



Medic to Medic



Annual Report & Financial Statement

July 1st 2022 – June 30th 2023



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What does Medic to Medic do?

The aim of Medic to Medic is to support healthcare students in low-income countries who are at risk of dropping out of their training. With our support, students can focus on their studies until graduation, and countries gain the expertise of health professionals who are so desperately needed.

Medic to Medic works like “sponsor a child” schemes – except we sponsor healthcare students. Each donor is linked to an individual student, who sends updates on his or her progress. Donations are pooled so that even if a donor withdraws, no student is disadvantaged.

We support students training to become doctors, pharmacists, physiotherapists, nurse midwives, mental health workers, clinical officers and optometrists in their home countries. Scholarships cover each student’s tuition fees, and other necessary allowances, as well as providing them with medical equipment, a laptop and textbooks, so that they have everything they need to successfully qualify from their courses. As of June 30th 2022 we were supporting 103 students, in 18 colleges, across 5 countries and this year we saw 20 of our students graduate.

Without the support of Medic to Medic, many of these healthcare students would spend their spare time trying to find extra funding rather than focusing on their studies. With a scholarship, students can concentrate on their studies and they are more likely to stay and work in their home country following graduation, which is of great importance to the sustainability and development of their countries’ fragile health systems.

4 priorities

Health Workers

We support trainee healthcare workers throughout their education, so that they can perform to the best of their ability. We want to add to the absolute numbers of health workers in training so that there are more graduates in countries with critical shortages.

Equity and Access

We target those who are under represented in the health professions, such as women or those from rural areas. We want to increase the numbers of health workers working in rural areas, so that everyone has equal access to healthcare.

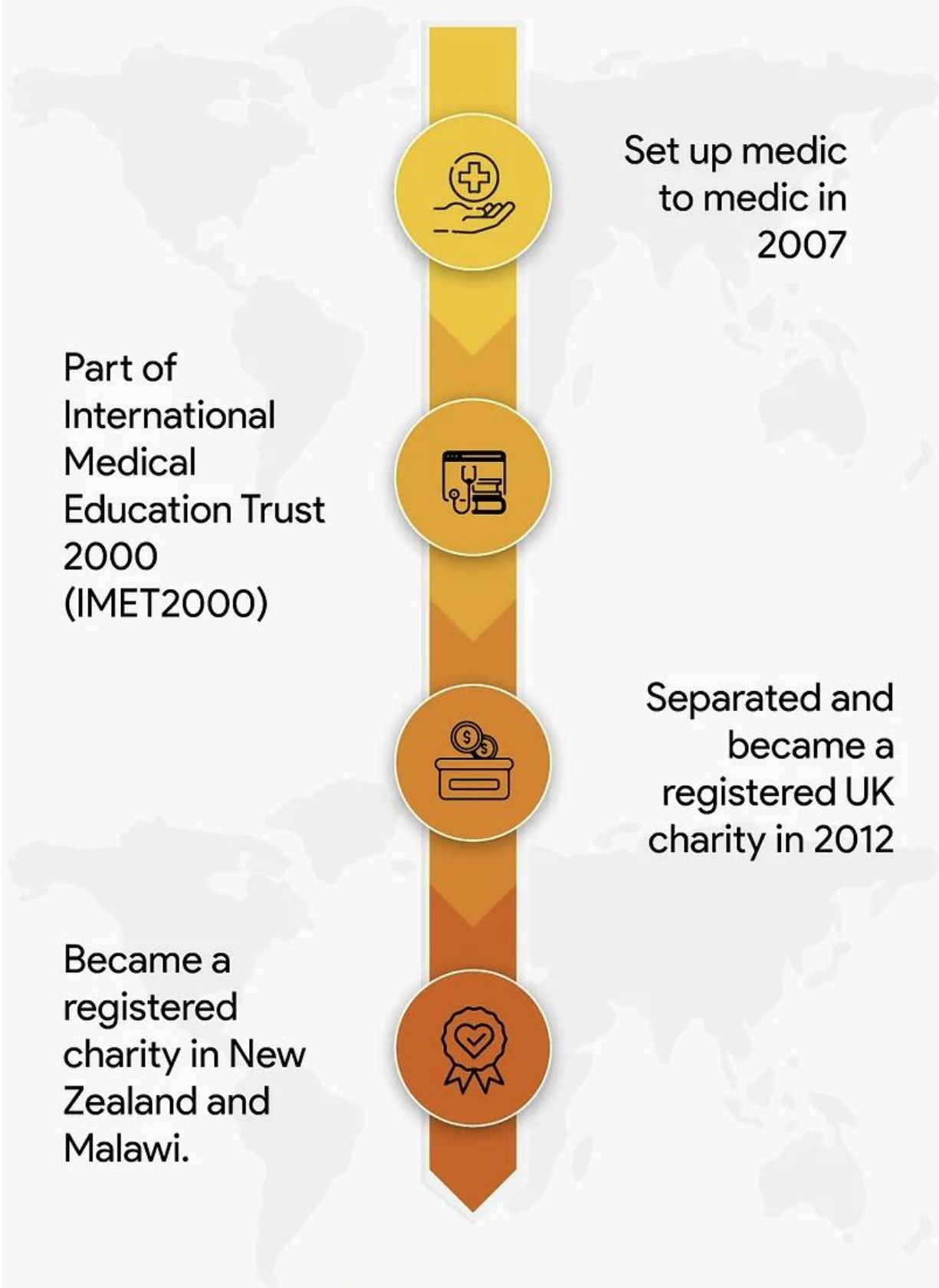
Awareness

We hope to raise awareness of the different conditions facing health professionals worldwide and an appreciation of the global health community.

Leadership Skills

We support our student community to gain leadership and empowerment skills through small scale, locally led projects related to health and wellbeing.

CHARITY HISTORY



Set up medic
to medic in
2007

Part of
International
Medical
Education Trust
2000
(IMET2000)

Separated and
became a
registered UK
charity in 2012

Became a
registered
charity in New
Zealand and
Malawi.

Mission Statement

Medic to Medic believes that access to healthcare is a human right but is unequal both between and within nation states. Shortage of trained healthcare professionals is a major driver of such inequalities. We strive to address this issue by supporting healthcare students in Africa and low- and middle-income countries who can no longer afford to continue their studies. We value gender equality and seek to support women who are under represented in the healthcare professions. We seek to support students from disadvantaged backgrounds.



Report from Chief Executive Officer

During 1st July 2022 – 30th June 2023, Medic to Medic supported a total of 98 individuals, across 12 colleges in Malawi and a further 12 students within Africa, bringing the total number of students supported to 110. This year saw the expansion of our scholarship support to more trainee health professionals across the continent whilst continuing to further our commitment to students within Malawi.

