

NOURISHING MINDS

ANNUAL REPORT
2022



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A WORD FROM THE PRESIDENT

Dear Friends,

The highlight of 2022 was definitely our visit to Malawi and the Nourishing Minds schools. As Han and I landed at Lilongwe airport we felt excited and at the same time we were feeling a little anxious. Due to the covid pandemic, we had not visited since autumn 2019 and were wondering if we would still be able to adapt as easily as we had done on our previous visits. Our anxieties were unfounded and although life was harder, than in 2019, we quickly slipped right back into the way of life and our habitual routine in Ekwendeni!

A face-to-face visit is always a very humbling experience. It allowed us to renew valuable contacts and to continue nurturing our relationship with everyone involved in Nourishing Minds. It helps build trust and offers a major morale boost and learning opportunity, as much for them as for us! It also encourages the continuing engagement of the youth, schools and communities alike.

Throughout 2022 we continued to hold fundraising events, an indoor golf competition in March, our second book sale in June and a Christmas Appeal where Christmas gifts were on sale and donations could be made towards Nourishing Minds Christmas parties.

Lastly but of great importance, I would like to thank all, in Malawi and several other countries, who have contributed to Nourishing Minds' work. Our achievements would not be possible without the time, effort and contribution of our members and volunteers.

Best wishes

Jane Broere



PROGRAM DIRECTOR'S REPORT

One of the successful projects that has changed the life dimensions of the selected communities in the areas around Ekwendeni is the home-grown school feeding program Nourishing Minds.

Nourishing Minds home-grown school feeding project has drastically changed the social being of the most marginalised children around Baula, Ekwaiweni, Zombwe, Chisangano and Kayowera.

The most marginalised children around these areas are able to stay in school together with others without problems, thanks to the school feeding program which is youth based and fully implemented by the youth from the Youth Resource Centre in Ekwendeni which is, in turn, funded by the Church of Scotland, Geneva.

This has helped to improve attendance, participation and performance in these schools. It has also helped by reducing drop-out rates.

According to the data made available by the school heads and backed up by the ministry of education, performance in these schools is up by 30% drop-out rate

is down by over 70% and attendance up by 90%.



Nutritional levels have also improved, this is according to the health surveillance assistance data which is indicating mostly zero cases of malnutrition in the past year in areas around these schools.

With the coming of the Christmas parties, children from the poorer families feel happy when they are eating and drinking with their friends, this helps us makes them to eat and enjoy like those who have parents. That's a quote from one of the children from Baula school. Other children, from the village, who are not in primary school join in too and that makes Nourishing Minds Christmas parties special.



This year a lot has happened since the visit of our President and the Treasure which has motivate our project. Renovation of our cookhouses, distribution of cups and spoons, buckets and other things. Three bikes were also bought to help the schools to take the maize to the mill.

Nourishing Minds brings together the community and share experiences. We organized football and netball trophies for the schools and clubs who are in our catchment area in order that the communities

understand the importance of taking part of feeding program.

It is also worth to mention that the project has also helped parents concentrate on activities that would help boost their economies hence the economies of these areas is also improving.

It is with great joy and honour that as a community we write to express our sincere gratitude to Nourishing Minds for their endless love and support to these communities.

The project has proved to be a gateway to unlocking youth potential in education and an economic changer.

**Thanks for
your
support.**



Shupo Kumwenda



OUR VISION

Our goal at Nourishing Minds is to provide all primary school children in the area with a cup of porridge each school day as well as empowering the unemployed youth within this community-based project.

OUR AIMS

CHANGING LIVES
ONE CUP AT A TIME

- 1 To **reduce malnutrition** amongst Primary School Children in the Ekwendeni Catchment Area in the Northern Region of Malawi.
- 2 To **increase attendance** and **pass rates** at Primary Schools in the same Catchment Area.
- 3 To **empower the unemployed youth** by providing an opportunity for them to be involved in a project in their communities.
- 4 To **promote community involvement** and to create sustainability for the project.

VISIT TO MALAWI

We visited Ekwendeni in October 2022 for 3 weeks. It was our first visit in 3 years due to the Covid Pandemic. We spent our time visiting the 5 schools, the communities and the youth who volunteer for Nourishing Minds.

Our first visit was to **Kayowera Junior Primary School**.

When Nourishing Minds first introduced porridge to this school there were only 100 learners and one classroom block. It was a Junior Primary School, with Standards 1, 2 and 3.

It now has 933 learners and Standards 1 to 7 (Standard 8 will be added for school year 2023/2024). There are 9 teachers.

The community has built a second classroom block to ease overcrowding and they have now started a third block.

The community made the bricks for the new buildings and the government contributed for part of the iron sheets for the new classroom block but not the second one or the teachers house that is being built!

We met with the community leaders and volunteers, some of whom are also parents. They are extremely grateful for the feeding program as the children are doing better in school and they are happier at home because they have had something to eat. There are fewer dropouts now too.



