



# MUMS RECIPES

## NEWSLETTER

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A photograph showing a crowded room where several women are lying on the floor, appearing to be resting or sleeping. The floor is cluttered with various items, including shoes, laundry, and a white bucket. The scene is viewed through a doorway, with a wooden door frame visible on the left and right. The text is overlaid on the image in a bold, brown font.

**MOTHERS LOSE THEIR  
BABIES AND SAY NOTHING.  
MOTHERS LOSE THEIR LIVES  
AND NOTHING IS SAID.**



# MUMs RECIPES

**Welcome to the first MUMs Recipes newsletter.**

**MUMs Recipes was launched in October 2005 and in three years has raised over £230,000.**

Malawi Underprivileged Mothers recipe book was compiled to raise money and awareness of the terrible plight of the mothers and babies in one particularly poor government run hospital in Lilongwe, Malawi. There are approximately 12,000 deliveries each year in Bwaila Hospital. Mothers die weekly and babies die every day. With more staff, with better conditions and with treatment, these deaths are preventable. By contrast, the Simpson's Centre for Reproductive Health in Edinburgh has approximately 6,500 deliveries per annum.

MUMs Recipes is a response to a shocking situation and having an overwhelming need and determination to help try to alleviate some of the pain and suffering in this hospital.

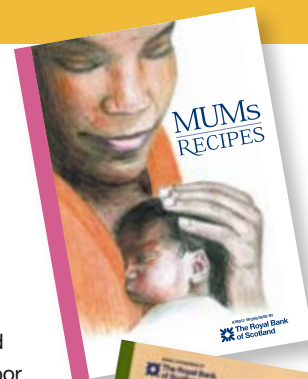
A very simple concept, a good product and a big purpose have been the ingredients of MUMs Recipes which in turn helped sell the books and make a lot of money.

But without the goodwill of friends, family and the general public MUMs Recipes would not be the success it is now.

In the newsletter we hope to keep you up to date with where the money has gone and is going to go. We shall keep you informed about the major developments, but some of the most interesting stories we'll have to tell, concern the many ways in which children and adults have helped in their own way to raise money for the hospital.

Thank you for your support,

Linda McDonald



# Malawi

Malawi is a relatively small, landlocked country in south central Africa. It shares borders with Tanzania to the north, Zambia to the west and Mozambique to the east and south. It occupies an area of 118,480 Km<sup>2</sup> – around 50% larger than Scotland – although Lake Malawi accounts for a fifth of this. The climate is sub-tropical, with a rainy season lasting from November to May and a dry season from May to November.



## Purpose and Progress

I went back to Malawi in May 2008 on my own for a 'MUMs' business trip. The purpose was three fold. Firstly to see how the new hospital was progressing and meet Rachel, whom



MUMs is sponsoring and find out how she was managing. Secondly to touch base and feel, smell and experience the problems again. When you are so far away, it is easy to forget the grief and suffering that is going on in other parts of the world. We slip

back easily into our comfortable and privileged lives.

Thirdly, this was a good opportunity to set up accommodation and arrangements for our trip next year.

It was a very productive week with meetings most days. Rachel came with me as the driver but also giving us a chance to link with all the people I had previously met and this in turn helps keep a momentum of communication. Rachel was particularly impressed with Dorothy Nigoma, executive of the Nurses Association of Malawi who is a marvellous leader and voice for the nurses and midwives.

We also had a morning meeting with The Lighthouse who are the main HIV and TB centre in Lilongwe and whom we have linked with through the Rose Project. This was very beneficial for them and us as a new register was being started in the hospital with information regarding anti retroviral treatment for labouring women.

I worked in Bwaila for one morning. Not much had changed since my last visit. There were 15 labouring women, side by side, two qualified midwives, Rachel and I and two student nurses who work unsupervised. Two dead babies in the fridge when I left at lunch time, 9 deliveries, one very ill patient who needed to be transferred to ITU and many more labouring women who needed one to one care and weren't going to get it. When we left it only left the two midwives and two students in working conditions that were dangerous, and unacceptable!