Our student community in Malawi included 12 medical students, five physiotherapy students, four nursing students, two pharmacy students, two medical laboratory science students, and one palliative care nurse, training at the Kamuzu University of Health Sciences; seven nursing students and eight optometry students training at Mzuzu University; 13 students training as clinical officers and three registered nursing students training at Ekwendeni College of Health Sciences; 12 students training in mental health at St John of God College – six in the diploma of psychosocial counselling and six in clinical medicine/psychiatric nursing; seven radiography students, two optometry technicians, two pharmacy technicians, one dental therapy student and one environmental health student training at the Malawi College of Health Sciences; ten students training as nurse midwife technicians with six students at Trinity nursing college, two students at St Johns Institute for health, and 1 each at Nkhoma and Mulanje Mission Colleges. Two additional students training with a certificate in clinical medicine and a certificate in pharmacy at St Johns Institute for health. One student training in biomedical engineering at the Malawi University of Business & Applied Science (formally known as the Polytechnic); two audiology students at the African Bible College; and one medical imaging student studying at Malawi University of Science and Technology.

Our students outside of Malawi included 1 postgraduate student completing the Master of Paediatrics in Ethiopia; 1 dentist training at the University of Nairobi; 3 medical students in Uganda

(2 at Mbarara University of Science & Technology and 1 student at Kampala International University Western Campus); 4 medical students in Zambia (2 at Eden University, and 1 each at University of Zambia and University of Lusaka); 2 pharmacy students at Eden University and 1 student training in Environmental Health at Levy Mwanawasa Medical University. 24 of our community graduated, bringing our total alumni to 196 graduates.

It is hard to summarise the emotions we have experienced during our last charitable year. Cyclone Freddy had a devastating impact on Malawi. It was with the greatest sadness that we learnt a much-loved member of our team in Blantyre passed away during the floods. Our dear maid Bertha and her 14-year-old daughter died in March when their home collapsed during the rains. Bertha was a gift to Medic to Medic. She was 100% trustworthy and took care of us with great care. We miss her greatly. It was under these circumstances that I found myself in Malawi, unplanned at the end of March and where I have been for the last few months. Tragedy unites us and we have shared many tears. Our team has been solidified under these shared bonds of sadness.

1500 people in Malawi died in walls of mud due to Cyclone Freddy. Countless more remain homeless and helpless having had their homes and livelihoods destroyed. Malawi hasn't hit the global conscience and during its recovery has rarely made it to the international media. We ran an emergency appeal to support our community as best we could during this humanitarian disaster. Funds used have provided additional student allowances, and counselling to our affected community



Report from Chief Executive Officer

and enabled us to run small-scale humanitarian relief projects with Ndala village on the Malawi / Mozambique border which has been one of the worst affected communities. Additionally, we have been able to take on 7 Cyclone Freddy survivors at our partner colleges.

Our office base in Blantyre continues. We have welcomed a new employee and had a reshuffle of responsibilities within our small team. We have purchased a vehicle for operational purposes representing a further step forward to increasing our sustainability and operational practices within Malawi. Our local fundraising initiatives have continued to grow. We continue to offer relaxation massages, a medical textbook shop, a student library, afternoon tea, a bedroom for rent, and fundraising health checks. We have been working towards our Medical Electives initiative, which in the year ahead will see our first international medical students visiting Malawi, helping us fundraise sustainably for their student colleagues in the country.

In May 2023 we conducted our annual graduate survey. Similarly to previous years, we have continued to identify the ripple effects of providing financial support to disadvantaged students; 77% of graduates provide financial support in the form of school fees to their children or other relatives in secondary or tertiary education; 16% of graduates own a house; 44% of graduates own a car and 57% of graduates have a driving license. Overall 91% of Medic to Medic graduates remain in their country of training and 96% of graduates are in Africa.

We have welcomed new team members to our respective management teams. Sophie Rogers joins us as a trustee in New Zealand and Matthieu Bhoorroo joins the UK team to support with fundraising and income generation. We look forward to the year ahead with renewed energy.

We hope to launch our Walani helpline in the coming year. Unfortunately with the unexpected occurrence of Cyclone Freddy, some planned initiatives have been put on hold whilst we have prioritised the immediate needs of our community.

Thank you for walking this journey with us. We hope you are encouraged by the progress we have made and will continue to support us as we venture in the future supporting the next generation of health workers where they are needed most.



Dr Tamsin Lillie
MBBS MPH DTM&H EMC DCH
DOMG FRNZCUC
Chief Executive Officer





Medic to Medic Medical Electives

Looking for a unique medical elective? Look no further!

Who are Medic to Medic?

We have been working in Malawi since 2007 to address the **critical shortage of health workers** by providing **scholarships** to trainee health workers who are at risk of dropping out of their training due to **poverty**. We have an alumni community of over **200 individuals** and at any one time support between **80-100 students**.



We offer a **selection** of locations for medical electives in **Malawi**:
Rural & City missionary hospitals,
government central hospital & a **Private** hospital



We provide

- Elective mentors for on the ground support
- Malawi medical council registration
- Airport pick up & humanitarian flight assistance
- Visa application assistance
- Tropical Medicine teaching pre travel
- Opportunities to be involved in events & initiatives in Malawi
- Meeting Malawian students
- Language support pre travel (if desired)
- Practical in country travel recommendations for your off days!
- Tropical Medicine Tutorials

We are not for profit – your fees are spent on expenses and the remaining supports our student community in Malawi to complete their studies



For a truly unique and reciprocal elective

For further information email:
info@medictomedic.org.uk

Medic to Medic

UK registered CIO n.49904 NZ registered charity CC58085 CONGOMA & NGO Board Malawi Registered
www.medictomedic.org.uk

Where does Medic to Medic work?

Additionally, we have a pilot student at the University of Nairobi and one postgraduate student in Ethiopia being sponsored by a restricted donation.

UGANDA – Mbarara University of Science & Technology

Mbarara University was founded in 1989 to address the shortage of scientists in Uganda and to instill a sense of community service in its students. It has approximately 6043 students and employs over 200 staff members.

