# ActionAid Malawi Newsletter

April-June, 2020





### Remarks from the Executive Director

The second half of the year 2020 does not make for good reading for Malawi. The country is under siege of the Covid-19 pandemic which has far claimed at least 70 lives and infected over 3000 people.

The development has, in turn, forced government to resort to new preventive measures which could resultantly limit people's human rights, especially right to economic activity.

At the receiving end of all these devastating effects of the Covid-19 are women, young women, girls and children. The majority of the aforementioned groups are already living in exclusion and the pandemic has only worsened their vulnerability.

That's why, ActionAid Malawi, with support from our donors such as the Roger Federer Foundation and supporters have streamlined its anti-poverty programming and interventions along the Covid-19 pandemic.

By working with women-led community structures in our impact districts, we have reached out to the affected and most risk groups with support in form of food items, hygienic supplies and education support.

We trust the support we are offering is going a long way in alleviating the suffering the vulnerable groups are going through during this period. And we cannot thank our donors and supporters enough for their tireless support.

While commending government for sharing key data on Covid-19, we feel there is room for greater accountability and transparency in the use of the Covid-19 response resources in the country. This would help organisations such as ActionAid Malawi to responsively complement government's interventions in the fight against the global pandemic.

Enjoy the read and kindly observe Covid-19 preventive and safety measures. Protect yourself and protect others.

Your feedback on the newsletter is most welcome!



Mr. Assan Golowa, Executive Director

### ActionAid Malawi supports children's right to education amidst rising Covid-19 pandemic

The Covid-19 cases keep rising in Malawi, threatening the enjoyment of various rights, including the right to life, right to health and right to education for the children living in poverty and exclusion.

Early Childhood Development (ECD) one of the programs ActionAid Malawi (AAM) is implementing in the country got heavily affected as the lessons had to be suspended late March in line with Covid-19 government's preventive measures.

ActionAid Malawi, with financial support from the Roger Federer Foundation (RFF) and Roche Employee Charity Trust have pumped in a combined total of MK350 million (about US\$500 000) towards Covid-19 response in the organisation's ten impact districts of Malawi.

blend corn flour is directly benefitting children under the ECD centres supported by AAM through its RFF-funded comprehensive ECD program.

ActionAid Malawi Executive Director, Assan beneficiaries. Golowa, says the organisation decided to make such a donation in response to the negative impact the COVID-19 has caused on the ECD program in the impact districts.

"We noted that the Covid-19 pandemic has disrupted the lessons in the ECD centres, so



Professor Nampota (right) symbolically handing over support to children in Machinga

we decided to come in with support in critical areas such as food and education.

We have procured Corn Soya Blend Flour and hygienic supplies to benefit ECD centres in our ECD centres. Moreover, we are working with The donation, which includes soap and soya Save the Children to ensure that learners in the ECD centres access education through the radio programs," he said.

> Golowa called for accountability in use of the support to ensure that it benefits the target

> Rosemary Nawacha, District Commissioner for Machinga, hailed AAM for the support, adding the council will be engaging other stakeholders in the district to emulate the interventions by AAM in the district.

#### Rose Mkandawire on **ActionAid Malawi's ECD** support

"Every day my three-year old child, Catherine Moyo came from the ECD centre, she would recite alphabet letters and count from one to ten. When she stopped attending ECD lessons due to Covid-19, I was worried she would not be the same active.

I knew this would also worsen the unpaid care work burden on me as I would be spending time taking care of her throughout the day, giving me no chance to concentrate on other productive activities such as the selling of the vegetables.

However with this support, I am happy she will still be attending the ECD lessons through the radio while enjoying the nutritious porridge." Catherine is one of the 5089 children benefiting from ActionAid Malawi donation in Rumphi.



The support will go a long way in the ECD

# AAM clusters intensify Covid-19 response

Following the launch of Covid-19 response by the ActionAid Malawi (AAM) head office on 30th April, 2020, in Machinga District, the three regional clusters, namely; northern, central and southern clusters embarked on the fight against the pandemic using various interventions.