The second school we visited was **Zombwe Primary School.**

In October 2019 there were 780 children enrolled in this school. This October there is an unbelievable 1,720! I had to ask the Deputy Head to repeat the number as I thought I had misheard, but no....! The increase is, of course, due to PORRIDGE.

This school is in an area where there is a lot of hunger and most children come to school with empty bellies. Many children have changed to this school to get porridge. They may walk a little further, but the reward is worth it. The children can go to whichever school they wish as there are no defined catchment areas.

There are now 14 teachers and 4 classroom blocks (8 classrooms). Due to overcrowding some learners are now coming in the mornings and others in the afternoons which means these dedicated teachers work a double day for the same salary! Porridge is now served twice a day.

Standards one and two have desks which they received from a donor, but the other classes have no furniture. The upper classes have fewer learners due to dropouts and early marriages, but these are now fewer.

The teachers have noted that, when the children receive porridge, they behave better and pay more attention in class. They stay for the whole school day instead of running home hoping to find some food which usually is not there!

At the end of the last school year 66 children sat the standard 8 exam. 60 passed for secondary school, this is up from previous years. About 85% of learners who passed have school fees so will be able to go to Secondary School.



Next, we visited **Baula Primary School**.

We did not stay very long as it is in an area that was still classified as red due to a high number of Covid cases.

We chatted outside with the Head Teacher for a short while, saw the cookhouse and the team clearing up from the morning porridge. We noted that the cookhouse desperately needs renovating.

Baula school has grown from 900 children in 2017 to 1,600 learners and it is bursting at the seams!

They have 8 classrooms and 8 teachers. They too have had to divide the school day into morning and afternoon sessions. They have two teams for making porridge.



We then went on to **Matheni**, a youth club from the Resource Centre in Ekwendeni (the Church of Scotland, Geneva's youth HIV project), to meet with the youth who volunteer with Nourishing Minds.

This youth club has about 40 members and they meet twice a week.



At first, they were shy and did not say very much. They then performed a traditional Ngoni tribal dance for us and that broke the ice. They then had plenty to say and had several requests.



The priority for them is that they would like an 'office' where they can meet. They are also keen for Nourishing Minds to start the school feeding program in their community's primary school. They see the children and elderly people suffering during the hunger period and they would like to help them and their community. There are almost no job opportunities for the youth in Malawi, but they are capable and willing to work if they were only given the chance and the resources.

Having visited 3 schools, we were left with 2 more to visit: **Chisangano** and **Ekwaiweni**.



Both these schools, like the others have, grown. Chisangano from 900 learners to 1,400 and Ekwaiweni from 1,200 to 1,621.

To cope with the numbers, these two schools have also had to split the school day into morning school, 7am till 12noon and afternoon school, 1:20pm till 4:30. Porridge is cooked and served twice a day which is a big commitment for the youth and the community.



The younger classes are the biggest with numbers dropping from Standard 5 and up. Both schools have, since porridge was introduced, seen an increase in pass rates and more children are being selected for secondary school.

There are fewer repeaters and although there are still dropouts that number has also dropped.



The learners do not have one classroom teacher but different teachers teaching different subjects. Already in primary school they have 9 subjects.

Both these schools, like most schools in the rural area, do not have enough classrooms, teachers, teachers' houses, desks, chairs or school supplies.



THE NOURISHING MINDS LEAGUE



In November 2021 Shupo launched a netball and football league for the Primary Schools and a football league for the Youth Clubs from the Resource Centre. 7 primary schools (including the 5 Nourishing Minds schools) took part with 16 youth clubs (including youth helping with the school feeding programs) took part in the Youth Club League. Sport is one of the most important ways of encouraging and achieving behaviour change.

The finals were held at Zombie Primary School, while we were there, with around 800 supporters gathering at the school. The Resource Centre's band came along to help spread the news about HIV testing and behaviour change. It is one of the most effective ways to spread the word and Shupo never misses an opportunity! As we were visiting, we were invited to present the prizes. We are delighted to report that the primary netball and football finals were won by one of Nourishing Minds schools, Zombwe and the Youth Club champions are Nkhumano Youth Club. There was also an award for the best Nourishing Minds school for the school year 2021/2022 and this was also won by Zombwe (this is why the finals were held at Zombwe school). Dingo, a teacher from the winning school was also selected as the most invested teacher in the feeding program.



These competitions serve to motivate and encourage the schools, the communities and the youth. They like nothing better than to have a medal round their necks or to receive a trophy, not to mention winning some money!

NUTRITION TRAINING DAY

During our visit it was decided that there should be a training day held to teach about the feeding program, nutrition, hygiene and how to use the rocket stoves. This was especially important as there were new youth and community volunteers, and there had not been a training held since the pandemic.

It was held in the HIV Resource Centre in Ekwendeni. Each headteacher attended along with one teacher, four youth volunteers and four community volunteers.

The Education Department have now announced that they will hold an annual training on nutrition, sanitation and hygiene for all schools with a school feeding program. The first one will be held at the start of the school year 2023/24.



