



Dear Friends

These are exciting and challenging times at Ndi Moyo Palliative Care Centre (NMPCC), Salima, Malawi, where the demands on the Ndi Moyo Team continue to grow.

Current priorities are: (1) Appointing an Operations Director; (2) Acquiring a second 4WD vehicle.

In this issue we share the reflections of two recent visitors to Ndi Moyo which detail the enormous difference being made to the patients and community of Salima.

Operations Director: We want to highlight the recruitment drive currently taking place for an Operations Director. If you know of anyone in your circle of friends or colleagues who might be interested in this two year volunteer placement please direct them to our website (www.ndimoyo.org) for the Job Description and details of how to apply for this post and receive an application pack. This is an exciting opportunity, which follows on the rapid expansion of the NMPCC.

Sue Finch writes, "Having just returned from a visit to Ndi Moyo after four years, I find the Centre's premises and developments astounding. For sick patients who arrive after a usually very long, arduous and dusty journey, often by foot and shoeless, they can receive excellent medical attention here, or be referred on to the closest of the thinly-spread clinics in the area.

Ndi Moyo's reputation is growing in Malawi. One lady last week arrived on the doorstep having travelled 300 Km from Rumphu by various means of ramshackle transport to seek advice. Unfortunately she did not know it was a palliative care centre. She was suffering from a tumour on the eye. Although Ndi Moyo has no doctor the team was able to transport her to Salima District Hospital for referral on to Kamuzu Central Hospital, Lilongwe.

New, and prominent from the road is the large geodesic domed central feature, which serves as a function hall. Here meetings, trainings and seminars can now take place with projection facilities and the building can double as a patient day care Centre. The attractive and spacious (100 sq. m) building contains a kitchen workplace and storeroom.



The hall is centred in an already well-established garden comprising of plants and shrubs, which not only are attractive and shady, but the majority have been selected for their medicinal properties. Urged on by a basic lack of available medicines Lucy has researched, seeded and nurtured these plants to supplement her pharmacy. It is a real achievement, and an inspiration to the local community that they too could have medicines and nutritional plants in their back gardens. This example is of immense value locally. The average Malawian currently views Western medicine as "better", not realizing that many of the active ingredients found in such drugs can be sourced in the wild where they are living. Lucy's pioneering work can lead to greater knowledge in the techniques needed to become once again self sufficient, and to reduce the reliance on imported drugs at unaffordable cost and often unreliable supply.

For those readers new to this newsletter, Lucy Finch is a Malawi-born UK trained nursing Sister with leadership skills, huge medical nursing experience and above all compassion. She continues to work tirelessly and passionately with her ever-growing team, to care for the sick and dying people in her community who have so little. The terminally ill are assured of a death free from pain and with dignity under her care. Every penny, euro, yen donated goes directly to the patients themselves. Committed and trained medical personnel are always needed."

Alice Owen writes, "I could not have prepared myself for what I saw. Three years have passed since my first visit to Ndi Moyo. At that point, Ndi Moyo was still very much in its nascent stages. I spent my time helping Lucy and the one other staff member at that time, Nesta, scrubbing floors and hanging curtains in order to prepare the centre for its first patients. But what a difference 3 years of hard work and incredible support from all over the globe can make! It was absolutely breathtaking.

One of the biggest changes that has taken place since my last visit is the growth of the Ndi Moyo team. The increase in nurses and the addition of a clinical officer has made a considerable impact on the number of patients to whom Ndi Moyo is now able to provide palliative care."

Special thanks to all those who help and support Ndi Moyo and for recent donations we thank Mrs Fiona Devaux, Mrs Owen, Alresford Methodist Church Ladies Fellowship, James Luton and Mike Finch on behalf of The Royal Oak Beer Festival. Congratulations to Clive Kinsey who competed in the North Sea Coastal Cycle and raised nearly £500. Rita Hull and her niece raised nearly £300 at a car boot sale. Laurence O'Kane, Pharmacist, Draperstown, has donated a much needed laptop for use at the NMPCC. The Complementary Therapy team at The Christie Hospital in Manchester is including NM in their fundraising events and are currently arranging for therapists to visit Ndi Moyo in 2010. If you or any of your friends have ideas for fundraising or would like to do some much-needed fundraising, we are happy to help.

Some achievements over the past year at Ndi Moyo are as follows: -Patients registered on to their palliative care programmes increased from 157 to over 300; Training of Health Professionals from across the Salima district and the Center infrastructure with the completion of the Function Hall used for training, talks and groups meetings.

For more information go to www.ndimoyo.org and, if you're interested in hearing about different ways of helping, please email enquiries@ndimoyo.org