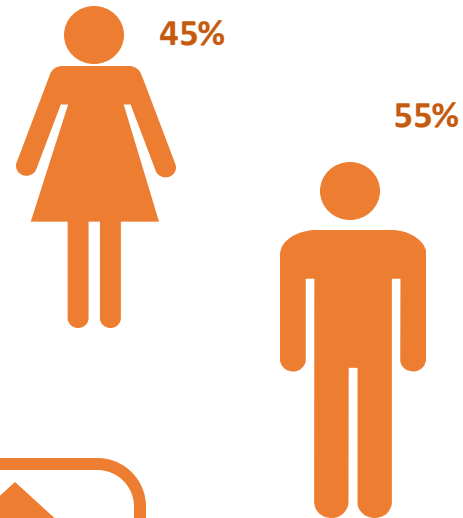
MALAWI – Kamuzu University of Health Sciences (KUHS) in Blantyre was set up in 1991. Initially a medical school, it now trains a range of health professionals in Blantyre, Lilongwe, and Mangochi campuses. **Mzuzu University** opened its nursing faculty in 2006. Students undertake clinical placements in the more rural northern region of Malawi, and their training is centred on the health needs of the local population. **St John of God College**, also in the north of Malawi, provides a unique training course for clinical officers (a type of health professional common in sub-Saharan Africa who do basic medical training) specialising in the provision of psychiatric care to the rural population. **Ekwendeni College of Health Sciences** trains students in a diploma of clinical medicine. Students graduate as clinical officers and run missionary hospitals and clinics in rural areas where there are no doctors. Partnerships are continuing with **Malawi College of Health Sciences**, **Mulanje Mission College**, **St Johns Institute of Nursing**, **Trinity Nursing College**, **Malawi University of Science and Technology**, **Nkhoma Nursing College** and **African Bible College**.



ZAMBIA – The University of Zambia, based in Lusaka, is one of four government run institutions in Zambia that train doctors and other health professionals. It was established in 1965 and has as its motto “*Service and Excellence*”. The medical school was the first in Zambia and is set opposite University Teaching Hospital, a tertiary referral hospital in Lusaka.

2022 – 2023 in Numbers

110 students supported



24 Graduations



20 Universities

30 laptops distributed



5 countries

42 Banana Boxes containing medical textbooks shipped



Bertha Luka

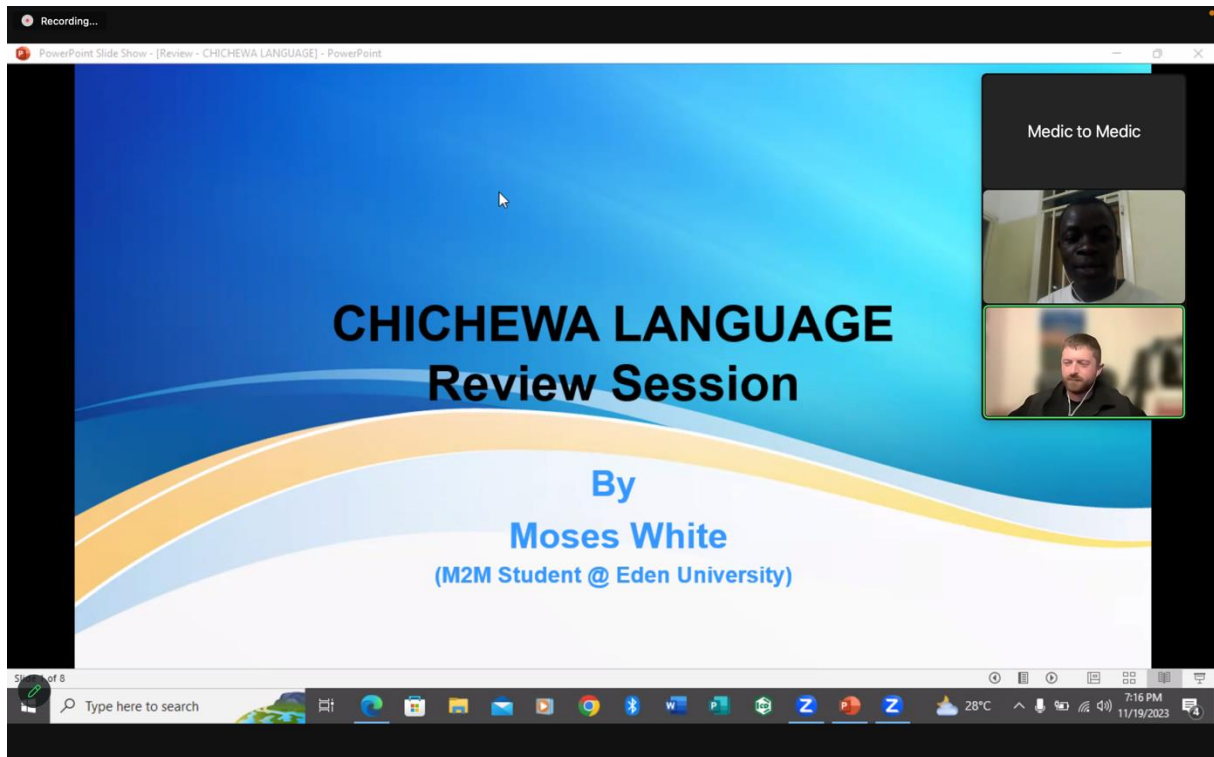


It was with the greatest sadness that we reported the passing of one of our Medic to Medic Blantyre family in March 2023. Our maid, Bertha passed away with her daughter Bridget during Cyclone Freddie. Bertha had been with Medic to Medic for the last 18 months and worked in our Blantyre office. Bertha was a wonderful worker, 100% reliable and extremely hardworking, always doing everything with a smile. Nothing was too much trouble for her. She was a gift to us and did not deserve to die in such tragic circumstances.

Bertha Luka
August 1988 – March 2023
*Our friend and colleague,
greatly missed*



Chichewa Lessons



Malawi is home to a diverse network of local languages and dialects with Chichewa being the most widely spoken. We started our Chichewa language lessons earlier this year. This initiative enables medical students and others visiting Malawi to undertake some preparation in local language and culture specifically directed at learning phrases and words that may be most useful for the hospital context. We've already got a Chichewa handout, YouTube video and podcast for pronunciation, but for those wanting lessons we can organise these too!

We ask for a requested donation of £5 per lesson which is split 50:50 between our general fundraising and the student tutor. This provides our community with additional opportunities to earn income above their student allowances distributed twice per year.

As a Chichewa student, you will be linked to a tutor from our student community who is given some guidance and recommendations on topics to cover. Lessons are hosted over Zoom and recorded (should you wish) with the unlisted (private) YouTube link sent to you afterwards for revision. So far, we've had 4 elective students undertake lessons (ranging from 1 lesson to 12) with positive feedback from both elective students and student tutors.

Meet the Team UK and New Zealand

Tamsin Lillie *Chief Executive Officer, NZ Trustee*

Tamsin is an Urgent Care doctor working in Rotorua New Zealand with an interest in global health. She has been involved with Medic to Medic since 2009 having set up and run the Norwich medical school student branch. She has completed a Masters in International Public Health and the East African Diploma of Hygiene and Tropical Medicine. She has been CEO since January 2015.



