


**A PLACE OF POSSIBILITIES**  
ANNUAL REPORT 2022

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# 1. EXECUTIVE SUMMARY

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October 2022 marks one year after the launch of Dream30, our 10-year (2021–2030) strategy. Throughout the year, our strategy has been vital in our efforts to accelerate the work to reach the most impoverished communities and develop more accessible, equitable, and resilient responses to shocks. However, throughout the year, the world as well as Malawi were confronted with a complex range of persistent and disruptive global and local challenges yet again as a consequence of increasing global inflation. All of this transpired at a time when the world was frantically attempting to address the lingering socioeconomic aftershocks of COVID-19.

Global economic growth and local economies continued to stagnate, and financial markets became more volatile. Malawi's government devalued the Malawi Kwacha by 25% in May 2022. A good number of non-profit organisations in Malawi, includ-

ing Lydia Action, incurred increased operational costs as a result of rising goods and energy prices, putting a strain on budgets and the use of resources. In addition, our mission was disrupted due to continued international donor funding cuts and fatigue for non-profit organizations, including Malawian non-governmental organizations, due to shifting donor priorities as a result of global economic volatility. This double-edged period of disruption undermined humanitarian and development interventions for vulnerable communities and intensified the impacts of poverty and inequality.

Despite the limitations, we responded to the challenges faced by vulnerable communities through innovation and our relentless commitment to our mission. We strengthened the implementation of Lydia Action's programmes to



enhance our commitment to quality programming, learning, accountability, and reporting for sustainability. In addition, we sustained and strengthened our partnership with strategic stakeholders, especially the Government of Malawi, by presenting our projects to the respective sector offices at the district council in Zomba as well as joining the Civil Society Network.

We strengthened our organisation further, growing our ranks by welcoming new board members elected during the 2022 Lydia Action Board meeting and rolling out transformative leadership strategies that will help guarantee our continued commitment to our mission and the future. Further, we supported the most impoverished women in Zomba and Lilongwe to benefit from self-tailored social economic activities and access to enabling business environments in Malawi. We also enabled children to access inclusive, quality, and safe learning environments. Our youth programme empowered prospective university students from Malawi Assemblies of God University, Exploits Uni-

versity, and DMI-St. John the Baptist University in Lilongwe through skills development and leadership capacity building. Finally, we improved the lives of older people in Zomba by providing them with healthy ageing and long-term care capacity building.

All these accomplishments were achieved through working together towards our strategic goals despite significant challenges. We quickly adapted to each new challenge and leveraged our strong teamwork spirit to collaborate with our partners and stakeholders to make the most of every opportunity.

Over the past year, we have all demonstrated over and over again our strengths and ambition as an organisation and made it clear that we are passionately committed to our mission. Our 2022 was a rollercoaster of a year, but we gained insightful experiences. We can look forward to working together to accelerate the implementation of programmes further and deliver life-changing interventions to vulnerable women, children, youth, and older people in Malawi.



A stylized, handwritten signature in black ink.

**Matthew Kamaliza**  
Executive Director  
Lydia Action



A stylized, handwritten signature in black ink.

**Samuel Mbiri**  
Board Chairperson  
Lydia Action





## 2. INSTITUTIONAL DRIVE

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**Enhancing organisational  
capabilities** for sustainable  
growth.







## Strengthening the alignment of interventions with national development agendas for collective outcomes.

During the year, Lydia Action introduced its 2021–2030 strategy, dubbed “Dream30,” and annual report for the year 2021, titled “Together Forward,” to the Honorable Dr. Patricia Kaliati, Minister of Gender, Community Development, and Social Welfare at that time, at Capital Hill (Malawi Government’s base of national governance) in Lilongwe. The initiative was aimed at pledging continued and strengthened partnership with the Malawi government and supporting the acceleration of Malawi Vision 2063, particularly the Malawi 2063 First 10-Year Implementation Plan (MIP-1) and the COVID-19 socio-economic recovery plan.



Matthew Kamaliza (L) Lydia Action Executive Director with Dr. Patricia Kaliati (R) former Minister of Gender, Community Development, and Social Welfare at Capital Hill

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## Sustained and strengthened partnerships in our impact areas.



