



**EMMS**International  
Health for Today, Hope for Tomorrow

# Malawi Tea-Fest

Host's Guide





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# Welcome to Your Tea-Fest

It's time to get the kettle on, gather your friends, and celebrate that good old British love of tea. People from around the UK are joining EMMS International to host their very own Tea-Fest, a fundraiser to support the vital work of EMMS International, in the countries where tea is produced. Choose a Tea Fest from Malawi, Nepal, or India – or all three!

A Tea-Fest is a wonderful opportunity to bring your family, friends, class, church, group, or colleagues together to raise vital funds whilst socialising over a brew and a cake. At your Tea-Fest you can learn more about our work, the people we help, and why it's so important for us to help those very people who keep our tea cups full all year round.

You can immerse yourself in a little bit of the culture by drinking tea grown in Malawi, Nepal, or India, and if you like to go all-out, bake authentic cakes using the recipes provided.

You can order Malawian tea online and in some specialist tea shops. Buying fair trade tea is another important way of supporting local communities and we recommend you find your local fair trade shop to maximise the impact of your Tea-Fest. We have sent you a couple of tea bags in the post to get you started.

*Come on,  
let's brew this!*

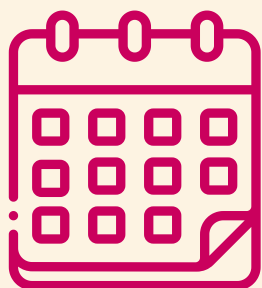


## Fundraising Tips for your Tea-Fest

Thank you for signing up to take part in an EMMS International Tea-Fest.

Now that you have received your pack, which highlights some of the work that EMMS International does in the country you have chosen as the theme of your Tea-Fest, it is time to start planning.

**Here are some tips to help make your day a success.**



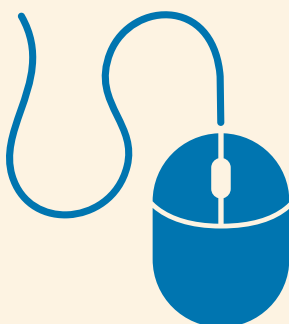
### Set the date, time and venue for your Tea-Fest.

Try and plan six weeks in advance so that you have plenty of time to let people know. Perhaps there's a particular date you can make the most of, like National Tea Day (21st April 2023 ) or International Tea Day (21st May 2023).



### Set a fundraising target

Having a target for the day can help get everyone excited and give you something to rally towards.

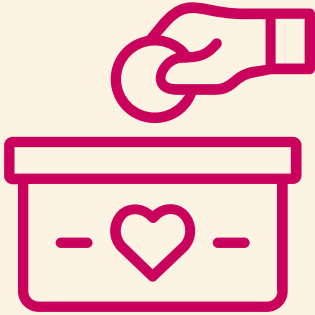


### Go online and get social

Create a JustGiving page to make it easy for people to donate. Even those who can't make it on the day might like to support your fundraising efforts.

Use the social media templates provided to invite your friends and colleagues on Facebook and WhatsApp. Remember to include the event details and your JustGiving link so people can start donating straight away. Ask them to share the link with anyone they think would like to donate.





### Bring a bucket

Bring a bucket or similar to your event to encourage donations on the day.



### Get the games rolling

Have some extra activities organised. Guess the number of sweeties in a jar, guess the weight of the cake, or similar games for £1 a go can help you reach your fundraising target.

### Get inspired

Your pack is full of information about the work of EMMS International and real stories of people who have been helped by support like yours. You can share these stories on the day by:

- Asking people in your group to get involved and read these out to everyone
- Putting the facts into your baking (a little like a fortune cookie), then ask attendees to read out their facts at the gathering.
- If it is a work gathering where people are nipping in and out, put the stories on display so people can read them in their own time, or share these by email before the event to promote interest.

