



Medic to Medic



Annual Report & Financial Statement

July 1st 2021 – June 30th 2022

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What does Medic to Medic do?

The aim of Medic to Medic is to support healthcare students in low-income countries who are at risk of dropping out of their training. With our support, students can focus on their studies until graduation, and countries gain the expertise of health professionals who are so desperately needed.

Medic to Medic works like “sponsor a child” schemes – except we sponsor healthcare students. Each donor is linked to an individual student, who sends updates on his or her progress. Donations are pooled so that even if a donor withdraws, no student is disadvantaged.

We support students training to become doctors, pharmacists, physiotherapists, nurse midwives, mental health workers, clinical officers and optometrists in their home countries. Scholarships cover each student’s tuition fees, and other necessary allowances, as well as providing them with medical equipment, a laptop and textbooks, so that they have everything they need to successfully qualify from their courses. As of June 30th 2022 we were supporting 103 students, in 18 colleges, across 5 countries and this year we saw 20 of our students graduate.

Without the support of Medic to Medic, many of these healthcare students would spend their spare time trying to find extra funding rather than focusing on their studies. With a scholarship students can concentrate on their studies, and they are more likely to stay and work in their home country following graduation, which is of great importance to the sustainability and development of their countries’ fragile health systems.

3 priorities

Health Workers

We support trainee healthcare workers throughout their education, so that they can perform to the best of their ability. We want to add to the absolute numbers of health workers in training so that there are more graduates in countries with critical shortages.

Equity and Access

We target those who are under represented in the health professions, such as women or those from rural areas. We want to increase the numbers of health workers working in rural areas, so that everyone has equal access to healthcare.

Awareness

We hope to raise awareness of the different conditions facing health professionals worldwide and an appreciation of the global health community.



Student Voices



“My life was not that easy before M2M intervened and carried my burden. I was psychologically affected and it was hard for me to concentrate on my studies but I saw an angel (M2M) coming my way holding my hand to lift me up. **My life completely changed from nobody to somebody and not only my life but also for the entire family at home.** My mother and brothers are also happy, hoping that the doors were opened and I will be a bridge to them. This scholarship reinstalled hope in our hearts and I see myself graduating which is my long time dream.”

“I would like to thank **Medic to Medic** for the continued support you are giving me, I am run of words. You have **given me a second chance to study** and I don't take it for granted, I really appreciate you and may the almighty God continue blessing you. I promise you that your support will not be in vain, **I will be one of the cornerstones of Medic to Medic in Malawi.** You have shown so much love on me so that I should continue my education and I take it as a more than a blessing to my life. **My guardians are run of words** as well. I wish all good luck to M2M organisation.”

“It is my desire to emulate what Medic to Medic is doing. I wish to establish a charity organization that shall aim at helping needy and deserving university students financially - education to all. Indeed, **Medic to Medic has set a very good example to me.** Thank you a million times.”



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



Mission Statement

Medic to Medic believes that access to healthcare is a human right but is unequal both between and within nation states. Shortage of trained healthcare professionals is a major driver of such inequalities. We strive to address this issue by supporting healthcare students in Africa and low- and middle-income countries who can no longer afford to continue their studies. We value gender equality and seek to support women who are under represented in the healthcare professions. We seek to support students from disadvantaged backgrounds.



Blantyre Guest Bedrooms

2 Rooms available.



En Suite Bedroom (right)

2x 3/4 Beds

Mosquito Nets, Bedside Lights, Walk in wardrobe area, Fan. Private bathroom with bath and shower head. If shower desired can use resident shower.

15,000 MK per night for single occupancy
30,000 MK per night for double occupancy



Intern Bedroom (left)

2x Single Beds

Mosquito Nets, Bedside Lights, Wardrobe, Fan, exclusive use of Resident Bathroom
10,000 MK per night for single occupancy
20,000 MK per night for double occupancy



Meals

Rates are inclusive of Wi-Fi & basic breakfast, tea & coffee. Breakfast will consist of cereal, toast, fruits and will be left on a counter top in the kitchen for you to help yourself in the morning. Our team arrive at the house at 7.30am each morning.

Feel free to use the communal kitchen for cooking meals. If desired, evening meals can be arranged for an additional charge, but must be planned in advance.