Lydia action Zomba staff after the first CSO network meeting in Zomba, Malawi.

Lydia Action successfully joined as a full member of the Zomba Civil Society Organizations (CSO) Network during the year. All Lydia Action programmes were introduced through the CSO Network at the district level. According to Dream30-Lydia Action’s strategy (2021–2030), this was aimed at continuing to strengthen partnerships with various stakeholders, notably other non-profit organisations in areas where Lydia Action implements its work. The memberships allow Lydia Action to join several sector forums based on its focus and thematic areas, further strengthening the alignment of its interventions with the national and district development agendas for collective outcomes in line with the Malawian Government’s Vision 2063.



## Advocacy for gender equality and women's empowerment

In addition, Lydia Action further strengthened its partnership with the government of Malawi by contributing to the 2022 International Women's Day commemorations, observed internationally on March 8th. The 2022 celebrations honoured women under the theme "Gender Equality Today for a Sustainable Tomorrow." Lydia Action contributed to two International Women's Day events; the launch on 8th March 2022 at the Bingu International Conference Center (BICC) and the Lilongwe District Council commemoration on the 25th of March, 2022 at Mwatibu Primary School, T/A Chadza, Lilongwe.



Shigeki Komatsubara (L) UNDP Resident Representative in Malawi, Matthew Kamaliza (C) Lydia Action Executive Director and Joan Mauwa (R) Lydia Action staff member at the 2022 International Women's Day commemorations at BICC in Lilongwe.

### 2.1. LIMITATIONS

- Increased operational costs for the organisation as a result of rising goods and energy prices amid rapid global inflation and the aftereffects of a weakened Malawi Kwacha, putting strain on budgets, human and other resources.
- Continued international donor funding cuts and fatigue for non-profit organizations, including Malawian non-governmental organizations, due to shifting donor priorities as a result of global economic volatility.

### 2.2. WAY FORWARD

- Continued engagement with strategic stakeholders such as the government, donors, and relevant institutions on resource mobilisation and partnerships in implementing projects.
- Strengthened implementation of Lydia Action's programmes to enhance commitment to quality programming, learning, accountability, and reporting for sustainability.



# 3. PROGRAMMES

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Relentlessly **working with vulnerable women, children, youth, and older people** by empowering them to meaningfully transform their lives **through participatory and results-based interventions.**



1. WOMEN



2. CHILDREN



3. YOUTH



4. OLDER PEOPLE





## 3.1. WOMEN



# 116

The most impoverished women benefitted from self-tailored social economic activities and access to enabling business environments in Malawi.



# INSPIRING COLLECTIVE ACTION.

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How women like Lizineti inspire hope for other women to beat poverty.



**Lizinet** from Chiphaka village in Lilongwe, Malawi.

As the world commemorated International Women's Day in March 2022, Lizineti was busy helping her fellow women practise how to write a business plan. Lizineti, aged 41, is from Lilongwe's Chikanga village of T/A Chadza. She is the chairperson of the Chikanga Lydia Action women's economic empowerment group under the Elizabeth Bakat project. The group had only a month left to be conversant with their business planning and bookkeeping lessons from the Lydia Action income-generating capacity workshops. They were to be assessed in April 2022 to determine if they qualify to receive financial support from Lydia Action, scheduled for May 2022. She was determined to see all her fellow women qualify for the financial support. Lizineti knows the struggles women face in rural areas, and it breaks her heart to see women languishing in poverty. That's why the opportunity to receive the financial support was not one to

miss, as she knew how much women and their families would benefit from the support.

Lizineti, like most women in rural Malawi, grew up in poverty, and her struggles were persistent in her marriage as well. As a mother of four and a wife, she has witnessed their family go through persistent hardships that have caused a lot of despair and disruption to their children's education and farming endeavors. This motivated her to look beyond her farming endeavours as a means of income generation. In 2018, she started volunteering for several non-profit organisations that were looking to implement women's economic empowerment projects in her village and needed access to financial support. All of her efforts, however, left her frustrated, and she even lost mon-



ey to some fraudulent organizations.

