



NOURISHING MINDS

ANNUAL REPORT

2021



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A word from the president

Dear Friends,

2021 proved to be another challenging year for many countries, companies and charities, including nourishing Minds. The pandemic was still with us, both in Europe and Malawi.

In Malawi, the schools kept opening and closing. The last time they opened, all children and staff had to wear masks and each school had to provide soap and buckets for hand washing. If they were inspected and had not complied, they risked heavy fines. Fortunately, we were able to send funds to cover these requirements.

The government made the school year 2020/2021 into four terms and reduced the number of holidays in a bid to help the children cover the curriculum but not all children returned to school. Some young girls had been forced to marry as they were not going to school and it also meant one less mouth to feed. Some children, because they were not going to school, were sent to work and this increased the family income, a little, which meant their parents were reluctant to lose this income when the schools opened. Known cases of child brides and child labour were reported to the appropriate authorities. Fortunately, Shupo Kumwenda, our program director and the school committees were able to intervene and many children did eventually return to school. In some cases the young girls

were already pregnant, and they too were encouraged to return.

Although some children did not return when the schools re-opened, we continued to serve around 7,000 cups of porridge daily.

In 2020, the National Youth Council of Malawi recognised Nourishing Minds as the best feeding program in the northern region. This caught the attention of Mary's Meals, a global charity serving food to some of the world's poorest children in twenty countries (www.marysmeals.org.uk). They wanted to know why the program was such a success, so they came to visit our schools and to meet Shupo our volunteer program director. We are immensely proud that after some visits and discussions there is a plan being hatched for Mary's Meals to launch a pilot scheme in some schools using the Nourishing Minds model.

Here in Switzerland fundraising was still difficult but we were able to hold an English book and DVD sale. We also took tables at a 'vide grenier' sale. Both events were an immensely successful. A few generous people undertook to do their own fundraising for which we offer our grateful thanks.

A very generous response to an appeal for funds for a Christmas party enabled the school committees to arrange the parties which was a mammoth task as they provided a hot

meal and a drink for well over 7,000 people!

As we could not travel to Malawi in 2021, we continued to nurture our relationship with Shupo and the volunteers through zoom and WhatsApp video calls. This was essential but not always easy due to electricity cuts, internet connections and the cost of data. During some of these calls we were able to participate in some meetings, talk to committee members and to some new youth volunteers.

The good news is that some of our committee members will travel to Malawi in September 2022. We are excited about this and perhaps even a little nervous as it will be three years

since we visited! Hopefully, we will be able to adapt again as easily as we did in the past.

That leaves only one thing for me to do now and that is to wholeheartedly thank everyone, whether in Malawi or in any other country around the world, for their continued support and generosity. Without your help more than 7,000 children would spend the day at school with empty tummies!

Warmest wishes

Jane Broere

President



Before I never liked school because it was hard for me to concentrate on an empty stomach. I am very grateful because we are now taking porridge at school.

Klilliam, Chisangano School

The porridge has made us stay in school because we no longer feel hungry. I am grateful.

Soviet, Kayowera School



Program Director's Report

How COVID 19 affected schools and porridge

COVID 19 was experienced differently in the community set up. There is the community that is old and young groups. Young generation is building their future through learning in schools like in the case of Ekwendeni catchment area, most of learners are in primary and secondary schools. In the year of January to December, 2021, school going children were affected more than the elder community. With the coming of COVID pandemic schools were off and on without following school calendar. Syllabuses were disturbed so that most teachers did not finish up their lessons. In the communities they experienced early marriages and pregnancies and girls were more affected than boys. This made the school dropout become higher than in normal years. Feeding program at school was interrupted as a result and the program was run at community level outside the schools. This made the program face many challenges of experiencing more guest [children under 5 years] than before. Management of the food stuff was not standard in all the feeding sites as well as adherence assurance to health standards. The challenges experienced made the school feeding program fail to meet its normal budget. Also, other areas were difficult to reach as it was called red area as many people of that area were coming from

South Africa so there were high numbers of people with covid 19 like Baula and Zombwe.

And our schools received a lot of learners from other schools close by to receive meals as it was the only program in their area to feed children

A shift in terms due to COVID 19

Normal school calendar for the year was scheduled to be;

First term to open 4th January 2021 to close 26th March, however in 2021 it opened April to May 2021.

Second term was scheduled April 2021 to close July 2021 instead opened in July and closed August 2021.

Third term to open in July 2021 and close October 2021 instead opened September 2021 and closed November 2021. We then had a fourth term which closed in December 2021.

In our schools during COVID 19 we continued to feed 6801 children

Due to COVID 19 school attendance was affected by almost 30% in all schools due to early marriages and pregnancies and boys dropped out and started business of breaking stones, molding bricks and other

children were just going around selling bottles in the market looking for money to feed their families. That was also coupled with morale decrease in most of students and this resulted into low pass rates. Most of the schools in the catchment area realised a pass rate of 20%. This was made following the failure of teachers to complete their syllabus and absenteeism due morale decrease in most of learners.