Hot Water & Power

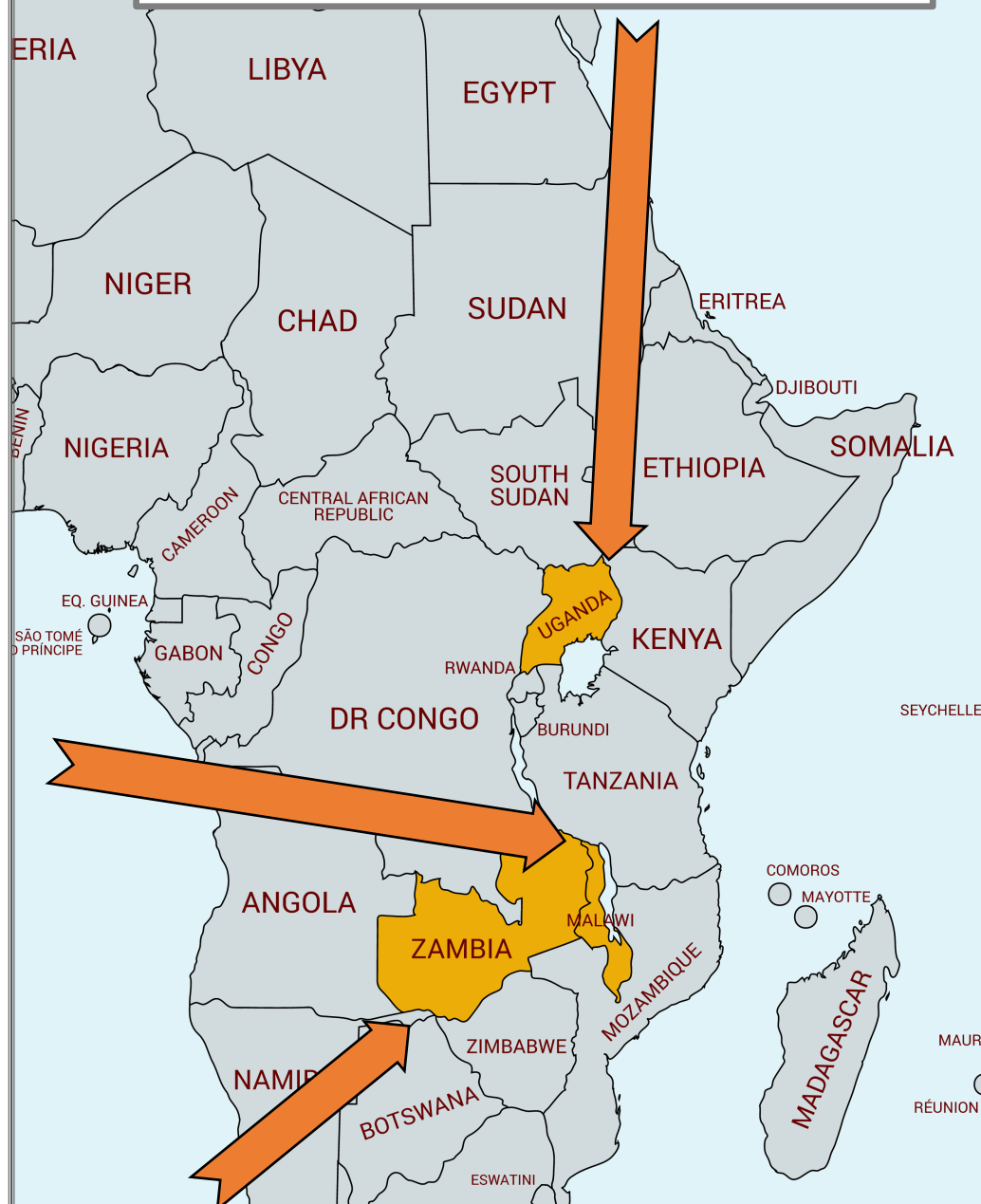
Please turn on the geyser switch in the hallway next to the resident bathroom to get hot water. It will take 30 minutes to heat up. Turn off once finished. We unfortunately do not have a generator – if the power is out, please use the solar panel torch in the bedroom. Some of the light bulbs have a small charge after the power has gone out & can continue to be used.

Where does Medic to Medic work?

Additionally, we have a pilot student at the University of Nairobi and one postgraduate student in Ethiopia being sponsored by a restricted donation.

MALAWI – Kamuzu University of Health Sciences (KUHES) in Blantyre was set up in 1991. Initially a medical school, it now trains a range of health professionals in Blantyre, Lilongwe, and Mangochi campuses. Medic to Medic sponsors 17 medical students, 8 physiotherapy students, 6 pharmacy students, 2 medical laboratory scientist, 3 nurses and 1 palliative care nurse here. Mzuzu University opened its nursing faculty in 2006. Students undertake clinical placements in the more rural northern region of Malawi, and their training is centered on the health needs of the local population. Medic to Medic sponsors 12 nursing students and 2 optometrists here. St John of God College, also in the north of Malawi, provides a unique training course for clinical officers (a type of health professional common in sub-Saharan Africa who do basic medical training) specialising in the provision of psychiatric care to the rural population. Medic to Medic sponsors 12 mental health workers here. Ekwendeni College of Health Sciences trains students in a diploma of clinical medicine. Students graduate as clinical officers and run missionary hospitals and clinics in rural areas where there are no doctors. Medic to Medic sponsors 15 students here. Partnerships are continuing to develop with Malawi College of Health Sciences, Mulanje Mission College, St Johns Institute of Nursing, Trinity Nursing College, Malawi University of Science and Technology, Nkhoma Nursing College, African Bible College, Malawi Polytechnic University where our remaining student community train in Malawi.

UGANDA – Mbarara University of Science & Technology Mbarara University was founded in 1989 to address the shortage of scientists in Uganda and to instill a sense of community service in its students. It has approximately 6043 students and employs over 200 staff members.



ZAMBIA – The University of Zambia, based in Lusaka, is one of four government run institutions in Zambia that train doctors and other health professionals. It was established in 1965 and has as its motto “*Service and Excellence*”. The medical school was the first in Zambia and is set opposite University Teaching Hospital, a tertiary referral hospital in Lusaka. Medic to Medic supports 1 student here.

2021 – 2022 in Numbers

103 students supported



20 Graduated

16 medical equipment packs



18 Universities



18 laptops distributed



5 countries

750 kg medical textbooks transported



Financial support provided

£88,561



Sybil Chumbi, Physiotherapy Graduate



Report from Chief Executive Officer

During 1st July 2021 – 30th June 2022 Medic to Medic supported a total of 99 individuals, across 14 colleges in Malawi and a further 4 students within Africa. This is a huge milestone for our organisation and is the first time that we have supported over 100 students at any one time.

Our student community included 17 medical students, 8 physiotherapy students, 6 pharmacy students, 2 medical laboratory science students and 1 palliative care nurse, training at the Kamuzu University of Health Sciences (formally known as the College of Medicine); 12 nursing & midwifery students and 2 optometry students training at Mzuzu University; 14 clinical officers, 3 registered nurses and 1 pharmacy certificate student training at Ekwendeni College of Health Sciences; 12 students training in mental health at St John of God College – 6 in the diploma of psychosocial counselling and 6 in clinical medicine/psychiatric nursing; 6 radiographer students, 1 dental therapy student, 1 pharmacy diploma student and 1 clinical medicine student training at the Malawi College of Health Sciences; 3 nursing students training at Kamuzu College of Nursing; 5 students training as nurse midwife technicians with two students at St Johns Institute for health, and 1 each at Nkhoma Mission College, Mulanje Mission College and Trinity Nursing College. 1 student training in biomedical engineering at the Malawi Polytechnic; 1 audiology student at the African Bible College; and 1 medical imaging student studying at Malawi University of Science and Technology.

