



Medic to Medic



Annual Report and Financial Statement



July 1st 2019
– June 30th
2020



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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, nurses, 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 2020 we were supporting 66 students, in 7 colleges, across 3 countries and this year we saw 9 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

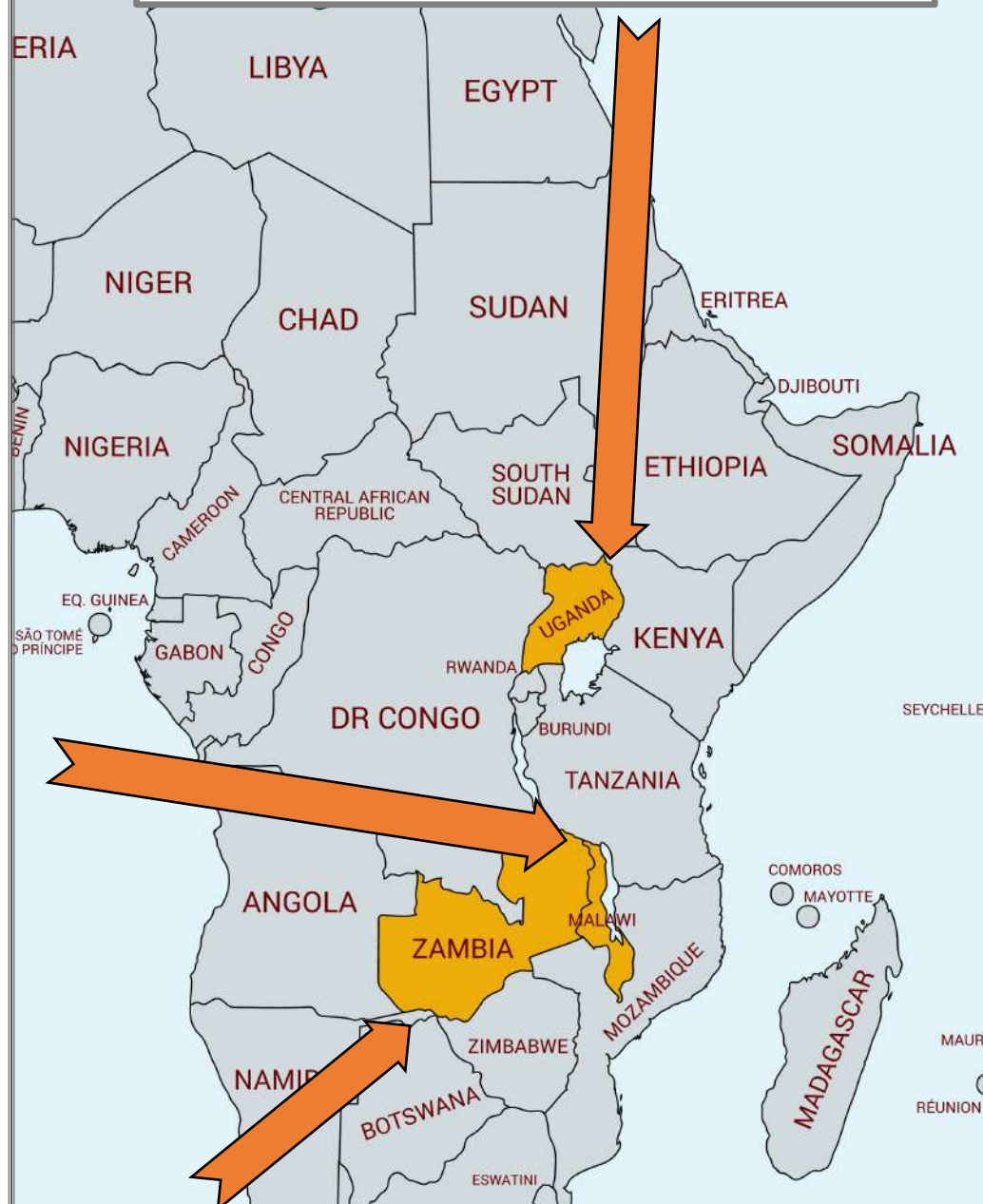
We hope to raise awareness of the different conditions facing health professionals worldwide and an appreciation of the global health community.



Where does Medic to Medic work?

MALAWI – The national College of Medicine in Blantyre was set up in 1991 as part of the University of Malawi. Initially a medical school, it now trains a range of health professionals in Blantyre, Lilongwe, and Mangochi campuses. Medic to Medic sponsors 18 medical students, 7 physiotherapy students, 4 pharmacy students and 1 medical laboratory scientist 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 1 optometrist 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 13 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 6 students training as clinical officers here. Kamuzu College of Nursing trains nurses in the central region of Malawi. We are continuing to develop a partnership here to support future students. With a direct donation we have supported 1 additional student training in the diploma of optometry at the Malawi College of Health Sciences.

UGANDA – Makerere University was established in 1922 with just 14 students. By the 1970s, it had become one of the leading universities in Africa. Medic to Medic supports 1 doctor training to be a paediatrician and 1 student training to be a palliative care nurse here.



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.