Bryony Hamel *UK Trustee & Salisbury Recycles for Medic to Medic Coordinator*

Bryony first travelled to Malawi in 2010 to do her elective as a medical student. She was struck by the vast differences in healthcare provision in comparison to the NHS. She has been promoting the charity to anyone that will listen and runs the *Salisbury recycles for Medic to Medic* Terracycle collection point.



David Howells *UK Trustee*

As a qualified accountant, Dave has spent his career in both the petrochemical & automotive industries. In the last phase of his career, he focused mainly on driving large digital transformations. Dave developed an interest and fascination with Africa while working in South Africa and now wants to help bring sustainable medical capability to Malawi.



Sheena Jagjiwan *Gift Aid Manager*

Sheena volunteers for Medic to Medic. She works full time at a Hospice charity in London. Sheena helps run the yearly monitoring visits in Malawi and submits our gift aid claim each year.



Robin Schreiber *UK Trustee*

Robin studied Pharmacy in Tübingen, Germany and graduated in 2019. In 2018 he received a scholarship from the German Academic Exchange Service (DAAD) to do a study about the availability and affordability of antimalarial drugs in comparison to antihypertensives in 24 primary health centres in Blantyre in Malawi. There he got to know Medic to Medic and has been an active supporter ever since.



Matthieu Bhoaroo *UK Fundraiser*

Matt helps Medic to Medic by developing relationships with corporate partners. He has spent a few years as a recruitment consultant in London, and then worked on various overseas missions' projects. He is looking to use his communication and business development skills alongside his passion for international development to improve healthcare infrastructure in Africa.



Meet the Team UK and New Zealand

Liz Howard *UK Trustee*

Liz is a GP and clinician for NHS Practitioner Health who lived in Malawi for 3 years. During this time, she became interested in the wellbeing of medical students, helping to set up a student peer support group as part of the College of Medicine's student wellbeing programme. She was touched by the students' stories; learning to deliver health care in a resource poor setting as well as dealing with considerable financial and family issues. Through this group she became aware of the amazing support Medic to Medic give and the real difference that it makes.



William Stones *UK Trustee*

William Stones is a UK trained obstetrician-gynaecologist with global and public health interests. He has been affiliated with Kamuzu University of Health Sciences (formerly the College of Medicine) in Malawi since 2014. He currently lives and works in Nevis (Caribbean) and maintains online teaching and research links with Malawian university colleagues and postgraduate students.



Alice Namanja *UK Volunteer Malawi Trustee*

Alice is a lecturer in Cardiorespiratory Physiotherapy at Kamuzu University of Health Sciences. After pursuing her Master of Science in Cardiovascular health and rehabilitation at the University of Chester, Alice is now doing her PhD studies in cardiac rehabilitation at the University of Hull in United Kingdom. Her focus is on primary and secondary prevention of cardiovascular disease among people living with HIV in Malawi. Her ambition is to establish approaches which could be used by Malawians living in both rural and urban settings to access and utilize the cardiovascular disease targeted preventive interventions such as exercise therapy, education, and counselling.



Melissa Brittle *NZ Trustee*

Melissa is an Urgent Care Doctor working in Christchurch, New Zealand. Her interest in global health began when she was travelling in Asia in 2011. This led her to make a career change into medicine. While working in Myanmar with Yangon Medical school, she saw the additional challenges medical students face in countries where there is a lack of accessible funding. This can determine between those who can complete their studies and go on to contribute to the healthcare in their country and those who are unable to. She joined Medic to Medic to help address these inequalities in accessing medical education in other countries.



Anisha Palanivelu Viswanathan *NZ Trustee*

Anisha is a doctor working at Hutt Hospital in Wellington. She first got involved with Medic to Medic as a 4th year medical student in Rotorua, helping sell masks as a fundraiser during the pandemic. Anisha has since been involved with raising awareness about Medic to Medic amongst medical students and junior doctors.



Sophie Rogers *NZ Trustee*

Sophie is an accountant in Auckland and recently joined the NZ team as a trustee in early 2023. Having completed her bachelor's degree in accounting and commercial law in 2020, she has been completing her accounting qualifications with CPA Australia. Being the daughter of a nurse who has previously worked for a medical charity, Sophie has heard firsthand how greatly a community can benefit from the support of charities such as Medic to Medic.



Meet the Team Malawi

Helen Dzumalala *Blantyre Office Coordinator*

Helen runs the Medic to Medic Blantyre based office in New Naperi. She runs regular Malawi based initiatives including the medical textbook shop, student study space and the Blantyre guest bedroom. Prior to working for Medic to Medic she was secretary to the Dean of Students. In this role, she has been working alongside Medic to Medic since 2009.



Hawah Mbali *Trustee*

Hawah is a Medical officer at Mzuzu Central Hospital, northern Malawi. She has worked with Medic to Medic since 2017 as a Medic to Medic representative in the northern region. She is currently studying Masters in Dermatology and Venereology at Regional Dermatology Center in Tanzania. She is passionate about dermatology and global health dermatology.

Fanuel Bickton *Trustee*

Fanuel graduated as a physiotherapist in 2018. He completed a Masters of cardio-respiratory studies with distinction in 2022 from UCL. He is now based at the Malawi-Liverpool-Wellcome Programme and is a physiotherapy lecturer at the Kamuzu University of Health Sciences. He is also an Editor for the Malawi Medical Journal.

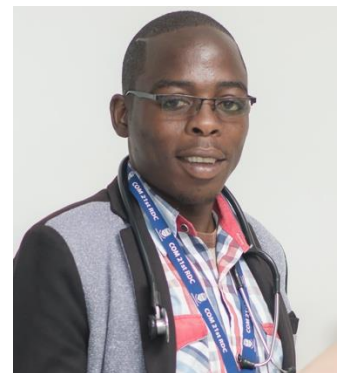


Thokozire Phiri-Makanjira *Trustee*

Thokozire is a pharmacist, currently working in a retail pharmacy in Blantyre Limbe Malawi. She was a Medic to Medic beneficiary from 2015 to 2017. Now a trustee and a volunteer for the Malawi team. She is also volunteering with *iMind* youth organisation which focuses on mental health awareness to the youth in the country.

Jeremiah Kabaghe *Trustee*

Jeremiah is a pharmacist and works as a retail pharmacist at Pharmacare in Blantyre. He volunteered to be part of the Malawi team and has been helpful in looking after students who have had welfare concerns. Additionally he has helped run health checks for fundraising in Blantyre.



Interested in being on the Medic to Medic team? We're always looking for more volunteers interested in fundraising, administration and grant writing. If you'd like to get involved, email us: info@medictomedic.org.uk



School Talks



Above: Medical Student Casten Chikumbutso at Nanchidwa Primary School Mulanje

Many students in Malawi have heard of nurses and doctors, but there are a whole range of other health professionals who care for their communities. Sharing knowledge will improve health literacy in schools. We visited six schools during 2022 – 2023. We're planning to visit more schools in a collaboration with visiting elective students and demonstrate some basic first aid skills such as CPR, recovery position & choking. This may help inspire students to train in health courses, and may even save a life!