In the Northern Cluster that covers Chitipa, Rumphi and Mzimba districts, AAM with grassroot partners, spearheaded Covid-19 prevention campaign through a number of activities.

The organisation, together with the district health offices, intensified public awareness campaigns on Covid-19 prevention and safety measures through the use of public address system, radio programs and production of ICE materials on the same.

Furthermore, AAM and partners distributed hand-washing and other hygienic supplies in communities' public spaces and sponsored children's homes to improve communities' hygiene as some of the measure of controlling the spread of Covid-19 further.

After noting an increase in early marriages due to Covid-19 induced school closure. AAM has also been working with its partners to enhance social protection in the communities where the girls are at the higher risk.



ActionAid Malawi Northern Region Cluster manager, Stonard Madise, donating the hygiene supplies in Rumphi

In Rumphi District, for instance, a women-led According rights group, Chikulamayembe Women Forum Chikulamayembe Women Forum coordinator, is working with the courts to secure justice on the organisation successfully sought courtearly marriage cases in the district

Tiwonge Kumwenda. sanctioned-withdrawal of three girls. from early marriages, with two more Page 4

...AAM Clusters in Covid-19 response

cases being currently contested in court. In the Central Cluster, which comprises Dedza and Mchinji, AAM and partners distributed a total of eight infrared thermometers and 75 hand washing sanitary buckets with provision of a tap. In Dedza the items were donated to Dedza District Hospital through the Kusumbu Community Organisation. In Mchinji the items were donated to Mchinji District Hospital through Kapiri Community Development Organisation.

These Personal Protection Equipment's (PPE) ters and 75 were donated to promote early dictation of Covid-19 through the infrared thermometer and hand the hand washing buckets provided a preventive measure.

Moreover, AAM and the district partners have been conducting awareness campaigns on Covid-19, by focusing on prevention as well as tackling gender-based violence as a result of the Covid-19 pandemic.

The awareness and sensitization campaign was in form of radio jingles, radio programs provision of and the use of public address systems. The door to door awareness was done by the a tap in the health surveillance assistants who got trained with the support of ActionAid Malawi.

Under the door-to-door awareness campaigns, AAM and district partners reached to 15 000 and 7225

Thermomewashing with

Cluster.





### ....Taking the Covid-19 fight to vulnerable communities

community members in Dedza and Mchinji respectively.

In the Southern Cluster, Kuchene Women Forum, a partner under AAM in Nsanje District has intensified the fight against the corona virus disease, in its impact areas.

The organisation, with support from AAM, has been working with health workers to spread preventive messages against Covid-19 as well as distributing hygiene supplies to those living in poverty in Nsanje District.

Kuchene Women Forum Director, Getrude Kaleso, says the Covid-19 has affected the organisation's interventions in the district, hence the need to focus on the pandemic.

"As a women-led organisation, we have noted that Covid-19 has significantly disrupted our women and child-centred interventions in Nsanje District. This is why we felt compelled to join the government in the fight against the pandemic," she says.

village structures across the district, they have dominant patriarchal system which subjects reached out to 15000 community members, women to a number of unpaid care work such with Covid-19 preventive messages as well as as cooking, fetching water, and taking care of hygiene supplies.

She says most of the beneficiaries of the organisation's Covid-19 interventions women due to their increased vulnerability to the disease.



Kaleso says that through the organisation's "Nsanje District is largely influenced by the the children, including the sick. So we believe our support such as donation of water buckets and soap will help contribute towards prevention of the Covid-19 pandemic," she says.

Kaleso says that through the organisation's village structures across the district, they have reached out to 15000 community members, including women with Covid-19 preventive messages as well as hygiene supplies.

