

Vulnerable Children's Feeding, Medical & Support Programme, Malawi



Background As one of the poorest countries in the world, most Malawians struggle to meet their family's most basic of daily needs, including food. Of the 2,000,000 people suffering extreme hunger in Malawi, it's children, the elderly, and those living with HIV/AIDS that are the hardest hit – with many vulnerable children suffering from acute malnutrition. This naturally has a huge knock on effect to wildlife conservation, with animals poached and habitats destroyed as people desperately try to survive.

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Since 2013, we have partnered with Brown and his inspiring community-based NGO the **Brown Munthali Foundation**, walking alongside him to help uplift the children in his community in Chitimba, Rumphi District on the shores of Lake Malawi. Along with spearheading several self-help initiatives in the community and running the High Five Club primary school and Tiny Forest Reforestation Project there, Brown has opened up his modest home to care for vulnerable



children in the community. Some are orphans who have lost one or both parents to AIDS, whilst others (because of acute poverty) their parents can't provide for them. Without Brown and his wife's care, these children would be on the streets or placed with extended family members where drink and *chamba* (marijuana) abuse is common, along with increased vulnerability to sexual abuse and being kept away from school to do work around their houses or fields.

As one of the biggest expenses is feeding the children, since 2019 our members have been extending a 'High Five' to help provide nutritious food for these children. We have also provided an emergency medical fund for the children. As a passionate conservationist Brown also teaches the children in the local school the importance of conserving wildlife and planting trees (deforestation is one of the biggest environmental issues in Malawi). So our support goes hand in hand with conservation, the children growing up to respect wildlife and the environment in which they live.

High Five Club Support:

Throughout 2025 we have joined hands with **The Brown Munthali Foundation** to provide a monthly budget to purchase food supplies locally for feeding the 30 vulnerable and orphaned children. The Brown Munthali Foundation also contributes hugely to this feeding programme by

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planting and growing maize and vegetables in a field rented locally for this purpose including tomatoes, Chinese vegetable, rape and cabbage. Due to climate change (droughts and floods) the amount they can produce varies from year to year depending upon the climate, plus there are other external factors that also impact on their food security. This year, for example, thieves came in the dark of the night to Brown's fields and stole a significant part of their maize harvest for the year. So our help in topping up what Brown grows locally is invaluable to these children, growing up as they are in such an unstable environment. As H5C we work



with Brown each year to try and help him reach self-sufficiency step by step, and accordingly each year – little by little - we have gradually been able to reduce our food support budget.



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Our funds this year have been used to purchase sacks of maize, which Brown has then ground locally into their staple food (maize flour pap), to counter the stolen maize, along with contributing towards the rental cost of the field and the purchase of seedlings to grow their vegetable crops. The community arranges for the collection of fallen wood to cook the food. High Five Club also provided funds towards paying a modest monthly allowance for local women to cook the children's meals each day, with each year this reducing as Brown seeks ways to self-finance.



Our support of **£1,538** contributed towards providing 3 x meals every day for the 30 vulnerable and orphaned children through 2025. How our joining of hands together is making such a big difference to peoples' lives in this wildlife area of Africa.

We also provided an emergency **medical fund of £150** to help the children access medical care in the town of Mzuzu in emergency situations when the local, rural health clinic do not have the medicines or facilities to treat the children. These funds have gone a long way in purchasing essential medicines for the children this year when needed. We are pleased to report that thanks to the children's improved nutrition and the mosquito nets that we provided with their new bunk beds mid 2025 (reported on previously), that the children have flourished without any serious illnesses this year 😊

In total our collective support of these 30 children for food and medical provision in 2025 was £1,688. This was funded through our monthly membership fees,

along with a generous gift from our long-term friends at the Parish Church of St Peter & St Paul, Shorne, along with one of our own H5C members.

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We also joined hands with the community this year to **purchase £100 worth of paint** to enable the community to paint the inside of the H5C built Hajimac Academy Primary School (2 classrooms and office), to keep their school well maintained and a conducive learning environment for

the children. This was funded by one of our member's, Dennis, via his '**Bloke's Night Out Club**'. These men meet in their local pub on a monthly basis to support each other and have fellowship together over a meal and a pint ☺ By the end of last year these men had raised **£680** specifically for the children in this community.

As well as funding the paint for the school, mosquito nets and contributing to the children's health care fund, **£250** of this was allocated to buy **Christmas gifts for each of the 30 children** (exercise books and pencils to use at school, clothes, toothbrushes) along with putting on a **Valentine's Party in February** to show these children how much they are loved, with special food that the children rarely get to eat (e.g. rice and meat), party games, singing and dancing. It is rare for such children to have a special treat like this, and it was heart-warming indeed to see them enjoying their special day. Thank you!

For more information contact Cheryl@highfiveclub.co.uk



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