



## THE NCHIMA TRUST

*A Source of help for  
the people of Malawi*



Godfrey Amos is a 4<sup>th</sup> year BSC student, taking Medical Laboratory Sciences at the College of Medicine, Blantyre, Malawi. He has passed his end of semester one examinations and wanted to thank the Nchima Trust for the support the Trust has given him.

"Thank you, and may the good Lord bless the Nchima Trust board."

*Students from Bunda College:  
(From left to right) Horace Saiwala, Tadala Benard, Steria Gama, Foster Khofi*

The team welcomes James Kambwiri as a volunteer on the local NT committee.

## Sound bites

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 <a href="https://www.gov.uk/government/organizations/charity-commission">https://www.gov.uk/government/organizations/charity-commission</a>
Malawi The warm heart of Africa	A landlocked country famed for its lake, landscape and friendly people.

Spring has sprung in UK and we would like to take this opportunity to offer many thanks to the volunteers and donors for their continued and unfailing support.

Nchima Trust is proud of the people it supports and is regularly rewarded by the progress its students make. Dr. Jerome Zanani Nkambule writes:  
I just wanted to let you know that I am now in Cape Town doing nuclear medicine at Stellenbosch University. I am one of the beneficiaries of the support from Nchima Trust whilst I was doing undergraduate medical studies at the College of Medicine in Malawi from 2004 to 2008. Thank you so much for the support and hope we keep in touch.  
*Tygerberg Hospital, Cape Town, South Africa*

## The Malawi Committee

committee of three tireless volunteers. Without their extraordinary enthusiasm and generosity, the Trust would be unable to function so effectively. Several Nchima alumni and friends of Nchima whose input is greatly appreciated support the local committee.

# 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.

Nchima Trust currently supports 47 Tertiary level students, which they fund entirely, along with an additional 4 who are funded jointly with Passofundo. (51)

Nchima Trust administers a further 26 Tertiary level students for Passofundo and Medulawi. (26)

Nchima Trust funds 112 secondary school students plus a further 4; who are funded by donations specifically for secondary school students. (116)

An additional 58 secondary school students are administered on behalf of Medulawi. (58)

**51+26+116+58 = 251 students supported through Nchima Trust.**

Well done, Josie Quinn for your administration of this huge task and to Robin Foot, Frank Mkumba and Rosena Kzembe for all the groundwork carried out in Malawi.

## **Last year's funding including financial support from Medulawi and Passofundo:**

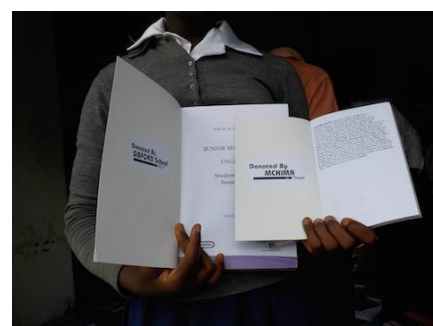
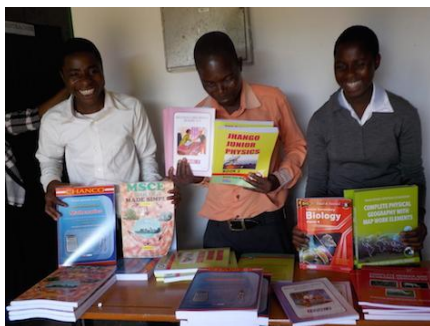
1. Tertiary non-Medical = £6,511

2. Tertiary Medical (including medical students and nursing) = £12,696

3. Secondary School Students = £10,360

**TOTAL spending = £29,567**

Mike and Penny Sibford donated a significant sum of money, that Nchima Trust added to, and this has enabled the purchase of books for Nthambanyama Primary School. Rosena Kazembe did a fantastic job of getting this all together and thanks go to her. The books were delivered at the beginning of March and the whole teaching staff along with the students were very happy to receive them. This donation will go along way in helping the school.



Frank Mkumba went to Thondwe Village Polytechnic on 27th February 2017 to hand over protective gear to the Nchima Trust students. The students were extremely grateful for the donated equipment, which will be very helpful in their practical lessons.



