



Friends of Sick Children in Malawi

FOSCiM registered charity number 1140578
FOSC registered charity number (Malawi) C647/2013

Establishing and developing sustainable paediatrics for the 50% of Malawians who are children.



WELCOME TO OUR AUTUMN 2025 NEWSLETTER & UPDATE



In 2024 *98.7p of every £1* received by FOSCiM from donors was applied for the frontline needs in Malawi. Very few charities can claim that sort of outcome for their donors.



Congratulations to Joe Langton

Joe Langton (medical consultant who heads the children's accident and emergency department) completed **the 111.3km round Mount Mulanje**, running, and occasionally walking, with a target to raise 110m Malawi Kwachas (£50,000) for resuscitation beds for the Children's A&E.

For the final 25km she was joined by members of the Paediatric Department ensuring that the challenge was achieved.



Daughter Cathy giving mum support for part of the way

At time of writing, **only 10m Kwachas (£4,400) is needed** to make the overall target, so if you would like to help fill the remaining gap please see 'how to donate' at the end of this newsletter – mark any donation "Mulanje".

Quite an amazing achievement, especially given how hot it was and given all her other commitments both at the hospital and the medical school.

Very well done, Joe and a big thank you to all who sponsored her.

The current situation in Malawi

Malawi held a General Election on 16 September 2025, the result of which saw former President Peter Mutharika elected President, replacing the incumbent Lazarus Chakwera who was looking for his second term. The new administration is faced with significant challenges including solving the nation's soaring inflation, cost-of-living crisis and critical fuel shortages.

In July 2025 the International Monetary Fund (IMF) issued a substantial report on Malawi that does not paint an attractive or optimistic picture.

Malawi continues to face significant macroeconomic challenges. According to the IMF Malawi is at a critical juncture facing declining foreign aid (lead by the USA's major cuts), very high inflation, a decline of real GDP growth, an unsustainable fiscal and debt outlook, critical foreign exchange shortages, and fuel scarcity. Lower food production adds to the problems for the population. The IMF says that "the fight against corruption also needs to advance".

Whilst this is clearly a very challenging environment in which to continue the development of sustainable paediatric healthcare in Malawi, *I can assure you that everyone involved continues to put their best feet forward and is as committed and determined as ever.*

The need for your support has never been greater...

Against the backdrop of a nation that is one of the very poorest in the world and struggling economically more than ever, we need your support:

- to continue to develop sustainable paediatrics in Malawi through the development of Malawians in paediatrics; and
- to maintain, improve and develop the healthcare facilities for treating sick children in Malawi

Here is a short video with messages of thanks from some of those in Malawi who you have so generously helped to improve the quality of life and the life chances of so many Malawi children.

Click image to play the video



Since our Spring Newsletter...

MEDICAL EQUIPMENT has arrived at the Children's Accident and Emergency Department to the delight of staff seen here unpacking amongst other vital supplies, monitors, syringe pumps, IV stands, ECG machine and accessories, crash carts, warming blankets, medical trolleys and laryngoscope.

Thank you to all those whose donations and help have made this possible.

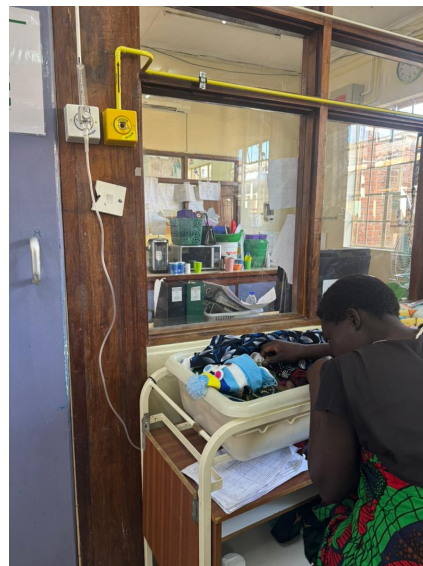


All hands on deck!



Like Christmas morning carnage!

OXYGEN PIPING



The life-saving pipework project to bring oxygen direct to all the patients in the Nursery Ward was completed **thanks to funding from The Alexis Fund, Kitchen Table Charities Trust, the late Irene Duddy legacy and Soroptimists International – Kenilworth and District.**

PAEDIATRIC SPECIAL CARE WARD



The major refurbishment of the Paediatric Special Care Ward (PSCW) is well advanced thanks to funding from **the legacy of the late Irene Duddy**.

The PSCW treats children with all manner of serious health issues in 40 beds that are always fully occupied and during the rainy season are occupied x3!! I was so shocked when I saw the state of the ward during my visit last November that I took it up with the Hospital Director. He agreed with my assessment but in the absence of central public funding there was nothing he could do and so FOSCiM stepped in to provide the much-needed funds.

Medical consultant, Yami Chimalizeni is overseeing this vital project.

GRADUATION

On 26 September 2025, our back office star **Matilda Lali** graduated Bachelor of Applied Statistics. She was generously supported with funding from one of our invaluable donor couples.