Our students outside of Malawi consisted of 1 postgraduate student completing the Master of Paediatrics in Ethiopia; 1 dentist training at the University of Nairobi and 2 medical students, 1 in Zambia and the other in Uganda. 20 of our community graduated, bringing the total number of alumni to 172.

This year saw a substantial step forward to increasing our sustainability in Malawi. I was in the country for 8 months setting up our local administration and formulating Malawian based fundraising initiatives. We are registered as a limited company within Malawi, a necessary

criteria to be able to register with the council of non-governmental organisations (CONGOMA) and the NGO board. 5 of our alumni made the commitment of being trustees to help facilitate these administration processes. We have an office base in Blantyre where we employ one full time administrator, two security guards, 1 gardener and 1 cleaner. This has enabled us to provide employment in areas where there are high levels of poverty and have helped secure individual family economies.

Our office base has provided us opportunities to develop local fundraising initiatives. These include providing relaxation massages with our physiotherapy graduates once per week, opening a second hand medical textbook shop, where excess book donations are sold at low cost to the student community at large, reducing barriers to necessary resources for medical education. There are also two guest bedrooms where we can provide quiet and safe accommodation for overnight guests, which also houses our visiting team during in country visits. Our alumni have been instrumental in helping us move forward and all are encouraged to donate 500 MK (50p) back to Medic to Medic per month (6,000 MK per year (£6)) to help our community grow. As our alumni expands, this will be a useful sustainable funding source to continue supporting the next generation of health workers within Malawi. We are continuing to develop commercial partnerships and have already been successful in providing health checks to FDH bank in exchange for fundraising donations.

In April 2022 we conducted our annual graduate survey with an alumnus Martha Kilowe who has gone on to undertake further training in Monitoring and Evaluation with the Catholic University of Malawi. Similarly to previous years we have continued to identify the ripple effects of providing financial support to disadvantaged students; 88% of graduates provide financial support in the form of school fees to their children or other



Report from Chief Executive Officer

relatives in secondary or tertiary education; 10% of graduates own a house; 46% of graduates own a car and 77% of graduates have financial responsibilities which include taking care of extended families (outside of school fees).

With the help of a specific donation, given to support reforestation projects we started a student led initiative called “Medic to Medic Environmental Action.” Climate change is having and will continue to have a detrimental impact on health outcomes for people globally, but more so in countries such as Malawi that are already vulnerable. These impacts will directly affect our graduate alumni working on the frontlines in Malawi, with limited resources and access to equipment. In January 2022 we asked our students, who would like to get involved in tree planting initiatives within their local communities. They were asked to identify an area for reforestation within their village; discuss these projects with the villagers and village chief, and asked to cost the project – given a minimum of 50 trees.

These projects have been so successful that we formed an *Environmental Action* WhatsApp group for students to share knowledge and ideas, the students have elected a subcommittee and designed a logo for the group and run their own *Environmental Action* Facebook page. Following project completion, students were required to write a short report, fill out an online survey at 6 months and visit a fellow students’ forest to learn from their experience and build friendships for the future. During 2022, 16 students undertook projects; 2540 trees were planted and 1875 trees survived at the 6 month survey. These initiatives are valuable and help us identify students who are proactive with leadership abilities, that we may be able to invite on to the team on the ground in Malawi in the future.

There have been numerous changes to our small teams. We said goodbye to trustees in the UK and New Zealand including, Nick Mandeville, David Scott, Paul Purcell, Gaurav Gupta and also said goodbye to our UK based office manager Nadia Panait. We did

however welcome Elizabeth Howard, William Stones and Anisha Palanivelu Vishwanathan to their respective boards. We are grateful to all individuals for their contributions in helping Medic to Medic progress with our charitable mission, more especially Nick Mandeville who has been involved with Medic to Medic since it’s foundation.

As the world opens up again, in the year ahead we hope to develop an elective programme alongside our graduate alumni. These will be unique opportunities for overseas students to visit Malawi and work alongside one of our alumnus. Additionally, we are in the process of constructing a *first aid course* in Malawi - more ways to increase health literacy with the help of our alumni whilst fundraising at the same time. We also hope to develop an additional student led side initiative to undertake *School Talks* – with students and alumni providing career talks and motivational speeches to students at primary and secondary school to encourage them with their education. Additionally, we will be setting up Walani, a psychosocial support helpline for students in Malawi. We look forward to sharing with you the progress of this initiative when the time comes.

Thank you for walking this journey with us. We hope you are encouraged by the progress we have made this year and will continue to support us as we venture in the future supporting the next generation of health workers where they are needed most.



Dr Tamsin Lillie
MBBS MPH DTM&H EMC DCH
DOMG FRNZCUC
Chief Executive Officer



Dr Judith Namukopwe



“It’s a great privilege to have been one of the beneficiaries of Medic to Medic. It has not only made my dream of becoming a medical doctor true, but also inspired me to go far with helping others in fulfilling their dreams. Great job team!”



Meet the Team UK and New Zealand

Tamsin Lillie *Chief Executive Officer, NZ Trustee*

Tamsin is an Urgent Care doctor working in Rotorua New Zealand with an interest in global health. She has been involved with Medic to Medic since 2009 having set up and run the Norwich medical school student branch. She has completed a Masters in International Public Health and the East African Diploma of Hygiene and Tropical Medicine. She has been CEO since January 2015.



Bryony Hamel *UK Trustee & Salisbury Recycles for Medic to Medic Coordinator*

Bryony first travelled to Malawi in 2010 to do her elective as a medical student. She was struck by the vast differences in healthcare provision in comparison to the NHS. She has been promoting the charity to anyone that will listen and runs the *Salisbury recycles for Medic to Medic* Terracycle collection point.

