

Malawi Smiles Workshop 2018

Report back to donors

Location: Nchalo, Chikwawa, Malawi

Dates: 20th to 24th August 2018

Participants: 60 girls aged between 10 to 16

Trainers: Alice Nugent, Jan Campbell, Althea Summers, Amanda Reed, Sinead Reed

Costs in GB pounds:

Resources purchased in UK	1472.48
Shipping and clearing	1055.99
Food for participants	627.75
Hire of school premises	196.17
Local transport for participants and trainers	423.72
TOTAL	3776.11

Activities:

Day 1

To make name badges with the materials we provide from the UK.

The name badges were given out and handed in each day for safekeeping. An interesting exercise as many hadn't seen or used glitter, glue, sticky shapes etc.

Jewellery making. This proved hugely successful in 2017 and the girls really could not believe they were able to design and create jewellery for themselves. The idea is for them to create a co-operative in their respective communities. The picture below shows the bracelets made by the younger children age group. They did not make earrings.



Our plan is continue with this work in the UK. We ran an afternoon of jewellery making where people came along, made bracelets and earrings and made a donation of £15 each. We are repeating this late spring/early summer with the help and assistance of Charmaine.

Day 2

Dancing, Singing, Drums, Percussion

These children/young ladies certainly know how to enjoy themselves singing mostly gospel songs, dancing and smiling all the while. We will repeat this again and most definitely during our last afternoon of the programme this year. The girls sang and danced to educational dignitaries who attended our final session on the Saturday morning.



Day 3

Cookery day creating dishes from locally sourced ingredients.

Our venue this year is to be in a private school which will not only accommodate the girls, volunteer helpers, and ourselves but will also have better amenities for our use for cookery, sports, being able to stay with the children after the workshops finish etc. We learnt last year that on a daily basis for us to get all materials to the centre where we ran the workshops from our very humble accommodation and for the children to have to to and fro from their accommodation in the mornings, for their lunches and then again at the finish of the workshops, was asking a lot of them. So we have found a private school for use which ticks all the boxes of our needs.

Day 4

Sports Day. Encouragement to work in a team by:

Egg and spoon, three legged racing, sack races using pillow cases provided by us, ball games (over the head and under the legs in teams), balloon games passing a balloon under the chin (no use of hands in teams)

Goodness me! We had no idea that asking these children/young ladies to form into queues would be so difficult. They had no idea what we meant. So before even being able to explain the games and races we had to go through the exercise of 'what is a queue?' 'why do I need to be in a queue?', 'I want to be with my friends' etc etc.

It was a learning curve for us too, and thought provoking to watch them gradually understand the concepts of team building even before any events took place. The smarter ones worked out that for passing the balloon under the chin, it's much easier to stand behind someone of similar height.

Similarly, they realised in the three legged races, not to tie the rope too tight as this delayed being able to swop to the next pair due to race.



Day 5

Painting day.

Create a Family Tree and draw around their individual hands, colour in and write their names on the hands. The hands will form the leaves on the branches. The picture will represent a memory for each girl of the week we will have spent with them encouraging self belief and that each girl has a right to choices in her life. We plan to be able to give each girl a copy of that

Family Tree as a memory of the week's activities. These will be posted to Bishop Emelda N Nyamupingidza, one of the Trustees of the charity.

I have attached a picture of the Family Tree and believe it or not it is to this day hanging in Bishop Emelda's humble home where she lives with orphan children.



We will continue to provide underwear for the girls, sheets and bedding. I cannot believe their excitement at receiving effectively cast off clothes from the UK. It was like them winning the jack pot.