



Thank you to everyone who has continued to support Medic to Medic during 2021. Nick Mandeville one of our founding trustees, will be retiring from his role as accounts trustee at the end of the year. He will be missed greatly and we will never truly know how much he has done for Medic to Medic. We wish you a happy retirement Nick and hope you never have to deal with another Excel spreadsheet! Thank you for all your work over the last 14 years. We welcome David Howells to the team. As a retired accountant he will be able to bring a wealth of experience as our organisation continues to grow. Thank you to everyone who supported us with the Big Give Christmas Challenge in 2020. We successfully raised £12000. We're now planning our 2021 campaign. Would you be able to pledge support for Medic to Medic with a minimum donation of £100? Please get in touch if you may be in a position to do so. Since the pandemic there have been more technologies and innovations that support charities with virtual fundraising. Check out pledjar; Go pool it; Charitable Radio. It has been so heartening that our recycling schemes have become more popular during lockdown. There are more ways to support Medic to Medic than ever before. If you're planning a holiday this summer, check out Charitable Travel (more on page 2), a social enterprise which helps raise money for Medic to Medic as your chosen charity.

Tamsin

Our Alumni Community – where are they now?

In the month of February 2021, we distributed a questionnaire to our graduate community. The aim of this survey was to learn how many of our alumni remained working in their graduation country & how their careers had progressed. We had a near 100% response rate with 136 out of 138 graduates completing the questionnaire. Of those who responded, 96 were male, 39 were female and 1 preferred not to disclose. The age range spanned from 23 to 49, whereby the mean age was 30 years. The year students graduated ranged from 2008 to those due to be graduates in 2021, and the modal year of graduation was 2017.

The professional breakdown of our respondents included 75 medical doctors, 12 nurses, 10 clinical officers, 19 physiotherapists, 17 pharmacists, 1 nutritionist, 1 health manager, and 1 biotechnologist. Fortunately, 127 out of 136 graduates were in current employment. Of those working, 62% were working in the public sector, 21% in private industry, 2% had involvement in both, and 15% did not disclose. Of the nine graduates who were not in current employment, three were enrolled in further training.

93% of graduates currently live in the country in which they trained with 123 graduates in Malawi and 3 graduates in Uganda. Of those who left, 60% were located in other regions of Africa, spreading themselves between South Africa (3 graduates), Botswana (2 graduates) and Lesotho (1 graduate). The remaining 4 graduates outside of Africa were in the UK and United States of America, where most were undertaking further training. The graduates outside of their country of training had moved for various reasons; five moved for post graduate training; & two moved to be with their families. However, all planned to return to Malawi, albeit at their own individual rates. Expected returns were between 2021-2027, two did not specify a year but explained it would be once they had completed specialist training.

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Hurst Essay 2021

This year's Hurst Essay Competition celebrated its 10th anniversary. The competition was created by Dr Nigel Hurst to give sponsored students the opportunity to win a cash prize and receive feedback on their academic writing skills. For this year we ran four consecutive essays to separate the different categories of students to ensure all students would have an opportunity to win a monetary prize. The title for all categories was: *"Plan a Covid-19 vaccination strategy for implementation in Malawi. Within your answer you may wish to address the following issues: Herd immunity and type of vaccine; logistical challenges and how they may be overcome; delivery and rollout of vaccinations including vaccine refusal."*

Participants had good and meaningful ideas for implementation, but also recognized challenges they would face. We would like to congratulate our winners, who are:

College of Medicine: 1st prize - Chisomo Mthunzi (MBBS), 2nd prize - Moses White (Pharm), 3rd prize - Patience Ngwira (Physio), Highly commended - Kumbukani Kamwana (Physio)

Mzuzu Nursing: 1st prize - Yohane Nyirenda, 2nd prize - Gift Mvula, 3rd prize - Gift Gama, Highly commended - Lucius Chinumbi

Mzuzu Allied Health: 1st prize - Martin Banda (mental health worker), 2nd prize - Christopher Chiwanda (clinical officer), 3rd prize - Noa Kalinga (psychosocial counsellor), Highly commended - Duwa Phiri (mental health worker)

KCN Nursing: 1st prize - Lyson Moffolo, 2nd prize - Bertha Mphepo, 3rd prize - Regina Chimombo, Highly commended - Patrick Somanje

A big thanks to the markers Richard Banks, Tony Williams, Cathy Madden, Helen Humphries, David Scott and Robin Schreiber. The Medic to Medic team is looking forward to the 2022 years' competition and interesting essays!



CHARITABLE TRAVEL

for charity, not for profit

Raise money for Medic to Medic by going on holiday! Charitable Travel is a social enterprise created to help people book fantastic holidays at great prices, and to help raise money for charities. When you book your holiday, whether that's a staycation or something further afield, you can donate 5% of your holiday price to Medic to Medic at no extra cost to you! Once the donation has been made, Charitable Travel discount the cost of your holiday by the same 5%, sacrificing the commission that travel agencies make. Charitable Travel sell worldwide ATOL protected holidays from 200 suppliers, and are a member of the Travel Trust Association, so their customers are always financially protected. Find out more at charitable.travel/medic-to-medic/ or call the team of agents on 020 3092 1288.