Above all, enjoy it and have fun with your friends. If you need any advice or support, your contact at EMMS International is Euan McIntyre, and you can contact him by email at [euan.mcintyre@emms.org](mailto:euan.mcintyre@emms.org)

# Recipe

## Malawi Peanut Balls

- 3/4 cup peanuts
- 1/2 cup margarine
- 2 Tbs sugar
- 1/2 tsp vanilla extract
- 1 cup plain flour
- 1 cup icing sugar

1. Preheat oven to 165 C, 325 F, gas mark 3.
2. Line one baking tray with parchment paper and set aside.
3. Place the peanuts into your food processor and pulse until finely chopped.
4. In a large bowl, cream the margarine with the sugar.
5. Add the chopped peanuts, vanilla and flour. Mix until well combined. The dough will look crumbly, but that's okay.
6. Using your fingers, form 1-inch balls and place them on the prepared sheet.
7. Bake for 35 minutes.
8. Let cool for 5 minutes, then roll in the icing sugar to cover.
9. Keep the leftover sugar. Let the peanut balls cool completely, then roll them again through the powdered sugar.
10. Enjoy!



# Recipe

## Malawi Sweet Potato Cakes

Makes 12 (3") cookies

- ½ cup mashed sweet potatoes
- 2 tbsp unsalted butter, melted
- 1 cup plain flour
- ¼ cup brown sugar, loosely packed
- 2 tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- ¼ c raisins

1. Preheat oven to 190 C, 375 F, gas mark 5.
2. In a large bowl, mix mashed sweet potatoes and melted butter.
3. Add flour, brown sugar, baking powder, and salt. Mix well until a soft dough forms.
4. Add the raisins and mix until incorporated.
5. Turn the dough out onto a well-floured surface and knead it a few times until the dough is solid enough to roll out.
6. Roll the dough 1/2" thick and cut the cookies with a cookie cutter (heart-shaped is traditional). Place the cut cookies onto a parchment-lined baking sheet. Re-roll and cut any remaining dough, until all the dough has been used.
7. Bake the cookies for 12-15 minutes, until firm and slightly springy when touched.
8. Remove the cookies from the oven and let them cool on the baking sheet for 5 minutes before moving them to a wire rack to finish cooling.
9. Enjoy!



# Miriam's Story



Miriam lives in a village in Malawi and, like many other young girls and women, she works long hard days in the fields tending to crops. Miriam was pregnant and her baby was due at any moment. Unlike here in Scotland, where employees can start maternity leave a few weeks before their due date, Miriam was working in the fields on the day her waters broke.

Her journey as a mother began in a hot, dry field. Now that journey was one of hope as she mounted the back of a bicycle with her mother. She travelled 20km to the Nkomaula Health Centre, over bumpy roads, through the Phalombe plains, and passing dried-out rivers. Her first hope was that she would make it to the hospital safely and in plenty of time to deliver her first child. The journey was like the one her mother had taken years before when she gave birth to Miriam.

During the cycle, Miriam hoped for a clean hospital, clean running water and medical staff to care for her and her baby. She hoped for a safe birth and, most of all, she hoped for a healthy, happy child. When she arrived, tired and weary, many of those hopes were dashed.

There was no mains water supply, and sanitary facilities were non-existent. Her mother was asked to fetch water from the nearest well or the river if the hand pump was not working. Without electricity, the midwife had to deliver Miriam's baby by torchlight. Then, shortly after giving birth, the only way Miriam was able to clean herself was with water from a bucket whilst trying to stay out of the view of others behind a tattered bamboo fence. In fact, the facilities had not really improved since her mother had given birth to Miriam.

Can you imagine how that would feel? Let's just take a moment to reflect on Miriam's journey. Now, this story does have a cheerful ending. Miriam gave birth to a happy, healthy girl. Now Miriam is hoping and praying that, by the time her daughter is a mother, her experience will be much better. EMMS International aims to supply 20 rural health centres in Malawi with the gift of clean running water to ensure young mothers like Miriam can give their newborn babies the best start in life.