### Ensuring farmers enjoy BETTER agriculture in context of Covid-19

In line with the Covid-19 preventive measures, AAM under the EU-funded KULIMA-BETTER project, distributed Ufresh Soap Tablets to 26, 880 smallholder farmers in the impact districts of Nkhatabay and Chiradzulu.

The gesture was hailed by the beneficiaries as key in ensuring that smallholder farmers are not exposed to Covid-19 in course of the project implementation.

In the same April-June period, the project, which is implemented in a consortium of five NGOs led by Self Help Africa, procured and distributed farmer field schools (FFS) inputs for 2020 winter studies to 450 FFS in the two districts.

This was aimed at ensuring that farmers conduct winter studies as part of the research to identify problems and solutions in agricultural practices. Among the study topics FFS will conduct include; variety comparison, spacing, plant population, conservation agriculture, soil fertility management, pest and disease management using different crop enterprises such as maize, groundnuts, soya, beans, vegetables, cassava, potatoes and Banana.

The KULIMA BETTER project also conducted monitoring exercise of the project activity implementation in Nkhatabay and Chiradzulu districts. The exercise was meant to ensure that the project is on track by identifying, among others, best practices, success stories, challenges and opportunities

The gesture was hailed by the beneficiaries as key in ensuring that smallholder farmers are not exposed to Covid-19 in course of the project implementation.



Some of the smallholder farmers in the fields in Nkhatabay district

# Making education a priority amidst Covid-19 as ActionAid Malawi donates to Thangazi Primary School

Cecilia Rasibu, 18, believes becoming a teacher will be enough motivation to fellow girls at Thangazi 1 Primary School in Nyang'a Village, Traditional Authority Mbenje in Nsanje District. Being a role model in her area, she says, will be an effective way of fighting early marriages and teenage pregnancies in the area.

"I work hard in class and try to be disciplined in order to realise my dream," says Cecilia, the second born in a family of five children.

However, Cecilia's dream suffered a heavy blow in 2015. In that year, Thangazi 1, her school, was destroyed by floods that claimed over 100 lives in the district and left many others homeless.

She feared her dream had been washed away by the water.

However, Cecilia started believing again after ActionAid Malawi (AAM) launched a project to construct the school blocks at the school. Five years later since AAM started construction work, the school now has three new school blocks, and a teacher's house.

Not only that, AAM, through Kuchene Women earning at the school. Forum in May 2020, donated 588 textbooks

The development ex and 1234 exercise books for Grade Five to AAM and Kuchene Women



Cecilia holding a book donated by ActionAid Malawi at the school

Eight learners to the school ease teaching and earning at the school.

The development excited Cecilia who hailed AAM and Kuchene Women Forum and its local

partners for the support.

"I am happy I will now be taking the textbook home for study. This will help me improve on my performance. I just can't wait for the school re-open after this Covid-19 pandemic," says Cecilia, now in Grade Eight.

Cecilia is one of the 1118 leaners at Thangazi set to benefit from AAM support at the school.

Kuchene Women
Forum in May 2020,
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school.

# Covid-19: The Spread of Inequality in Education?

Malawi government ordered the closure of the school in March, 2020, to contain the spread of the coronavirus (Covid-19) Naphtali Nthala, a standard seven learner at Chaula Primary School Ntchisi, feels his dream to become a judge is no longer in his hands.

"I just hear there are some school radio programs through friends, but I have never had the opportunity to listen to such programs," says a 14-year-old Naphtali.

"We don't have a radio at home, and I spend most of the time helping my parents with household chores, including selling potatoes at the market to make ends meet. In our area, there few people who have a radio and I don't think they can manage to share or lend it to us to access the school programs."

Naphtali, who scored position four during the last terminal test examinations, fears his dream could turn into a nightmare if the schools remain closed.

His fear is shared by his school mate, Rigness Mickson, who calls upon government to consider re-opening the schools or distribute radios in her community so she can have access to the radio school programs.

"I really miss school, especially my favorite subjects. Mathematics and Chichewa.