2019-2020 in Numbers

66 students supported



9 Graduates

56%



44%



11 medical equipment packs



7 Universities



14 laptops distributed



150kg Books Transported



3 countries



130 PPE kits supplied to Alumni during Covid-19

Financial support provided

£67,999



Report from Chief Executive Officer

2020 has been a year of unprecedented global challenges. Even though there have been many reasons to feel hopeless, our students, graduates and volunteer community have continued to inspire us. Our students, who have had their learning disrupted through university closures, have been spending time productively in their villages conducting educational activities or volunteering at health centres. Our graduates are working on the frontlines during the global pandemic to look after the health of their nation. And our volunteer community have been generous with their time, including the school children who have felt passionate about recycling to get involved in our fundraising initiatives, and those who have made face coverings and donated all sales to our cause. They have all been a source of strength during these periods of uncertainty.

From July 2019 – June 2020 we supported a total of 66 students. These included 18 medical students, 7 physiotherapy students, 4 pharmacy students and 1 medical laboratory science student, training at the College of Medicine; 12 nursing students and 1 optometry student training at Mzuzu University; 6 clinical officers training at Ekwendeni College of Health Sciences; 13 students training in mental health at St John of God College – 3 in the diploma of psychosocial counselling and 10 in clinical medicine/psychiatric nursing; 1 student training in the diploma of optometry at College of Health Sciences in Lilongwe; 1 student specialising in palliative care nursing and 1 postgraduate student completing the Master of Paediatrics at Makerere University in Uganda; and 1 medical student in Zambia. We hope that our pilot student in Zambia will be the start of a long term relationship supporting more needy students in a country where there is also more need for medical doctors. This year saw 9 of our students graduate, bringing the total number of alumni to 130. Unfortunately this is fewer students graduating than we expected due to the closures of universities for Covid-19.

Our current team are continuing to write and sign off on charitable policies for our organisation. Hearteningly we've had more involvement from volunteers who we hope will continue in more official roles in the future. We welcome Aneta Gyorgyova supporting the management of our accounts; Abby Deibert who is updating our blog each week; Robin Schreiber involved with advocacy and fundraising; and Helen Dzamalala in Malawi who is helping support our registration with the national NGO commission in that country. All of these volunteers support our initiatives and progress towards expanding our organisation.

Notable thanks go to: the scratch London Doctors Choir, who organized a Christmas carol concert in December 2019; UCL hockey team and intercalating global health medical students at Dundee University have also helped us raise vital funds; Jennifer Manuel and Kate Lillie for making face coverings so passionately; and our recycling champions, including Noah Brown from the Beacon School, Bryony Beckett at Salisbury hospital, Inge Jeffries at Juniper School, Wendy Mather at St Mary's School in Welwyn, and Terries Newsagent in Amersham, for hosting recycling boxes which have helped us recycle hundreds of kilos of items through Terracycle and fundraise sustainably.

A final thanks to our donor community whose loyalty has sustained our organisation during these challenging times. They helped us to raise over £12,400 during a crowdfunding campaign in April – our largest fundraising total from a single campaign to date – to provide personal protective equipment (PPE) kits to our graduate alumni. Having built strong relationships with our graduate community during their training as health workers, the thought of their safety being put at risk during their day to day work during the Covid-19 pandemic motivated us to act.

As universities are starting to reopen in Malawi we are having an influx of applications for student scholarships. As we look ahead towards our next financial year we hope to be able to respond to this evolving situation so that more young people are able to act in future pandemics as qualified health workers through the support of Medic to Medic.



Dr Tamsin Lillie
Chief Executive Officer





“My life has really
been
transformed
and am enjoying
every bit of my
academic life and
social life. You take
your **time,**
effort, money
and many
resources just
for us. In your
support **I see**
great love. I
am so challenged
with the great love
you have for us.”



Medic to Medic
UK Registered Charity 1149904
www.medictomedic.org.uk

Student Stories



"One of the memorable patients I encountered is of a man in his early thirties who was brought to casualty one night with reduced level of consciousness. He had multiple fractures of the lower limbs, was gasping for air and seemed to be in severe pain. He was involved in a road traffic accident and sustained a traumatic brain injury. The senior resident on call based on his experience suggested that the patient could be having intracranial haemorrhage which was causing increased intracranial pressure hence the laboured breathing and he needed an urgent operation (craniotomy) though it was not guaranteed that the patient would live afterwards. I assisted in catheterizing the patient and was taken to theatre the same night. To my surprise he was really bleeding in the head. The resident was right. He had subdural hematoma which explained all the symptoms he presented with. The bleeding was controlled and he was taken to ICU for further management and close monitoring. Few days later he became responsive and had a good prognosis. I was very happy."



Dr Benson Banda 2020 Graduate



“Thanks a lot now I have a degree! It's all because of your support. I am humbled by what you have done to me. May the Lord continually bless you.”

**When you support Medic to Medic,
you not only support our students
but their families as well.**



Meet the Team

During this year, Maddy Gupta-Wright resigned as trustee to pursue other interests. We wish you all the best with all your future projects Maddy! Thank you for your contributions towards Medic to Medic, which notably included formulating the fundraising strategy.



Catherine Madden *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.

Nick Mandeville *Trustee*

Nick qualified as a hydrologist at Imperial College London and has spent more than 15 years working in Africa and Asia, mainly training water resources staff. He now spends at least one day a week volunteering for Medic to Medic and has been a trustee since 2012. He is instrumental to our team and manages our charity accounts.