## The Wellness Centre

The National Organisation of Nurses and Midwives in Malawi ('Caring for the Carers') are a union to give the health workers and nurses a voice. Dorothy Nigoma (pictured far right), executive director and her staff work tirelessly to try and improve employment, working conditions, and quality of care for patients and staff.

The Wellness Centre aims to provide a caring environment for health care workers and their families. It will offer services in counselling and treatment of HIV and TB, with training, and professional development opportunities.

The centre is being funded by the Norwegian Nurses Association and the Rose Project. MUMs Recipes have donated £25,000 to the building of the centre through the Rose Project.



- Two nurses on average die each week as a result of HIV.
- 60% of nursing positions in Malawi are unfilled.
- 16 women die each day from complications in childbirth because there are not enough trained nurses and midwives.

# Happy and challenged. Sad and confused



Rachel Macleod is an English midwife with 20 years experience working in Spain independently and in a Birth Centre. Rachel had been to work in Bwaila in November 2007 for one month and felt she wanted to stay and work with the midwives.

Here in Malawi, we rise with the sun and go to bed with the sun. School starts at 7a.m., so after dropping off Lucas (my 7 year old and youngest of my 4 children) I arrive on the labour ward at around 07.10a.m. each day. It's a small, old, badly maintained, dirty hospital, like so many in this part of the world, yet we assist over 1000 births a month. Bwaila maternity hospital serves as the referral hospital and neonatal nursery for all the health centres and district hospitals in the Lilongwe area.

With only one operating theatre and a huge lack of health professionals, my days are full and running over. From the minute I set foot on the ward, don my plastic apron and gloves, I literally do not stop until, finally at 3.30 or 4pm, I suddenly realize the time, drag myself away to eat, to drink and to care for my small son. At 6pm. it's dark and at 9 I am in bed with my book and very soon asleep. Time to rest and replenish for the next day.

The 16 bedded ward is a continuous stream of needy women and babies. Most are considered "high risk" due to their general health problems: HIV status, malnutrition, chronic anaemia, and many other chronic illnesses. Many problems are intensified as some mothers have more than five children. Pregnancy related problems include pre eclampsia, premature birth, low birth weight and twin/triplet pregnancy. Referred cases from other areas, such as prolonged labour, hemorrhages and uterine ruptures, are especially urgent; so much of my time is spent solving these problems working towards a safe outcome for both mother and baby. This all takes an enormous amount of experienced evaluation and assessment of each individual case and is extremely draining emotionally and physically.

I also try to do as much clinical teaching and supervision as possible. I consider this an essential part of my job here and take it very seriously. Basic working materials are most often present though not of the best quality nor the most adequate for the task in hand

but we get by. We get by with less than the best and so do the women and babies in our care. That really sums it up...Always less than the best. These women are equally entitled to the best care as any other woman or child in the world - but very often they don't get it.

Some days, instead of going to the hospital, I will decide to take a trip out to the villages to follow up mothers and

babies that I have cared for. This is also an important part of my work. It can be extremely rewarding, as in the case of Pilirani's twins, who at 4 months are fat and thriving; or it can be sad and frustrating, as was the early death of Grace's premature baby of the same age. My presence in the villages is always welcome. They are amazed that I should take an interest in

them. They are pleased because it means that I will bring food and support which will in some small way make their life easier.

I am happy and challenged. I am sad and confused. I am glad to be here and mostly feel I am making a difference. I am here because others are providing the means for me and for Lucas to be here. I can give of my time and my skills because others are giving of their money to make it possible. I can care and love these amazingly strong undemanding women because of my sponsors. I thank you all for caring for me.

**'I was delighted to be in a position to sponsor Rachel as I felt this is exactly what MUMs Recipes was set up to do.'**



# Following the

## NEW MATERNITY WING (£100,000)

The largest donation that MUMs Recipes has given is £100,000. This money has gone towards the building of a new high risk maternity wing. The Hunter/Clinton Foundation is financing the project with the help of the Scottish people through STV and MUMs Recipes.