However, we saw good percentage of passing rate to secondary schools

Thanks to Nourishing Minds team for the great effort for supporting the schools during this critical time where many children were receiving meals at the community level and also receiving Covid support to buy soap, mask and other PPE to our schools and volunteers.

Shupo Kumwenda

Program Director



I would like to express my gratitude because of the introduction of porridge at our school. When the teacher was teaching we were not concentrating as we felt hungry. Because of hunger learning was difficult.

Praise, Ekwaiweni School.

The introduction of Nourishing Minds feeding program had brought tremendous improvement in the way our children perform in school. It has greatly reduced absenteeism.

A father, Chisangano School



Our aims

To **reduce malnutrition** amongst Primary School Children in the Ekwendeni Catchment Area in the Northern Region of Malawi

To **increase attendance** and **pass rates** at Primary Schools in the same Catchment Area.

To **empower the unemployed youth** by providing an opportunity for them to be involved in a project in their communities.

To **promote community involvement** in order to create sustainability for the project.



Academic Results

Attendance at Nourishing Minds schools, during the pandemic, has been extremely erratic and some teachers were unable to finish the curriculum. Due to this we have not received a clear record of the academic results for the school year 20/21.

Our Project Director was able to report that the children who sat, the end of school (Standard 8), exams for secondary school achieved a 98% pass rate. We would like to congratulate all the children and their teachers for this wonderful result in challenging times.

Sadly, many children were unable to accept their places at secondary school due to lack of money for fees (Primary School is free but Secondary is not). This is one of the pitfalls of Nourishing Minds' success but as our aim is to provide porridge to the schools our budget, sadly, does not allow for the provision of schools' fees.



Fundraising

Book sale

In August we were able to hold our first English Book, DVD and CD Sale. It was a huge success and we raised around 3,500€ over the three days.

The weekend turned into a real social event with people bumping into friends they hadn't seen since the first lockdown in March 2020. Several

people commented on how good the choice, quality and prices of the books were and many asked when the next one would be?

So, the Nourishing Minds English Book Sale will become an annual event and in fact at the time of writing this we are busy preparing the next one.



Vide Grenier

A few weeks after the book sale we took part in a Vide Grenier (like a car boot sale, without the cars) in Divonne. The weather was glorious and it was a successful, fun day raising around 1,300€.



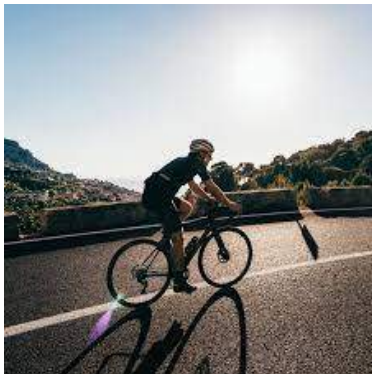
Bike Switzerland

BIKE SWITZERLAND held a cycle ride around Lake Geneva on Saturday 18 Sep 2021 in order to generate much needed funds, NOURISHING MINDS.

This charitable event introduced an innovative, engaging and challenging cycle ride that raised awareness of the need to feed hungry school children in

Malawi and help them improve their ability to focus and study.

We are extremely grateful to Bike Switzerland who held this bike ride, they raised 1,680 chf.



Thank you so much and a big thank you to the Bike Switzerland Guides too, especially Anne Peden, for organising it.

You can check them out at www.bikech.ch



Kamy's Hike



"I love to hike and picked up hiking again during this covid period.

I had the idea that perhaps people would sponsor my 250 KM hike so I gave it a go! To my surprise I collected 800CHF to donate to Nourishing Minds.

I love to volunteer for causes that have a direct impact on the individuals and Nourishing Minds is one such cause.

Volunteering gives me the opportunity to be of service to those being blessed in Malawi through Nourishing Minds. I find it difficult to explain the sensation that lingers on in me knowing that I have been able to contribute to making the lives of these children richer and more abundant. It's a privilege to be a member of Nourishing Minds."

Kamy, Nourishing Minds Volunteer

Appeals

Tree Planting

Our appeal “Help us spread the message, not the virus!” in 2020, which saw us deliver masks and soap to Nourishing Minds school children and their families, was a great success. After the one mask, one soap program Shupo added one tree with money left over. 3,000 saplings of blue gum tree were bought. 3,000 children were chosen (1,000 from each Baula, Chisangano and Kayowera schools) and they were given a sapling to plant around the schools. Not only did they have to plant their tree they were also responsible for taking care of it which can be a challenge. They had to check their trees every morning when arriving

at school, water it as required and then after class bid it farewell before going home. This comes under agricultural studies which is part of the curriculum.

The second reason for planting these tree, which are fast growing, is to protect the school buildings from storms and especially high winds.

The third reason being for the environment and replace trees that are cut down for firewood.



Christmas Party

In November 2021, the children were asking 'will we be having a party again this Christmas as we did not have one last year'? As fund raising was still difficult, we decided to have an appeal. Thanks to many generous donations we quickly raised enough money to grant the children their wish!