Government needs to consider us on these learners. radio programs because I feel left behind when I hear that my fellow learners are learning through the radio," says 16-year-old Rigness.

At Thondolo Primary School, in Lilongwe the learners along the way. rural, the situation is not different, if not worse. Long before Covid-19 struct, the school grappled with school drop-outs among the

Every year, about 190 pupils enroll at the school in standard one. However, the number shrinks to just about 20 in standard seven, bespeaking a massive school drop-out among

The school's headteacher, Grey Banda, attributes this to poor infrastructure at the

### Primary School learners in rural areas share Covid-19 ordeal

cultural practices that force learners, especially girls into early marriage. Banda fears the Covid-19 could worsen the drop-outs as most learners are reportedly married, with others flocking to town in search for piecework.

A walk around houses surrounding Thondolo Primary School shows that most children of school going age are now more absorbed by household chores and piece work than education.

A 17-year-old Eliness Biziyati, one of the few girls who have defied early marriage to wait for school re-opening, says she still hopes she will go back to school one day.

"It's not easy just staying home with no hope of returning to class but I will still wait," she says.

While Eliness pities her classmates who rush into marriage, Clifford Goodson, a standard six learner at the school envies his peers who have flocked to Lilongwe city for piece-work.

"Since I am just staying, I feel it's better that I also go to town in search of piece work than just staying idle at home. I don't know when and whether I will go back to school again," says Clifford while digging for mice in the field.

The voices of desperation are just many of the six million school-aged children affected by the school closure on account of the Covid-19.

Recently, government introduced school radio



Eliness Biziyati: Most of my classmates have gone into marriage due to school closure

programs to enable learners' access to what it takes to teach using a radio, education. However, the new learning methods introduced by government are out of access for most learners

technology, especially in rural areas, learning radio programs with our learners here at and teaching through television, radio and Chaola Primary School," he says. phones could be a distant reality.

Vieson Chamba, a headteacher at Chaola Primary School says he is yet to understanding

"We just hear it on the radio and read on social media about these school radio programs. Otherwise, I am completely in the dark. I wish a country with poor penetration of government trained us on how to handle these

### Toto Nkhanza's Spotlight Initiative takes off in Ntchisi and Mzimba

In the reporting period, AAM rolled out the Toto Nkhanza-Spotlight project aimed at accelerating efforts towards elimination of sexual and gender-based violence (GBV) in Mzimba and Ntchisi districts

Primarily, the project seeks to root out structural causes of violence that is embedded in socially normalized and accepted harmful cultural practices; coupled with improvements in effective and efficient delivery of essential health package services to survivors of violence.

The project uses a safe space mentorship model to end GBV, enhance life skills, empowerment and promote sexual and reproductive health rights (SRHR) among women and girls .

So far, the project has managed to raise awareness on the Safe Space mentorship in the impact districts. The awareness targeted community structures and leadership such as traditional authorities, area development committees, village development committees and community members.

The project has also recruited and trained 60 and 15 mentors in Mzimba and Ntchisi respectively. The mentors were identified through a competitive recruitment process which was facilitated by AAM in collaboration with the District Gender Officer, District Youth Officer, Ntchisi Women Forum and the Essential Gender-based Services Officer.



Upon completion of the training, the mentors were provided with certificates. One of the participants, Joyce Kapanda, had to this to say:

"I have learnt what gender-based violence is and I know how to report it. I have learnt that abuse can be in many forms such as verbal abuse, psychological abuse, emotional abuse and physical abuse. I will make sure young women are protected from such forms of abuse and violence." The project uses a safe space mentorship model to end GBV, enhance life skills empowerment and promote sexual and reproductive health rights (SRHR) among women and girls.

## Toto Nkhanza project's kick-starting activities in pictures





Selected candidates undergoing a training workshop in Mzimba







Director of Education, Youth and Sports making a presentation to Sara Khoza presenting certificates to grandauates in Ntchisi

### ActionAid builds oversight capacity of Nsanje and Rumphi Councillors

In an effort to enhance the oversight capacity tion. of the 2019 elected councillors, ActionAid Malawi, (AAM) in partnership with Malawi Health Equity Network, through Partnership for Social Accountability (PSA) Alliance, conducted trainings for councilors in Mchinji and Nsanje districts.

