

MZUZU NEWSLETTER MARCH 2024

MZUZU AIDS ORPHAN CARE PROGRAMME – CANADA -MALAWI

SMILES OF HOPE AND JOY!!

THE STORY SO FAR



In the summer of 2005, St. Peter's Cobourg received an urgent appeal from Father Chifisi at our partner church of St. Mark's in Mzuzu. St. Mark's was attempting to feed 250 AIDS Orphans once a month but was in financial distress and unable to keep their commitment. The current MAOCP grew out of that original request. The parishes of St. Peter's and St. Marks have successfully created a unique program to ensure that these children will grow and thrive in their own rich, indigenous culture.

A small group at St. Peter's agreed to develop a program to fund these children for a weekly feeding each Saturday. Through generous annual donations, monthly sponsorships, and creative fundraising it soon became apparent that we could successfully meet the financial responsibility of weekly feeding. Even a small contribution can bring about tremendous changes in the lives of our 250 orphans. These children live in their family hut often headed by the oldest sibling and if fortunate are watched over by a neighbor guardian. Rather than being sent away to orphanages, they can go to school,

receive medical help, and learn new skills in their own community.

This approach gives them new hope and help reduce poverty in their lives. The children receive gifts of food, clothing and other important items in individual packages, and the Mother's Union volunteers manage the secondary school children's needs similarly.



The following very informative report is from Nurse Tamanda Kalizang'oma who is the Nurse who works at the Mzuzu Orphans Centre.

The Benefits of Having a Clinic at an Orphanage: Ensuring Health and Well-being for Vulnerable Children

In today's society, orphanages play a crucial role in providing care and support to children who have been deprived of their natural family environment. It is vital to prioritize the well-being and health of these vulnerable children, and one effective way to do so is by having a clinic within the premises of an orphanage. For a long period now we have had the opportunity to conduct these clinics at the orphanage. This write-up simply explains some of the numerous benefits associated with having these clinics at an orphanage.

T.Kalizang'oma (Nurse)

Prompt and Accessible Quality Healthcare: Having a clinic on-site has guaranteed immediate access to medical care and support to the orphaned children in our care. At times children may have pre-existing health conditions or face ongoing health challenges, so having a healthcare facility allows for regular routine check-ups and quick intervention in case of emergencies. Timely medical attention can prevent the escalation of health issues.

Comprehensive Health Services (Holistic Care and Support): Children often come from challenging backgrounds and require specialized care. A clinic within creates a conducive environment for nurturing physical and mental health. It provides a safe and comforting space for medical consultations, easing their anxieties. Also with this clinic, the orphanage provides a wide range of comprehensive health services under one roof. This includes regular medical check-ups, dental care, mental health support, nutritional guidance, and preventive care measures.

Health Education and Empowerment: The clinic presents an invaluable opportunity to educate children about health and wellness. Regular health education sessions covering topics such as hygiene practices, disease prevention, and maintaining a balanced diet, raises awareness and imparts essential health-related knowledge so children develop healthier habits and make informed decisions about their well-being.



The photos show the Nurse visiting and holding a clinic in December 2023. And the Warden on Duty.

Consistency in Healthcare: Children in orphanages frequently face challenges in establishing consistent healthcare with the absence of a permanent guardian. With the clinic on-site we ensure continuity in healthcare provision. Medical records, treatment plans, and follow-up visits can be managed efficiently, reducing gaps in care and enhancing the overall quality of healthcare for the children.

Cost and Logistical benefits: Having a clinic within the orphanage premises has resulted in cost and logistical efficiencies. External medical services can be expensive, and transportation logistics can be challenging, especially for larger group. Eliminating these costs enables us to allocate those funds towards improving healthcare directly.

The photos below show 2 girls enjoying their meals during the Saturday feeding programme, on 6th December 2023. The second photo is of some of the guardians also enjoying a special meal of chicken and rice.