We've developed a programme called "School Talks". This involves Medic to Medic students and alumni visiting schools to encourage students to pursue medical careers in health. We've long since heard that students with a lack of role models can lose focus resulting in school dropouts and teenage pregnancies. We hope that students sharing their educational journeys will help inspire younger learners.



Above: Dr Innocent Mhango at Karonga Secondary School.



Above: Medical Student Ketrina Gama at Chimwankhanda Community Day Secondary School.



Left: Children at Chichiri Secondary School

Global Gathering

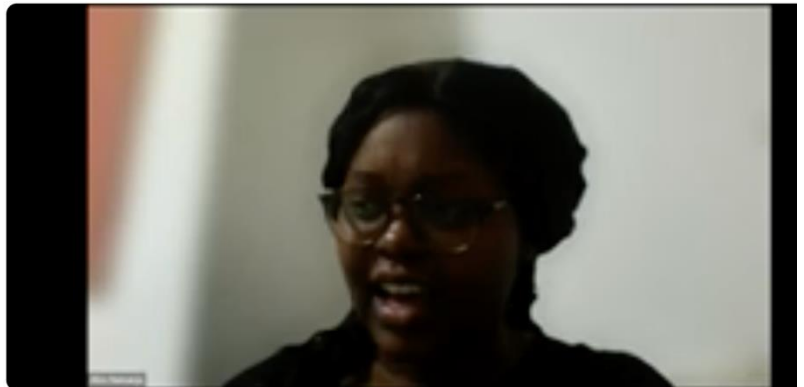
On the 27th November 2022 we celebrated our 10th anniversary as a registered charity! We celebrated with an online Global Gathering to share presentations from our past, present and future. Watch the recorded session via the YouTube link.

<https://youtu.be/eiaDVeU3jAs>

Our guest speakers included:

- **Nick Mandeville** - Medic to Medic volunteer and retired trustee talks about the early years of Medic to Medic. *6 minutes 9 seconds.*
- **Alice Namanja** - Medic to Medic physiotherapy graduate discusses the impact of the scholarship on her studies and her family. *41 minutes 40 seconds.*
- **Thokozani Bvumbwe** - Nursing faculty Mzuzu University discusses the faculty perspective of student challenges. *1 hour 13 minutes.*
- **Tamsin Lillie** - Medic to Medic CEO discusses the future vision and initiatives underway. *1 hour 38 minutes.*

We're making the Global Gathering an annual event every November. Keep a look out on our Facebook Page for planned dates!



Medic to Medic 10th Anniversary Global Gathering



Listen to our Podcasts!
On Spotify: "Malawi Matters"
<https://anchor.fm/medic-to-medic>



Our alumni community – where are they now?

Each year we carry out an alumni survey to assess the long-term impact of undergraduate scholarship support in our community. At the time of data collection, we had a community of 186 alumni.

91% of Medic to Medic alumni remain in their country of training (Malawi & Uganda).

Of those outside their country of training, 56% remain in Africa with postgraduate training being the main reason for leaving. The majority of those outside their country of training are expected to return within the next 5 years. Overall, 4% of graduates are currently working in developed countries.

57% of graduates have a driving license, 44% of graduates own a car, and 16% of graduates own a house. Despite only 52% of graduates having children of their own, 77% of graduates are providing school fees to children, with the number of children supported ranging from 1 to 12. These results show the long-term impacts and ripple effects of Medic to Medic scholarships.

“Before Medic-to-Medic life was not that easy. I had no one to support me with tuition fees and upkeep allowance. I was disallowed to write exams due to tuition fees. I lost hope that I would complete my studies. However, after M2M started supporting me, I had no challenges concerning my studies. They were always paying my tuition fees on time and giving me upkeep that would help me to buy basic needs and buy stationery.” Medic to Medic Graduate

Keep Updated!

Follow our blog to keep updated with our latest news and activities:
<https://healthprofessionalmalawi.wordpress.com/>



Student Voices

“Being the first young person in my community who is in college and pursuing a medical profession has been a blessing to the young ones as they look up to me. It is an inspiration to them; they now believe that they can become whoever they want in life provided they work hard and trust the process.”



Blantyre Relaxation Massages

Relaxation massages take place every Sunday. This is to ensure that this initiative does not encroach on the physiotherapy graduates clinical commitments. It may be possible to book an appointment at other times, but this is dependent on the room and physiotherapist availability.

Price List:

- 30 minute session – 5,000 MK
- 45 minutes – 7,500 MK
- 1 hour session – 10,000 MK

Area of the Body:

- Back & Neck
- Whole Body
- Upper limbs
- Lower limbs

50% of your massage fee will go directly to Medic to Medic fundraising in Malawi. The remaining 50% will go to the physiotherapist to pay for their time and skills.

Oils Available:

- The prices include baby oil as the standard massage oil.
- The oils listed below incur an extra charge - these have been purchased from Azimai in Zambia where they are sustainably sourced from natural ingredients. These oils cost an additional 2,500 MK.
 - Lavender Oil
 - Eucalyptus Oil
 - Lemongrass Oil
 - Moringa Oil
 - Boabob Oil
 - Mongongo Oil
 - Marula Oil
 - Peppermint Oil



Please call the Medic to Medic office numbers to arrange your appointment time:

098 266 9432

088 735 5593

You will be asked to arrive 5-10 minutes early to your scheduled appointment.

You will be asked to fill out a client health questionnaire before your massage. The information obtained will be kept confidential. This information will help your physio to determine your massage needs.

You are welcome to stay for tea and biscuits afterwards.



Please be aware that the Medic to Medic house contains a student study space and you will likely see our students come and go on the weekends. We also have 2 cats (Sparkles and Timmie) who are office mascots and a dog (Sootie) who are friendly. The massage area is very private.

Hurst Essay Winners

Every year Medic to Medic run the annual essay competition. This is a chance for the students to practise their essay writing skills as well as an extra opportunity to win some prize money. This year we ran two essay competitions; one for certificate and diploma level students and one for degree level students.

This year's essay titles were:

Certificate & Diploma Entry

"In light of the present cholera outbreak, what advice would you give to the Malawian Health Ministry in a) immediate measures to combat the spread of infection and b) what methods/strategies may be able to prevent future epidemics of cholera?"

Degree Entry

"What aspect of Malawi's health care system is in most need of new investment over the next decade?"

"I am very grateful for what Medic to Medic through different platforms has helped me become. The writing competitions have strongly contributed to what I am today and have become one of my strongest skills I have now."