Richard Banks *Trustee*

Richard is a retired Renal physician with extensive overseas experience having volunteered in Ghana, Palestine, Maldives, India and Malawi. He joined Medic to Medic as a trustee in 2017. In Malawi he spent six weeks at the medical school helping with clinical work, teaching and advising on future renal therapy.

Paul Purcell *Trustee*

Paul has 20 years management experience in the fields of medical research and Higher Education policy, and a specialist MBA in Life Sciences management. Paul helped Kate Mandeville to establish Medic to Medic in 2007. He joined as a trustee in 2017.



Caroline Schmutte *Patron*

Caroline is the Head of Germany Relations at the Bill and Melinda Gates Foundation. She leads the foundation's work in Germany and focuses particularly on advocacy and policy regarding global health. Caroline joined the Board of Trustees in 2017.

Robin Schreiber *Volunteer*

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 volunteer.



Helen Dzumalala *Malawi Student Manager*

Helen is an Administrative Assistant at the Malawi College of Medicine in the Department of Biochemistry. For the past 10 years, she has been working in the Dean of Students' office and a tower of strength for the students who have been coming to her for guidance in their search for practical ways to continue their careers in the medical disciplines.



Meet the Team



Tamsin Lillie *Chief Executive Officer*

Tamsin is an Urgent Care trainee 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.

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, puts together our twice yearly newsletter and submits our gift aid claim each year.



Gaurav Gupta *US country coordinator*

Gaurav joined the Medic to Medic team in 2016 to help with our fundraising work in the US. Gaurav has lived and worked in Africa, Asia, Europe, and North America and is interested in the intersection of Education and Health.

Nadia Panait *Office Manager*

Nadia was born in Romania and studied journalism, tourism and economics. She did various jobs in these fields and moved to the UK in 2011. She is excited to be part of the Medic to Medic team, helping students through their education and works alongside Nick to manage the charity accounts. She works 6 hours a week for Medic to Medic and is the only paid member of the team.



Abby Somerville *Blogger*

Abby took over the running of the M2M blog from Rosie Jones in January 2020 (Thank you Rosie for your contribution in getting the M2M blog up and running!). Abby has a MSc in international development and a background providing emergency medical care in the USA, screening for surgical ophthalmic care in Madagascar, and coordinating a surgical safety course in Senegal. She is interested in the role of NGOs in health systems strengthening. You can follow the blog via our link:

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

Aneta Gyorgyova *Accounting and Finance Volunteer*

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 and healthcare. Aneta is passionate about the fight against poverty. She believes everyone should have access to good quality healthcare and education. Aneta is qualified as an ACCA Chartered Accountant. She has been in the Finance/Accounting industry since 2015.



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



Just another case of Corona, a perspective from a Malawian doctor

By Isaac Yiwombe

It was business as usual. It was my turn to see a patient. After having given myself a few words of encouragement about how awesome a doctor I was, I quickly got up from my seat and grabbed the patient's file. One would think that after about two years of working as a doctor I would have gotten used to the title. I wasn't. Every now and then I would look into the bathroom mirror, gaze upon the smug grinning face staring back, recall the horrors of medical school, and then chuckle under my breath wondering "*Now how on Earth did you to pull that off?*"

I walked into that consultation room with a light smile on my face, I can't be showing too much happiness to see someone in the hospital. This may very well not be their idea of a day well spent. In normal circumstances, this was just another patient with a regular illness. She was a Chinese lady with a Malawian interpreter by her side, and you could tell by her eyes that she was also smiling underneath her mask. This was early January this year (2020), so naturally I had a few questions going through my mind. Quite a few. I suppose she realised I was anxious because she broke the silence with a laugh and said "*I don't have corona*".

Contrary to popular belief, people are still suffering from other conditions apart from the Coronavirus disease. People are still getting Malaria, asthma and fever from other illnesses. We can never know for sure until we do the necessary tests for Covid-19. How then do we do the tests if the test kits are in limited supply and only special institutions are doing them? And which people do we do the tests on, considering that a substantial percentage of people with Covid-19 do not have any symptoms - and yet they tend to be more infectious? These are but a few of the questions our Nation is currently facing. Questions to which, like most parts of the world, the Nation does not have answers to; answers we are not even sure if we are prepared for as a Nation.

I had boarded a bus about two weeks ago, and only after I had threatened the bus conductor that I was part of the Covid-19 response team did he stop cramming more people into the bus, completely ignoring rules on social distance in public transportation. What is more, the passengers were encouraging it! With a scared look on his face, he then started explaining the company's financial predicament and about how sorry he was. I am certain that this bus company is not the only one ignoring the rules.

Perhaps what he was doing is wrong, but he is good example of what the situation is like for this country. As much as we do not want the spread of the virus to get out of hand, the sad reality is that the majority of the population cannot afford to strictly adhere to measures put in place. People are expected to stay off the streets even though that is where they find a means of survival on a daily basis. Needless to say, declaration of the lockdown was only met with widespread opposition.