During the week of Christmas, four Christmas parties were held (Chisangano and Kayowera schools joined together for the party). 8,971 meals were served between the 5 schools! 8,483 were school children and the others were guests (pre-school children under 6), teachers, committee members, Chiefs, siblings, youth club members and volunteers.

Two teams of volunteers were formed to cook the food. Often the teams slept at the schools and took turns to cook throughout the night in order to have the food, for around 2,000 people, ready on time! It was a difficult task

but everyone worked hard without complaining. The meal consisted of rice, beans, beef and a bottle of a fizzy drink like Fanta, a real treat for everyone! There was also a DJ, music and dancing. The children will talk about and remember this for a long time!!

Apart from the fun and food there were other positive things noticed from the Christmas parties!

- There was great collaboration and team spirit between the Nourishing Mind's community team and the other youth who helped.
- Many children who had not returned to school came to the parties.
- Children were able to take left over food home to feed their relatives
- Orphans who had nothing to eat at home had a hot meal and a bottle of Fanta.
- The two cows, that provided the beef, were bought from two families who wanted to sell their cows so they could pay school fees for their children.



Financial Report

COVID-19 pandemic continued to bring uncertainty in 2021. Fundraising events were difficult to plan whilst at the same time more funds were needed for face masks, soap etc.

However, despite this, and due to some appeals, we were still able to raise funds.

The financial year ended with a CHF 11,884 surplus. We have also been granted tax exemption status in Switzerland.

With the increased generosity of our members and donors we have closed 2021 with a healthy financial situation.

This will enable us to create a financial buffer of one year's budget and allow us to start a vehicle replacement fund.

The outlook for 2022 remains challenging. The effect of the pandemic is only slowly diminishing, and it is still uncertain when we will be able to hold full fundraising events again. Also, the political situation in the world is changing having a major effect on energy cost and therefore on the cost of the food supply chain. Another pressure on the budget is that we are now feeding 7,000 children instead of 5,000.

Nourishing Minds is grateful for your continuing support.

Han Broere

Treasurer





NOURISHING MINDS

STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR ENDED DECEMBER 31, 2021

INCOME	Note	Swiss Francs
Donations		15,331
Membership		1,849
Fund Raising Events	1	8,308
2021 Christmas Party Appeal		4,402
<u>Total income</u>		<u>29,890</u>
EXPENDITURE		
Sent to Malawi	2	17,609
Office Supplies		0
Postage etc.		0
Bank Charges		171
Other expenses		225
<u>Total expenditure</u>		<u>18,006</u>
<u>Balance</u>		<u>11,884</u>



NOURISHING MINDS

Note 1 Fund Raising Events

Nourishing Minds Events

Vide Grenier	1,317.82
Book Sale	4,745.10

Individual Events

Bike Ride (Tour de Leman)	1,395.00
Hike (Kamy)	850.00

Total **8,307.92**

Note 2 Sent to Ekwendeni

Facemasks, soap etc **2,279.37**

Food Program 5 Schools

Maize, sugar etc	8,625.00
Fertilizer and seeds	1,700.00
Vehicle Maintenance	430.00
Fuel	250.00
Communication costs	250.00
Miscellaneous	350.41

Christmas Party **3,724.48**

Total **17,609.26**



NOURISHING MINDS

Balance Sheet

For the period 1st January - 31st December 2021

31/12/2021

note

Assets :

CHF

U.B.S. current
account

24,294.44

Accounts receivable

0

Net assets

24,294.44

01.01.2021 General Fund at
01.01.2021
Surplus / deficit 2021

12,410.09

11,884.35

31.12.2021 General Fund at
31.12.2021

24,294.44



Nourishing Minds

Budget 1st January 2022 - 31 December 2022

	Budget	Budget
	MWK	CHF
Income		
Donations		6,000
Membership		2,000
Fund raising events		6,000
Total Income		<u>14,000</u>
Expenditure:		
Malawi school feeding program (5 schools)		
1st School term	1,900,000	2,289
2nd School term	2,500,000	3,012
3rd School term	2,500,000	3,012
Fertilizer and seed	1,700,000	2,048
Transport costs (fuel)	200,000	241
Vehicle maintenance	400,000	482
Agriculture chemicals	200,000	241
Communication costs	200,000	241
Bags for storing harvest	50,000	60
Sub total expenditure in Malawi	9,650,000	<u>11,626</u>
SWITZERLAND		
Miscellaneous		1,000
Office supplies		500
Administrative costs		100
Postal charges		<u>200</u>
Sub total expenditure in Switzerland		<u>1,800</u>
Total Expenditure		<u>13,426</u>
Balance		<u>574</u>
Budget in Malawian Kwacha	1 CHF	830
10/04/2022	info@noursihingminds.org	

Executive Committee



Jane Broere
President and Founder



Rebecca Broere
Vice President



Lindy Twaddle
Secretary



Han Broere
Treasurer

NOURISHING MINDS



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www.nourishingminds.org