David Howells *UK Trustee*

As a qualified accountant, Dave has spent his career in both the petrochemical & automotive industries. In the last phase of his career, he focused mainly on driving large digital transformations. Dave developed an interest and fascination with Africa while working in South Africa and now wants to help bring sustainable medical capability to Malawi.



Sheena Jagjiwan *Gift Aid Manager*

Sheena volunteers for Medic to Medic. She works full time at a Hospice charity in London. Sheena helps run the yearly monitoring visits in Malawi and submits our gift aid claim each year.

Catherine Madden *UK Trustee*

Cathy is a GP in Chesterfield, Derbyshire and also a trustee for a homeless charity in the UK. She spent her medical elective in Malawi in 1981 and retains great affection for the country. She became trustee for Medic to Medic in 2017 and Chair of Trustees in 2019.



Robin Schreiber *UK Trustee*

Robin studied Pharmacy in Tübingen, Germany and graduated in 2019. In 2018 he received a scholarship from the German Academic Exchange Service (DAAD) to do a study about the availability and affordability of antimalarial drugs in comparison to antihypertensives in 24 primary health centres in Blantyre in Malawi. There he got to know Medic to Medic and has been an active supporter ever since.

During 2021 – 2022 Nick Mandeville, David Scott and Paul Purcell resigned as UK trustees. Gaurav Gupta and Nadia Panait also moved on to new projects. We wish them all the best for the future and appreciate their contributions towards Medic to Medic.



Meet the Team UK and New Zealand

Liz Howard *UK Trustee*

Liz is a GP and clinician for NHS Practitioner Health who lived in Malawi for 3 years. During this time, she became interested in the wellbeing of medical students, helping to set up a student peer support group as part of the College of Medicine's student wellbeing programme. She was touched by the students' stories; learning to deliver health care in a resource poor setting as well as dealing with considerable financial and family issues. Through this group she became aware of the amazing support Medic to Medic give and the real difference that it makes.



William Stones *UK Trustee*

William Stones is a UK trained obstetrician-gynaecologist with global and public health interests. He has been affiliated with Kamuzu University of Health Sciences (formerly the College of Medicine) in Malawi since 2014. He currently lives and works in Nevis (Caribbean) and maintains online teaching and research links with Malawian university colleagues and postgraduate students.



Alice Namanja *UK Volunteer Malawi Trustee*

Alice is a lecturer in Cardiorespiratory Physiotherapy at Kamuzu University of Health Sciences. After pursuing her Master of Science in Cardiovascular health and rehabilitation at the University of Chester, Alice is now doing her PhD studies in cardiac rehabilitation at the University of Hull in United Kingdom. Her focus is on primary and secondary prevention of cardiovascular disease among people living with HIV in Malawi. Her ambition is to establish approaches which could be used by Malawians living in both rural and urban settings to access and utilize the cardiovascular disease targeted preventive interventions such as exercise therapy, education, and counselling.



Melissa Brittle *NZ Trustee*

Melissa is an Urgent Care Doctor working in Christchurch, New Zealand. Her interest in global health began when she was travelling in Asia in 2011. This led her to make a career change into medicine. While working in Myanmar with Yangon Medical school, she saw the additional challenges medical students face in countries where there is a lack of accessible funding. This can determine between those who can complete their studies and go on to contribute to the healthcare in their country and those who are unable to. She joined Medic to Medic to help address these inequalities in accessing medical education in other countries.



Anisha Palanivelu Viswanathan *NZ Trustee*

Anisha is a doctor working at Hutt Hospital in Wellington. She first got involved with Medic to Medic as a 4th year medical student in Rotorua, helping sell masks as a fundraiser during the pandemic. Anisha has since been involved with raising awareness about Medic to Medic amongst medical students and junior doctors.



Chaminda Gunawardana *NZ Trustee*

Chaminda is doctor training in geriatrics. He was born in Malawi and grew up in Sri Lanka. He is passionate about supporting students in developing countries achieve their goals and recently has joined the Medic to Medic team in New Zealand.



Meet the Team Malawi

Helen Dzumalala *Blantyre Office Coordinator*

Helen runs the Medic to Medic Blantyre based office in New Naperi. She runs regular Malawi based initiatives including the medical textbook shop, student study space and the Blantyre guest bedroom. Prior to working for Medic to Medic she was secretary to the Dean of Students. In this role, she has been working alongside Medic to Medic since 2009.



Hawah Mbali *Trustee*

Hawah is a Medical officer at Mzuzu Central Hospital, northern Malawi. She has worked with Medic to Medic since 2017 as a Medic to Medic representative in the northern region. She is currently studying Masters in Dermatology and Venereology at Regional Dermatology Center in Tanzania. She is passionate about dermatology and global health dermatology.

Fanuel Bickton *Trustee*

Fanuel graduated as a physiotherapist in 2018. He completed a Masters of cardio-respiratory studies with distinction in 2022 from UCL. He is now based at the Malawi-Liverpool-Wellcome Programme and is a physiotherapy lecturer at the Kamuzu University of Health Sciences. He is also an Editor for the Malawi Medical Journal.



Thokozire Phiri-Makanjira *Trustee*

Thokozire is a pharmacist, currently working in a retail pharmacy in Blantyre Limbe Malawi. She was a Medic to Medic beneficiary from 2015 to 2017. Now a trustee and a volunteer for the Malawi team. She is also volunteering with Imind youth organisation which focuses on mental health awareness to the youth in the country.

Jeremiah Kabaghe *Trustee*

Jeremiah is a pharmacist and works as a retail pharmacist at Pharmacare in Blantyre. He volunteered to be part of the Malawi team and has been helpful in looking after students who have had welfare concerns. Additionally he has helped run health checks for fundraising in Blantyre.



