



Dear friends of Abbas Rest, I personally welcome you in 2017, As I noted in the previous newsletter Food crisis and economic hardships is slowly unfolding. During our home assessment we met Francis and his sister, both parents passed away and they are living a hard life with their grandmother (60yrs) No food or clothes, they don't go to school because they have nothing to put on. We immediately bought clothes and included them in our monthly maize programme. Their life has changed and they have now started going to school.



This is James one of the beneficiaries from the charity apart from Eric and Chifundo (University students), He passed his Diploma in Community Development under ABMA examination board-UK. He is a credit to Abbas Rest. Your continued generous support is enabling us to really make a difference in the lives of some of the poorest people in the country.



We are doing our best supporting the Orphans and Vulnerable children as well as the Elderlies from our catchment area. Our number has been increased from 35 to 50 children in maize programme every month. This is due to the hunger situation which has affected a big number of people.

### New Developments

As Malawi continues facing its worst food shortage and economic hardships, most of the children are failing to go further with their education because of school fees. We are paying school fees for 20 children in secondary school and 3 students are in the University. Some of the children are on the photo with their head-teacher and Blessings our coordinator.



OVC



Jesus said in Mathew 25:35 that when you feed the hungry it is like feeding him, see how we are taking that verse to heart at Abbas Rest.



*Muona,  
children in maize programme*



*Elderlies (Chiringa)*

In December, 2016 we gave out maize flour and Soya pieces (Relish) to 36 elderlies from our catchment area, composed of 6 villages. We also gave them 1 bag of fertilizer each as part of empowering them in farming activity, only to those who are able to.



While were supporting the elderlies with food and fertilizer in Phalombe district, in Nsanje district we did the same thing and also we gave them plastic sheet to roof their houses.



It is heart breaking to see the homes of the elderlies (see photo). Most of the houses were destroyed with heavy rains. We bought plastic sheet for them to roof their houses. Total number of elderlies is 72 at both centres, Phalombe and Nsanje.



As we stated in our previous newsletter, we will be providing fertilizer and seedlings, on this day we put our words into action. Grace, vice chair granted our gift together with her friends and thanked the Abbas team for love and support. We gave them 5 bags of fertilizer for their group.

On 17th January, we gave out 2 footballs to one of the youth groups as part of encouraging them, to keep busy doing different types of sports activities. Gift - their captain welcomed us, in his speech he thanked the charity because this will keep them busy rather than involving themselves in bad companies.



Some of the children we met on our way to the homes of the orphans. The bible teaches us to teach our children when they are young, and when they grow old they will not forget. We stopped and spent few minutes with them, using an educational chart, Liz asked them to work extra hard at school.



We still check on the two orphans, Mary and Zione. They are perfectly okay and they are doing well at their new school. Mary is the Head girl at this school, photo taken with new friends.



This is one of the CBCC (Children based community centre) we support in the community by providing a hot nutritious meal (soya, sugar and vitamin blend), playing and learning materials. Mothers of the school children voluntarily carry out all the work of cooking, drawing water, cleaning and serving the children. They do this freely - being committed to the future of their children and communities



CBCC

90% of these children are orphans. They cannot manage to pay for a nursery school instead we are in the community to help such child, where they can receive a basic education - a proven key to escaping poverty. See the photo below...



The HIV support group in Muona is also doing great, as stated in the previous newsletter we established this group to support and encourage fellowship and awareness. Because of that many lives have been saved, many people have accepted that being HIV/AIDS is not the end of the world they can also stay health and long life. As you can see on the photo they are all healthy, and they go out the community aiming to educate those who are still in the shadows, encouraging awareness of the virus. "We thank the Abbas team for everything, we were being called with different names skeleton, corpse but now we are being called by our real names, Abbas rest brought back our happiness." - Mrs Edina - group secretary.



Village meeting.....



As I write this newsletter I have taken time to reflect on where we were and where we are today. We are all so delighted to have our certificate from Child and Social Welfare this provides evidence of all the hard work patience and time to re-establish our charity status. Unfortunately the charity known as Abbas-rest in Malawi sadly was shut down by Human rights under the old management of the board of trustees. The current trustees all came on board because they believed in the ethos of the charity and decided to rebuild and make stronger. In Malawi we had to register as a new charity and also take a new name.

It was agreed that as we are now the lead charity in Chiringa, and also we support the other eight community based charities who have no funding, it was decided to call the new charity 'Care and Share' all current updates are available on the Care and Share Malawi facebook page.



I would like to take this opportunity to thank four specific individuals for their hard work raising awareness, fundraising and their own personal donations. Madge, Muriel and Allie your commitment and dedication is an example to all. Liz in her own words is more Malawi than Scottish and wherever she is in the world her heart is always in Malawi. We are her extended family, and she spends 6 months of the year working at ground level for the charity. Together we have had many adventures and sometimes we cry together, we pray together, we laugh together supporting one another and many more.

Mathew 25:43

"I was a stranger, and you didn't invite me into your home. I was naked, and you didn't give me clothing. I was sick and in prison, and you didn't visit me." Charity is the pure love of Christ. In His ministry, Jesus always went about doing good, teaching the gospel and showing tender compassion for the poor, afflicted and distressed. In the same manner, He wants us to go out into the world and touch lives just as He did. Charity is at the heart of God.

From the team here in Malawi, Forster, Blessings and Cecilia we now pass on the news at base level to Madge and Muriel. Every blessing to you all.

Once again we are so proud of all the work that has been done in Malawi. This newsletter, the second written by Forster, speaks for itself. However we need to report that we also have exciting news about developments for the future, due to our recent partnership with the Rotary Club of Ayr. This project will centre on our compound in Chiringa where we are proposing to develop a chicken rearing business. At present it is still in the developmental phase and, if successful, will involve significant investment from the Global Rotarian Fund. Our job will be to raise some extra funds, which will constitute our contribution, in the form of seed funding to enable it to happen. We can report that we do have sufficient funding to cover our regular outgoings for the immediate future but cannot use this to meet the capital needed. We are therefore asking that all our supporters will seek God's guidance on our plans and look for ways in which we can raise the funds required to support this wonderful initiative. The end result would enable Care and Share to move towards self support by generating income locally.



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