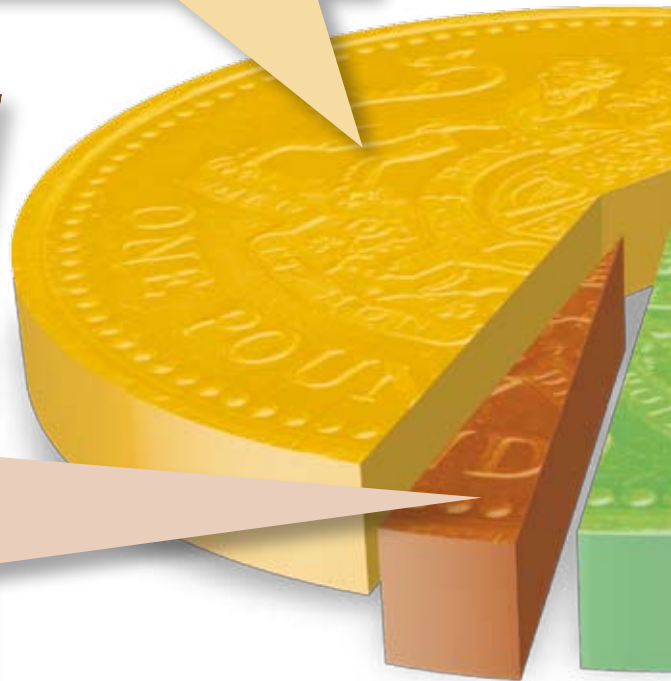
The building of this new hospital The Ethel Mutharika Wing, named after the now Presidents' late wife, hopes to be completed by early spring 2009. It is situated beside Kumuzu Central Hospital in Lilongwe and has the advantage of sharing facilities, staff and expertise.

The MUMs Recipe Calendar 2008 raised approximately £20,000 and included drawings of mothers and babies in and around Bwaila hospital.

PROJECT	PROPOSED ETHEL MUTHARIKA MATERNITY WING AT KUMUZU CENTRAL HOSPITAL
CLIENT	MINISTRY OF HEALTH
FUNDING BODY	THE CLINTON FOUNDATION FOR DEVELOPMENT INITIATIVES CHILDREN'S WELFARE FUND PROMAN DEVELOPMENTS SUPPORTERS OF MUMS RECIPES, SOCIETY FOR MALAWI APPEAL, SCOTTISH PEOPLE OF MALAWI
PROJECT MANAGER	PROMAN DEVELOPMENTS
PROJECT ARCHITECTS	DESIGN STUDIO ARCHITECTS
STRUCTURAL ENGINEER	ROMANA CONSULTANTS
MECHANICAL ENGINEER	ELEMACH DESIGNS
QUANTITY SURVEYOR	PROMAN DEVELOPMENTS
CONTRACTOR	WESTERN PROPRIETARY MANUFACTURING & ENGINEERING



The Chitenge Trust lawyers bill- MUMs Recipes paid the lawyers bill for the setting up of The Chitenge Trust for Bwaila hospital. The Trust committee includes the two consultants from the hospital.



## WHAT'S IN THE BOX? (£5,000)

Mums Recipes sent out a container to Malawi. This had an operating table from the old Eastern General Hospital, which was badly needed in Bwaila, various equipment for hospitals and schools and wheel chairs for children with disabilities. Mums paid for the shipment of books for a resource room in Bwaila, a birthing bed for a Traditional Birthing Attendant in a local village and donated a much needed suction machine to a local Mission Hospital.



Container with equipment for schools and hospitals throughout Malawi.



Books for a resource room at Bwaila Hospital.



Birthing bed



Suction machine presentation

# money



## CHARITY CONCERT (£15,000)

*Music for MUMs* concert in April 2007 was an amazing event for everyone involved. We had 400 children and adults taking part with music ranging from jazz, fiddling, musical theatre and choirs from across Scotland. Dr Tarek Meguid from Bwaila Hospital was the guest of honour and gave great meaning and purpose to the whole event. We raised £15,000 profit on the evening which has gone to sponsor Rachel McLeod, midwife to work in Bwaila Hospital. Rachel teaches twice a week at a workshop mainly trying to encourage the midwives to speak up, question, discuss and also share ideas and care.