Interested in being on the Medic to Medic team? We're always looking for more volunteers interested in fundraising, administration and grant writing. If you'd like to get involved, email us: info@medictomedic.org.uk



Big Half London 2021



I asked myself, “Why am I suffering? Why am I out here?” Then I recalled that the “why” was much bigger than my suffering – I was running to fundraise for Medic To Medic. This motivated me to continue running and shut down that internal voice of quitting until I crossed the finish line at 13.1 miles in 2 hours, 20 minutes and 59 seconds.”

Fanuel Bickton, 2021 Runner



Blantyre Medical Textbook Shop



LARGE Textbook 10,000 MK
SMALL Textbook 5,000 MK

50% off with student ID
Discounted books are capped at 5 books per purchase. This is to ensure that all students have the opportunity to purchase resources at low cost.



Our alumni community — where are they now?



Martha Kilowe Medic to Medic Alumnus

Martha Kilowe, Medic to Medic alumnus is the monitoring and evaluation officer for Medic to Medic and conducted our annual graduate survey in February 2022. The graduate survey assesses the status of our graduates.

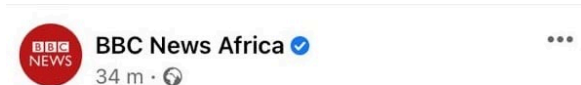
As of February 2022, we had 163 alumni. The professional breakdown included 76 (47%) doctors, 24 (15%) physiotherapists, 20 (12%) pharmacists, 21 (13%) mental health workers, 10 (6%) nurse midwives, five (3%) clinical officers, and one (1%) optometrist and one (1%) medical laboratory scientist. Three graduates (2%) did not complete the survey.

93% of graduates currently reside in their country of training (Malawi or Uganda).

7% of graduates reside outside their country of training with most pursuing further qualifications. These graduates reported that they are expecting to return home in the future.

32% of graduates have been involved in health promotion in a professional capacity via media outlets including newspapers, radio and television. 88% of graduates provide financial support in the form of school fees to their children or other relatives in secondary or tertiary education. 10% of graduates own a house and 46% own a car. 77% of graduates have financial responsibilities which include taking care of extended families.

The 2022 survey results demonstrate the wide-ranging effect our graduates have on their local communities through health promotion & financial support. Our alumni are involved in local fundraising and make regular contributions to enable Medic to Medic to support more students. Most importantly, 93% remain in the country in which they trained, strengthening human resources for health where they are needed most.



Malawi will make Covid-19 vaccines mandatory for key staff, including health workers and journalists, as the government tries to boost its vaccination campaign amid a spike in cases.

More here: <https://bbc.in/3F4MfZ7>



Dr Francis Makiyi Medic to Medic Alumnus

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





“I would like to say thank you to **Medic to Medic** for all the support during my study. You have made me to achieve my ambition of being a nurse midwife, of which without you, it could not be possible but God used you since first year until the day of my graduation. May you always stay blessed and do the same to those that require your support.”



Blantyre Relaxation Massages

Relaxation massages take place every Sunday. This is to ensure that this initiative does not encroach on the physiotherapy graduates clinical commitments. It may be possible to book an appointment at other times, but this is dependent on the room and physiotherapist availability.

Price List:

- 30 minute session – 5,000 MK
- 45 minutes – 7,500 MK
- 1 hour session – 10,000 MK

Area of the Body:

- Back & Neck
- Whole Body
- Upper limbs
- Lower limbs

50% of your massage fee will go directly to Medic to Medic fundraising in Malawi. The remaining 50% will go to the physiotherapist to pay for their time and skills.

Oils Available:

- The prices include baby oil as the standard massage oil.
- The oils listed below incur an extra charge - these have been purchased from Azimai in Zambia where they are sustainably sourced from natural ingredients. These oils cost an additional 2,500 MK.
 - Lavender Oil
 - Eucalyptus Oil
 - Lemongrass Oil
 - Moringa Oil
 - Boabob Oil
 - Mongongo Oil
 - Marula Oil
 - Peppermint Oil



Please call the Medic to Medic office numbers to arrange your appointment time:

098 266 9432

088 735 5593

You will be asked to arrive 5-10 minutes early to your scheduled appointment.

You will be asked to fill out a client health questionnaire before your massage. The information obtained will be kept confidential. This information will help your physio to determine your massage needs.

You are welcome to stay for tea and biscuits afterwards.



Please be aware that the Medic to Medic house contains a student study space and you will likely see our students come and go on the weekends. We also have 2 cats (Sparkles and Timmie) who are office mascots and a dog (Sootie) who are friendly. The massage area is very private.

Hurst Essay Winners

Every year Medic to Medic run the annual essay competition. This is a chance for the students to practise their essay writing skills as well as an extra opportunity to win some prize money. This year we ran three essay competitions; one for the students at Kamuzu University of Health Sciences (KUHES); one for Allied Health students; one for students at St John of God College.

This year's essay titles were:

- *"There is no health without Global Health."* – KUHES Entry.
- *"How can modern technology improve the health of Malawi? Give examples to support your arguments."* – Allied Health Entry.
- *"Why are mental health problems on the rise in Malawi and what can be done about it?"* – SJOG Entry.

"I am very grateful for what Medic to Medic through different platforms has helped me become. The writing competitions have strongly contributed to what I am today and have become one of my strongest skills I have now."

Medic to Medic Graduate

Kamuzu University of Health Sciences (KUHES)

Total of 6 entries submitted.

Winners:

1st Prize Felix Oriono
2nd Prize Grace Chawinga
3rd Prize Kumbukani Kamwana
Highly Commended Moses White

Allied Health

Total of 13 entries submitted.

Winners:

1st Prize Peter Samuel
2nd prize Yohane Nyirenda
3rd prize Gift Khonje
Highly Commended Lucius Gerrald

St John of God College

Total of 4 entries submitted.

Winners:

1st Prize Brighton Lupeska
2nd Prize Joseph Kumwenda
3rd Prize Bertha Kasambala
Highly Commended Diana Ligomba

Thank you to Dr Hurst whose continued donations provide the prize money for this competition and to our markers - Cathy, Robin, Samuel, Isaac, Richard & Helen. This was the first year that two Medic to Medic alumnus helped with the marking.