### **Short report on the visit to Bunda College**

Frank Mkumba was welcomed by the secretary to the Dean of Students and later met the Dean himself. The college had a list of 13 students in total, 7 original students and 5 who were on the waiting list. Frank gave the Dean the background of Nchima Trust, the current projects and our interest to establish a strong relationship with the College. The Dean was thanked for sending NT detailed information about our current students. It was emphasized that the Trust and the College have shared responsibilities; students need to work hard, pass the exams and write updates on their experiences whilst the College has the responsibility to send invoices when due, students' results and information of any challenges the students are facing. In turn, NT is responsible for paying the fees on time. The Dean extended his profound appreciation to NT for the support it is giving to the College and promised that the Dean's office will keep on sending all relevant information to NT. It was such a good meeting and they looked very organized and ready for a strong partnership.

Frank also met with NT's four students (Horace Saiwala, Foster Khofi, Steria Gama and Tadala Benard) who were all very happy and excited for his visit. They were reminded that NT expected them to work hard, complete their studies and contribute to the Nation's development. Frank also briefed them on the formation of an alumnae association. Horace and Foster (who are in their final year) said that they are looking forward to completing their studies. They were very thankful for NT's support and indicated that they could never manage to access education if it was not for the help of NT. The Dean spoke of the challenges students are facing including the cost of photocopying, meals and accommodation.

Eneya Kamkwamba is a student at Blantyre's College of Medicine, known as COM. She writes to express her endless gratitude to NT for granting her a scholarship. She thanked NT on behalf of her parents, guardians and family relatives and stated that the scholarship will really help her a lot. She promises to do everything possible to excel throughout her entire college life. Her dream is to be called a 'Professor' in the future and says *'I will make it! I may not know how to thank you really, for my words and texts are too far below your consideration. May the good Lord who knows how best to express gratitude, bless you more and more, so that you continue to help needy students who are striving just like I was. Thank you very much.'*



Nchima Trust are hoping to collaborate with 'Close the Gap ~ Bridging the Digital Divide' to provide inexpensive laptops to tertiary students. Close the Gap is an international non-profit organisation that aims to bridge the digital divide by offering high-quality, pre-owned computers donated by large and medium-sized corporations or public organisations to educational, medical, entrepreneurial and social projects in developing and emerging countries. All the projects are demand-driven and share the common denominator of being non-profit-oriented initiatives.

Passofundo have donated a Laptop to the NT students at Bunda College; it will be passed on to new students at Bunda, once the current students graduate.

NT will donate an additional computer to the Polytechnic students when they open.



**Horace Saiwala, Bunda College, BSc in Nutrition & Food Science**

I am happy to inform you that I have finished my studies at Bunda College of Agriculture and am waiting for my final year exam results, which I believe I will pass. I would like to thank Nchima Trust for the support, which I was given towards my college education. I would not have reached this far without Nchima Trust. You reduced the burden I had and gave me the energy to work hard and concentrate on my studies. ***THANK YOU AND GOD BLESS YOU.***

## A new alliance

A German charity called (Passofundo) Studienforderung (SF) continues to collaborate 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.

Representatives from SF visit Malawi regularly 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.

### SOME OF THE THINGS I WAS INVOLVED WHEN I WAS AT COLLEGE

To demonstrate practical knowledge of the things we learnt, I was part of the team, which was sent to Nchisi district to meet Bambara groundnuts farmers. Bambara groundnuts (*Mzama in Chichewa*) are a drought resistant indigenous crop, which is being promoted with improved varieties in some parts of Malawi and other African countries. The crop has high nutritive value, market value and yield. As nutrition students, our job was to help the farmers on how they can utilize Bambara since it is not commonly consumed in most communities. We developed different food products of Bambara with materials, which were available in the communities (*food product pictures below*). Some of the food products were for people with special nutritional needs for example, HIV and AIDS patients, under-five children and pregnant and lactating mothers. Farmers were also trained on other nutrition topics, which were connected to Bambara.

#### Research project

As part of my studies, I conducted a study to determine if nutrition influenced farmers on what crop to grow or livestock to keep. The study was part of a food-based approach of combatting malnutrition (*Nutrition sensitive agriculture*). The assumption was that, since 75% of rural Malawians eat food produced locally by smallholder farmers, then these local food producers determine the type of food, which will be available for consumption in the community. Therefore, understanding the factors that influence rural food producers when making production choices can help in making agriculture work for nutrition. The results of the study show that, currently, market value and not nutrition greatly determines agriculture production. While yield is also important for crops, management required, production cost and disease resistance are important in livestock. However, health benefits and nutritive value were the leading nutrition factors that can influence production of crops and livestock although not currently practised by many. These results were presented before members of staff and student of LUANAR and will again be present at International Food and Nutrition Research Dissemination Conference at Bingu International Conference Centre.

