

F.R.O.M. Scotland

Famine Relief for Orphans in Malawi

Patron: *International Singer & Broadcaster Fiona Kennedy*



NEWSLETTER January 2012

www.fromscotland.org.uk

Charity No. SC037977

The FROM Gift Scheme at work

Every year the friends of FROM Scotland give so generously to the people of Malawi through our gift scheme. As many of you know the gifts can range from a few of pounds for water treatment to any amount someone wishes to donate to training or buildings etc. All the money is sent to Dr Tracy Morse, The Project Manager of the Scotland Malawi Health Initiative who is our contact in Malawi.

The gifts make a huge difference to the families which they support and the grateful thanks they send cannot be fully portrayed in writing. However, once in a while a particular family has a greater need than others and touches the heart of those who help them.

This family came on a routine under five check up after the mother had delivered triplets at the Gaga Health Centre 3 months ago. At this time the nurse, Defence Mkandawire, noticed that the babies were not growing as well as they should and had some concerns about their home situation. He followed up with a visit to their house and discovered that the family already had two other older children, the father was blind, and the house was extremely substandard with no roof on the toilet they had tried to build. He approached FROM Scotland to assist after receiving the baby clothes and blankets distributed to new mothers earlier in the year.

Through the gift scheme FROM Scotland were able to help the family in a number of ways with support from Defence and Scatter Makumbi who delivered all the necessary requirements to this remote rural area. The family were provided with 4 months of baby formula milk with bottles and water treatment – way beyond the money available to the family – to help sustain the children and get them growing well again, 6

months of maize (300kg) to help the family through the current hunger season, with an additional provision of seed and fertiliser for them to grow their own supply of maize which should be ready to harvest in April. To supplement their diet, FROM also provided beans and funds for fresh produce to ensure the whole family is well nourished over the difficult months. To maintain the house the family was provided with plastic sheeting to insulate their house and toilet against the pending rains. In keeping with the priorities of FROM Scotland to help needy children but also ensure a sustainable future for them, the seed and fertiliser for the family was also supported with a pair of breeding goats which will provide income and sustenance for them in the future.

As you can imagine, words cannot express how grateful they are to all those people who bought gifts from FROM. There is no way they could have had such security in the coming months and years. Their children and parents now have an increased chance of survival and hopefully a brighter future ahead, and will be carefully monitored by Defence. All for the cost of £160



Rumphi Maize Mill

Also, in line with self sufficiency, FROM are continuing to work with Professor Kafwe Tembo in the Northern Region who, you may remember, we have helped to set up two feeding stations and provided them with food and clothing. The centres requested that we provide funds for a maize mill and sheller to help them have a regular income and no longer have to rely on FROM for funds to buy food in the future. They were willing to provide the building to house the maize mill and they also have plans for growing more of their own crops because of the rising cost of purchasing maize. The maize mill and sheller are now being installed, but will continue to be the focus of fundraising activities and if you wish to donate towards this project please contact us on www.fromscotland.org.uk or visit our Justgiving page on www.justgiving.com/from

Queen Elizabeth Paediatric Ward

£1000 was handed over to Professor Liz Moleneux of the Paediatric Ward at the Queen Elizabeth Hospital in Blantyre. This will be used to buy drugs and to help provide nursing care.



Steka Orphanage

During a visit to Malawi over Christmas and New Year Dave and Kathleen (two of our Trustees) were taken to see the STEKA Orphanage in Blantyre. This orphanage is run by a Malawian couple Godknows and Helen. There are 37 children ranging from 18 months to 17 years old. The accommodation has only 3 bedrooms so the children are sleeping 2 or 3 to a bed with several of the older girls sleeping in the living room. Most of the residents were street children. The couple receive no government support and rely totally on charity to survive. They have a tailor who makes t-shirts which they print and sell and they make peanut butter which they supply to local shops.

FROM has decided to pay for an assistant for the home. We are also funding school clothes and shoes and paying for school fees. In addition we have provided 15 new mosquito nets for the girls sleeping in the living room who previously had none. The total cost of all this is around £900.



First aid kits

We continue to receive first aid kits which have been removed from offshore lifeboats when they are in for overhaul. These are being packed by members of Skene Church who discovered that these kits were previously being sent to landfill. We are extremely grateful to Sheila Gray for organizing this. We also receive surplus medical items from Lorna Bell at Aberdeen Maternity Hospital. We are at present talking to Strathclyde University about part funding a shipping container to Blantyre where all the items we are sending would go to projects managed by Tracy.

