



MUMS

NEWSLETTER 2010

Making a difference in Malawi

To all the Friends of MUMS,

Welcome to our second newsletter – an update of how MUMS is helping the lives of women and children in the Lilongwe area in Malawi.

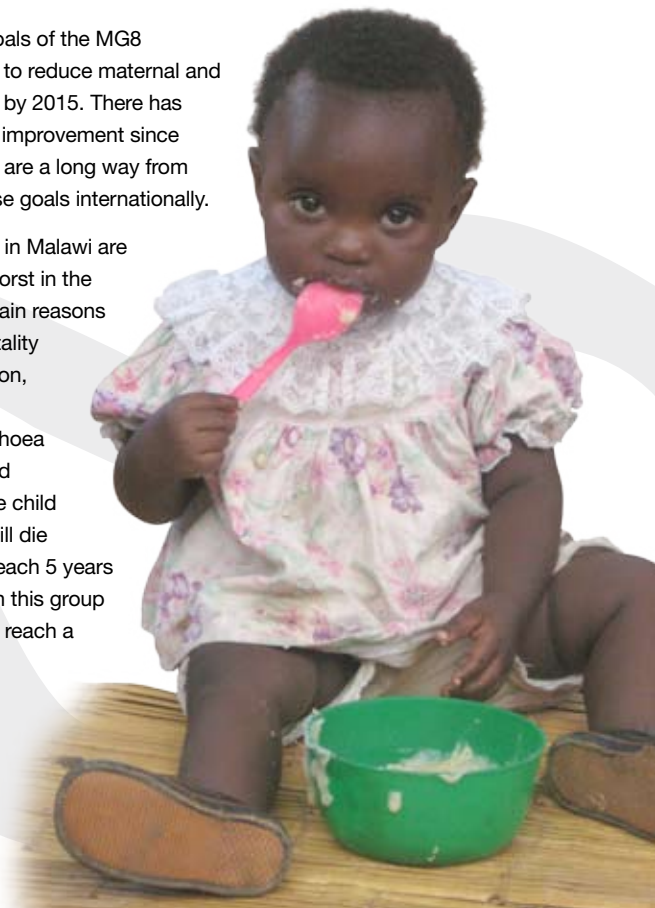


MUMs feeding programme in Likuni.

First, I'd like to give some background information to our work. Only 16% of the population of Malawi, now around 15 million, live in the main towns. The remainder, who live in villages, are by and large below the poverty line. Mothers die every day in child birth. The numbers are appalling: 807/per 100,000 live births, which in simple terms means 8 deaths for every 1000 births. To put it into perspective, in Simpsons, where I work, it would mean 48 women would die through childbirth every year. Haemorrhage, infection, obstructed labour and high blood pressure are some of the reasons for these untimely deaths.

One of the goals of the MG8 millennium is to reduce maternal and infant deaths by 2015. There has been a slight improvement since 2004, but we are a long way from reaching these goals internationally.

Infant deaths in Malawi are among the worst in the world. The main reasons for child mortality are malnutrition, followed by malaria, diarrhoea and childhood illnesses. One child in every 10 will die before they reach 5 years of age. Within this group 1 in 5 will not reach a month old.





Annunziante (one of the MUMs volunteers) with her bicycle



MUMs Recipes

All three books available NOW

On Your bike!

WHAT WE ARE DOING TO HELP IN 2010

- ☺ We are feeding a nutritious porridge to over 600 preschool children 6 days a week.
- ☺ We are supporting and training volunteers to look after the children.
 - ☺ Maintaining a safe environment for children by building shelters from the rains and adding food supplements to their diet whilst monitoring their growth.
 - ☺ MUMs is paying for the training of 5 Malawian nurses to complete their midwifery and to commit to working for 2 years in the Bwaila/ Ethel Mutharika Wing.



- ☺ MUMs is supporting a local midwife called 'Charity' who delivers many babies on her own. She is getting busier and we are paying for extra midwives to help her and also transport costs to take labouring women in difficulty to Bwaila Hospital.

HOW ARE WE ABLE TO DO THIS?

There are four funding initiatives in place for the next year:

- ☺ Continuing to sell MUMs Recipe Books – 1, 2 and 3
- ☺ A limited edition MUMs calendar and MUMs tea-towels will be available for Christmas
- ☺ Fund raising Ladies Lunch at the Norton House Hotel on September 14th
- ☺ Standing Orders commitment for the Feeding Programmes

I hope that you will be able to support MUMs in one or more of the above ways. The priority area that will really help sustain the feeding programmes is the standing order commitment. It costs £1.50 a month to feed a child in Malawi on the MUMs programme. £5 a month – a couple of cappuccinos – can mean the difference between life and death for three children.

- There is a 77% vacancy for nurses/midwives in Malawi
- We have sold over 40,000 MUMs recipe books in 5 years.
- In the UK there is 1 doctor for about 350 people- in Malawi 1 for 65,000 people.
- There are only 10 obstetricians in Malawi and of these only 6 are Malawian.

For more information and to donate to MUMs please

Email lindamcd@blueyonder.co.uk or go to

www.mumsrecipes.org