“A number of non-governmental organisations (NGOs) had previously been here with similar programmes, some of which were primarily frauds and others of which even took our money in the guise of helping us,” she stated. “The majority of them promised us loans, but they just disappeared after the trainings,” she added. “This has ingrained a negative impression in many women, who are no longer as motivated to engage in NGO work, and they assumed in their minds that Lydia Action is also one of those organizations,” she explained.

Lizineti has the experience of engaging in various local development interventions in her area, and as Lydia Action introduced itself in her village, she was the point of entry recommended by government officials working in her area. “I was convinced that Lydia Action was not here to steal from us when they first communicated their plan,” she said. “They did not force predetermined business ideas on us, but they proposed we learn how to improve what we are good at, and that was practical for me,” she added. “The re-

lationship that Lydia Action built with us has been instrumental in building trust, and that also convinced me to lead this group because everything was set up for us to benefit,” she further explained. “That’s why I have devoted myself to this group because Lydia Action is committed to walking with us all the way, and in my years of working with NGO’s, that’s different,” she said.

All of the women under the leadership of Lizineti received financial support under the Elizabeth Bakat women’s economic empowerment project. In October 2022, twenty-one out of the twenty-five women in Chikanga Lydia Action’s women’s economic empowerment group had fully paid back their loans. They had also undergone transformative change, from asset accumulation to providing for their family’s basic needs to supporting their children’s education. They had done more with the little they were given. There is no doubt that helping women improve their lives helps everyone else, from making the local economy more productive to giving families better ways to make a living.



Lizineti with her group members receiving the Lydia Action financial support under the Elizabeth Bakat project.





**Sophie** from Dimusa village  
in Zomba, Malawi

## A MIRACLE ENOUGH TO AWAKEN BROKEN DREAMS.

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**A woman rising from despair to rebuild the future. A story of second chances for Sophie.**

In May 2020, as the harvested fields marked the turn of a new season, Malawi opened its markets. This period from May to September is called “season time.” Sophie was set to begin her tailoring work early on a crisp morning, just after the last rooster crowed and the upper rim of the sun beamed over Dimusa village in Zomba. She had a lot of outstanding garments and cloth to work on for her clients. Clients are always ready to pay fast during the harvest season, as money is readily available from selling their harvests. Sophie was ecstatic about the prospects ahead. Unfortunately, life was plotting a terrible turn of events.

She pulled out her antique Singer sewing machine, ready to start her work. She checked everything from thread tension to her take-up lever before commencing the work, but her machine was not working. It was the first time the machine had failed her since she began using it. The machine was bought with her harvest sale money in 2017 from a tailor who had been teaching her sewing in her village. She had been a tailor on her own for six months, and the only tool for the success of her business was failing her. At first, she thought it was a small problem that could be fixed in a day or two, but after consultations with the repair expert, she was told the machine had a big fault. She did not have money to fix the sewing machine as she was waiting to finish her client’s deliverables so she could receive payments. All her clients terminated all arrangements, and in a blink of an eye, Sophie was out of business.

Sophie was not able to fix the machine for a year and a half. As a divorced mother of two, Sophie, 28, has always struggled to make ends meet. The broken machine compounded their family’s struggles, as she was unable to provide for the basic needs of her children. In 2021, Sophie was identified as one of the seventy women beneficiaries of the Elizabeth Bakat women’s



economic empowerment project from Dimusa Village under Traditional Authority Ngwelero in Zomba district in Malawi. After undergoing the Lydia Action income-generating capacity-building workshops, Janet was one of the fifty women out of the seventy identified to qualify for the Lydia Action financial support in April 2022 after satisfying all required criteria.

Sophie invested her money in fixing her sewing machine, and it started functioning as if it were brand new. Using the knowledge gained from the Lydia Action income-generating capacity workshops, more especially on market research and savings, she started travelling to nearby markets deemed to have high demand for sewing services during busy market days by booking a motorcycle to carry her and the sewing machine. This helped her boost her sales, and she invested the money into poultry farming. She has managed to purchase ducks, local chickens, and Guinea fowl. She also sells fresh eggs, fertilised eggs, and chicks raised by her.

