



changing lives in Africa, £5 at a time

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



Background In Malawi, up to 5.7 million people are trapped in a brutal cycle of extreme hunger. For families living in rural areas alongside wildlife, the daily battle to survive forces an impossible choice. When the starvation door knocks, forests are cleared for fuel and wildlife is poached for food—not out of malice, but out of sheer desperation. Since 2013, we have partnered with Brown and his inspiring community-based NGO the **Brown Munthali Foundation (BMF)**, walking alongside him to help uplift the children in Chitimba, Rumphi District on the shores of Lake Malawi. Along with spearheading several self-help initiatives in the community and running the

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High Five Club-built primary school and Tiny Forest Reforestation Project there, Brown and his wife Cynthia have opened their modest home to the community's most vulnerable souls—children orphaned by AIDS or separated from parents who simply cannot afford to feed them. Without this refuge, these children face a devastating trajectory: the streets, substance abuse, exploitation, and being pulled from school to survive.

As one of the biggest expenses for BMF is feeding so many children, since 2019 our members have been extending a 'High Five' to help Brown provide nutritious food for these children. We have also provided an emergency medical fund each year for the children.

As a passionate conservationist Brown teaches the children in the local H5C 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 2026 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 that Brown and his wife cares for. The Brown Munthali Foundation also contributes hugely to this feeding programme by planting and growing maize and vegetables in a field purchased locally with help from the H5C. A whole array of nutritious produce is grown including red beans, tomatoes, Chinese vegetable, rape and cabbage. Due to the impacts of climate



change (droughts and floods), the amount of food they are able to grow themselves each year depends on the climate - plus there are other external factors that also impact on their food security.



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This year the government put a road diversion straight through their field, without warning, whilst they spend the next 2 years upgrading the main road nearby!!!! So our help in topping up what Brown grows locally is critical to the well-being of these children, growing up as they do in such an unstable environment. As H5C we work with Brown each year to help him move towards self-sufficiency step by step, and accordingly each year – little by little - we have gradually been able to reduce our food support budget.

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), cooking oil, salt, relish 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 help cook the children's meals each day, with each year this reducing as



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Brown seeks ways to self-finance.

Our support of **£1,504** contributed towards providing 3 x meals every day for these 30 vulnerable and orphaned children throughout 2026.

We also provided an emergency **medical fund of £160** to help the children access medical care in the nearest town, Mzuzu, in emergency situations when the local, rural health clinic does not have the medicines or facilities to treat the children. These funds have purchased medicines for the children when needed in 2026, with the balance

being used for replacing torn mosquito nets. We are pleased to report that thanks to the children's improved nutrition and the mosquito nets, that the children have flourished without any serious illnesses this year and zero cases of malaria. Just the usual winter colds and coughs and treating nosebleeds during the hot, dry season 😊

In total, our collective support of these 30 children for food and medical provision in 2026 was £1,664. 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.

We also joined hands with BMF this year carry our repairs to the bunk beds H5C funded for the children's dorms last year (caused by too much bouncing up and down on the beds!), along with buying plates, spoons, cups, basins, pails for laundry purposes, soap, body oil and clothes, ell essential in caring for the children. **This was funded (£269 in total) by one of our member's, Dennis, via his 'Bloke's Night Out Club'.**



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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 2025 they had raised **£1,087.50** specifically for these children in Malawi along

with the children in the orphanage H5C supports in Uganda. Out of this we also contributed **£338** to buy **Christmas gifts for each of the 30 children** (school bags and bags for storing their clothes in their dorms) along with enabling Brown to arrange a **Christmas Party** to show these children how much they are loved, with special food that the children rarely get to eat (rice and meat), soft drinks, party games, balloons, and lots of singing and dancing. The children were also treated to a day out to visit a wildlife conservation area and hot springs over the Christmas period. It is rare for such children to have such special treats as these, and it was heart-warming to see them enjoying their special treats.



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In total our support of the children in 2026 totalled £2,271. How far these funds stretch when they are placed directly on the ground at community level in Africa!

For more information contact
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