



We hope this newsletter finds you and your loved ones safe and well. To state the obvious, 2020 has been an unprecedented year. Whilst it has thrown us many uncertainties it has also shown us we have a lot to be thankful for. Through a network of volunteers making face coverings we've raised over £4000. There are some festive designs leftover, so please get in touch if you'd like to buy a face covering – they're reversible with non-Christmas fabric so they're usable throughout the year too! And make fantastic gifts! We've also been able to expand our team of volunteers. Over the last few months we have received confirmation of registered charitable status in New Zealand. We are excited about the new opportunities this will bring for promotion and fundraising and eventually, supporting students in South East Asia and the Pacific. Unfortunately we are not able to hold our annual Christmas concert this year (for obvious reasons). But, there are still lots of ways to support us this Christmas! We can send out gift packages available via our website; a donation to us through the Big Give (more opposite) will enable us to double your donation; collect your postage stamps from Christmas cards; buy a lottery ticket through One Lottery; use easy fundraising when shopping online; nominate us for a £1000 unrestricted donation via Ecclesiastical; or sign up to Pledjar to round up everyday transactions to charity. Thank you for your continued support during what has been, for everyone, a challenging year. We hope you have a safe Christmas enjoying time with loved ones and can look ahead to a happier and brighter 2021.

Tamsin

The BIG Christmas Challenge – help Medic to Medic DOUBLE your donation to reach £12,000!

This year is the first time that Medic to Medic is taking part! The Big Give runs the UK's biggest match funding campaign, The Christmas Challenge. For seven days, it offers supporters the opportunity to have their donation doubled to their chosen charity. The Big Give Christmas challenge has raised thousands since it first started in 2008.

Our campaign page goes live at midday on Tuesday 1st December and will close one week later. We have a £6,000 fundraising target during this week. Take a look at our campaign:

<https://donate.thebiggive.org.uk/campaign/a051r00001egfe5AAA>

Any donation made will be matched by our pledgers, meaning that you're helping us reach a target of £12,000 overall! We are fortunate that around Christmas time we often receive adhoc donations. If you are in a position to give a Christmas gift, please do so through our campaign page so we're able to make the most of your donation. A big thanks to the businesses & individual donors who have made pledges supporting our campaign, including: Mulberry Mongoose, Excel Physiotherapy & Honeybee House Tearoom.

Please share our campaign with friends, family and colleagues, so we can make the most of this opportunity.



"I would like to thank Medic to Medic for the support you are offering me in my academics. You are really helping me achieve my dreams. I greatly appreciate because it would have been very hard for me to support myself here at school."


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Raise free funds for us every time you shop online

[Find out more](#)



"I especially thank Medic to Medic for what you are to me. I can dream in colours because you have been and are there for me. I am really grateful."

MBBS Student

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

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Thank you for your stethoscopes!

In 2019 we gave Ekwendeni College of Health Sciences a selection of donated stethoscopes, which could be given out to exceptional students as prizes for doing well in exams, assignments or on placements. Here is Saulos, faculty of Ekwendeni College of Health Sciences presenting Gift Khonje (a Medic to Medic student) with a stethoscope. Congratulations to Passmore Nyondo, Robert Wasella and Blessings Shawa who also received stethoscopes! Thank you for your ongoing support to trainee health care workers in Malawi, especially during these unprecedented times.



Welcome to the Team

Over the last few months we have welcomed some fresh faces to the Medic to Medic team! We are excited to be expanding our networks and looking forward to strengthening our team with the skills they bring.

ABBY SOMERVILLE



Abby has a MSc in international development and a background providing emergency medical care in the USA, screening for surgical ophthalmic care in Madagascar, & coordinating a surgical safety course in Senegal. She is interested

in the role of non government organisations in health systems strengthening in low income countries, particularly through investment in health workers. She spent time in Malawi in 2017 for her research on strategies for health worker retention. Abby is coordinating the Medic to Medic blog.

ANETA GYORGYOVA



Aneta was born and grew up in Slovakia. At the age of 18 she decided to travel and lived in several countries around Europe, experiencing different cultures, economic situations & quality of healthcare. Aneta is passionate about sustainability and the fight against poverty. She believes everyone should have access to good quality healthcare, education, and opportunities. Aneta has graduated with a 2:1 in Accounting and Financial Management from the University of Sheffield and she has gone on to qualify as an ACCA Chartered Accountant. She has been in the Finance/Accounting industry since 2015. Aneta is helping Medic to Medic with budgeting and accounts.

ROBIN SCHREIBER



Robin studied Pharmacy in Tübingen, Germany & finished his Degree 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 all 24 primary health centre's of the Blantyre district for the College of Medicine Blantyre (Malawi). There he got to know Medic to Medic and since then he has been an active volunteer and helping to promote our activities.

We are always looking for more volunteers and trustees to get involved with Medic to Medic's work. Please email us for more information.

Pledjar..

Donate using Pledjar

Pledjar is a free to download app and uses the latest open banking technology to round up your card transactions to make donations to charities of your choice. You can cap the total of your daily donations. It's like an online charity box. Medic to Medic have joined so there's a new way you can support us!

onelottery

£1 a week (80p goes to charity!) with a guaranteed prize for a Medic to Medic supporter and a chance to enter the big prize drawer of £25,000!
<https://www.onelottery.co.uk/support/medic-to-medic>

Ecclesiastical

Nominate us to win a £1000 unrestricted charitable donation from Ecclesiastical during their 12 days of giving at Christmas! Our charity number is 1149904
<https://www.movementforgood.com/12days/#nominateACharity>

Collect stamps & coins!