Medic to Medic Graduate

Certificate & Diploma Level	Degree Level
1st Prize Lameck Kinnahson	1st Prize Casten Chikumbutso
2nd Prize Peter Samuel	2nd Prize Mercy Msakwiza
3rd Prize Diana Ligoma	3rd Prize Emmanuel Chirwa
Highly Commended Andrew Nkhoma & Blessings Kaffa	Highly Commended Kumbukani Kamwana & Regina Chimombo

Thank you to Dr Hurst whose continued donations provide the prize money for this competition and to our markers - Cathy, Helen, Samuel & Richard.



Environmental Action

Climate change is real. We all have a role to play, no matter how big or small in environmental action. Charities and non-governmental organisations should have a climate change or environmental strategy in place. Climate change is having and will continue to have a detrimental impact on health outcomes for people globally, but more so in countries such as Malawi that are already vulnerable. This was demonstrated by Cyclone Freddy, the longest and strongest tropical cyclone on record, which hit Malawi in March 2023, killing over 1500 and displacing more than 800,000. Climate change impacts have already directly affected our graduate alumni working on the frontlines in Malawi, with limited resources and access to equipment, and will continue to impact the health of those in Southern Africa.

In January 2022, Medic to Medic embarked on an environmental action group initiative. We asked our students in Malawi, who would like to get involved in tree planting initiatives within their local communities. Several students came forward with project proposals. They were asked to identify an area for reforestation within their local communities; discuss these projects with the villagers and village chief / headman; they were then asked to cost the project – given a minimum of 50 trees and submit their budgets. We now repeat this process every year during the rainy season (November-March).

Trees provide shade, reduce soil erosion and prevent flooding. They are important tools in reducing carbon dioxide from the atmosphere. It was emphasized to the students that the trees should not be used for forestry purposes, charcoal or firewood, but for climate change and should grow large to provide shade. Students could discuss the project with the chief as to what type of trees were needed and identify these on their project proposals.

These projects enable us to work with our students on a shared initiative, with students developing leadership roles at a community level – ensuring that the forests are community owned and supported. Students are required to write a short report, fill out an online survey at 6 months post planting and visit a fellow students' forest to learn from their experience and build friendships for the future. This year we also supported a period poverty project by using reuseable (rather than disposable) pads, to reduce the burden of waste on the environment.



Environmental Action

Total Trees Planted: 2019
Total Trees Survived: 1343
(Survival Rate 67%)



Northern Region

Brighton 57/70
 Joyce 12/60

Central Region

Andrew 172/200
 Chifuniro 181/200
 Peter 321/389
 Tablin 290/317
 Yohane N
 report not yet received

Southern Region

Charles 75/80
 Edward 8/300
 Moses 65/65
 Takondwa 115/278
 Yohane T 47/60
 It is important to note that student projects within the Southern Region were adversely affected by Cyclone Freddy causing mudslides within many communities and destroying young saplings

With grateful thanks to the donors who sponsored forests to make these projects possible!



Statement of Financial Activities UK

The next two pages show a statement of Medic to Medic's financial activities for the year 2022 – 2023. For more information please see our Financial report on our website or the charity commission:

<https://www.medictomedic.org.uk/charity-information>

Medic to Medic

Statement of financial activities

For the year ended 30 June 2023

	Note	Restricted £	Unrestricted £	2023 Total £	2022 Total £
Income from:					
Donations	3	34,968	82,352	117,320	117,198
Other trading activities	4	-	5,560	5,560	3,991
Investments		-	31	31	5
Total income		<u>34,968</u>	<u>87,943</u>	<u>122,911</u>	<u>121,194</u>
Expenditure on:					
Raising funds		-	5,182	5,182	5,307
Charitable activities		<u>43,965</u>	<u>75,691</u>	<u>119,656</u>	<u>116,632</u>
Total expenditure	6	<u>43,965</u>	<u>80,873</u>	<u>124,838</u>	<u>121,939</u>
Net income / (expenditure)		(8,997)	7,070	(1,927)	(745)
Transfers between funds		-	-	-	-
Net movement in funds	8	(8,997)	7,070	(1,927)	(745)
Reconciliation of funds:					
Total funds brought forward		<u>20,213</u>	<u>40,118</u>	<u>60,331</u>	<u>61,076</u>
Total funds carried forward		<u>11,216</u>	<u>47,188</u>	<u>58,404</u>	<u>60,331</u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 14 to the accounts.



Balance sheet UK

Medic to Medic

Balance sheet

As at 30 June 2023

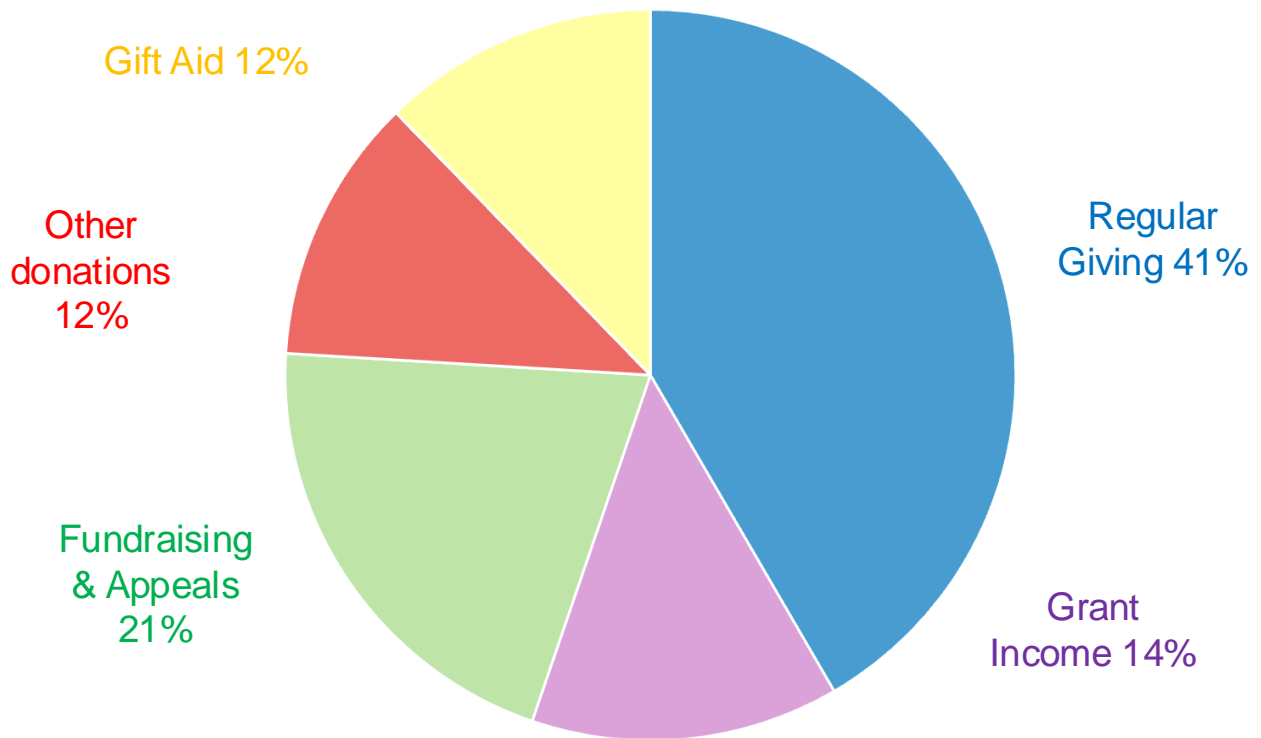
	Note	2023 £	2022 £
Current assets			
Debtors	11	5,534	18,059
Cash at bank and in hand		<u>54,730</u>	<u>51,952</u>
		60,264	70,011
Liabilities			
Creditors: amounts falling due within 1 year	12	<u>(1,860)</u>	<u>(9,680)</u>
Net assets	13	<u>58,404</u>	<u>60,331</u>
Funds	14		
Restricted funds		11,216	20,213
Unrestricted funds			
Designated funds		9,000	9,000
General funds		<u>38,188</u>	<u>31,118</u>
Total charity funds		<u>58,404</u>	<u>60,331</u>