Subject to securing funding support, she now hopes to undertake a Masters in Epidemiology with which she could become an even more valuable asset to the Paediatrics Department.

Many congratulations to Matilda.



ALL AT SEA

In July **72 boxes (3.77 cubic metres)** of medical consumables and donated knitwear and other items for babies and children left by sea for Malawi. Renewed thanks to all the groups and donors who produced so much to help the children and families who receive treatment at QECH.

Also, thanks to the **Krisevac Project** in whose sea containers we pay for space, and to **Adrian Bytom of Withybed Limited** for transporting me and all our donations to the Krisevac warehouse in Stoke-on-Trent.

It would be remiss of me not to give a shout out to probably the most 'mature' of our contributors, knitter **Heather Francis** of **Worcester** who, at 96 years of age, is a one woman knitting factory. I only wish she could meet some of those who benefit for her efforts but I have told her how much her work is very much appreciated.

STOP PRESS

We have been advised that the Krisevac Project is stopping its sea containers to Malawi in November 2025. We have already alerted as many of our donors as possible that we had to stop donations after October and **we will send our final consignment to Malawi in November 2025.**

After Covid the cost of sea transportation more than doubled but with the help of the Krisevac Project we carried on. Transport costs have continued to rise and so without the Krisevac Project we will have to withdraw from this valued activity.

It is no exaggeration to say that if we had counted every knitted or sewn item of bed or personal clothing, the number would be in the millions.

What started with Alexis teaching Special Educational Needs children in Birmingham how to knit, and with a target of 25 preemie hats for FOSC, caught so many people's imagination and went national. Since then we have been inundated with fantastic work from so many quarters so that part of our home has been a Malawi warehouse for all these years!!!

The end of an era. It is sad in a way, but reality had to kick in at some point.

RETIRED NURSES HELPING OUT AT PAEDS

We are blessed by the support of a number of our past retired nurses who are happy to do locum work on the children's wards. With the help of donor funds we have been able to augment the very modest pay these ladies receive for their loyal and valuable service. If you would like to help with a donation please see below.



Please meet Agatha, Catherine, Diana, Doreen, Grace, Mercy, Nelly and Stella

MOBILISING CHILDREN – OUR CHRISTMAS APPEAL

First of all, if you have not received our [annual Christmas appeal email](#) please let me know at gordon@foscim.org

A wheelchair STILL costs **just £100** if the donor is a UK taxpayer and Gift Aid is available, or £125.00 if not. A home chair for tots costs **just £16.00** if the donor is a UK taxpayer and Gift Aid is available, or £20.00 if not. Orthotic devices costs around £16 per item if Gift Aid available or £20 if not.

At time of writing, 1,560 wheelchairs and 1,404 home chairs have been delivered to children in need of mobility. The costs of materials in Malawi keep rising, but for our donors this is offset by the falling value of the Malawi Kwacha against the GB £.



In Conclusion

It is ***YOUR*** support that makes possible all the developments that you read about in our newsletters. We are proud to say that nearly 99% of every donation received in 2024 was available for use 'at the frontline' for the healthcare of Malawi's children. How many charities can make that boast?

If you would like to discuss how you might help with ***any*** of our funding or other needs, challenges and issues, please simply email me or Joe for a 'chat' at:

gordon@foscim.org

or

joelangton@doctors.org.uk

To make a donation.....

Bank-to-bank is the best way to optimise how much of your donation reaches us.

UK - FOSCiM bank details:

Account name: Friends of Sick Children in Malawi
Bank sort code: 40 – 11 – 04
Bank account: 21 61 20 69

Malawi - FOSC bank details:

Bank: National Bank of Malawi
Swift Code(BIC):NBMAMWMWXXX
IBAN / Account:358328 Bank code: 002
Branch name: Chichiri branch
Reference: FOSC GBP AC

Bank to bank donations (or donating by cheque) are **free** of charge, but **only in the UK**.

IMPORTANT ~ Donors who are also UK taxpayers should donate through FOSCiM (rather than FOSC) so that 25% Gift Aid can be added to their donations courtesy of HM Government.

You can donate using [PayPal](#) or via our [JustGiving](#) pages but **please note** that they both deduct charges from your donations.

JustGiving pages <https://www.justgiving.com/friendsofsickchildreninmalawi>

And finally, on behalf of everyone involved in supporting the establishment and development of sustainable paediatric healthcare for the 50% of the population of Malawi who are children, and on behalf of those tens of thousands of children and families who have already benefitted from your generosity, a very big thank you and please keep supporting us to whatever extent and in whatever way you feel able.

Sincerely

Gordon

Gordon Cowie MBE

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Instagram: @foscmalawi
Twitter: @of_fosc
Facebook: Friends of Sick
Children Malawi

If in future you would prefer not to receive our newsletter please advise us at the email address above. The same applies for any other communications that we may send from time to time.