Please collect your postage stamps and old & foreign coins to help us with fundraising. Send them to Newlyn Corner, Sycamore Close, Amersham, HP6 6BW. If you manage to collect 3kg worth we can arrange a free collection. Help us fundraise and be more sustainable!

Medical, Social and Economic consequences of Covid-19, a global pandemic in Malawi

Adapted from an essay by Chester Mwanthali, Mzuzu nursing student.

The disease has uncovered shortages of PPE for medical personnel in Malawi hospitals. Because of that, staff in public hospitals went on strike. In addition to PPE, health personnel are demanding a reasonable risk allowance increment to their salaries. These strikes have resulted in disruptive care in health facilities. This standoff has left the health system in Blantyre and other district hospitals paralyzed, with reports of increased patients deaths. Health care providers especially nurses in uniform are being jeered at in some districts. This has forced nurses to stop putting on uniforms when teaching about the virus.



Medical Interns in Lilongwe in April 2020.

The ministry of health has also limited the number of visits people make to hospitals to see their loved ones affecting dietary needs for the patients. In Malawi the guardians are responsible for providing nutrition to the patients.

Covid-19 has affected prisons in Malawi. There is insufficient PPE, and a lack of soap, disinfectant, and water. Lockdown measures with prisoners confined to cells has been implemented at most prisons and to further limit transmission between people inside the prison and the community, all family visits have been stopped. This is severely impacting prisoners who depend on food donations from their families.

On 20th March 2020, the Malawi government banned public gatherings of more than 100 people including events such as weddings, sports, funerals, church, congregations, political rallies and government meetings. Further to that, the Malawi government recommended people to keep social distancing. This ban and the implementation of 14 days quarantine measures for Covid-19 positive patients has disrupted human interaction. As such, they are deprived of their partners love and affection as well as their right to freely worship with fellow Christians, and it has led to isolation and stigmatization. Covid-19 positive patients

feel discriminated against.

The closure of schools had led to an increase in rates of child labour. These are the children whose parents and guardians have lost their jobs and are struggling to make ends meet, hence forcing the children to help them do small jobs for income.

School closure has led to an increase in teenage pregnancies and early marriages since most school-going girls are becoming pregnant, and some of them are forced to marry at an early age. A local organization, Malawi Health Equity Network, has reported 5,000 cases of teenage pregnancies in the southern Phalombe district, while over 500 girls have entered into early marriages since the onset of the pandemic. Another southern region, district of Nsanje, is said to have over 300 girls who are nursing unwanted pregnancies since school from January 2020 through June, 2020.

A lot of young, school-going boys and girls are aimlessly walking around. Most boys have now resorted to beer-drinking and smoking, which to them is some sort of entertainment as they have nothing else to do. The greatest fear is that if not properly counselled, these young boys may result in criminal activity because the chances that they will go back to school when lessons resume is very low.

Minibus fares have been hiked even though fuel prices have been reduced due to adherence to social distancing amongst passengers. Covid-19 has temporarily stopped cross border trade affecting import and export activities for Malawi reducing foreign currency inflows. This has led to exorbitant prices of most basic needs.

In addition to that Malawi and neighbouring countries have closed their borders. Every year, many Malawian youth graduate from both public and private colleges, but finding a good job for most graduates is difficult; most resort to opening small-scale businesses. The closure of borders in a bid to mitigate the spread of the virus has seen a number of youth ordering goods like clothes, shoes and kitchen wear from South Africa, Zambia and Tanzania, but the closure of borders has left them helpless since they can longer travel to these countries to order their goods.

Covid-19 crisis has exposed vulnerability in Malawi's health care system. The knock on social and economic consequences to Malawi's people are significant. Malawi's unpreparedness has given room for the virus to fast spread affecting social and economic sectors.

We are experiencing an increase in scholarship applications. Help us respond to these challenges by donating to our Big Give campaign!

<https://donate.thebiggive.org.uk/campaign/a051r0000>

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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



Medic to Medic



@MedictoMedic



tamsinlillie

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 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 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 and clinical officers 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).

My Prudential Ride London

This year My Prudential Ride London event went global! Organisers encouraged individuals to take part from anywhere in the world doing the "freecycle" event and selecting their own routes and distances.

Two Medic to Medic students, Gift Khonje and Moses White, undertook personal challenges cycling distances in Malawi. Gift cycled in Lilongwe a total of over 26.5km to the international airport and needed to borrow a bike to complete the ride. Moses cycled from Thyolo to the College of Medicine, a distance of over 45km! Check out their fundraising page: <https://uk.virginmoneygiving.com/GiftandMoses>

We are so grateful for them getting involved and supporting us with fundraising so we can continue our work. Well done Gift and Moses!



Moses getting ready to start his cycle challenge!

Rotorua Hospital

Charity Raffle



NZ\$2260 raised!

Money raised will continue to provide scholarships to struggling trainee health workers in Malawi through the charity Medic to Medic

Thank you

To all the local businesses who donated AMAZING prizes:

Great Sights; Walking Legends; Te Urewera Trails; Secret Spot; Waikato River Explorer; Vivo; Atticus Finch Restaurant; Paradise Valley Springs; Polynesian Spa; Reading cinema; Redwoods Tree Walk; Lets Ride; Monisha Cooking Class; Herbicus; Prey Food; Taupo De Bretts; Huka Prawn Pass; Mamaku Blue; McLeod's Books; Confinement; LumberJax; Intercity.

Thank you to everyone who bought tickets!