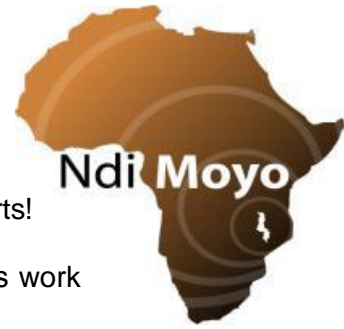


Friends of Ndi Moyo Newsletter - August 2010



Dear Friends

As usual, there is lots to report as we struggle to keep pace with everything Lucy and Tony are achieving and your fundraising efforts! In this summer edition, we also set out the financial challenges facing Ndi Moyo and ask for your help in ensuring we sustain Lucy and Tony's work over the long term.

Latest news....



Lucy with her Nursina Award

We were all delighted by the decision in May to award Lucy the honour of **Malawi's Nurse of the Year 2010**. It is not just a fantastic recognition of Lucy's tireless efforts to improve the lives of people with HIV/Aids and cancer. It is also an indication of how Ndi Moyo is fulfilling its mission of raising the profile and importance of palliative care within the Malawian health sector. Congratulations to Lucy from us all!

This month marks a crucial milestone: **the start of Ndi Moyo's outreach health centre programme**. Following a lot of work to sign up the District Health authorities, three health centres have started receiving medicines and mentoring visits from the Ndi Moyo clinical team. As a result, many more patients and their families will now receive pain-relieving medicines and access palliative care. Heartfelt thanks go to Family Health International for their support for this outreach work.

The new **Day Care Service** is proving to be a major success. On the last Tuesday of every month, bed bound patients are being driven to the Centre in the Ndi Moyo ambulance to give them a day away from home and their carers some respite. Patients are given a cooked meal, a nursing review and can receive complementary therapies like head and food massage. If needed they are given a blanket to take home – something much appreciated by patients who may have nothing to keep them warm during the winter season.



A Day Care patient with a blanket to take home

Seeking your help (once again!)

Ndi Moyo has achieved an enormous amount in its first four years. It has demonstrated the transformative impact palliative care can have on the lives of over 500 patients and their families – relieving suffering, helping people to live life to the full and giving dignity to the dying.

We now face the challenge of ensuring our activities can be sustained over the next four years and beyond.

To fund Ndi Moyo Palliative Care Trust (NMPCT) in 2010-11 will cost just over £84,000. This compares with £61,000 fundraised in 2009, £38,000 from Ndi Moyo UK and the rest from a variety of UK trusts and Malawian funders. **As a result, Ndi Moyo UK is embarking on a major fundraising drive to meet a target of £55,600 this financial year.**

Our aim is to cover the salary costs of the NMPCT staff team on an ongoing basis, approaching other funders more likely to support one-off capital projects or specific initiatives.

A little goes a long way

- £3.50 pays for a blanket
- £20 will provide 25 destitute patients with money for basic food and transport each week

Each month:

- £42 pays for a general assistant to welcome patients and keep the centre clean
- £93 pays for an ambulance driver
- £250 pays for a nurse

We are particularly keen to sign up more regular givers to ensure the Centre has a reliable source of income. **If each Friend of Ndi Moyo felt able to sign up another friend or two – or perhaps increase their own monthly donation - it would make such a difference.** *If you need help with any fundraising initiative or further information about how to donate, email enquiries@ndimoyo.org or visit www.ndimoyo.org*

Enook's story...

Hassan Pillai, the NMUK Treasurer, writes following a recent visit to Ndi Moyo:

"I first met Enook in 2006 when he was 12 years old with Burkitts Lymphoma. A slight boy but very proud of the Arsenal football shirt he had been given recently. When I saw him in 2007 he was quite poorly and I had to help rush him to Lilongwe as he needed a blood transfusion.

In between time he was back at school, enjoying his sport but still much weaker than his friends. All this time he was under the regular care of Lucy and her team, who ensured that he received the medication he needed.

2010 and he was very poorly when I saw him. His mother had been in touch calling Lucy as he was very weak. She had gone with some soup as this was all he could eat and he requested more. We went with her on this occasion and during the time we were in the hut he wanted to show that he still had strength in his emaciated arms, lifting a litre bottle of water. This must have drained his energy but he was very proud of his achievement.



Enook with his mother

Enook died at 12:30pm the following day. His mother's first remark to Lucy as we arrived in her sorrow, not 20 minutes later, was: "You have done so much for us when Enook was here. Thank you."

A very big thank you to...

- o **Kathleen Ann Geelan's** amazing donation of \$2,000 from the estate of Maureen Morgan's Aunt Nan. The money will be dedicated to sponsoring the Day Care Service. As Lucy has written, "What a fantastic legacy. This service will now be secure thanks to your huge generosity."

- o **Clive and Ross Kinsey** for completing their third fundraising cycling trip raising over £500 for Ndi Moyo. They deserve particular congratulations for completing the El Camino de Santiago given the weather – 34 degrees one day and 10 degrees and continuous rain for the next 5 making it very difficult to dry out!

- o All at **SOLID** for their fantastic commitment to the Comfort Fund. Your recent donation of \$2000 has been so gratefully received.

- o **Mike Finch** for raising £405 at the annual Winchcombe Beer Festival. Thanks also to **Myles**, landlord of the nearby Royal Oak who has donated a further £1,000.

- o **Claire Reindorp, James Ratcliffe** and their family and friends who donated to Ndi Moyo in lieu of wedding presents.

- o **St. Anne's Church Council, Lydgate**, who have decided to nominate Ndi Moyo as their charity for the coming year.

- o **Yoke Broadbent** who spoke to her Parish Council raising £450 from members inspired by her account of her recent visit to Ndi Moyo.



The Market Inn Golf Society and the McGuigan family of Draperstown who raised £700 from a memorial evening in honour of Cos McGuigan,

- o **Maddie Stringer** and friends with her donation certificate having raised £350 as May Queen