In addition, the already overwhelmed health system is anything but ready to handle the pandemic. The public health sector has barely added any more infrastructure from the time the country got independence till now. The same tertiary hospitals built for a population of less than 5 million are supposed to cater for 18 million people! It is also rather unfortunate that it takes an international health emergency for the government to finally recruit health care workers who have been wrestling with the government for jobs for years. Having finally won the battle, the healthcare workers now have to appeal to the government's better nature for personal protective equipment and an increased risk allowance!

Everyone is scared. There is currently so much uncertainty in the world. And it seems to be the right time to start pointing fingers at anything we can find; from greedy politicians to selfish doctors on strike, from heartless nurses to unruly vendors, and of course, from telecommunications towers to evil geniuses in a Chinese lab. Perhaps no one has absolute knowledge on this matter.

The fact of the matter is, people are really getting sick and many are dying. So many things beyond our control. The widespread sense of hopelessness is evident. The government does not have all the solutions. Whether that is due to misguided priorities or not, we may not know. Nonetheless, something surely has to be done, and I am the right person to do it. So are you. We all have a part to play: Whether it's washing our hands frequently with soap, or following social distancing rules in a bus or wearing a mask in a consultation room or even just staying at home reading some article, by some doctor in Malawi, on a Medic to Medic forum. We may not know how the story ends, but we can do our best to make sure it ends well.

On that same note of stories ending, in case you're still wondering how I survived the case of Corona in my consultation room, the Chinese lady did not have Coronavirus. She had malaria. You can breathe now.



Chitenje Scrubs

What is a Chitenje?

African **Chitenje** is an African garment similar to the sarong. They are brightly coloured and generally have lots of patterns. It is often worn by women, wrapped around the chest or waist, over the head as a headscarf, or as a baby sling. **Chitenjes** have an edging only on a long side and can be tailored into clothing. They are worn in most central and southern African countries by men and women.

In 2018 we had the idea of creating **Chitenje** scrub tops to raise vital funds for our Malawian students as well as help to promote ourselves to the medical community. By chance, Portia, one of our physiotherapy graduates whom we supported during her training, approached us asking if she could make us some items to sell for fundraising. As such, we set about creating our **Chitenje** scrubs!



Washing instructions:

In Malawi chitenjes are washed by hand and then ironed dry. In our experience we have washed them in a colour wash on a moderate temperature in the washing machine, but be careful as colours may run the first time!

These **Chitenje** scrubs are currently a pilot and we would appreciate your feedback on every aspect of this project! We hope these tops will be useful during on call shifts as they have deep pockets to contain lists, pagers and pens and we hope their lively colours will brighten up your night shift! We would love to see pictures of you in your tops that we can share on social media to help promote the project! Please email info@medictomedic.org.uk or send over Facebook to Medic to Medic.

A note on quality: please bear in mind that these tops are made by an individual; Malawi is prone to power outages and blackouts meaning some work is done by hand, threads and tops may not always match. We can guarantee your top will be individual! Please take them in the spirit with which they were made, helping us fundraise for our students in Malawi



“I always **become speechless** when I remember my ancient era, before this team began **supporting** me, those days my mind never thought there could be light at the end of the tunnel. I did not know where my fees would come from and **I lost hope**. I saw **light shining** when **Medic to Medic** recruited me for the scholarship. **I don't take it for granted.**”



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Recycling Trash for Charity Cash



Above: Noah Brown at the Beacon School with his recycling boxes.

Over recent months we have been promoting our recycling programmes that we have joined at Terracycle to increase our fundraising income.

A massive thank you to Noah Brown (left pictured) who set up a recycling scheme for crisp packets, pens and bread bags at the Beacon School in Amersham. Noah and his family have been very supportive of Medic to Medic through this scheme and we're excited to be working with them!

More thanks go to Bryony Beckett at Salisbury District Hospital for setting up recycling on the hospital wards and Juniper Hill School in Flackwell Heath, Buckinghamshire. Our recycling champions are helping us raise vital funds as well as helping us be environmentally conscious. If you are able to help us with recycling please get in touch: info@medictomedic.org.uk



Above: Collection of recycling from our collection point in Salisbury.

We can recycle: Books, CDs, DVDs, crisp packets, tooth brushes, tooth paste tubes, pens and felt tips, cheese packets, medication blister packets, ink cartridges, stamps, old coins, kids food pouches, air home and laundry care, marigold gloves, carex soap tubes amongst others!



Student Books

Malawi Boards

ANGLIA BOOK DISTRIBUTORS LIMITED

BRITISH NATIONAL FORMULARY (BNF) Sept 2019 - March 2020

Author: *Joint Formulary Committee*

BNF 78
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This was a poster that we saw at Ekwendeni College of Health Sciences in northern Malawi whilst on our monitoring visit in October 2019. The normal price advertised is £66 with a special price of £44 – way beyond what the vast majority of students can afford. Books are vital to our students. Network problems, wifi and cost of medical books in Malawi is challenging. Donated books means that students have access to reliable information, even when there are electricity and network failures. Thank you for your medical textbook donations to go towards our community of students!



Dr Nuriat Nambooze

2020 Graduate Paediatrician



"I am delighted to inform you that I completed my studies and graduated with a Masters degree in Paediatrics and Child Health. I would like to take this opportunity to thank you for the tremendous work done in sponsoring my studies. Thank you so much for believing in me. I can now serve my people in a field that I love most. My parents also requested me to pass their gratitude to Medic to Medic for the support. May God Bless you all."