Student Voices



"I am really grateful to Medic to Medic for it has changed my primitive life into the very hopeful one."

"Since I got this sponsorship my story has changed, I was once a great friend of differed examinations. I'm currently doing better because panic and dread are now far from me."

"You've brightened up my life and I regard you as charming gardeners who make my soul blossom."



Environmental Action



In January 2022, Medic to Medic embarked on an environmental action initiative. We asked our students who would like to get involved in tree planting initiatives within their local communities. Several students came forward with project proposals. They were asked to identify an area for reforestation within their local communities; discuss these projects with the villagers and village chief / headman; they were then asked to cost the project – given a minimum of 50 trees and submit their budgets. Students could discuss the project with the chief as to what type of trees were needed and identify these on their project proposals.

These projects enable us to work with our students on a shared initiative, with students developing leadership roles at a community level – ensuring that the forests are community owned and supported. If the process goes well, we will be able to invite the students once graduated on to a more formal role within Medic to Medic in Malawi – such as fundraising, advocacy or mentorship, ensuring the sustainability of our community.

These projects have been so successful that we formed an *Environmental Action* WhatsApp group for students to share knowledge and ideas and elected a subcommittee with their own logo for the group and run their own *Environmental Action* Facebook page. Students are required to write a short report, fill out an online survey at 6 months post planting and visit a fellow students' forest to learn from their experience and build friendships for the future. A total of 2540 trees were planted under this initiative in Malawi, and 1875 trees survived.



Statement of Financial Activities UK

The next two pages show a statement of Medic to Medic's financial activities for the year 2021 – 2022. For more information please see our Financial report on our website or the charity commission:

<https://www.medictomedic.org.uk/charity-information>

Medic to Medic

Statement of financial activities

For the year ended 30 June 2022

	Note	Restricted £	Unrestricted £	2022 Total £	2021 Total £
Income from:					
Donations	3	39,371	77,827	117,198	93,200
Other trading activities	4	-	3,991	3,991	5,688
Investments		-	5	5	3
Total income		39,371	81,823	121,194	98,891
Expenditure on:					
Raising funds		-	5,307	5,307	3,391
Charitable activities		27,080	89,552	116,632	63,854
Total expenditure	6	27,080	94,859	121,939	67,245
Net income / (expenditure)		12,291	(13,036)	(745)	31,646
Transfers between funds		232	(232)	-	-
Net movement in funds	7	12,523	(13,268)	(745)	31,646
Reconciliation of funds:					
Total funds brought forward		7,690	53,386	61,076	29,430
Total funds carried forward		20,213	40,118	60,331	61,076

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 14 to the accounts.



Balance sheet UK

Medic to Medic

Balance sheet

As at 30 June 2022

	Note	2022 £	2021 £
Current assets			
Stock	10	-	320
Debtors	11	18,059	9,029
Cash at bank and in hand		<u>51,952</u>	<u>53,227</u>
		70,011	62,576
Liabilities			
Creditors: amounts falling due within 1 year	12	<u>(9,680)</u>	<u>(1,500)</u>
Net assets	13	<u>60,331</u>	<u>61,076</u>
Funds			
Restricted funds	14	20,213	7,690
Unrestricted funds			
Designated funds		9,000	9,000
General funds		<u>31,118</u>	<u>44,386</u>
Total charity funds		<u>60,331</u>	<u>61,076</u>

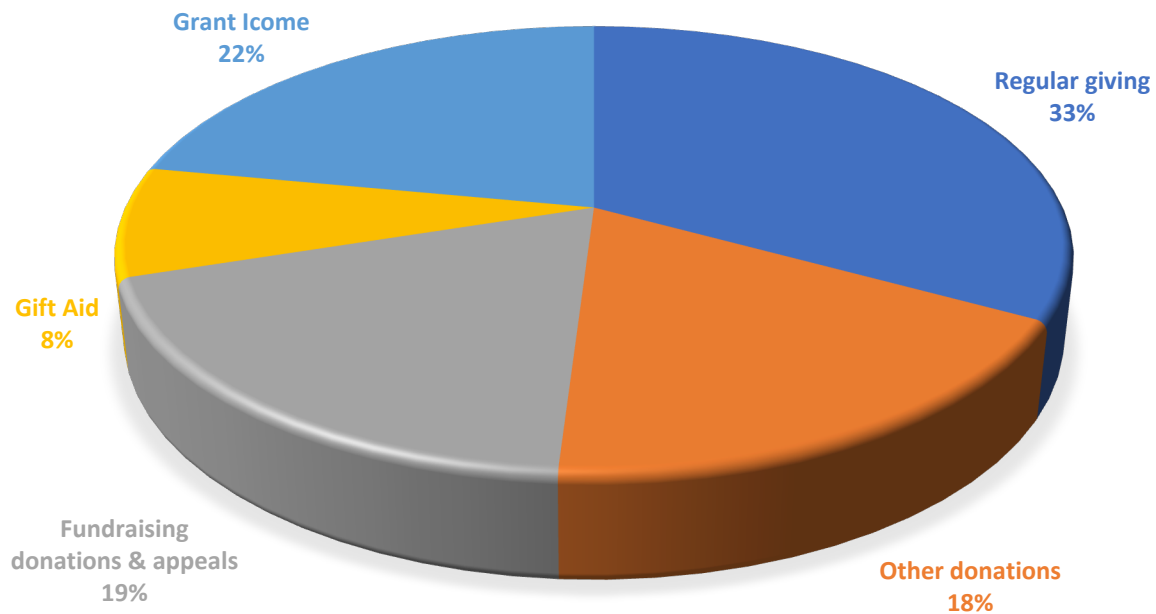
Approved by the trustees on 14 February 2023 and signed on their behalf by

