a place to stay since my source of help was gone. Everything was just so hard for me. I could see my dreams being shut down. School became hard for me, I could not even concentrate in class, and things which were simple for me became so hard for me that even affected my performance in class.

Then a friend of mine told me about Nchima Trust. I did not waste time but applied to this and many other trusts; thank God for Nchima Trust which responded and came to my rescue at a point I was about to give up my dreams of becoming a Medical Rehabilitation Technician. I felt like I was dreaming when Mrs. Phillips came at my school to pay for my school fees. I fell on my feeble knees and thanked God for Nchima Trust. I know am not the only beneficiary for Nchima Trust, I know you are making dreams for many to come true, and am one of those. My performance at school changed since then and so much changed for me and within me too. The help you offered to me helped me both in my academic journey and mentally too. Words cannot express how thankful I am to the entire board of Nchima Trust.

I have also volunteered my holiday times in different hospitals since my second year as follows; Queens Hospital Physiotherapy Department, Zomba Central Hospital Physiotherapy Department, Beit Cure Hospital Malawi Physiotherapy Department. That was the only way I thought I could pay back for the help you gave me. Through this, I have gained a lot. All this was made possible by the help I was given by Nchima Trust.

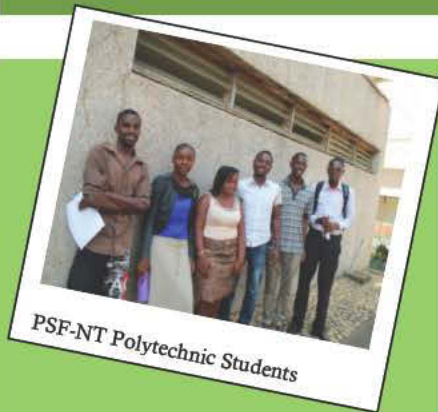
Thanks to Mrs. Jane Phillips for the pieces of advice she has always been giving me and the visits she has been paying me and for her time in so many ways. She has been a mam to me. May the good Lord keep on blessing you always. I pray for your good health and for the health of the entire board of Nchima Trust.

Once I have obtained a Medical Rehabilitation diploma qualification, I plan later on obtain a degree, a master's degree and a Ph.D. in Occupational therapy.

It is my honor to inform you also that was offered a job in Lilongwe Malawi at Children of Blessings rehabilitation where I first reported for duties on the 1st of June, 2014, all this made possible by Nchima Trust.

I therefore, express my heart felt gratitude and appreciation to you and the entire board of Nchima Trust for the wonderful help you have been offering to me during my whole academic. May the good Lord bless The Nchima Trust and the entire board of members so that you continue working in so many people's lives like me. I am so glad that I was able to become a Medical Rehabilitation Technician, a product of Nchima Trust.

Yours faithfully
Harry Morris Nanthambwe.



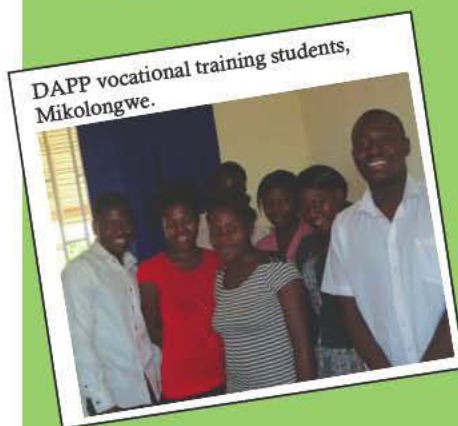
PSF-NT Polytechnic Students

Malawi Committee Members

- Rosena Kazembe
- Frank Mkumba
- Prof Robin Broadhead

Trustees:

- Sharifin Gardiner
- Konrad Legg (Finance)
- Pippa Hayes
- Dr Matthew Scarborough
- Jeannette Heikens
- Josie Quinn
(Secretary/Treasurer)
- Alastair Scarborough
(Chair)

DAPP vocational training students,
Mikolongwe.