Approved by the trustees on 25 November 2023 and signed on their behalf by

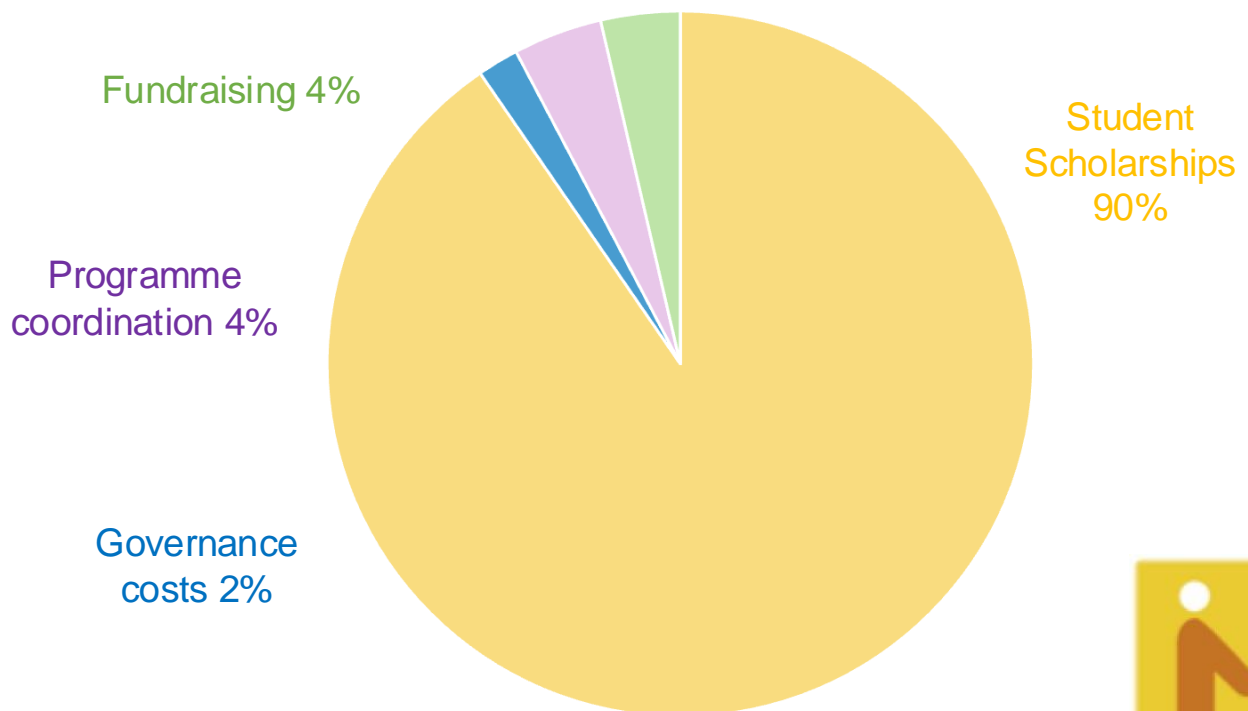
David Howells - Trustee



Income 2022 – 2023 UK



Expenditure 2022 – 2023 UK





“You've brightened up my life and I regard you as charming gardeners who make my soul blossom.”



“Since I got this sponsorship my story has changed, I was once a great friend of differed examinations. I'm currently doing better because panic and dread are now far from me.”



Statement of Financial Activities NZ

Medic to Medic Performance Report For the year ended 30 June 2023

FINANCIAL INFORMATION Receipts and Payments

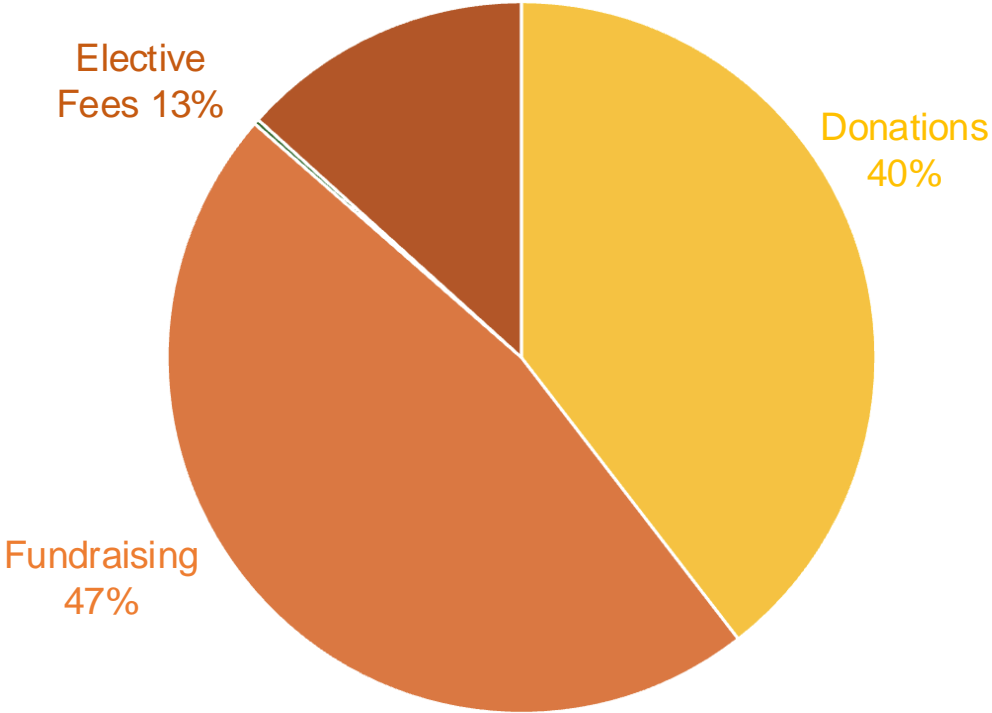
	Current year	Last year
Operating receipts (money deposited into the bank account)		
Donations and fundraising	11,215	4,982
Grants		
Bank account interest	27	1
Total receipts	11,242	4,983
Less operating payments (money withdrawn from you bank account)		
Key activities (Service performance)	9,855	7,125
Fundraising costs		
Payment to employees		
Other operating and overhead costs	57	255
Total payments	9,912	7,380
Operating surplus/(deficit) for the year	1,330 -	2,397
Plus opening total of all bank accounts and cash on hand	3,135	
Closing total of all bank account balances and cash on hand	4,465	3,135