D W Howells

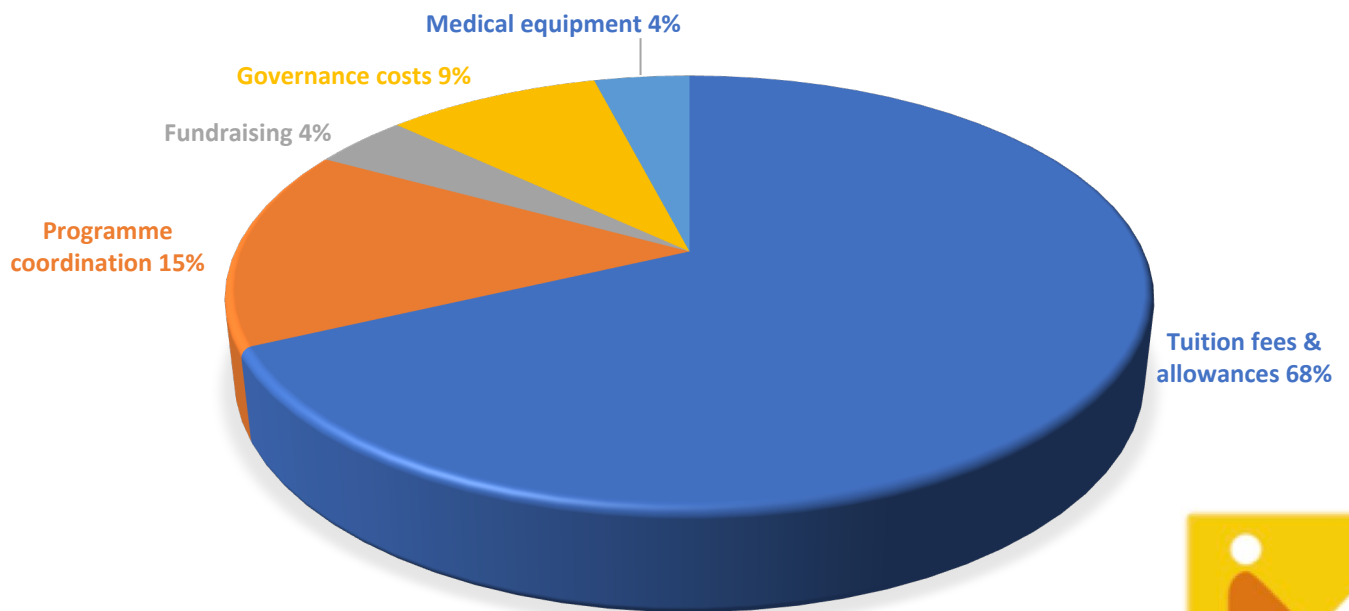
David Howells - Trustee



Income 2021 – 2022 UK



Expenditure 2021 – 2022 UK



My Life at University

Education is vital to every individual as it helps one to change their past behaviour. When one gets educated, their family and community too are educated. This is so when it comes to decision making on particular developmental project in the community the one gets educated is relied much on to make well informed decisions. In the family, for example when one gets educated, other family members look at her/ him as already to help them in time of need. Members believe that they can ask advice and even any other present help from him/ her. They also think that with education it is easy for the person to secure any job he or she may wish.

Here in Malawi mainly in remote areas for one to get educated, the probability is very low. There are a number of reasons accompanying the development. First one, most people living in these areas are illiterate, hence they do not encourage their children to attend even primary education although in Malawi primary education is for free of charge. Second one, majority of people living in these areas are economically challenged. They say when their child gets secondary education they can not pay for his/her school fees, hence they force their children to quit school early and join them in local farming. Third reason is that most parents force a girl child to get married earlier when a man who has money shows interest of marrying her even if the man is older than the girl so that they can get a little in return.

When one gets secondary education in these areas it is considered as a great achievement. Rarely you find one gets tertiary education from remote areas. If you happen to get one, they will surely tell you that they have their relatives working and living in urban areas and it is where they did their both primary and secondary education and proceeded to tertiary one.

This is not the case with me as I grew in one of the remote areas and got selected to one of the urban secondary school sponsored by Anglican church bursary and by the grace of God finally got selected to one of the public universities here in Malawi. I was enrolled as university student in the year 2019. Here life to me was unbearable because of high cost of living and tertiary education demands a lot. I had to pay for my school fees, rent and buy food. My mother who is parenting six of us was unable to manage even one. I had to do some pieces of work for my survival like cultivating in other people's agricultural fields and washing clothes for my fellow students to give me a tablet of soap in return.



Edward Chimenya

I could often miss classes in order to complete my hand outs. My performance at school started to decline. One day I thought to quit school, but something came in my mind that I am a head of my family, not only my family but also my community as I am only the one in my community who made it to university. Still more things were not going well for me. I continued missing classes in search for hand outs. I started feeling like I am not going to meet my goal of being a professional nurse. Till in the year 2021 end when I received a call from Dr.Tamsin, CEO for M2M that I had been taken as one of the beneficiaries of M2M scholarship. It was when my life changed completely. Now I can see the possibility of meeting of my dream. I thank God for your timely coming to rescue me. My family is also rescued and my community too.