The Importance of a Laptop



“My laptop has been playing up a lot recently. As a final year student, this has been causing a lot of hiccups in my journey. The most recent episode was two days prior to my paediatric examination. This time it completely crashed. I truly appreciate the computer loan that M2M provided. My computer now is beyond repair. I have been able to survive using the computer loan. I thank God for the peace of mind and that I was able to concentrate and finally passed the rotation.”



Innocent Chikafalimani

Palliative Care Nurse

Innocent is a mature student. He is training to be a palliative care nurse by attaining his BSc through Hospice Africa in Uganda, which is affiliated to Makerere University. The course is 3 years in duration. Through your generous support we have been able to provide him with a contribution towards his training costs for his third year. **There is a huge need for palliative care throughout Africa, and Malawi is no different.**

Innocent grew up in Lilongwe. His home village is Zeze. He is married with two children and is the main breadwinner in his family. Both of his parents have passed away and he has no other relatives that are able to support him. In order to start his studies he was required to borrow money from friends and his work place, which he is required to pay back.

Innocent wants to be a palliative care nurse because his mother worked as a patient attendant. This developed his interest to follow suit; *“helping those in misery”*. He says, *“I would like to work in Malawi once I have finished where we have a big challenge of medical worker shortage.”* His long term career plans are to gain new knowledge and skills to manage palliative care patients compassionately.



Thank you
for supporting **Innocent**
through his education as a
palliative care nurse.



Hurst Essay Winners

Every year Medic to Medic run the annual Hurst Essay competition. This is a chance for the students to practice their essay writing skills as well as an extra opportunity to win some prize money. This year we ran four essay competitions; one for the MBBS students and one for the physio & pharmacy students at the College of Medicine; one for our students based in Mzuzu and the forth for our Alumni. This year's essay title was "Discuss the medical, social and economic consequences of an epidemic in Malawi." The alumni essay competition takes the form of a case report. Congratulations to everyone who entered and a BIG thanks to Dr Hurst who's continued donations provide the prize money for this competition and to our markers who gave feedback on the essays - Cathy, Richard, Tony and Nigel.

College of Medicine Pharmacy & Physio

Total of 5 entries submitted.

Winners:

1st Prize Daniel Adam
2nd Prize Hannah Mgode
3rd Prize (Joint) Matthews
Mlongoti & Rose Joseph
Highly Commended Moses
White

College of Medicine MBBS

Total of 5 entries
submitted.

Winners:

1st Prize James Botha
2nd Prize Takondwa
Namalima
3rd Prize Martins Simao
Highly Commended
Chimwemwe Banda

Mzuzu Students

Total of 13 entries submitted.

Winners:

1st Prize Chester Mtawali
2nd Prize (Joint) Gift Gama and Gift Mvula
3rd Prize (Joint) Eden Mwenitete and
Aubery Milinda
Highly Commended Yohane Nyirenda and
Kondwani Piasi

Alumni

Total of 4 entries submitted.

Winners:

1st Prize Winnie Mhone
*Surgical management of
primary hepatic pregnancy, a
case report.*

"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



Left: Dr Winnie Mhone, winner of the 2020 Medic to Medic Alumni Essay competition.



PPE Campaign March 2020

Who knew the word “unprecedented” would have been used so many times during 2020? 2020 has thrown us many challenges. The Personal Protective Equipment appeal has given Medic to Medic an opportunity to be proactive during these periods of uncertainty. Having built strong relationships with our graduates during the course of their training, the thought of their safety being put at risk during their day to day work motivated us to act.

When we started this project in March 2020 central to this planning was that items would be commissioned and purchased in Malawi so that we could invest and support local businesses. This would not only enable Malawi to respond to its own needs during the pandemic but would also mean we wouldn't be expecting international shipments of PPE during a time where there are global shortages.

This has been an incredible journey and we have thoroughly enjoyed working with our graduates, the tailors on the ground and the other volunteers. These projects do not happen in isolation and there are so many people to thank! Your financial investment has been so heartening at a time when there have been so many reasons in the world to feel hopeless and a time when we know many of our supporters may also be going through financial challenges. We are thankful for you.

Encouragingly the tailors informed us that they have had to employ more people in order to complete our orders and this has helped their businesses grow. Now different organisations and charities are approaching us and asking for the contact numbers of these businesses so that they can commission their own orders as well. These are just some of the indirect positive outcomes from this appeal.

You helped us raise over £12,400 for this project! This is largest amount Medic to Medic has ever raised during a single campaign and we couldn't have done it without you! ALL of this money has been spent on PPE and allowances in country. Initially we set a target of £5000 as we thought this was most realistic. Then we set a stretch target of £8000. This was what all the items we wanted to provide would cost to commission. As the appeal progressed, the costs of materials had increased in Malawi and our original quotes needed to be revised. Our final target of £10,500 meant that we could provide all our Malawi graduates with an allowance so that they had the resources to buy replacement soap, sanitizer and masks if they needed. These allowances are modest (in the region of £20 each) but go some way to empowering them to look after themselves.

