

# HIGH FIVE CLUB

changing lives in Africa, £5 at a time

## Vulnerable Children's Feeding & Medical Programme, Malawi



### Background

As one of the poorest countries in the world, many Malawians struggle to meet their family's most basic of daily needs, including food. Of the two million people suffering extreme hunger in Malawi, it is children, the elderly, and those living with HIV/AIDS that are the hardest hit – with many vulnerable children suffering from severe, acute malnutrition. This naturally has a significant knock on effect to wildlife conservation, with animals being poached and habitats destroyed in people's desperate attempts to survive.

Since 2013, we have partnered with an inspiring Malawian, Brown Munthali, walking alongside him to uplift the community of which he is part. Brown and his wife, who also live in poverty, dedicate their lives to bringing about development in the community where they live in Chitimba, Rumphi District in the north of Malawi.

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Along with spearheading several self-help initiatives in the community, Brown and his wife, you may remember, have opened up their humble home to care for 30 vulnerable children. Some are orphans who have lost one or both parents to AIDS, whilst for others, because of extreme poverty, their parents cannot provide for them. Without Brown's care, these children would be on the streets or placed with extended family members where drink and *chamba* (marijuana) abuse is known to be an issue, along with increased vulnerability to sexual abuse and being kept away from school to do work around the house or in the fields.

As one of the biggest expenses is feeding the children, since 2019 our members have extended a 'High Five' to help with food provisions. As a passionate conservationist Brown also teaches the children in the local

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school the importance of conserving wildlife. So our support goes hand in hand with conservation messages, the children growing up to respect the wildlife with which they live.

## High Five Club Support:



Throughout 2021 we joined hands together to provide a monthly budget to **The Brown Munthali Foundation** to purchase food supplies locally for feeding the 30 vulnerable children each day. Some community members, when they can afford, contribute to the feeding programme also. Others collect fallen firewood to cook the food.

We are also providing the funds to pay a small allowance for a local woman to cook the children's meals.

**We have provided £2,176 this year to buy food and to pay a monthly allowance to the cook.** That is cooked meals every day for 30 children, all year round, for just £72.53 per child – how our collective £5's are making a huge impact to peoples' lives in this wildlife area of Africa.

We additionally supplied an **emergency medical fund of £492.98** to help access medical care for the children, including emergency PEP medication to prevent HIV, nutritional support and the provision of 22 counselling sessions over a 3 month period for a 7 year old child that was raped in the community. We are pleased to report that the child has been given the all-clear in terms of their physical health and H5C will continue to support their recovery from this trauma emotionally and mentally. A special thank you to those who stepped in to help us get emergency provision in place for this child. It made such a difference to this child knowing that people they had not even met, living thousands of miles away, cared for and loved them.

**For more information contact**  
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