



Dear Friends of Abbas Rest, I hereby give you the good news. As reported in the previous newsletter about our recent partnership with the Rotary club of Ayr, however we are excited to report that we have finalized everything and we have handed over the water project to the community. Clean water is a whole family concern.



Finding water is a daily challenge for young girls, moms and sons. Knowing that providing a reliable and safe water source will unlock potential by returning time for study, work, and imagination. Lack of clean water has serious effects on students' academic performance and attendance rates. The lack of safe water can cause even the best students to lose momentum as they deal with stomach pains and diarrhea from disease and hunger.



Development

The Water project was handed over to the Michesi water scheme. But before the handover was done, the Care and share / Abbas Rest had to make sure that the water committee is well equipped with the training both Management skills and operation of the water system. Water Committee posing for photo.



Heavy rains cause severe flooding across Mozambique and Malawi. The devastating cyclone that hit south-eastern Africa may be the worst ever disaster to strike the southern hemisphere. Cyclone Idai has swept through Mozambique, Malawi and Zimbabwe over the past few days, destroying almost everything in its path, causing devastating floods, killing and injuring thousands of people and ruining crops. More than 3 million people could be affected across the three countries.



Houses, roads and electric poles are completely submerged. It was a big disaster here in Chiringa, some of the people were staying in school blocks with no food where the hygiene was poor. The Care and Share have assisted some of the families by providing food items Maize and soya pieces.



OVC & Elderlies

As of the charities here in Chiringa we still support the Orphans and vulnerable children as well as the Elderlies. At the beginning of the year being in the hunger month we gave out food items to the children as well as the elderlies.



We didn't just end there, knowing education is the key to success we also paid school fees, boarding fees as well as providing learning materials to all the children. Ensuring Universal access to quality education for all.



The Nursery school is doing a tremendous job by providing a safe and comfortable environment through clear, positive and encouraging words and actions to help the children feel comfortable and confident within their surroundings.



Young children need to follow a strict schedule that includes daily routines, such as going to the restroom, washing hands, eating porridge, and participating in reading, maths, science and music activities. Daily routines and activities keep the children occupied and productive and help them learn to function in a structured environment and also allows for rest time and unstructured outside play. Despite providing hot nutritious meal throughout the year this time the Care and Share provided the learning and playing materials to the school.



One way of gaining support is to tell family and friends about your HIV diagnosis. But revealing HIV status is not straightforward and you may not always end up with the support you need. Going to a support group for people with HIV is a more reliable way of getting support. Support groups can be particularly useful for people feeling vulnerable or anxious because of ill health, lack of confidence, immigration, poverty or being unable to work. Here is the testimony from one of the members.

“Alice, Support Group member: “I got HIV, people discriminated me (e.g. denying me a job). I was about to commit suicide, but joined the group instead. The group gives medical as well as emotional support and there is fewer discrimination now.”



Despite encouraging one another, the HIV group in Chiringa during the floods they have been helping out some families by maintaining their houses. One of the houses which was destroyed by heavy rains.



They didn't end there, they also bought exercise books and pens for the orphans. They were able to deliver this because they sold last year's maize. As reported in the previous newsletter Care and Share continues supporting the group with farm inputs so that they can grow more maize.

Youth Group

The Youth Group is doing a tremendous job, as stated in the previous newsletter that the youth group is supporting the elderly in the community. This time around the youth group have put extra gear by helping of the people affected by the heavy rains – the picture below showing one of the houses being maintained by the youth group.



Due to the rain, people have more difficulties to find basic needs for their everyday life, most of them are lacking food. Some houses fell down (partly or entire house) because of the strong winds that occurs during the night. Some houses were also flooded because of the rain.



Developments The Youths have a great role to play in the community, we are able to support the people by maintaining their houses as well as giving out some basic needs to the needy. We are able to support others with the support from Care and Share – said the youth chair – Charles.



Assessing the situation

Other News

Care and Share have purchased 230 bags of maize to be given in the hunger months (November, 2019 – March, 2020). The prices of maize was higher this year because of the cyclone Idai which destroyed almost everything in its path, causing devastating floods, killing and injuring thousands of people and ruining crops.



I started the newsletter with good news and am going to end it with good news as well. In our family we have been Blessed with baby bouncing girl born on 2nd May, 2019. Both mother and baby are fine. We named her Sherilyn.



From the team here in Malawi, Forster, Blessings, George, Cecilia and Eunice we now pass on the news at base level to Madge and Muriel.

Scottish News

It gives us great pleasure to oversee all the wonderful work that is being done by Abbas Rest, under the banner of Care and Share, in Chiringa. It is evident that the charity is fulfilling a very useful role which is appreciated by the community there. We consider it an honour to be able to serve God in this way. And consider it a manifestation of His love for all people, that you feel called to support us.

There have been many problems with the completion of the borehole but the Michesi Water Committee are now trained in their duties and are shouldering the responsibility of administering its operation. We are very grateful to the Ayr Rotary Club for their partnership with us in this initiative.

We have recently recruited a new team member in Ian Dickson. You will remember that Ian and his wife Louise visited Chiringa in 2017. Ian has assumed the role of treasurer, from which Liz Hamilton has stepped down after years of faithful service. Without her efforts, Abbas Rest would no longer exist..

SPECIAL REQUEST TO ALL OUR SUPPORTERS FOR 2019

In the book of Joel he speaks of a time when the barriers between young and old will break down. "Your young men/women will see visions and your old men/women will dream dreams, when I pour out my Spirit on all flesh." We think the demographic, in Abbas Rest, needs to change .We therefore request that you to prayerfully consider asking one member of a younger generation to visit our lovely new website and give a donation, or better still, become a regular contributor. We believe that God's hand is upon the people of Malawi, as they struggle against poverty, climate changes and corruption in high places: your continued support encourages others to keep offering help that brings hope of a better world to come.

UK Office: 9 Craighall Place, Ayr, KA7 4XD

Tel: 01292 445963

www.abbasrest.org

Email: aromalawi@gmail.com

Facebook: Care & Share Malawi

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