NOURISHING MINDS BEST SCHOOL 2021/2022

Our Program Director Shupo decided that to motivate the Communities and Schools that there would an award, at the end of each school year, for the best Nourishing Minds School.

The criteria, in his own words, that he uses to choose the best school is the following:

- The school that has grown the most maize
- The school that has the strongest relationship with the youth
- The school that has given us the reports all year for the Feeding Program
- The school that includes the most women on its committee
- The school that has not disappointed

The best school for 2021/2022 was Zombwe Primary School



FUNDRAISING

As the pandemic faded into the background and life took on some resemblance of normality, we were able to hold some fundraising events.

L'Indoor Golf in Carouge



L'Indoor Geneva Golf Academy, in Carouge, donated 508chf after hosting an evening competition followed by a delicious African themed meal.

English Book Sale

In June we held our second English Book Sale at La Blanchisserie in Divonne. We chose June and advertised it encouraging people to get their 'summer reading'. It was quieter than the year before but to our delight we still made 2,243chf.

The conclusion was that there is too much going on in June and that the 2023 book sale should be held after the summer holidays.

Christmas Appeal

A huge thank you to everybody who responded to our Christmas Appeal.

You bought many cups of porridge as Christmas gifts and your kind donations for the Christmas parties enabled us to feed over 8,000 children, volunteers and guests a Christmas meal of beef, rice, beans and a drink of juice. A real treat for everyone!

We were also able to buy new cups, spoons, and buckets for all 5 schools. We also purchased 3 bikes, and these were given to the three schools who have the furthest distance to travel to take the maize to be milled.



FINANCIAL REPORT



Fundraising events started to pick up as the Covid pandemic slipped away into the background.

We held an indoor golf competition in March followed by our 2nd Book Sale in June.

With the generosity of our members and donors, our Christmas Appeal was very successful and raised a total of CHF 4,247, of which CHF 2,536 was sent to Malawi for the schools' Christmas parties. More than 8,000 children, teachers and guests, across the 5 schools, enjoyed a Christmas meal and fun.

The outlook for 2023 remains challenging. The world situation, war, energy costs and fuel costs have caused a steep rise in the cost of maize, fertiliser and seeds. Another pressure on the budget is that we are now feeding over 7,000 children daily.

The 2023 budget shows a predicted deficit of CHF 3,039, however the MWK -CHF exchange rate is fluctuating and is currently hovering around 1,400 MWK / CHF, which will reduce this deficit to ca CHF 500.

Han Broere

Treasurer



NOURISHING MINDS

STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR ENDED DECEMBER 31, 2022

INCOME	Note	CHF
Donations		11,450
Membership		2,545
English Book Sale		2,243
Golf Competition		508
2022 Christmas Appeal		4,247
<u>Total income</u>		<u>20,993</u>
 EXPENDITURE		
Sent to Malawi	1	19,004
Office Supplies		470
Postage etc.		0
Bank Charges—		214
Other expenses		125
<u>Total expenditure</u>		<u>19,814</u>
 <u>Balance</u>		 <u>1,179</u>

Note 1	<u>Sent to Malawi</u>	<u>19,004</u>
	Storm Relief, Roof Repair	1,114
	<i>Food Program 5 Schools</i>	
	School year 22-23 1st part	6,526
	School year 22-23 2nd part	5,335
	Items financed during Oct. 22 visit	417
	Renovation Cookhouses	1,976
	Nutrition training	1,100
	Christmas Party	2,536



NOURISHING MINDS

Balance Sheet For the period 1st January – 31st December 2022

Assets 31.12.2022:

CHF

UBS Current
Account

25,673.67

Accounts
Receivable

0

Net assets

25,673.67

General Fund at
01.01.2022

24,494.44

Surplus/Deficit
2022

1,179.23

General Fund at
31.12.2022

25,673.67



NOURISHING MINDS

Budget 1st January 2023 - 31 December 2023

	Budget	Budget
	MWK	CHF
Income		
Donations		7,000
Membership		2,750
Fund raising events		6,000
Total Income		<u>15,750</u>
Expenditure:		
Malawi school feeding program (5 schools)		
1st School term	2,674,000	2,228
2nd School term	6,806,500	5,672
3rd School term	6,806,500	5,672
Fertilizer and seed	2,600,000	2,166
Transport costs (fuel)	600,000	500
Vehicle maintenance	450,000	375
Agriculture chemicals	200,000	167
Communication costs	200,000	167
Bags for storing harvest	50,000	42
Sub total expenditure in Malawi	20,387,000	<u>16,989</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>18,789</u>
Balance		<u>-3,039</u>
Budget in Malawian Kwacha	1 CHF	1200
27/04/2023	info@nourishingminds.org	

EXECUTIVE COMMITTEE



Jane Broere
President and Founder



Lindy Twaddle
Secretary



Rebecca Broere
Vice President



Han Broere
Treasurer



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