A total of 10 Councilors in Nsanje and 12 Councilors in Mchinji participated in the three-day trainings. The trainings were aimed at strengthening capacity of District Councils to monitor public resources management in health and agriculture and to enhance oversight capacity of Councilors in their constitutional mandate.

The training enabled Ward Councilors understand the principles in Social Accountability Monitoring and how they can participate effectively in Strategic Planning and Resource Allocation, Expenditure Management, Performance Management, Public Integrity Management and Oversight.

Following the training, Councilors in Nsanje were quick to summon the District Chief Executive Officer to respond to some of the issues that came out during the training.

In Mchinji, the Director of Administration attended the workshop on all three days and was there to provide clarifications and answers to some of the issues that emerged during the training.

ActionAid is implementing a project on Strengthening Social Accountability Monitoring and Oversight Capacity in Health and Agriculture in Southern Africa with funding from Swiss Agency for Development and Coopera-





# Covid-19 offers Mchinji COWFA life-line

Female smallhoder farmers under Coalition for Women Farmers (COWFA) in Mchinji District have been urged to take advantage of the Covid-19 pandemic to start investing in the highly sought-after herbals and fruits as one way of beating the competitive agricultural market.

This call was made in the district during the mentorship session organised by ActionAid Malawi (AAM) under the Partnership for Social Accountability (PSA) Alliance to strengthen the women's capacity in monitoring Public Resource Management during the Covid-19 Pandemic.

The mentorship session was facilitated by officials from CISANET, NASFAM, District Health Office, District Agriculture Office and Mudziwathu community radio.

mentorship session, During smallholder farmers bemoaned the effect of COVID-19 on their access to markets. extension services, commemoration of field days and Agriculture Fares.

Taking their turns, facilitators at the sessions urged the smallholder farmers to start focusing on selling herbals and fruits like ginger, garlic, and lemons which are in high demand during the Covid-19 pandemic.

value addition to make more profits from their from Center for Social Accountability and produce.



The mentorship session ended with an Mzembe from District Agriculture Office. interaction radio program called "Ufulu pa Chitukuko" at Mudziwathu Community radio. Panelists at the program included; Sarah The women were encouraged to embrace Kanthiti from COWFA, Willy Kambwandila pandemic. Transparency (CISAT), Goodwell and

The radio program discussion focused on how the Michinji Agriculture Office can enhance inclusive market system during the Covid.-19

### Phalombe, Nsanje farmers find lessons in disaster

The recent disaster compounded by the 2019 the Cyclone Idai offered smallholder farmers under Coalition for Women (COWFA) Farmers Associations Phalombe and Nsanje districts some livelihood lessons.

The smallholder farmers, with support from ActionAid Malawi (AAM) through its grassroot partners, Chigwirizano Women Movement and Kuchene Women Forum in two districts respectively, received seeds to cultivate the crops along the riverbanks.

A total of 800 smallholder farmers in the two districts received maize, beans, and groundnut seeds.

Dorothy Nambiri, a Phalombe smallholder farmer who benefitted from the seed support, was full of hope when asked on the significance of the support.

"For us who have land close to the river-bank, the seed came as a huge relief and boost to our livelihood. As you can see, after receiving the seed and planted it here, and with water from the river, the crop is growing happily, giving me enough reason to hope for food security at my household level," says a 48 year-old Nambiri who hails from T/A Nkhulambe.