“Lydia Action was a miracle for me because all hope was fading away and I was even considering selling my broken machine at one point,” she said. “The money I received from Lydia Action gave life to a dying opportunity, and the benefits from fixing my sewing machine are unlimited possibilities for my family,” she added. “I am now able to provide basic needs for my family, and I can manage to pay the school development fund and buy school materials for them, which was a struggle when my sewing machine was broken,” she explained. Sophie believes that she will be able to buy affordable inputs in 2022, which she has not been able to do in previous years, and that she will be able to farm maize to feed her household and sell some.



**Sophie** feeding a raft of ducks and a Guinea fowl in Dimusa village in Malawi.



### 3.1.1. THE PROGRAMME

The programme aims at reaching 150 women; however, only 132 (88%) were identified, and the remaining 18 (12%) were not identified due to funding limitations. Out of the 132 women identified, 116 (88%) were supported with financial support for viable income generating activities, having adequately demonstrated the capacity to apply business skills effectively. The other 16 (12%) women did not receive the support owing to their inability to demonstrate capacity to operate a profitable business, even after on-going mentorship and support from Lydia Action and their peers.

At the end of 2022, all of the women who received business support were assessed. The assessment findings indicate that 82 (71%) of the women that received financial support from Lydia Action have businesses that generate high profit margins with diversified income-generating activities, basic household support, and asset accumulation. The results also show that 23 (20%) of the women supported have stable businesses with minimal profits and basic household support, but without diversification and asset accumulation, while 11 (9%) of the women supported have businesses that are struggling and only

breaking even with basic household support but without diversification and asset accumulation. The results further indicate that there has been an increase of 133% in average profit margins after the women received financial support for their businesses from Lydia Action. During the baseline survey, most women-led businesses generated MK4,200 to K6,000 in profits per month. However, the results of the assessment indicated that the businesses were able to generate MK14,000 per month on average after receiving support from Lydia Action.

The results show that the businesses that are performing well follow best bookkeeping practices, while the ones that are struggling have inconsistencies in bookkeeping and tendencies to divert funds for other unplanned household activities.

The exercise was conducted as part of on-going business assessments that are aimed at providing insights on profitability, asset accumulation, basic household support, and other related aspects affecting the business. The assessments were done through individual business assessments and focus group discussions in Ngwelero village under T/A Ngwelero in Zomba district and Chikanga and M'nongwa VDCs under T/A Chadza in Lilongwe.

### 3.1.2. LIMITATIONS

Rising prices of goods and transportation prices affected the operations of most businesses due to the rapid increase in transportation, wholesale, and retail prices that resulted in the depreciation of capital invested.

### 3.1.3. WAY FORWARD

Lydia Action will continue to monitor the progress of the women beneficiaries' businesses to allow for the timely identification of an evidence-based need for additional support to enhance business performances and capacities that will sustainably support the graduation plan for the women groups.







## 3.2. CHILDREN

A portrait of a young girl with short, dark hair, looking directly at the camera with a slight smile. She is wearing a bright blue school uniform. The background is a warm, out-of-focus indoor setting. A purple gradient overlay covers the bottom right portion of the image, where the number 78 and the text are located.

78

Primary school pupils benefited from age-appropriate learning materials support in Zomba.



## HELPING TO UNCOVER THE FUTURE

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**Taking time to calculate the perfect prospect for tomorrow. An intriguing story of Isaac.**

When primary school-aged children are asked what they want to be when they grow up, they often name a variety of professions, from doctor to pilot to soldier, and the list goes on. However, Isaac (12), a fifth-grade student at Mbidi Primary School in Mikuyu, Zomba district, has a different perspective. “I have not taken the time to think about who I would want to become in the future.” He said, “I like mathematics and am good at solving mathematical issues.”