To have reached a total of over £12,400 has meant that we have been able to provide allowances to our 3 graduates in Uganda so that they can commission their own PPE kits in country. We were also able to provide 8 of our upgrading clinical officers and nurses with an increased PPE allowance so they could commission their own PPE items as well. Meaning that we have helped 137 health workers with PPE during the global pandemic.

Thank you to everyone who has supported our campaign! Supplying PPE to our graduate health workers goes some way to ensure they are as protected as they possibly can be during the global pandemic. We wish you all safety during the next stage and thank you for supporting us when you yourself may be going through financial challenges.



PPE Appeal

These kits contain:

- 2 sets of scrub suits
- 2 surgical scrub hats
- 2 pairs of overshoes
- 2 face visors
- 2 drawer string bags – one to store the clean set of PPE and another to store all the used PPE to avoid cross contamination.
- 2 bars of soap
- 1 bottle of liquid soap
- 1 box of 50 gloves
- 4x 50ml hand sanitizers
- Masks – 2x N95 masks or 10x surgical facemasks.



Thanks to **Hawah, Precious and Waleke** in **Blantyre** for packing all the PPE items together ready for collection by the graduates. Thanks to **Harry, Duncan, Precious and Levison** in **Lilongwe** assisting in distribution to the graduates here. Thanks to **Maria and Petros** in **Mzuzu** assisting in distribution to the graduates here.



PPE Appeal

£12,437.38 raised

504 bottles of hand sanitizer



126 PPE kits made and distributed to graduate health workers in Malawi

5 tailors supported in Malawi

126 boxes of 50x gloves distributed

126 bottles of liquid soap

252 bars of soap



£2520 spent on PPE allowances (£20 each)

3 PPE allowances transferred to Ugandan Graduates

252 scrubs made

252 visors made

252 surgical hats made

252 pairs of overshoes made

252 bags made



8 additional PPE allowances sent to upgrading students in Malawi

876 surgical / N95 masks distributed



Malawi's first Neurologist

Tiwonge was one of the first students that Medic to Medic supported when we started sponsoring students at the College of Medicine in 2007. Tiwonge graduated in 2008 and thereafter started her internship at Kamuzu Central Hospital in Lilongwe. Following completion she was posted to Blantyre District Health Office as a Medical Officer and in 2011 she joined the John Hopkins Research Project where she worked as a medical officer and study coordinator. Whilst working here, she had the opportunity to participate in a study involving paediatric neurology. It was here that she saw a gap in adult neurology in Malawi. In 2014 Tiwonge enrolled in a fellowship in Neurology at the University of Stellenbosch, South Africa. Medic to Medic have helped contribute towards her training here by supporting her with a modest stipend. Tiwonge says, *"the list of conditions requiring the services of a Neurologist is long. Some of the conditions commonly seen in our clinics include strokes, headaches, epilepsy, spinal cord, neuromuscular and movement disorders. We also see patients with sleep disorders, infections and inflammatory conditions involving the nervous system. We work closely with psychiatrists and psychologists in the management of cognitive and behavioural disorders. In a resource limited setting like Malawi, there is still a lot more that a neurologist can do. Some of the neurological conditions can be easily diagnosed with minimal investigations. Involvement in research is also another avenue, we need to know the common neurological conditions in our setting and develop cost effective management plans."*

"I have interacted with great minds in the various fields of neurology within South Africa and abroad through the various congresses I was given the opportunity to attend. The knowledge I have acquired is immense and it is my prayer that God will be able to use my expertise to assist many people requiring my services. Life is a journey, it never stops teaching us. Neurology like everything around us keeps evolving. To ensure that quality neurological services are provided in Malawi, continued training of some sort may be inevitable at some stage."

Tiwonge says, ***"To the youths aspiring to do Medicine, my advice is that their dream is possible. With hard work and determination they can achieve this. Those who have attempted and not succeeded, don't give up on your dream. Keep pressing on, you will get there. And to the youths already in medical school, my advice is keep working hard and persevere. No matter how tough the going gets, hold on, everything will actually come to an end."***



Second hand 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!



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Fundraising

Christmas Concert 2019

Right: A big thanks to the scratch Medic to Medic Choir who organized the second annual Christmas carol concert with all proceeds going to Medic to Medic. The concert was well attended and was performed to the very highest standard. Take a look at our virtual 2020 concert: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=M2MChoir&pageUrl=1>



Rotorua Hospital Raffle

Thank you to Rotorua hospital for continuing to support Medic to Medic through their annual hospital raffle at the Resident Medical Officer Doctors ball. The raffle raised over NZ\$2260. Thank you to everyone who purchased tickets and many thanks to the following local businesses who donated prizes: *Canopy tours; Vivo; Brew Bar; Okere Falls; Atticus Finch Restaurant; Paradise Valley Springs; Polynesian Spa; Skyline Rotorua; Cibatta Bakery; Reading cinema; Redwoods Tree Walk; Hobbiton Tours; Buried Village; River Rats; White Island Tours; Mount Ruapehu.*



Above: Thank you to Chloe aged 9, who did a 7km sponsored run in 42 minutes and 10 seconds raising £147.50! A big well done and thank you Chloe! One of our trustees said "That's 6km more than I could run!"