Follow our blog to keep updated with our latest news and activities:

<https://healthprofessionalmalawi.wordpress.com/>



"Thank you Medic to Medic for the new laptop you blessed me with. I had been struggling all along when it came to typing assignments and studying because I didn't have a laptop and I had been using a phone which had a battery life of less than 1 hour to study & when

it came to assignments I had to borrow from friends when they were done with theirs. I am now able to study and do my assignments without any limitations. You have given me extra hope and strength to study hard. May you be blessed for touching so many lives including me. You have brought so much joy and hope in our families. Forever grateful." **Tiwonge Phiri Optometry Student**

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Our Alumni Community – Where are they now?

Providing school fee support to children was the norm. Despite only 37% of our graduates having children of their own, 75% were providing financial support to at least one child. The number of children dependent on their support ranged from 1 to 10 children, whereby the modal number was 2. Moreover, 41% of our graduates were involved in philanthropic activities including the donation of medical devices, medications, food and clothes, providing school fees to orphans, improving access to mental and physical healthcare, and raising money for those in need.

Approximately one third of our graduates were balancing other roles, 62% of these were voluntary, including work at Covid centres, taking on voluntary leadership and managerial roles in the clinical and non-clinical settings, and health promotional activities in their local communities.

Most heart-warmingly, 89% of our graduates were interested in contributing towards Medic to Medic initiatives, highlighting the strong community we have been able to grow. We hope to continue providing support to health workers in training that Malawi, and its neighbouring countries, so desperately need. We are proud that Medic to Medic graduates have not been attracted to the higher salaries of western countries with 97% of graduates remaining in Africa and 93% remaining in the country in which they trained.

Thank you to Gabrielle Sanders, medical student at Kings College London for undertaking the 2021 Graduate Survey during her virtual elective with Medic to Medic.

Kondwani: Our first Optometry technician

"Today I received some great news - I passed the final exams. Am officially an Optometry technician, am so happy! I owe many thanks to Medic to Medic, I could never have done it without you so I pray that the great work at M2M expands to produce as many graduates as possible."



Kondwani is the first Optometry technician supported by Medic to Medic. Optometrists have a very valuable role in identifying reversible eye diseases. They ensure more people can go to work and children can go to school. They help reverse poverty! It costs roughly £500 a year to support an optometrist in training - please get in touch if you would like to support a trainee optometrist!

Nominate Medic to Medic today!

Ecclesiastical Movement for good is back! 500 charities will win £1000 in unrestricted funding. The more nominations we receive, the more likely we will be successful! Please nominate Medic to Medic (charity number 1149904) via this link: <https://movementforgood.com/index.php?cn=1149904...#nominateACharity> The deadline for nominations is Sunday 13th June.

The Vitality Big Half will return to London on Sunday 22 August 2021! Medic to Medic have 3 remaining places. If you'd like to take part & raise much-needed funds, please get in touch today. You can find more information about the event here: thebighalf.co.uk



Social Media for Good: Go Pool it . com



Gopoolit.com is a new social media platform allowing you to support charities through your posts by raising microdonations. Check out the video to find out how it works.

<https://www.youtube.com/watch?v=8Y-BgwhPcWg>

Join today! The more posts that support Medic to Medic, the more we can raise!



Email: 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



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www.medictomedic.org.uk

Registered Charity No. 1149904

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 had 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 link them to individuals in the UK, who provide them with personal support. We help them after graduation until they can support themselves and work as much needed doctors locally.

Our scheme to support medical students has been so successful that we now also support physiotherapists, pharmacists, nurses, mental health workers, clinical officers and optometrists 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 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 one student is disadvantaged if a donor needs to withdraw.

For more information, please contact us (details opposite).

What our Students Say:

"Today, I collected hand sanitizer and soap - I must say am really grateful for your help and with this I will protect myself from covid-19 by hand sanitizing always and taking good care of my body.....I also happened to borrow a laptop - life without a laptop at a college is unbearable, lucky enough for me you have come to my help and here I am with the laptop that I have just borrowed. My studies are going to be simplified....In a nut shell, I must say M2M is indeed an organization sent from heaven to save me at a time that I had no hope for my academic life....Thank you a lot and may almighty God continue showering many blessings on this organisation."

"They say "when you are in the darkest hour, just remember that the dawn is near". It was at the time that I thought my college life won't be possible, Medic-to-Medic came to my rescue. I am writing as a student who is now awaiting the final research grade and then graduation. Once again, many thanks to Medic to Medic for making it possible for me. It has been a tough journey but all in all the battle is now almost over."

"With your scholarship, we are able to support my sibling studies unlike before being granted this scholarship where almost all the money made in the family was given to me for my studies. This scholarship has also inspired and given hope to my younger siblings such that they are now working hard to make it to varsity knowing scholarships exists."

"Thank you so much you have helped this soul, I have called my mother at the village she was worried about this, she also said thank you thank you stay blessed."

Girls are more vulnerable than their male counterparts in Africa. We have a preference to support female students who are struggling. Read the story of one of our newest students:

"I was born in a family of 3 children, one boy and two girls. My brother who happened to be the first born passed on. My father died when my mother was pregnant with me and my mother died at labour ward during the time she was delivering me. I grew up with my grandmother. My parents only reached primary school. My grandmother passed on when I was selected to go to secondary school. I am a single mother. I was raped on my way back home from school by an unidentified person who had his face covered in 2010. I was in form 4 by then and I failed to concentrate on my studies which read to my poor performance. I had to repeat the class in 2012 after I had given birth. After school I decided to look for piece works. I am good at the kitchen so I was fortunate enough to be hired as a house maid. It is from there that I applied for College and I was successful. I have been working as a house maid for 5 years now just to find college fees and other basic needs for myself and my child. My inspiration is to be able to help my community."