How to help

Please pass on this news letter to friends and family
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You can donate by

1. **electronic transfer (internet banking)**
2. **cheque or**
3. **Credit Card or PayPal through the Nchima Trust Website (Credit Card option is available at the bottom left of the PayPal page to which you will be directed.)**

By ELECTRONIC TRANSFER (Internet Banking):

From the UK - Transfer to The Nchima Trust:

Sort Code 30-98-63 and Account Number 00 89 89 88

International Banking Details:

BIC/SWIFT: LOYDGB21332, IBAN:- GB98 Loyd 3098 6300 8989 88

By CHEQUE:

Send cheques made out to **The Nchima Trust** to:

Mrs Josie Quinn (Honorary Secretary)

3 Close House Cottages

Knock

Appleby-in-Westmorland

Cumbria CA16 6DL

Tel: 44 (0)1768 362 380

Email: adminuk@nchimatrust.org

For UK taxpayers, please don't forget to fill out a gift aid form:

www.nchimatrust.org/charity/Home/GiftAidForm/tabid/82/Default.aspx

We all need angels.... sometimes

Geoffrey Manda July 2014

Geoffrey Manda is a medical student funded through the Nchima Trust. His clinical studies are based primarily at Queen Elisabeth Central Hospital in Malawi, the hospital where he was born. During his training, he was given the opportunity to travel to the UK to spend an elective period at Warwick University School of Medicine. During his trip to the UK, we caught up with him.

Tell us a little about your background Geoffrey:

'I'm the third born of a four children – I have two brothers and one sister. Our parents separated when I was 4 years old so my Mum had to raise us almost entirely alone. She's the best Mum anybody could ever hope for and I can't thank her enough for what she's done for us. I heard that my father died around the millennium; I didn't really know him but it's sad that we couldn't even attend his funeral.'



Geoffrey (boy in a red medal) after doing well at primary school zonal mock examination at south Lunzu secondary school

Can you describe your journey to medical school?

'In Malawi, primary education is free but, after I was selected to go on to secondary school, things got really tough for my mother. She worked tirelessly through a series of small business ventures so that, with God's help, she was able to provide for us. In eight of the twelve terms I spent at Mulosa Secondary School in Zomba, I was excluded for part of the time because of late payment of fees. Despite these disruptions, I remained energetic and enthusiastic and turned out to be one of the top performers in both the Malawi Certificate of Education and University entrance examinations. As a result I was selected to study at the College of Medicine in Malawi.'

When did you become involved with the Nchima Trust?

'We really struggled to find fees at the start of my University course so when I heard of the Nchima Trust I decided to apply. It was like an angel coming to our rescue: my grades greatly improved after the Trust started supporting me, to the extent that I was selected for elective studies in the University of Warwick in the UK. The scholarship covered air tickets, accommodation and living expenses – and that's how I ended up here today.'

First impressions of life and medicine in the UK?

'We boarded Ethiopian airways on the 12th of July 2014 and arrived at Heathrow airport in the United Kingdom the following day. A driver was there to meet us and take us to the University campus where we were shown to our accommodation and given some spending money. From the very next day, it's been work throughout. Medicine in the UK is quite different from Malawi. Some issues are obvious: for example, both physical and human resources are limited in Malawi so it was good to get a glimpse of how it's all done when lack of resources is not such an issue. It was quite interesting to see how the transport system is organised in the UK, and the trip has highlighted several other areas which we could improve upon in Malawi as a whole, not necessarily restricted to medicine.'



Geoffrey Manda outside the Ashmolean museum in Oxford, United Kingdom

Did you manage to travel elsewhere in the UK?

'The highlight of my trip was a tour organised for us to Oxford. It's a city full of history and culture. The Ashmolean Museum in particular held an enormous number of things on which to feast my mind and be intrigued. I would have loved to visit London with all its great sites but time was not on my side as I had only two free weekends. Maybe I'll be lucky enough to see it another time.....'

Thank you for your story Geoffrey.

'Thank you Nchima Trust – none of this would have been possible without your support. I think it shows that we all have the potential to achieve great heights if we can find ways of sharing some of our burden. For this reason I hope that my story is reassuring to the members, donors and trustees of the Nchima Trust that the support offered really goes a very long way in helping others.'

And advice to other young Malawians?

'Tomorrow belongs to those who prepare for it today - in other words, the future that anyone desires can only be achieved by what we do with the present, (but we all need angels...sometimes.)'