Concurring with Nambiri is a 35 year-old Loveness Mpangiwa, another beneficiary



Chigwirizano Women Movement will help mother. her feed her three children year around.

year, using water from the river. The floods handout mindset to self-reliance. that came earlier in the season destroyed all my crop here. I did not even have the seed to cultivate again. That is why I am arateful Chigwirizano Women Movement for the seed which has enabled

seed support from me to cultivate again," Mpangiwa, a single

In Nsanje District, smallholder farmers "On this land, I am able to cultivate three a such as Doreen Fatch are switching their

> In May, 2020 Fatch cultivated the crops on her one-acre dambo land at the back of a dry spell that has seen many people already surviving on piece works. Fatch hopes that by the

### ... Phalombe, Nsanje farmers learning from disaster

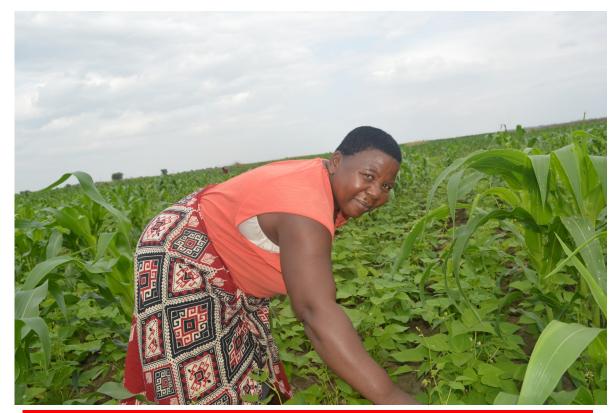
end of July, she will have enough food to take to her next growing season.

"Through this support, I have now switched my mindset from just relying on relief support to focusing on cultivating enough food for myself and family, and I can't thank ActionAid Malawi enough for taking me and other smallholder farmers on this journey of hope and empowerment," says Fatch who hails from Felo Village in T/A Malemia in the district.

Leader of Chigwirizano Women Movement in Phalombe, Loveness Chaponda, says the support followed an assessment exercise conducted by the organisation and other local players to ascertain the level of intervention needed for those worst affected by the disaster.

"We conducted two assessments which indicated both the need for food and seed support to some smallholder farmers who were in dire need of seeds for cultivation. This is why, with support from AAM, we have managed to distribute food to about 400 affected households and seed to 200 smallholder farmers. The identification of the beneficiaries was done through open and participatory approach with the community members," says Chaponda.

"Through this support, I have now switched my mindset from just relying on relief support to focusing on cultivating enough food for myself and family, and I can't thank ActionAid Malawi enough for taking me and other smallholder farmers on this journey of hope and empowerment,"



Doreen Fatch in her crop field

## House construction offers hope to survivors

There is a ray of hope for the survivors of the in the camps but now 2019 Cyclone Idai which destroyed various moved to live with their houses in T/A Nkhulambe, where ActionAid relations. Malawi (AAM) and its local partner, Chigwirizano Women Movement are carrying out their interventions.

After months of living in their relations' homes, labour-constrained some of the floods disaster survivors are now households preparing for a return to their homes. This prompting AAM and its follows the construction of houses by AAM and partners to intervene. So Chigwirizano Women Movement with support far, ActionAid Malawi and from International Humanitarian Action and Re- Chigwirizano sponse Team (IHART).

Eluby Semeon, a 86 year-old survivor of Muluwesi Village, T/A Nkhulambe, says she can't wait to live in her own home she last had Loveness Chaponda, a leader of in March, 2019.

"Living without a home has been one of my worst experiences ever," she shares, sitting just metres away from where her new house in being constructed.

"Since the destruction of my house last year, I have been living in my daughter's small house which caused a lot of discomfort for both of us. There was literally no privacy in the house. am really grateful to ActionAid Malawi and its partner for giving me her another home," says, Semeon a single mother of six.

Semeon is one of the many survivors who lost their homes to the devastating wrath of the Cyclone Idai. Initially, many of them were living

While some managed to construct new homes, the and couldn't, Women Movement are constructing eight houses for those worst affected.

to the natural disaster.



