



We've been a little delayed in our usual timelines for newsletter distribution. Thank you for your patience and bearing with us! Schedules and routines have continued to be chaotic across time zones, shift patterns and continents, but we have lots to update you on! We've continued to make steady progress in our sustainable fundraising. This April and May we will have a total of 9 international students in Malawi undertaking their medical electives. This is a huge milestone and a big test to our logistical processes. We have partnerships in place for audiology and optometry electives, as well as our clinical observership programme for high school students to gain work experience – please help us spread the word! These initiatives have enabled us to build infrastructure and opportunities to provide stipends; with all the profits going back to our core mission of providing scholarships to students who are at risk of dropping out of their training. On the 11<sup>th</sup> May we will be hosting our own “Medic to Medic Marathon” at Satemwa tea estate in Thyolo. We have a small tour group continuing afterwards to help us raise even more! We're hoping our marathon will be the start of many – keep an eye out on dates for future years!

*Tamsin*

“Please know that **your contribution** has not only helped me financially but has also **given me hope** and renewed my faith in the goodness of people. I'm **grateful for your trust in me** and for being a source of support during a challenging time.”

### Want to receive Medic to Medic updates via WhatsApp?

For those who'd like to receive Medic to Medic updates on the go, please join our admin only WhatsApp group via this link: <https://chat.whatsapp.com/DLsQUDinQpX6vYImceJKuM> You will be updated sporadically with different news, events, photos and posters, making it even easier to stay up to date!



medic to medic  
CONGOMA C1609/2022

# MALAWI MARATHON

## EVENT

Sunday 11th May 2025

Local entries from

20,000MK

Run through  
Thyolo Tea  
Estates in  
Southern Malawi

For enquiries: [info@medictomedic.org.uk](mailto:info@medictomedic.org.uk)  
International 7 or 10 day inclusive packages available including safari and sightseeing trips.  
Limited spaces available.

Raising funds for scholarships of trainee health workers

“Let me thank you for giving her the opportunity, the day I called her to tell her that you have paid the fees for the whole year she could not believe and she cried because of joy. You made what she felt like impossible to be possible. You made her to have hope. May God bless you.”

## Global Gathering March 2025

<https://www.youtube.com/watch?v=-Dmpkbe7xE0&t=6s>

The global gathering is an annual event to hear voices from our community; to understand the challenges and the impact. Check out the recording on our YouTube channel (if you missed it) via the link above!

This year we heard from:

- **Faculty:** Esmie Mkwinda - Principal at St John of God University
- **Graduate:** Yohane Magalasi – Medical Graduate, alumnus of Medic to Medic.
- **Student:** Charles Nyirenda – BSc psychotherapy student at St John of God University.
- **Trustee:** Liz Howard – UK trustee.

## Electives Webinar November 2024

<https://www.youtube.com/watch?v=zaFz2toXLMk&t=257s>

Interested in a medical elective in Malawi – take a look at our electives webinar!

## 2024 Graduate Survey Results

Every 12-18 months we ask our alumni community to complete a questionnaire to assess the long-term impact of scholarship support. Our 2024 survey had a response rate of 99%. At the time of completion, we had 229 alumni. The majority of our graduates are male (64%). The largest discipline of health workers were doctors (a total of 80 graduates); 31 graduates are mental health workers, 28 are physiotherapists, 22 are pharmacists, 19 are nurse midwives and 16 are clinical officers. The remaining 31 graduates have completed other healthcare related courses including optometry, medical laboratory science, dentistry and medical imaging.

91% of our alumni remain in their country of training (Malawi & Uganda). A further 6% remain in Africa. A minority, 3% reside outside of Africa. The most common reason for leaving their country of training was to pursue postgraduate study.

88% of graduates are currently employed. There are several reasons why a graduate may be unemployed. The most common reason being awaiting allocation of an internship. Internships are essential but not immediately guaranteed and graduates often wait to be allocated their place. Our clinical officer and nursing graduates need to sit national council examinations before they can work but the dates of these vary and can unfortunately may lead to a period of unemployment.

We know from previous alumni surveys that our scholarships have a ripple effect within the family economy. 70% of graduates said that their educational attainment had improved the economic situation of their household and this year, 77% of graduates stated that they were providing school fee support to at least one child.

The results of the 2024 alumni survey demonstrate that we are meeting our charity objective of increasing the overall number of healthcare workers in areas where they are vitally needed.

## Since our last newsletter



8 students have finished their courses  
6 elective students have been to Malawi  
15 laptops and devices have been distributed

## Student Update Felix Oriono

Did you know we currently support 3 medical students in Uganda with partial scholarships? Our Ugandan community are supported by our New Zealand branch. Here Felix Oriono shares with us his student update.