Now that I have finished my first degree, I would like to work for any organization, which focus on reducing malnutrition through agricultural, education, social security and sanitation. I would also like to become one of the large-scale food producers and contribute to improving food and nutrition security in Malawi.

I will always be available for Nchima Trust and will be glad to be part of the Nchima Trust team.





SONJIKA ~ the village where Nchima Trust provided much-needed flood relief. A borehole will be sunk later this month:

There is great community participation at Sonjika, which is an hour by car off the main Mulanje road. Rocks, sand and stones have been brought to the site already and land has been donated by Mr Montford. Chief Sonjeka and his committee, along with the local counselor, Mr Felix Manjowa and Dr Namba were present for the meeting/ceremony to mark the event. It was a joyful occasion. Dr Namba and Counsellor Majowa will manage and keep surveillance on the project development.

### Malawi Committee Members

- Rosena Kazembe
- Frank Mkumba
- Prof. Robin Broadhead

### Trustees:

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



We are glad to report that the borehole promised for Sonjika (where Nchima Trust offered much needed flood relief in the past) is constructed and working. There was much rejoicing at its informal inauguration.

The community (under the chief) has set up a maintenance fund and a village development committee (VDC). Users will pay MK200 initially and then MK50/month (about 16p).

EVERYONE may use the borehole.

In addition, the harvest is better than anyone expected. Maize at 50kg is now selling for MK3-5000/bag and between December and February was selling at MK12,000/bag ~ this is good news!



Recent news from the Local Committee; the following colleges have been visited by Frank

- o Chancellor College – the invoice was collected
- o Thondwe Village Polytechnic – fees have been paid. There is a request for work-suits and safety boots for the students. The meeting agreed to buy the materials and James would facilitate delivery
- o College of Medicine – interviews for Clinical Officers is still ongoing. There are few female students remaining who are not on scholarship.
- o Polytechnic – Frank had a meeting with the students. Emphasis was placed on the need to send reports. The Computer that was brought by PF has not been given to students yet since it has been discovered that the battery is not functioning. The meeting agreed to look for a new battery



## New Ventures for 2017

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 this 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.

### Kamuzu College of Nursing (KCN)

Frank Mkumba met with the Dean towards the end of 2016 to talk about the background of NT, their projects and their interest in working hand in hand with the KCN. The Dean was very happy to have a meeting with an NT representative after so many e-mail communications. She explained that KCN has a lot of very needy students. The Government supported less than 20% of the students and the selection of students had left out critically needy students. She asked if NT could take more KCN students. I was touched to hear the story of one of the bright students, Jennifer Justice who had come to the Dean of student's office. The student comes from a very rural area in Dedza District. Her mother left her when she was in primary school and she was told that her mother was mentally ill. The father is a smallholder farmer and married another wife. The girl lives with her poor grandmother. The Dean of students had to ask her fellow lecturers to help buy her shoes, clothes and gave her accommodation at the College. I was moved by the story and asked to meet the girl.

*Below left is a picture of Jennifer Justice in her newly donated clothes.*



From : Olivia Naveya  
Neambanyema cross  
P.O. Box 3  
Neambanyema  
To : Dave and Kate

I, on my behalf of my family would like to thank you for supporting my education since I was in form 1.

I promise to try all my best to work hard in all the school work. Without your help, I would have failed to come to school.

Lastly wishing you all the best in your undertakings. May God bless you.

Yours  
Olivia Naveya

Olivia Naveya is sponsored by David & Kate Melville



## UPDATE:

Rosena reported that textbooks for Ntambanyama will be bought as soon as possible after discussions with Josie.

Rosena will also visit Chinyama CDSS to recruit 10 more students as per budget.

Frank reported that he would visit DAPP with James to assess if NT can start sending students to the college.

## How to help:

Please pass on this newsletter to friends and family and follow us on Facebook.

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](mailto:adminuk@nchimatrust.org)

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