Eluby Semeon standing in front of her house which is under construction

Chigwirizano Women Movement, says funds permitting, they would have loved to construct new homes for all those who lost their homes

"We are, however, still proud that within our limited resources, we have managed to construct houses for those worst affected. We are grateful to local structures such as chiefs, area civil protection committees, village development committees and community members for being transparent in the identification of the beneficiaries," she says.

Chaponda says once finalized, the house construction initiative will be passed on to government for sustainability.

Eluby Semeon, a Cyclone Idai year-old of Muluwesi survivor Village, T/A Nkhulambe, says she can't wait to live in her own home she had March. once in 2019.

### Chipakuza AGYW Club, a centre for behavior transformation

Limited education and employment prospects are some of the major factors contributing to teenage pregnancies. This forces adolescent girls out of school.

In most cases, these adolescents become single parents with no sound source of income to support themselves and their children.

To survive, some of them engage in transactional sex. Sadly, this puts their lives at risk of contracting or transmitting HIV despite exposing them to another unwanted pregnancy and increasing their vicious circle of poverty.

The Government of Malawi and many stakeholders are implementing Prevention Programmes for Adolescents and Youth, in and out of School with an aim of reducing new HIV infections amongst adolescent girls and young women (AGYW) aged 10-24.

With support from the Joint TB/HIV Global Fund Grant, ActionAid Malawi (AAM) is one of implementing organizations the this programme in Lilongwe Peri-Urban, Mangochi, Mulanje, Thyolo and Chikwawa.

In Chikwawa, there is Makanga Out-of-School Girls Club in Senior Chief Ngabu's area. The club has about 50 members aged 15 to 24 increased number of them contracting HIV and A 17-year-old Sarah, who is one of the groups comprising of teen mothers, girls from child headed families and double and single orphaned girls.

Prior to the AGYW interventions, the AGYW lacked adequate information on HIV and AIDS and family planning which resulted



Members of the Club displaying some of the juice they make

high rate of unplanned pregnancies.

ActionAid Malawi through Creative Centre for Community Mobilization (CRECCOM) started teaching them HIV and family planning information, but also trained them in Malambe in juice making to address their poverty needs.

peer educators, says as a group, they supply juice to 24hours shop at Nchalo Trading Centre while some bottles are sold in schools by club members.

"The profits are shared among club members. These profits have assisted us to venture into individual businesses like selling

### ... Chipakuza AGYW Club leading in behavior transformation

Page 17 fritters, vegetables, mats, and opening saloons. Again, Six club members have also gone back to school as they can now pay for their school fees from the profits," she explained.

In addition, there is awareness and positive response on gender-based violence (GBV) issues among married members of the group after they started businesses. "My husband is no longer beating me or womanizing since I started selling vegetables. I have earned self-respect from him because I earn my own money and contribute to the daily family needs," said a 22-year-old Funny, mother of a 4-year-old daughter.

Group Village Headman Chipakuza said girls in his area are changing for the better. "They are now responsible and eager to develop their lives and take care of their children. We are grateful to CRECCOM because the project has transformed our girls," she said.

Rosemary Mahata is Chikwawa District Social Welfare Officer. She acknowledges the positive impact the programme is bringing to girls in the district. "The programme is tackling the health and social economic needs of these girls. They now have a wider knowledge of HIV, sexual reproductive health and GBV in addition to being empowered economically," she explained..

ActionAid Malawi through Creative Centre for Community Mobilization (CRECCOM) started teaching them HIV and family planning information, but also trained them in Malambe juice making to address their poverty needs.



ActionAid Malawi and partners are working with adolescent girls such as these to combat the effects of HIV/AIDS

### CORONAVIRUS DISEASE 2019 (COVID-19)



Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

\*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

### CORONAVIRUS DISEASE 2019



You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

#### Help Protect Yourself and Others from COVID-19



COVID-19 SHOULD NOT BE A DEATH SENTENCE.
TOGETHER WE CAN STOP THE SPREAD OF COVID-19!!!!

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