Isaac and his three siblings live with his parents, who are so impoverished that they can barely support their family. His father is seldom present since he is always working in other people’s fields as a subsistence farmer to support the family. Her mother is often at home to take care of her three siblings. Isaac views school as his refuge from his stressful home life, and he is content to forget about his difficulties while in class. “I often come to school to study and to be able to focus on anything other than my circumstances at home,” he said. “I love learning, and I usually give my teachers a tough time, particularly when I’ve failed in a particular topic,” he said.

Isaac has a distinctive outlook on his education and the extent to which he would want to pursue his studies. He stated, “I don’t know what I want to be when I grow up, but I am convinced that my passion for mathematics will help me figure anything out.” “I truly strive to enjoy my studies, and Lydia Action’s assistance has allowed me to have the things I need for my studies,” he continued. I am the only fifth-grade student to earn a mathematical set on the recommendation of my teachers since I am brilliant at math.”



**Isaac** from Mbidi Primary School in Zomba, Malawi.





## LEARNING TO TEACH

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**Timely support to ignite a vision for the future. A dreamer's story of Falesi.**

There is something special about a teacher's expertise that motivates Falesi to study diligently. For the 14-year-old standard seven pupil at Matawale primary school in Traditional Authority (T/A)-Malemia in the Zomba region, her education is crucial to her eventual goal of becoming a teacher. Falesi is one of the girls who will benefit from Lydia Action's European Baptist Mission International (EBMI)-supported Zomba-based children's education assistance programme.

Falesi and her two siblings live with their single mother. She makes money by selling Mandasi (drop doughnuts), but it's not enough to meet the family's needs because Mandasi (drop doughnuts), selling is very competitive and it's not always a sure thing that sales will go well.

Falesi has always been a diligent student, despite the fact that she is required to assist her mother with the family's donut-selling business during school hours so that the family can afford school supplies for her and her siblings. "My mother is not the one to discourage us from going to school, but she sometimes finds it difficult to assist us, especially when the schools have just started because a lot of things are required to help us with our education," she explained. She continued, "At the beginning of the semester, I often skipped lessons to assist my mother with her business so I could earn money for my study materials."

Falesi studies diligently in order to realise her ambition of becoming a teacher one day. In September 2022, she scored number four in her standard seven last term exams, signifying her progression to standard eight. She stated, "I see standard eight as a stepping stone to my goals since, if I perform well, I may be selected for a national secondary school." "Lydia Action's assistance was timely since it eased the stress on my mother and allowed me to concentrate on my schooling.

**Falesi** from Matawale primary school in Zomba, Malawi.



3.2.1. THE PROGRAMME

The programme aimed at reaching 100 of the most vulnerable primary school going children; however, only 78 (78%) were identified, and the remaining 22 (22%) were not identified due to funding limitations. All of the 78 children identified were supported with age-appropriate learning materials such as mathematical instruments, ballpoint pens, pencils, and exercise books. The children were also supported financially for their school development fund contributions. Out of the 78 children supported, 41 (53%) are girls and 37 (47%) are boys from 7 primary schools (namely, Mbidi Primary School and Namisisi Primary School in Mikuyu; Ndangopuma Primary School in Malonje; Matiti Primary School in Mayera; Chikupila Primary School in Chinamwali; and Songani Primary School in Songani) in Zomba district.

All the 78 children who were supported graduated to the next class. Out of the 41 (53%) girls supported, 12 graduated from standard 4 to 5, fourteen (14) girls graduated from standard 5

to 6, six (6) graduated from standard 6 to 7, and nine (9) graduated from standard 7 to 8. Out of the 37 (47% of the boys), 15 graduated from standard 4 to 5, eleven (11) graduated from standard 5 to 6, five (5) graduated from standard 6 to 7, and six (6) graduated from standard 7 to 8.

All of the children supported with learning materials were assessed in their final term of 2022. The findings of the assessment indicate that girls’ and boys’ average learning outcomes increased by 4% and 6%, respectively, after receiving Lydia Action’s learning materials support. In the final term of 2022, girls who received assistance from Lydia Action had an average passing rate of 72%, compared to an average passing rate of 68% in all subjects at the baseline survey. In the last term of 2022, males who received Lydia Action’s assistance achieved an average passing rate of 62%, compared to 68% in all subjects at the baseline survey.