"I'm in my final year now (yay!), but there are less than three weeks until the end-of-semester exams. It has been a good semester, and I started with surgery rotations. I have a passion for surgery, and I wish to come back for a master's in surgery.

"During the surgery rotation, a camp was hosted at the hospital (Mbarara Regional Referral Hospital). I got a chance to prep the patients for theatre and engaged in different surgical procedures by assisting. It was a very fun rotation and I loved every bit of it. At the end of the rotation, I was able to get together with a group of friends whom I have been in the same discussion group since year one. We shared a meal and had a great conversation that involved the initiation of a savings account that we hoped could continue even after campus and it would help us in the field of careers.

"I then moved to obstetrics and gynaecology where I have been till now. I started with the high-risk ward. Here I learnt in depth about conditions like preeclampsia, diabetes in pregnancy and malaria in pregnancy. They didn't go easy on us during the assessment at the end of the two weeks there. I then went to the antenatal ward where I was able to perform several deliveries of pregnant women. This was a fun experience too and I'm happy I was able to help bring new life to the world. The department is very well known for the harsh night calls that take up the whole 12 hours of the night from 5 pm to 6 am the next day. It's harsh but I learned a lot throughout these calls including assisting in multiple caesarean....

"...sections and salpingectomies. I'm in the postnatal ward now where we manage mothers who have delivered.

"During this semester, I had the opportunity to attend a run organized by the University Medical Students Association that was raising awareness against drug abuse. It was a very informative and wonderful experience. I did not know that I had it in me to run 6km nonstop without resting. I was proud of myself.

So, during the holiday, we went for the Local community placement that involved community engagement to discover community problems. Me and my team were placed in Rukoki Village in Kasese district where we discovered malaria as a problem and our interventions involved community education on malaria. During this semester we had to defend the report we made after the placement at the site.

"I feel exhausted most of the time because of the amount of work we have on the ward including patient care, daily ward rounds and the long night calls. Sometimes I come home and end up sleeping but I'm trying to cope and work with it. Otherwise, I'm grateful for how far I've come and would want to finish strong.

"My mother recently had malaria but she has now recovered. She still works at the farm to raise some money to support my sister who is now in secondary three. My sister has been home recently as she had not cleared the fees the school demanded of her so she was chased from school. Otherwise, she was complaining of eye pains.

"I believe for now all is well and I want to thank Medic-to-Medic and our dear sponsors for the great work you are doing to transform many lives in Africa."



Our eBay charity shop turns 1 in June & in that time has helped us raise over

£4000! Check out what we have – more items are listed regularly:

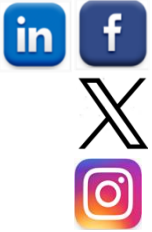
[charity.ebay.co.uk/charity/ii/Medic-to-Medic/95518](http://charity.ebay.co.uk/charity/ii/Medic-to-Medic/95518)





Email: [info@medictomedic.org.uk](mailto:info@medictomedic.org.uk)

For comments, questions and errata regarding this newsletter, please contact the editor at the email address above. Every effort has been made to credit contributors to this newsletter. Where omissions have occurred, please advise and they will be rectified at the earliest possible opportunity.



Medic to Medic

@MedictoMedic

tamsinlillie

[www.medictomedic.org.uk](http://www.medictomedic.org.uk)

Registered UK Charity No. 1149904  
NZ Charity No. CC58085. Malawi CONGOMA  
registration No. C1609/2022

Medic to Medic was founded in 2007 to address the problems of training and retaining medical students in some of the world's poorest countries.

For our first country, we chose Malawi. Like so many sub-Saharan countries, Malawi is desperately short of doctors. It has just two doctors per 100 000 people. The UK has over 230 per 100 000.

Medic to Medic helps by supporting poor but bright students through medical school, who might otherwise drop out. We cover their tuition fees and give them allowances for equipment and books. We can link students to mentors, who provide holistic support.

Our scheme to support medical students has been so successful that we now also support physiotherapists, pharmacists, nurses, mental health workers, clinical officers, optometrists & audiologists in Malawi.

Most of our donors give just £5—20 per month. If you feel you can support a student, please visit [www.medictomedic.org.uk](http://www.medictomedic.org.uk) to set up a direct debit online.

You will be linked with an individual student and receive regular updates from them on their progress. You are welcome to enter into email correspondence with them and many of our students find this very motivating. Please note that although you will be allocated a particular student, our donations are pooled so that no student is disadvantaged if a donor needs to withdraw.

### Keep Updated!

Follow our blog to keep updated with our latest news and activities:  
<https://healthprofessionalmalawi.wordpress.com/>



**Listen to our Podcasts!**  
On Spotify: "Malawi Matters"  
<https://anchor.fm/medic-to-medic>



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