Statement of Financial Activities NZ

Medic to Medic Performance Report For the year ended 30 June 2022

FINANCIAL INFORMATION Receipts and Payments

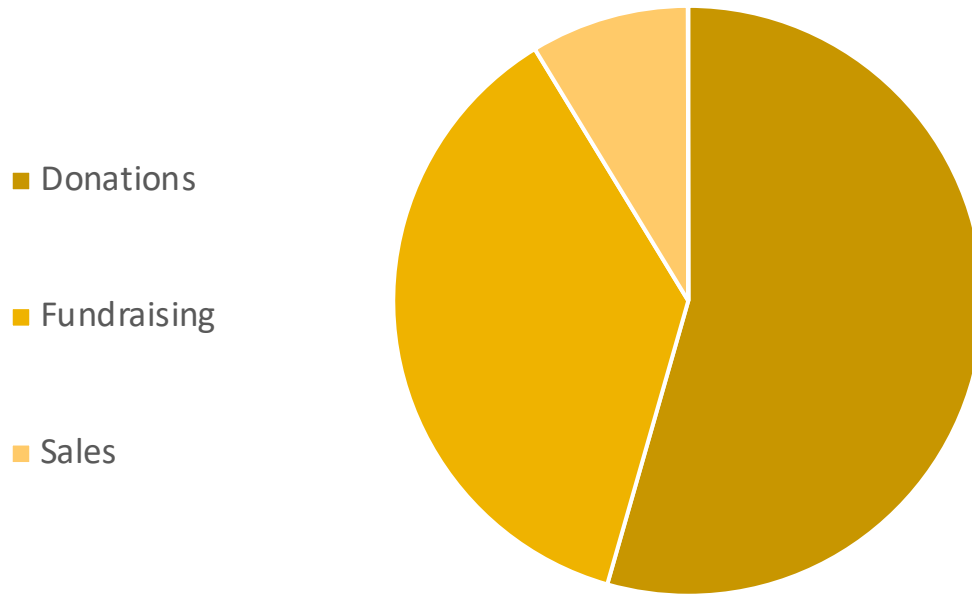
	Current year	Last year
Operating receipts (money deposited into the bank account)		
Donations and fundraising	4,982	13,991
Grants		
Bank account interest	1	1
Total receipts	4,983	13,993
Less operating payments (money withdrawn from you bank account)		
Key activities (Service performance)	7,125	8,362
Fundraising costs		
Payment to employees		
Other operating and overhead costs	255	90
Total payments	7,380	8,452
Operating surplus/(deficit) for the year	(2,397)	5,541
Plus opening total of all bank accounts and cash on hand	5,542	
Closing total of all bank account balances and cash on hand	3,135	5,542

During July 2021 – June 2022, NZ Medic to Medic paid for the following:

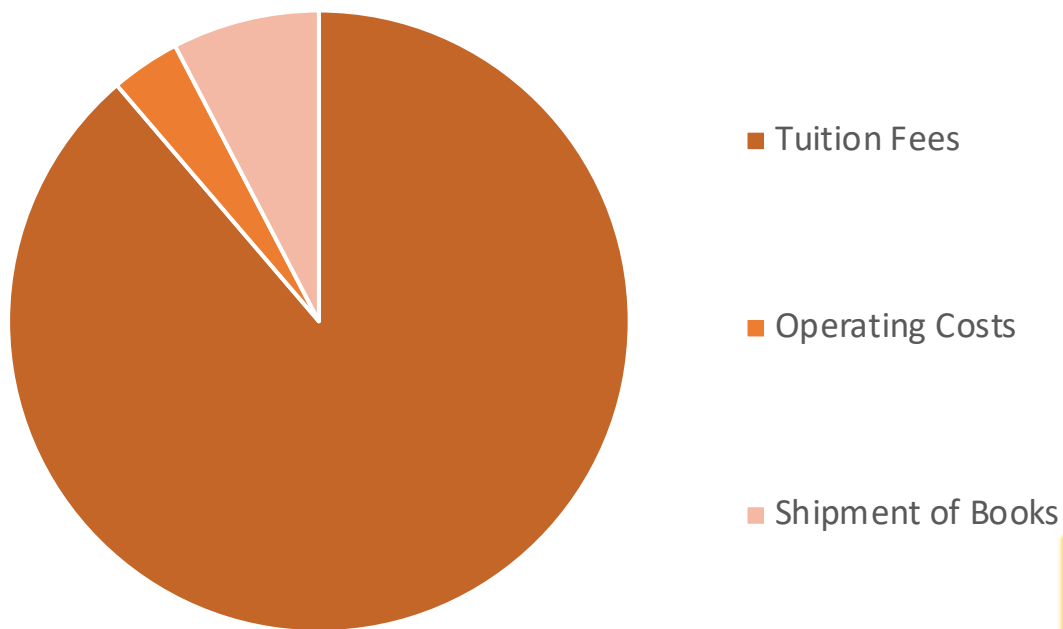
- Tuition fees for one medical imaging student at Malawi University of Science and Technology
- Tuition fees for six students studying radiography at the Malawi College of Health Sciences
- Tuition fees for one MBBS student at Mbarara University
- Shipment of Medical books to Australia for onward transfer to Malawi in partnership with another charitable organisation.



Income 2021 – 2022 NZ



Expenditure 2021 – 2022 NZ



Administrative Details

Medic to Medic

c/o Rosanne, 7 Shortway, Amersham, HP6 6AQ. UK.

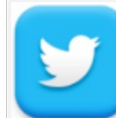
c/o 112 Otonga Road, Rotorua, 3015. NZ.

Email: info@medictomedic.org.uk

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



Medic to Medic



@MedictoMedic



Medic to Medic



tamsinlillie



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How you can help

Most of our donors give just £5—20 (NZ\$10 – 40) per month. If you feel you can sponsor 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 student is disadvantaged if a donor withdraws. For more information, please contact us (details above).

Medic to Medic Bankers Lloyds TSB Bank PLC; 286-288 Station Road; Harrow; Middlesex; HA1 2EB

Independent Examiners: Godfrey Wilson Limited; Chartered accountants and statutory auditors; 5th Floor Mariner House, 62 Prince Street, Bristol, BS1 4QD.

UK registered charity No: 1149904 NZ registered charity No. CC58085

www.medictomedic.org.uk





Medic to Medic was founded in 2007 to address the problems of training and retaining health workers in some of the world's poorest countries. Like many sub-Saharan countries, Malawi is desperately short of doctors with just two doctors per 100 000 people.

We support resource-limited but dedicated students through their training, supporting the sustainability of the health systems in their home countries. We cover tuition fees, allowances, medical equipment, books and a laptop so that students have everything they need to reach their full potential.



Medic to Medic