Above: Thank you to UCL Hockey Club who did some carol singing at Archway tube station in London in December 2019.

Left: At the start of March we ran a craft stall at the Norfolk and Norwich University Hospital selling our chitenje scrubs, fudge, key rings, hats and much more! Raising over £80!



Statement of Financial Activities

The next two pages show a statement of Medic to Medic's financial activities for the year 2019-2020 and a balance sheet. For more information please see our Financial report on our website:

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

Medic to Medic

Statement of financial activities

For the year ended 30 June 2020

	Note	Restricted £	Unrestricted £	2020 Total £	2019 Total £
Income from:					
Donations	3	36,534	46,887	83,421	62,246
Other trading activities	4	-	237	237	-
Investments		-	7	7	6
Total income		<u>36,534</u>	<u>47,131</u>	<u>83,665</u>	<u>62,252</u>
Expenditure on:					
Raising funds		569	3,794	4,363	3,135
Charitable activities		<u>29,670</u>	<u>56,843</u>	<u>86,513</u>	<u>55,231</u>
Total expenditure	6	<u>30,239</u>	<u>60,637</u>	<u>90,876</u>	<u>58,366</u>
Net income / (expenditure)		6,295	(13,506)	(7,211)	3,886
Transfers between funds		<u>103</u>	<u>(103)</u>	<u>-</u>	<u>-</u>
Net movement in funds	7	6,398	(13,609)	(7,211)	3,886
Reconciliation of funds:					
Total funds brought forward		<u>3,242</u>	<u>33,399</u>	<u>36,641</u>	<u>32,755</u>
Total funds carried forward		<u><u>9,640</u></u>	<u><u>19,790</u></u>	<u><u>29,430</u></u>	<u><u>36,641</u></u>

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

Medic to Medic

Balance sheet

As at 30 June 2020

	Note	2020 £	2019 £
Current assets			
Stock	10	320	-
Debtors	11	148	184
Cash at bank and in hand		<u>30,222</u>	<u>37,537</u>
		30,690	37,721
Liabilities			
Creditors: amounts falling due within 1 year	12	<u>(1,260)</u>	<u>(1,080)</u>
Net assets	13	<u><u>29,430</u></u>	<u><u>36,641</u></u>
Funds	14		
Restricted funds		9,640	3,242
Unrestricted funds			
Designated funds		6,000	6,000
General funds		13,790	27,397
Share capital		<u>-</u>	<u>2</u>
Total charity funds		<u><u>29,430</u></u>	<u><u>36,641</u></u>

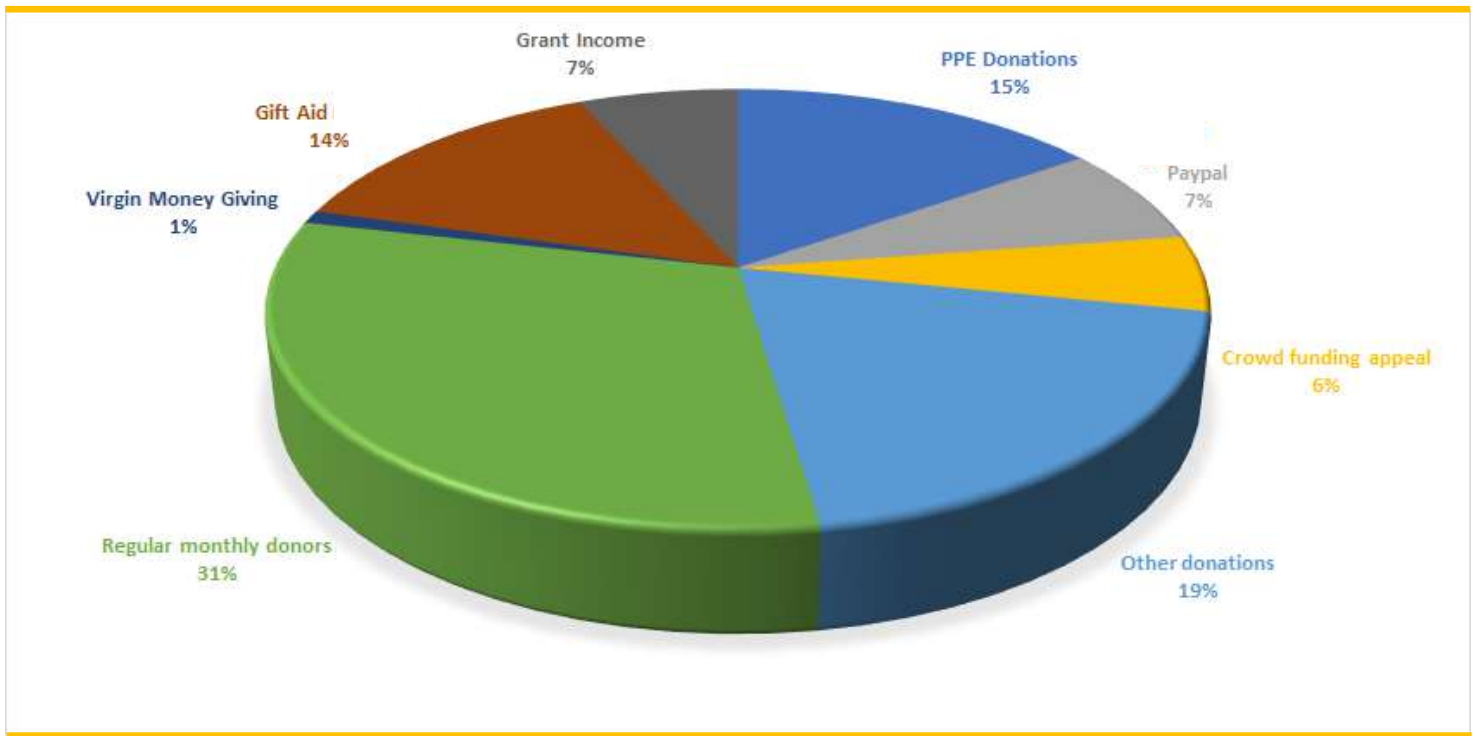
Approved by the trustees on 7 November 2020 and signed on their behalf by