The photos below show members of the Mothers Union preparing special Christmas food parcels for the children to take home. This included chicken. Some of the children with their food parcels to take home.



MZUZU, MALAWI 2023 YEAR END REPORT.

Another year has passed quickly. For some of our 300 orphan children 2023 will have been a difficult time.



St. Mark's Anglican parish, Mzuzu is still a centre of care and well-being for orphans from 2 years to 18 years. You may be aware that two volunteer teams provide weekly child support. Firstly, there is the coordinator Paul Kamlaza and the superb parish Mother's Union women. In 2023 they provided meals, nursing and dental care and home-based care for the children and also where appropriate orphan's guardians and grandmothers. This team also selected and supervised qualified secondary school girls and boys by funding these young people through their high school years. Children that excel in final exams

were then considered for post-secondary studies at national colleges and institutions. In 2023 four young people were fully supported where budgets permitted.

Secondly your Canadian team met monthly at St. Peter's to review the program and allocate funding according to an agreed budget.

In 2023 four orphan care newsletters were circulated to the parish family and to donors. The personal lives and interesting stories about the Mzuzu orphans were shared with readers.

In addition, Mzuzu Sunday allowed your Canadian team to speak about the global nature of our parish work in Malawi.

Revenues in 2023 were \$51,000.00 Canadian dollars. Expenditures/expenses were \$47,000.00 CAD, for a surplus of \$4,000.00 CAD. All dedicated funds went to the Mzuzu orphan program via bank transfers to the National Bank of Malawi, Mzuzu. This meant that the children could receive weekly feeding and health care support. In addition, the tailoring activities were continued during the year.

It is estimated that over 1000 orphan children have received care since the start of the program in 2005. Our prayer is that these young lives find gentle and caring faith-based hope within their local communities.

In addition, a private foundation has come alongside to improve sanitation by building over 80 latrines, at least ten of these structures in 2023. Our thanks to Mrs. Lisa Bailey (one of our team) for heading up this critical work.

A big thank you to our Mzuzu teams for so effectively responding to local issues and to the local urgent needs of the children. Our parish family support demonstrates that loving God and our neighbor is possible even though our little neighbors are over 11,000 kilometers away.

We are also blessed by wonderful caring donors. Without you there would be no program!

Thank you. Colin Turnpenney Canadian Coordinator Paul Kamlaza Mzuzu Coordinator

WITH THESE GIFTS YOU CAN HELP ST. MARKS AIDS ORPHANS:

\$100 - Purchase 5 family sized mosquito nets to prevent malaria.

Pay an instructor to teach tailoring for 2 months.

Annually make children smile at Christmas with gifts of soap, sugar, salt and oil.

Purchase new shoes, blankets and used winter clothing for 5 children.

Feed one child every Saturday for 3 months.

\$200 - Provide funding for sick orphans to have hospital visits for 2 months.

Purchase lamp oil for 10 students for one school term... to study at night.

Fund new green agricultural and self-sustaining feeding initiatives.

Purchase shoes and clothes locally for 20 children.

\$300 - Provide special Likuni Phala feeding for one month for HIV children to reduce mortality rates and maintain health.

Provide school uniforms for 5 students.

Provide emergency drugs for 250 children for 2 months.

\$400 - Send one child to secondary school for one year... for uniforms, tuition fees, books and one daily meal.

Tailoring training for girls and boys for 5 months.

Additional cost of blankets annually.

\$500 Funding a nurse and doctor bi-weekly on Saturdays for priority orphan health checkups... for 2 months.

Purchase of vegetable seeds and plants for small local kitchen gardens.

Gifts are under the umbrella of St. Peter's, Cobourg as a registered charity ... # 10803 8563 RR001. For more information, please visit our website: www.mzuzuchildren.com For further contact: Colin Turnpenney, Co-Ordinator, MAOCP, St. Peter's Church, Cobourg (colinv@bell.net)