



Abba's Rest Orphans

supporting

Care and Share Malawi



Newsletter 22 – May 2025

Abbas Rest, in thanking all subscribers, takes this opportunity to thank a number of you who have set up new regular monthly donations to give our funds an extra boost. Costs rise steadily, the needs remain great, maize prices are high, and we try to answer extra requests as Care&Share support orphans and their carers.

Your trustees take no expenses for travel or website or anything except postages - our UK overheads are under 3% of costs - **over 97% goes to Care&Share in Malawi.**

Abbas Rest is delighted to acknowledge support from Ayr St Columba of £2,000 in support of our 2025-26 work. We also acknowledge the donation from friends at Police Scotland for a collection of £202.76 at their College Club social evening. Our diligent treasurer is grateful to all donors, and apologises to those left unthanked.

Annual maize purchase:

Each spring, our team buys maize, treats it, and stores it for later in the year when household supplies run out. Here, in our compound, the treated maize, sourced from Mozambique, is being bagged for storage.



The treated and bagged maize is safely stored - the doors have two locks - two trustees have a key each and both must be present when maize is needed for distribution. Our team take great care in deciding which households are assisted. Our trustee/manager George has emphasised that the program of food distribution should not stop, and that the future will see more hunger issues, saying that the government is helping but is limited in what it can do.

Last year they increased the amount from 300x50kg bags to 500 bags (cost £10,000) and asked to do 500 again. Last year, we met the increased cost by ending the purchase of commercial fertiliser and encouraging the making of local 'mbeya' fertiliser. This year, the cost is almost £16,000 and we will try to include the increase within expenses. **Many thanks to donors who have helped to close the maize cost gap.**



Trustees & volunteers

The photo shows some of our team - including trustee Fagess with her young son - meeting on the Malawi national holiday of Labour Day - 1st May.



Our Care&Share team consists of four trustees (George, Fagess, James & Timothy), a project coordinator (Blessings), two night watchmen (Andrew & Cedric) and volunteers covering 'our' six village areas.



Giving keen pupils a trade:

In the last newsletter, we reported on training two young people in tailoring; we are buying them a sewing machine each (treadle type, of course).

In early March, we organised training for two in welding - Prescott Byton, aged 20, a single orphan (mother alive), and Bright Benson, 22, a double orphan (lost both parents). Here they are, in April, learning to do roofing. We hope to set them up with basic welding equipment so that they can use the skills to make a living. The poles on the far side of the wall are supporting the scaffolding. Below are recent welding photo.



Social Welfare: We have very good relations with Social Welfare, who work on very limited resources, and with the CBO (child-based organisation) Network. As Social Welfare had few chairs and clients often sat on the floor, we reciprocated their support by the gift of 15 chairs, at a cost of under £200.



George, on behalf of his team, told our Scottish trustees meeting in February: “Thank you all for the tremendous job you are doing for Malawi, mainly in Chiringa. You know, we are facing a lot of problems in Chiringa, but with your help we are at least reducing the stress they have, with food, sometimes with mats and blankets, so we’d like to thank you so much. Also, when we attend meetings at the District Council, they always give Care& Share as an example to other CBOs. **Care&Share is the only organisation in Phalombe which is doing a lot of support activities.** They always encourage us and we are highly recognized at District level.”



In November we reported that Care&Share are facilitating some extra assistance for the local maternity unit, with funds from Rotary and CWP Energy (not from your donations). This has enabled the purchase of items including a wheelchair and an examination trolley, and the building of a shower block to replace the single-room one demolished by the 2023 Cyclone Freddy.

Support continues, of course, for the orphans and other vulnerable children. In December, exam fees were paid (£300). In January, the Memezi CBCC (pre-primary childcare), founded by Abbas Rest, received its termly consignment of nutritious likuni phala (£300). Term fees for the 45 secondary students and boarding fees for four of them, have been paid for the January and May terms, totalling £1,000 for the two terms.

Our compound, of course, needs maintenance, and our team need some low walls to be heightened for security, so we have bought the cement (£600 for 45x50kg bags incl. transport). Expect an update in the next newsletter.

Your Scottish Trustees are Muriel Wilson, Malcolm McNeil, Colin Naismith and Ian Dickson - Colin maintains the supporters' list and handles Gift Aid matters.

The 2025 AGM will be on Zoom on Tuesday 8th July at 10:30 am - to receive the link, and a copy of the annual report, email info@abbasrest.org in advance.

For standing orders, our a/c details are: Abbas Rest Orphans, 20-29-24 (Barclays), a/c 80050482 - enter your name as the reference.

We repeat thanks to those who have set up standing orders in recent months.

For every £1 donated by a UK taxpayer, we can claim back 25% through the Gift Aid Scheme which makes a considerable difference to our givings. If you would like to do this, or check if we already claim on your behalf, please contact our Gift Aid organiser Colin Naismith: cnaismith1@hotmail.com / 01292 263883

Message from trustee Muriel Wilson

The newsletter shows the wonderful work being carried out in Chiringa and the neighbouring area by our hardworking Care and Share team.

As well as the vital ongoing provision of maize, school uniforms and fees and nutritious likuni phala for pre-school children, it's heartwarming to see our new initiative involving two orphans in a training programme for welding. To create job opportunities for young people is so important.

Maybe you feel at times that your individual donation doesn't make much of a difference. However the beauty of AbbasRest/ Care and Share is that when each of us contributes a little, together we can do absolutely incredible things.

Your generous support is creating a brighter future for people in Chiringa.

When Ian and I visited Mbongondo church in 2023, the pastor preached on the text "Let us love one another" (1st John 4: 7-8).

We understood none of the language but the import was clear and the delivery enthusiastic!

And that is what "Care and Share" is doing - loving one another.

"Love in action" for the one of the poorest nations in the world.

Thank you! Your ongoing love in action is invaluable!

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