Blankets and childrens clothes

We are also still receiving hundreds of knitted blankets, mostly donated by Hanover Court Residents at Tarves, and children's clothes have been donated by schools and playgroups.

A special mention needs to be made of the school and playgroup at Mosstodloch in Moray who have donated huge quantities of children's clothes. Dozens of knitted Teddy Bears are awaiting shipment and we are told that new mothers won't leave the clinics without a blanket, some clothes and a Teddy.

Christmas Gift Scheme

As ever, our Christmas gift list was well supported and funds of over £2600 were sent out to Malawi to be spent accordingly. In addition FROM Christmas cards raised around £400. Our thanks go to the two artists Beatrice Low and Callie Thomson who painted the pictures for our cards. Mosquito nets, water treatment and hygiene kits were all gratefully received by community members in Chikhwawa District and some of our traditional birthing attendants were delighted to receive goats as a new means of gaining some income since their baby delivering activities have been reduced by government policies. Many other items have been delivered to families in need and their thanks for your generosity relayed again and again.

FROM Scotland to date

To date over **£178,000** has been raised. Every penny of which has been spent or is in the process of being spent in Malawi. With your help in the past F.R.O.M. Scotland has not only fed thousands of orphans but has managed to build village health posts and school classrooms as well as providing baby incubators and other medical equipment, mosquito nets, water treatments, hygiene equipment and seed and fertiliser packs with the intention of improving the quality of life for vulnerable families in one of the poorest countries of the world. None of this would have been possible without the tremendous support F.R.O.M. receives both locally and from all over Scotland. A huge thank you to all our supporters on behalf of the Trustees and of course all the

orphans and vulnerable families in Malawi who have a better life due to your support.

Things in Malawi are difficult at the moment.

There is a severe shortage of both diesel and petrol due to lack of foreign exchange making travel extremely difficult. There is also pressure on the government to devalue the Kwacha. This is pushing up the price of imported goods making the cost of living very high. The price of the Lukini Phala (the maize flour with added vitamins) which we supply to the feeding stations has risen by over 30% in the last few weeks. In addition to this the rains have been late which is leading to fears of a poor harvest.

Gift Scheme

FROM is continuing to run a Gift Scheme where instead of giving a gift to someone who has everything you can buy a gift to help give a better life to a child in Malawi. Many of these children are orphans due to the poor living and health care conditions which exist in rural parts. Aids and other diseases such as Cholera and Malaria lead to a high incidence of premature death. Other basic things such as clean drinking water and poor sanitation are a major contributor to their plight.

It is so easy....we will do all the work!!

- Pick a gift from the list .
- Fill in the relevant details on the form provided.
- Send it with your payment to the address shown. **Cheques payable to FROM Scotland**

For each separate gift we will supply you with a Card which details the gift/gifts for you to send to your friend or family member. (More than one gift per card if required!) Your gift will then be purchased in Malawi and given to benefit an orphan or family. We provide personalised cards for **Christmas, Birthdays, Weddings, Anniversaries or any special occasion.**

Please see over the page:-

| | |
|------------------------|--|
| Christmas | |
| Birthday | |
| Wedding | |
| Anniversary | |
| Other (please specify) | |

| | |
|----------------|--|
| Name | |
| Address | |
| | |
| | |
| | |
| Tel No | |

Complete and return the form to:-

Kathleen Thomson

Whiteford Croft

Pitcaple

Inverurie

AB51 5EB

Tel 01467 681208

| Gift List | Cost | No of Gifts | No of Cards | Total Cost |
|--|-----------------------|--------------------|--------------------|-------------------|
| Feed a child for 1 year | £15 | | | |
| Mosquito net | £5 | | | |
| Pair of breeding goats for a needy family | £35 | | | |
| Community Medical Kit | £50 | | | |
| Rocket Stove for family hut | £20 | | | |
| Pack for a new mother (chitenje, 2 terry nappies, bucket, soap, & clothes) | £20 | | | |
| Starter Pack (Maize & bean seeds) | £10 | | | |
| School Fees for orphan (1 term) | £30 | | | |
| Water treatment for family hut (1 year) | £1.50 | | | |
| Donation to employ staff at Sick Children's Hospital | Amount of your choice | | | |
| Donation towards building maize mill at Rumphe feeding stations. | Amount of your choice | | | |
| Total | | | | |