3.2.2. LIMITATIONS

- Fuel shortages inhibited the execution of programme activities, causing programme work plans to fall behind schedule, especially in the most hard-to-reach areas.
- Limited response to needs based emerging issues among the pupils benefitting from Lydia Action educational support as a result of limited funding
- Limitations in determining improvement in attendance for the supported children owing to inconsistencies in attendance registers and limited resources and capacity for schools to consistently monitor class attendance.



3.2.3. WAY FORWARD

Strengthened monitoring of educational support interventions for pupil information management on performance, attendance, and learning needs to enhance support in order to improve learning outcomes.





### 3.3. YOUTH



# 75

Prospective university students benefited from youth development and leadership capacity building workshops and practical development sector knowledge.



## DREAMS TO REALITY

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**“This was the best period of my life as a student, and it has motivated me to work hard towards my profession.”**

Trevor (23) is in his fourth year (2022) at Exploits University in Lilongwe. He resides in the semi-urban settlement of Area 22 in the city of Lilongwe. Area 22, like other semi-urban areas, has several socioeconomic issues, which has inspired Trevor to become part of the problem, since he wants to work in the nonprofit sector. Trevor got the opportunity to volunteer for one month with Lydia Action's women's economic development programme. He visited two Lydia Action women's economic empowerment groups

in Chikanga and M'nongwa under T/A Chadza in Lilongwe during his tenure with Lydia Action.

“Getting to know the people in rural villages has opened my eyes as a student who only learns about these concepts in theory,” he remarked. “Lydia Action has provided me with the chance to experience my ideal job and get an understanding of how things operate so that I may work efficiently and effectively with vulnerable communities.” He added. “This was the best period of my life as a student, and it has motivated me to work hard towards my profession,” he added.



**Trevor** from Exploits University in Lilongwe.



# PRICELESS AMBITION

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**Lydia Action has helped me have a perspective of what to expect and how to go about it with confidence**



**Malumbo** from Exploits University in Lilongwe.

Malumbo, 26, from Lilongwe, is a community development student at Exploits University. She is passionate about people and spends most of her time researching various approaches to project management and public speaking. Malumbo has thrived at Exploits University, utilising her background in overcoming depression. She likes thinking in unique ways, and spends much of her time discussing with her colleagues the many potential answers to the depressing socioeconomic issues that Malawians, especially young women face. Malumbo describes how her engagement in the Lydia Action youth group

has helped her develop tremendously and has helped boost her confidence. "It's been a fantastic journey; to be honest, what we're taught in class is simply theory, but having access to actual development sector knowledge is refreshing and exciting for a community development student," she said.

"I knew there was a gap between what we learn and what is practised out there, but I didn't realise it was that big," she added. "Lydia Action has helped me have a perspective of what to expect and how to go about it with confidence; I can't wait to implement our proposed project to get hands-on experience at implementation."



### 3.3.1. THE PROGRAMME

Seventy-five (75) university students were supported with youth development and leadership capacity building workshops, practical development, and humanitarian sector knowledge throughout the year. 43 (55%) of the university students supported are women; 16 from DMI St. John the Baptist University, 14 from Exploits University, and 13 from Malawi Assemblies of God University (MAGU). The other 32 (45%) students supported are boys; 10 from Exploits University, 12 from DMI St. John the Baptist University, and 10 from Malawi Assemblies of God University (MAGU).

The capacity building and mentorship sessions were aimed at equipping the university students with technical skills in Microsoft Office Suite, report writing, curriculum vitae development, project results framework design, planning, and budgeting.

The learning outcomes results from the workshops and on-going mentorship ses-

sions indicate that 16 (73%) out of the 22 students supported demonstrated intermediate knowledge of technical skills in Microsoft office software such as Excel, Word, PowerPoint, and Outlook, as well as report writing, resume development, project results framework design, planning, and budgeting. Six (6) of the remaining students, who represent 27% of the targeted group, demonstrated fundamental knowledge with basic skills in report writing, resume development, Microsoft Word, and PowerPoint while indicating limited skills in Microsoft Excel, Outlook, project results framework design, planning, and budgeting. The results show that students with a good track record of session attendance demonstrated better skills than those who were inconsistent in attending sessions.