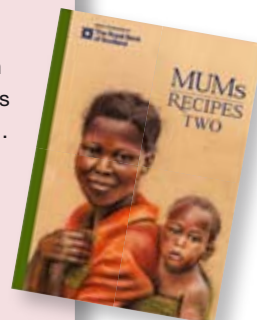
Midwives in Malawi need to feel, empowered, needed and valued in their profession maybe then with a new hospital and better pay they will stay in their country.

Rachel wants to stay another year and feels she can be a great asset to the nurses when they change over to the two new hospitals as there will be huge adjustments to be made. This being the case MUMs is going to sponsor Rachel a further 6 months in 2009.

## THE WELLNESS CENTRE (£25,000)

The launch of MUMs Recipes Book Two, took place in November 2008 at Merchants Hall, Edinburgh. Stephen Jardine from STV, Jack McConnell, pupils from Stewarts Melville College were amongst the many who attended .

£25,000 raised so far from the book sales has gone towards the building of the Wellness Centre for nurses and health workers. See page 4 for more information.



## AIDS PREVENTION (£25,000)

Currently only 2.3% of HIV positive pregnant women have access to preventative treatment. This has led to 40,000 babies being born HIV positive every year. In the Lilongwe district alone each week 100 babies are born HIV positive. This will be reduced to 15 infants a week through the treatment. £25,000 of the money raised through the selling of Mums Recipes book two will go towards the Prevention of Mother To Child Transmission Programme which is being initiated through the Rose project/Lighthouse in Bwaila Hospital. This programme will reduce the incidence of transmission from 100 to 15 babies a week being affected.



# From Scotland with Love

The Friends of Mums Recipes made three quilts this summer to hang in the new Bwaila District Maternity Hospital, The Wellness Centre and The Ethel Mutharika high risk wing. The theme for the quilt was Scotland, friendship women, babies, life and hope

One of MUMs friends Laura Thornton a teacher in Mary Erskine Girls School organised a competition. The competition was for all first year girls to design a square for the quilt and the best two would be made up by one of the teachers in the school and added to the hanging.

The results were impressive and imaginative, it was a very difficult decision to choose the winning two.

On the day of the presentation we were lucky to have a senior midwife from Malawi in Edinburgh on a visit and Lennie Kamwendo was able to come and present the prizes.

It was a wonderfully moving and memorable day for all of us



## A poem for Malawi

A Mothers Day lunch on the 2nd of March 2008 raised £1000 for MUMs. Organised by the Stepping Stones Sunday school at Greenbank Church, Edinburgh.



### THE TRUST

Linda McDonald, Iain McDonald, Barbara Watt, Mike Pringle MSP, Anne Findlay

**The Accountants** – Condie and Co 10 Abbey Park Place, Dunfermline, Fife KY12 7NZ

**The Lawyer** – Lindsays WS, Caledonian Exchange, 19A Canning Street, Edinburgh EH3 8HE

**The Friends of MUMs** – Of whom there are many. These special people give their time and their skills in kind to the charity.

### LINKS

- SOS Malawi – registered charity in Spain for Bwaila Hospital – Carol Webster.
- The Rose Project – Mary Donohoe, Dublin
- The Tom Hunter Foundation – Scotland
- [www.birthingadream.blogspot.com](http://www.birthingadream.blogspot.com) – Rachel Macleod in Bwaila Hospital
- [www.mumsrecipes.org](http://www.mumsrecipes.org)
- [www.smartdesignandprint.com](http://www.smartdesignandprint.com) – To order Book One and Book Two

### FUTURE PLANS

- January 2009 – Linda and Iain leave for a 6 month working trip to Malawi.
- Christmas 2009 – Final recipe book 'MUMs Friends' Book Three
- The money from the last book will be spent on developing stronger links with Simpson's Maternity Hospital and Bwaila Maternity Hospital.
- By giving midwives in Edinburgh the opportunity to work in Bwaila, share skills and increase education opportunities with long term benefits for the mothers and babies in Malawi. - sentence to be finalised!!!!!!