



Open Arms
Malawi

Autumn 2025

SCHOOLS NEWSLETTER

This year marks 25 years of Open Arms Malawi building brighter futures for children in Malawi. We have lots happening both in Malawi and the UK and we are delighted to share with you our latest news...

Families on the path to self-sufficiency

Last year, Open Arms started a new Graduation Programme to help families grow their own food. This means they can eat well, sell extra crops, and work towards a brighter, independent future.

The first 25 families in Blantyre did amazingly well – they grew over two and a half times more food than the year before!

With help from Patrick, Open Arms' Agriculture Officer, families were given seeds, fertiliser, pesticides and training in both farming and business skills.

Now, those 25 families will continue on a 3-year journey, and this year 25 more families in Mangochi are joining too. Together, they are taking big steps to break free from poverty and build a better life.



Japhet and his grandmother with their crops

Matthew

When Matthew's mother sadly passed away when he was born, his grandmother, already caring for several other children, took him and his two siblings in. With so many mouths to feed, she struggled, and by five months old Matthew was very weak and malnourished.

With help from Open Arms, providing them with formula milk and porridge, Matthew became healthy and strong. But the family still struggled to have enough to eat.

That changed when they joined the Graduation Programme. Last year, Matthew's grandmother grew just one bag of maize. This year, she harvested fifteen bags – enough to feed her entire family for a whole year and still have extra to sell! Thinking ahead, she sold one bag so she can rent more land.

Now, she is aiming to grow even more maize next year, as well as new crops like soya beans and groundnuts. This will give her family better food and a steady income, helping them to stand on their own and build a brighter future.



Matthew and his grandmother



Suzana and her family

Community-Based Care

Since transitioning to Community-Based Care, Open Arms is helping more families than ever.

Many referrals come from District Social Welfare, connecting the team with families caring for orphaned or vulnerable babies in urgent need.

Because demand is so high, support is prioritised for the poorest families where children's lives are most at risk. Right now, families across the community—including some in Mangochi—are receiving this vital care.

By providing formula, nutritious food, essentials, and regular check-ins, babies can grow up safely at home, forming strong attachments and a sense of belonging. This is key to their emotional and social development.

Our goal is to reach 100 babies—can you help us get there?



Worship and his mum

Day of the African Child

The Open Arms team recently joined a special celebration for the Day of the African Child.

The event brought together families, charities and communities across Malawi to celebrate children and share the support available to them.

Josephine and Matthew came along with their guardians, who spoke about how Open Arms has helped their families.

It was a great day of sharing stories and showing how, by working together, we can make life better for children in Malawi.



Open Arms Team



Day of the African Child Celebrations



Culford visit
Mangochi

School Visits to Malawi

This summer, the Open Arms team in Malawi were excited to welcome back staff and students from Culford School. Before travelling, the students worked hard to research Open Arms and even gave a presentation to the Rosetta Trust. Their efforts secured a fantastic donation to support our vital work in the community.

As part of their trip they visited Mangochi Infant Home, and delivered suitcases of donations. Thank you so much Culford School!

The team were also delighted to welcome students from Verde Valley School in Arizona. During their visit, they worked alongside local builders to help construct a new house for the family of a child currently living at Mangochi Infant Home. Thanks to their amazing effort, the family will soon have a safe and secure home where they can all be reunited.

The team are looking forward to welcoming staff and students from our long term partners at George Watson's College next month.



Verde Valley building
house

World Porridge Day - Can you help?

Open Arms supports nine nursery schools in rural villages, giving young children a safe place to learn, play, and enjoy a hot meal each day. This simple bowl of porridge is vital in preventing malnutrition and helping children grow strong and healthy.

But with rising costs, providing this daily porridge is becoming harder. Could your school help? World Porridge Day is on 10th October—a perfect time to get involved! You could:

- Hold a "Porridge Breakfast" where everyone donates to enjoy a bowl together.
- Run a dress-up day in your cosiest pyjamas (perfect for porridge!) and raise funds.
- Bake Sale with a Twist – porridge flapjacks, oat cookies, or porridge muffins.

Every little bit helps give children the energy to learn, play, and thrive.



Amazing Fundraising

- Spofforth and Follifoot C of E Primary Schools, both held movie nights after school!
- LGS Stoneygate held a bake sale!
- Lancing College did their annual sponsored walk for Malawi at the beginning of term!
- School of Play held an Africa week during their summer camps. Children learned all about Malawi, did some fun activities and kindly donated bottles, soft toys and blankets. School of Play are also kindly donating a percentage of their bookings for that week.

New Secondary School Resources

Following the success of our Primary School Resources, we are excited to introduce our new Secondary School Resources. These are designed to be easy for teachers to use – you can choose a half hour, one hour, half day, or full day session depending on your class schedule.

The resources help students learn about Malawi, the challenges many children and families face there, and the work of Open Arms. They are also designed to encourage critical thinking about charities, global citizenship, and how students can make a real difference, linking directly to the curriculum.

One of the key activities asks students: “How would you spend a £50,000 donation in Malawi?” Pupils work together to discuss different ways to help children and families, considering the pros and cons of each approach. This activity helps students think creatively and understand the real-world impact of charitable decisions.

If you would like to access these resources please visit our website or send an email to suzie@openarmsmalawi.org

Dates for Your Diary

10th October
World Porridge Day

16th October
World Food Day

17th October
International Day of
Eradication of Poverty

20th November
World Children's Day

Can you help us
support more
children?

Download our
fundraising pack for
schools here



Thank you for supporting Open Arms Malawi

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