The on-going capacity building and mentorship sessions were conducted to strengthen the university students' skills that are necessary to increase their chances of employment and other professional opportunities in the job industry, particularly in the development sector in Malawi.

### 3.3.2. LIMITATIONS

Restrictive school calendars aimed at restoring semester lengths after the COVID-19 epidemic disrupted semester lengths limited Lydia Action youth groups' ability to implement their proposed campus-based projects at their various universities, as well as spare time in between classes to attend volunteering and internship opportunities.

### 3.3.3. WAY FORWARD

Lydia Action will continue to repurpose the youth leadership and development programme to meet the ever-changing needs of young people, bridging existing gaps based on the context and type of opportunities aligned for graduating young students.







### 3.4. OLDER PEOPLE



132

Older people benefit from the provision of access to conducive living environments and rights to dignity and protection.



# LOVE STRENGTHENED

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## **A story of how older people can benefit from long-term care capacity building.**

Elida (72), who lives with her daughter and family in Tambala village under T/A Malemia in Zomba, Malawi, has not always had an easy life. She stated, “I cannot say that my daughter and her husband have not taken good care of me, but there were things I required as an elderly person for which I did not get immediate assistance.”

Older people in Malawi face so many challenges, especially the negative effects of ageism, which reinforces stereotypes, prejudice, abuse, and discrimination that have negative impacts on their health and well-being. Elida is among the elderly who have been neglected unintentionally, resulting in loneliness and a feeling of being a burden on her daughter. She always felt hopeless and wished someone would understand her, but she had no idea how that might occur.

To Elida’s surprise, things started changing gradually, and her daughter’s attention towards her changed dramatically. “Usually I would just receive food and help bathing, but the environment I used to sleep in was not good for an old person like myself,” she said. “I would usually get body aches, and my skin had a lot of issues as well.”

Mercy, the daughter of Elida, is a member of the Mayaka Lydia Action older people’s support group and attended a training programme on long-term care and health ageing assistance for older individuals. Mercy’s acquired knowledge and abilities are beginning to bear fruit. There have been changes in her mother’s living circumstances, including care for her mental health. My daughter has now provided me with new bed linens, fixed the window in my room, and purchased a small solar powered flashlight for nighttime lighting. She elaborated.



**Elida** from Tambala village in Zomba, Malawi.



## NEXT TO GODLINESS

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**“I have gained a lot of knowledge through the training in terms of sanitation and hygiene in regards to caring for my mother and my household. “**



**Tiyanjane** from Chimwayi village in Zomba, Malawi.

Tiyanjane 35, comes from Songani, Chimwayi village of group village headman (GVH) Masambuka under Traditional Authority (T/A) Malemia in Zomba district. She is one of the guardians that participated in the Lydia Action elderly care trainings. Tiyanjane looks after her mother, who is 79. “I’ve tried to provide what little I can for my mother; however, we haven’t done well in caring for her environment,” she explained. “Most of the time, we focus on supporting her with food and overlook the spaces where she sleeps.” She added. “I have gained a lot of knowledge through the training in terms of sanitation and hygiene in regards to caring for my mother and my household in general, and this will help improve my mother’s health and protect our family, especially now that the country is facing cholera cases,” she explained.





### **3.4.1. THE PROGRAMME**

During the year, Lydia Action conducted nine (9) three day workshops on long-term care and support for older people through nine (9) Lydia Action older people guardian groups in nine (9) impact areas, namely Mikuyu, Mayaka, Minjale, Maera, Malonje, Newhope, Chinamwali, Naisi, and Songani under Traditional Authority Malemia in the Zomba district of Malawi. Ninety (90) people were trained, representing 132 older people, with at least eight guardians in each area. Out of the ninety (90) people trained, 70% were women and 30% were men, acknowledging the social and cultural role of women in the care of older people.

