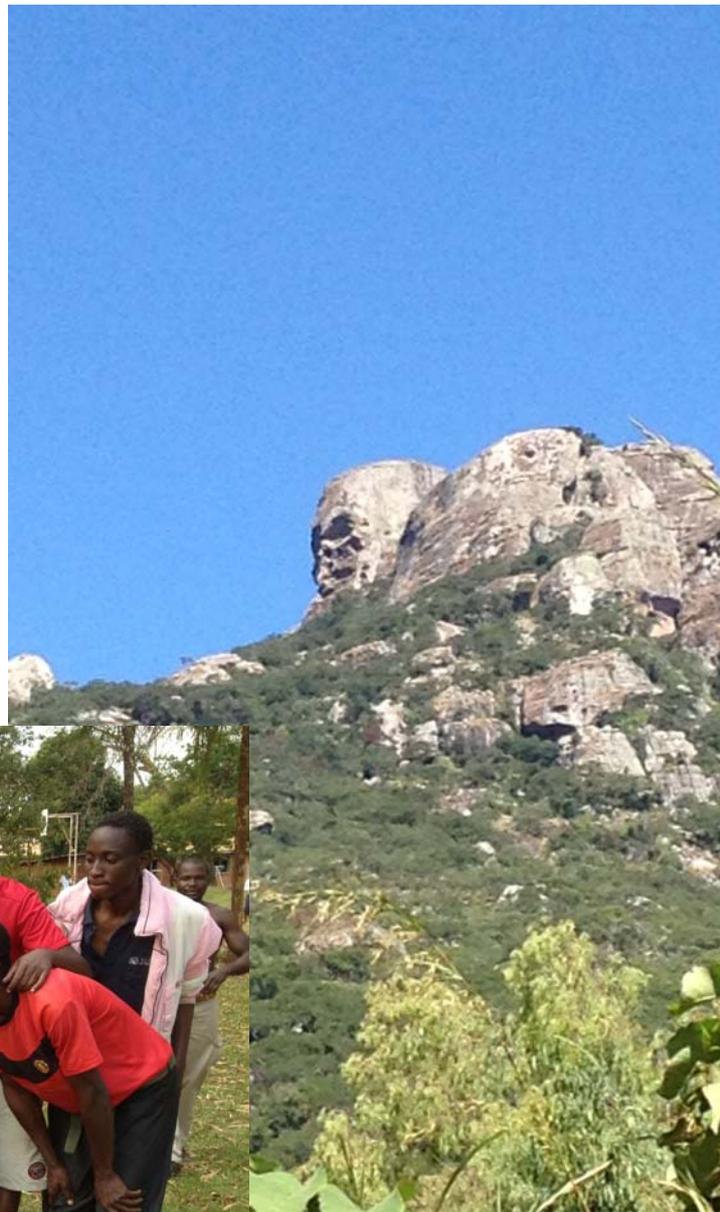
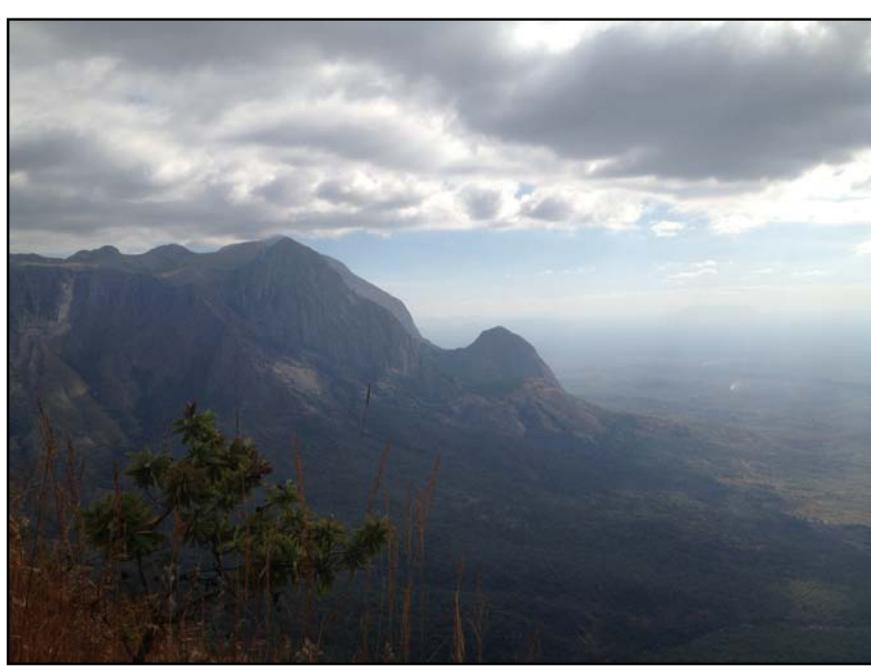


# NEWSLETTER



## THIS IS WHAT DAVID HAD TO SAY ABOUT HIS TRIP TO MALAWI



For Jen Ahrens inaugural teaching block Beth McHugh and I went for the full 6 weeks. We were joined in week 4 by Margot Van Berkel and Annette Knoll who are usually based in the Netherlands. The MMeds participated in undergraduate teaching for the first time, leading a session in history taking in Chechewa and giving lectures on suicide, and the Malawian mental health act. The MMeds were also involved in a regular journal club which Jen has instigated.