During July 2022 – June 2023, NZ Medic to Medic paid for the following:

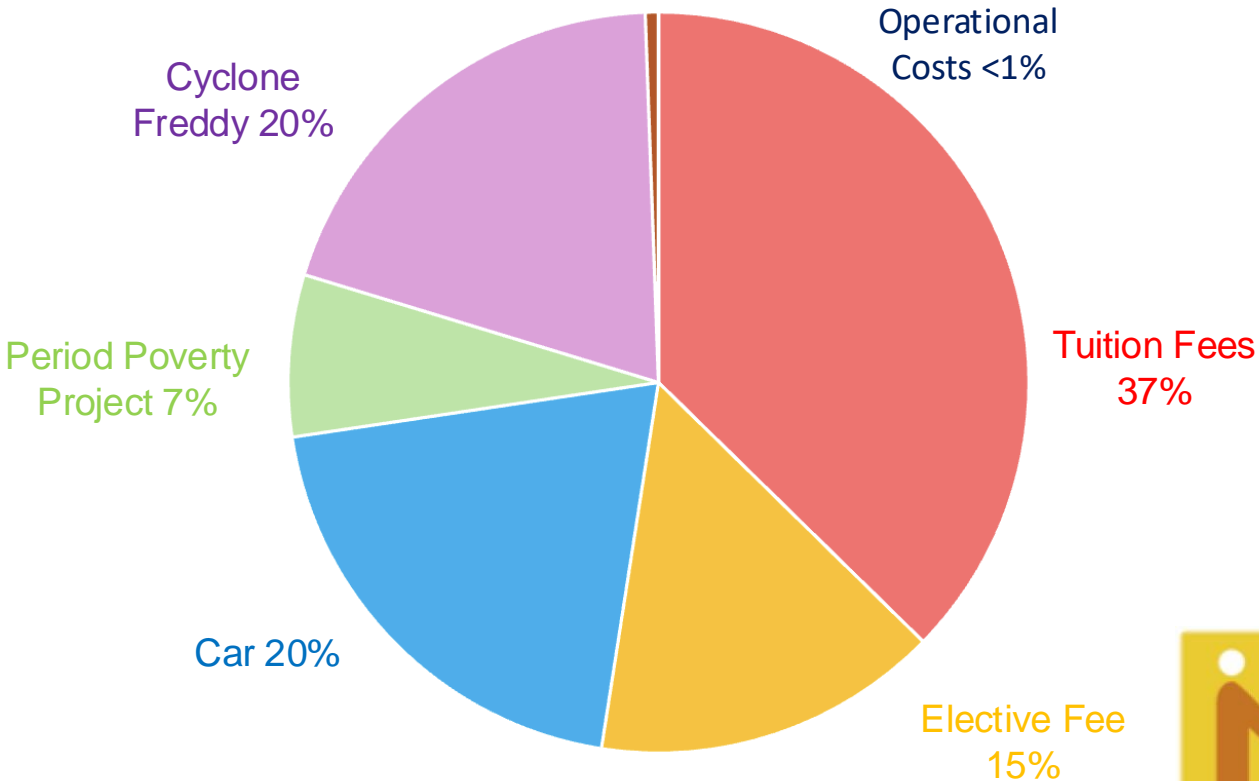
- Tuition fees for 2 medical students at Mbarara University of Sciences and Technology in Uganda.
- Cyclone Freddy Humanitarian aid appeal.
- Malawi operations – together with our sister branches in the UK and Malawi we contributed towards the purchase of an operational vehicle in Blantyre, Malawi which will be used by our Malawi team for the efficient running of our scholarship programme and office base in Blantyre.
- Period poverty project – we supported a Medic to Medic student in Malawi to do a period project by supplying 50 students at secondary school in Zomba with a pack of reuseable pads.
- In country elective fee expenses.



Income 2022 – 2023 NZ



Expenditure 2022 – 2023 NZ



Administrative Details

Medic to Medic

c/o Rosanne, 7 Shortway, Amersham, HP6 6AQ. UK.

c/o 112 Otonga Road, Rotorua, 3015. NZ.

Email: info@medictomedic.org.uk

For comments, questions and errata regarding this annual report, please contact the editor at the email address above. Every effort has been made to credit contributors to this report. Where omissions have occurred, please advise and they will be rectified at the earliest possible opportunity.



Medic to Medic



@MedictoMedic



Medic to Medic



tamsinlillie



Registered with



FUNDRAISING
REGULATOR

How you can help

Most of our donors give just £5—20 (NZ\$10 – 40) per month. If you feel you can sponsor a student, please visit www.medictomedic.org.uk to set up a direct debit online. You will be linked with an individual student and receive regular updates from them on their progress. You are welcome to enter into email correspondence with them and many of our students find this very motivating. Please note that although you will be allocated a particular student, our donations are pooled so that no student is disadvantaged if a donor withdraws. For more information, please contact us (details above).

Medic to Medic Bankers Lloyds TSB Bank PLC; 286-288 Station Road; Harrow; Middlesex; HA1 2EB

Independent Examiners: Godfrey Wilson Limited; Chartered accountants and statutory auditors; 5th Floor Mariner House, 62 Prince Street, Bristol, BS1 4QD.

UK registered charity No: 1149904 NZ registered charity No. CC58085
Malawi registered charity C1609/2022





Medic to Medic was founded in 2007 to address the problems of training and retaining health workers in some of the world's poorest countries. Like many sub-Saharan countries, Malawi is desperately short of doctors with just two doctors per 100 000 people.

We support resource-limited but dedicated students through their training, supporting the sustainability of the health systems in their home countries. We cover tuition fees, allowances, medical equipment, books and a laptop so that students have everything they need to reach their full potential.



Medic to Medic