### **3.4.2. LIMITATIONS**

- The finances allocated for older people's support interventions depreciated due to the devaluation of the Malawi Kwacha last quarter and the subsequent increase in the cost of living, interrupting the initial programme budget. Lydia Action was unable to adjust its programme budget owing to funding limitations.
- Fuel shortages inhibited the execution of programme activities, causing programme work plans to fall behind schedule.

The older people support trainings aimed at providing the participants with knowledge on how to manage their groups through leadership skills, and resource mobilization. Participants were also trained on how to provide long-term care to older people, promote age-friendly environments, and combat the effects of ageism, especially negative attitudes that result in stereotypes, prejudice, and discrimination, resulting in human rights violations against older people. In addition, throughout the quarter, Lydia Action assisted four groups in T/A Malemia (Mikuyu, Maera, Songani, and Minjale) of the nine targeted guardian groups to lease one acre of land for subsistence farming.

### **3.4.3. WAY FORWARD**

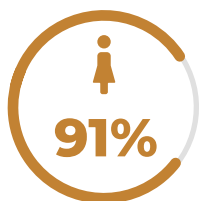
Lydia Action will continue to repurpose the older people's support programme to meet the ever-changing requirements of older people in order to sustainably address existing and emerging challenges.



# 4. PROGRESS



## WOMEN



Women led businesses that generate profits allow for improved basic household support.



Increase in profit margins for women-led businesses after receiving financial support from Lydia Action.

116

The most impoverished women benefitted from self-tailored social economic activities and access to enabling business environments in Malawi.

522

Indirect beneficiaries benefited from women's income generating activities in Zomba and Lilongwe, Malawi. The average household size in Malawi is 4.5 (Malawi IHS5 2019–2020) members.



## CHILDREN

78

Primary school pupils benefited from age-appropriate learning materials support in Zomba.



## YOUTH

75

Prospective university students benefited from youth development and leadership capacity-building workshops and practical development sector knowledge.



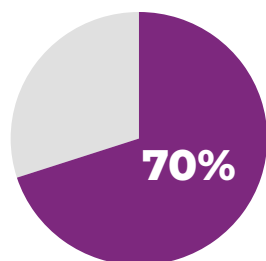
## OLDER PEOPLE

132

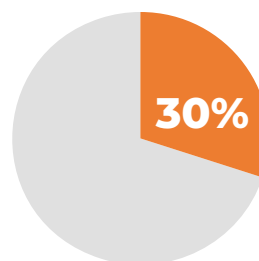
Older people benefit from the provision of access to conducive living environments, rights to dignity and protection.



# 5. FINANCIAL STATEMENTS



**PROGRAMMES**  
37,709,726.02



**ADMINISTRATION**  
16,072,029.06

## DONATION RECEIVED

DONATIONS	EBMI	BAKAT FUND	TOTALS
Balance brought down		1,261,812.86	1,261,812.86
Donation Received	18,320,000.00	34,547,625.00	52,867,625.00
<b>TOTAL DONATIONS</b>	<b>18,320,000.00</b>	<b>35,809,437.86</b>	<b>54,129,437.86</b>

## EXPENSES

BREAKDOWN	AMOUNT
ADMINISTRATION	16,072,029.06
CHILDREN	5,266,917.99
OLDER PEOPLE	8,968,365.42
WOMEN	12,236,608.36
YOUTH	11,237,834.27
<b>TOTAL EXPENSES</b>	<b>53,781,755.08</b>

**Please note that this statement is abbreviated.**  
The complete audited financial statements with the auditor's opinion and notes are available at: [www.lydiaaction.org](http://www.lydiaaction.org)  
All figures in monetary references are in Malawi Kwacha (MK)





## 6. VOTE OF THANKS

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We are always thankful to the European Baptist Mission International and the Bakat family for their consistent support of Lydia Action. Your assistance enables vulnerable communities and the most disadvantaged families to have hope and have access to the tools essential for resilience in the most turbulent and unprecedented times. Please accept our sincere gratitude.

**“In the middle of difficulty lies opportunity.”**

*– Albert Einstein*



[www.lydiaction.org](http://www.lydiaction.org)

A better world  
for **everyone.**