Our time in Malawi coincided with the onset of 'winter' which turned out to be very pleasant indeed, with warm sunny days, cool evenings and delicious avocados. In fact the food was a pleasant surprise with lots of tasty fresh fruit and vegetables and a couple of reasonable eating out options in Blantyre and Zomba. We discovered a new Italian restaurant in Zomba which was ideal for taking lunch on the veranda between Zomba hospital teaching sessions.

Our arrival coincided with the death of president Bingu wa Mutharika and the appointment of president Joyce Banda following a nervous couple of days. The transition was widely welcomed by most Malawians we spoke to. As well as a political shift in a less autocratic direction, an immediate effect of the change was some relief of the petrol shortages which had become a growing problem. A long expected devaluation of the currency took place midway through our stay with the Kwacha losing nearly 50% of its value.

We made good use of our weekends with trips to the lake, Mount Mulanje, Majete and Liwonde national parks. We attended the AGM of the Mountaineering Club of Malawi which was much more fun than it sounds and also involved an outing to the enigmatic 'skull rock'. Jen and Beth became regulars at the Blantyre sports club pool and Jen pursued a vigorous training schedule for the Mulanje Porters race which she successfully completed in July in an amazing 4h25mins.

Towards the end of our block a student's versus patients football match at Zomba hospital was a real high point with the students winning by a narrow margin.



THIS IS WHAT MILLY AND ANGELLINA HAD TO SAY ABOUT THEIR TRIP TO



From April 16th to 27th 2012, Mrs Angellina Chilumpha and Ms Milly Kumwenda travelled from Malawi to Ayrshire in Scotland to complete a 'Train the Trainers' Therapeutic Management of Violence and Aggression Training Course.

Mrs Angellina Chilumpha qualified as a nurse in 1990. For the past three years she has been a Psychiatric nursing officer at Zomba Mental Hospital, where she is a Unit Manager for the male inpatient wards.

Ms Milly Kumwenda qualified as a nurse in 1999, went onto specialize in psychiatric nursing in 2005 and has been a member of the psychiatric nursing team at Queen Elizabeth Central Hospital in Blantyre since 2008.

Both had long had concerns about the management of the aggressive patients at QECH and at Zomba and so were very keen and excited about the opportunity of this training.

The journey to Scotland was very nice. We enjoyed our stay in Scotland and the people were so friendly to us. The training -we have learnt a lot- was well worth doing. The techniques we learnt are so helpful to allow us to protect ourselves and the patients when they are very unwell without bringing harm to them. The ethical

component of the training has been very helpful.

We were able to see how our fellow nurses take care of psychiatric patients at Crosshouse Hospital. It was interesting to see how ECT is delivered in Scotland and the Mother and Baby Unit in Glasgow.

I cannot even describe how friendly and welcoming everyone was on our visit - I hope we will go again to visit Scotland. Scotland is a very beautiful country. The only bad thing is that it is very cold! We loved seeing the big seas and the castles we have read about in history.

We appreciate the work of Colin White, our training instructor, who was so patient and friendly and was eager to ensure that we learnt all of the techniques well.

We visited our colleague Naloli and we appreciated the care that she has received for the long time she has been sick.

We thank everyone that arranged the trip for us, both in Malawi and Scotland. We hope that we can welcome some of the people that we met in Scotland to Malawi in the future.



# There have been a few changes....



Rob has returned to the UK and will be starting a six month post in Manchester soon. Welcome back Rob!

Selena is now in Malawi with Jen and is looking for a place to stay in Zomba.

Pavan is stepping down from his role as chair of the management committee and we are looking for someone to take up that post.

We had a management committee meeting on the 26th of September. Roger will be mailing out minutes of the same.

Dave Hayward and I hope to write up the new funding application to go in by the

beginning of the new year. Any help is appreciated!

The Trustees will be meeting up soon and Rob has promised to keep us updated!

The first batch of volunteers will be going out in three weeks time and have been briefed about the timetable! Have a great time Amy, Stephen and Sheila!

## Teaching Blocks

**8/10/12 to 21/10/12**

CAMHS and Intellectual Disability only

**22/10/12 to 02/12/12 (Gen)**

Now filled

**31/12/12 to 10/02/13 (Gen)**

one confirmed

**11/03/13 to 21/04/13 (Gen)**

one confirmed

**13/05/13 to 23/06/13 (Gen)**

one confirmed