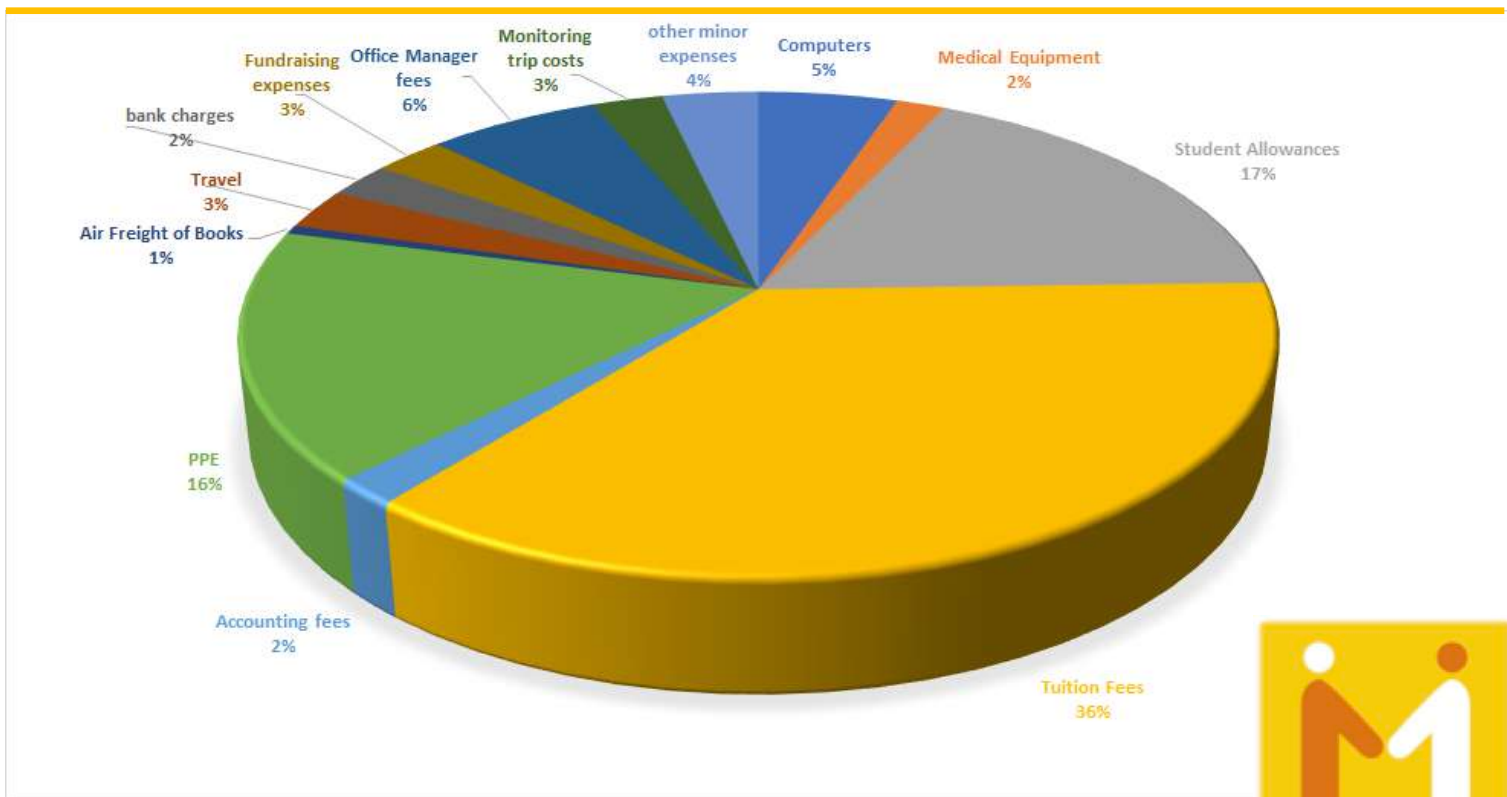
Adrian Nicholas Mandeville - trustee



Income 2019 – 2020



Expenditure 2019 - 2020



Administrative Details

Medic to Medic
c/o 54 Ashford Road, London, NW2 6TT
Email: info@medictomedic.org.uk
Secretary: Sheena Jagjiwan

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.



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How you can help

Most of our donors give just £5—20 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 needs to pull out.

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



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