# Healthcare Career Pathway

The global healthcare crisis demands bold and urgent action. EMMS International has launched an ambitious fundraising drive to recruit, train and find sustainable employment for a further 300 healthcare professionals to help address skills shortages in hospitals and healthcare centres.

The programme will especially target vulnerable women and girls, providing them with a rare opportunity to gain a profession and pursue their own dreams. Christina Mkandawire is a nurse midwife technician in Malawi and an alumna of EMMS-sponsored training.

She explains: "Firstly, if it was not for EMMS International, I could not have been where I am today. You took me at the time I needed help most in my life. I was hopeless that I wouldn't make it this far because my parents could not manage to provide the much-needed financial support to complete my studies. You took me and treated me as your own daughter by providing everything a student needed." Having completed her training, Christina now works in a community health facility close to home. Her presence improves access to healthcare and also gives her the opportunity to earn a living and inspire future generations who rarely see young, female role models.



## **A Vision to Build the Global Healthcare Workforce**

From 2022-2028, EMMS International aims to boost and develop the healthcare workforce across Malawi, Nepal and India by providing access to the pathway to 300 potential healthcare professionals. Learning from operating small-scale scholarship schemes like the one that supported Christina Mkandawire has shown EMMS that scholarship access alone is not always enough.

EMMS has developed the Healthcare Pathway to increase successful outcomes for the most disenfranchised women and girls. The process identifies barriers and seeks to overcome these by providing a range of supportive measures to encourage vulnerable women and girls to continue in further education. This can include access to English language training, course fees, and essentials such as books, learning tools, accommodation and food, throughout their studies.

# More about EMMS International

EMMS International's vision is of a just world in which all people have access to good quality and dignified healthcare.

## **EMMS International is Scotland's international healthcare charity.**

EMMS International currently works in India, Nepal, Malawi, and Scotland, responding to health crises; reducing the impact of gender inequality, disease, and climate change on health; improving rural healthcare; training vulnerable girls as health workers; and developing holistic palliative care for the poorest families. In the last seven years alone, we have helped over one million people.

As one of Scotland's oldest charities – founded in Edinburgh in 1841, the offices have been based there ever since. The team comprises six staff members in the UK, working alongside trusted international partners in some of the poorest and hardest-to-reach communities in the world. As a lean, agile organisation, overheads are kept low, meaning that 87p in every £1 raised is spent on life-transforming projects.



## **A few key achievements in 2021/22:**

- We helped 246,276 poor and vulnerable people.
- Our work meant that 18,959 people received emergency healthcare including COVID-19 care.
- 12,197 palliative care patients with chronic illnesses and disabilities were cared for, and 60,985 family members supported.
- We supported 46 people – mostly women and girls - to train for healthcare careers in India, Nepal and Malawi.
- We began work building a new College of Nursing in Bihar, India's poorest state.
- 1,100 pupils at six schools in Malawi improved their knowledge of sexual health and girls rights.
- We set up seven tuberculosis committees in rural Malawi, which help to protect local communities and provide better access to testing.

# Transferring Your Funds to EMMS International

Thank you so much for raising money and awareness of EMMS International's work to relieve poverty and sickness through compassionate, high-quality healthcare for some of the world's most vulnerable people. There are a few ways to get the funds that you raise to EMMS International:

## **JustGiving**

If taking your donations through a JustGiving page, all the money that you raise will come directly to EMMS International. Please remember that if donations are eligible, ticking the gift aid box means a gift of £1 becomes £1.25, at no extra cost to you.

## **Posting a Cheque**

If you would like to pay by cheque, please make this out to EMMS International and send it to our office:

EMMS International, 57 Norton Park, Albion Road, EH7 5QY

## **Bank Deposit**

You can pay donations directly into our bank account (please reference your name and Tea-Fest)

Bank Name: Bank of Scotland  
Account Name: EMMS International  
Account No: 06000668  
Sort Code: 80-02-28



*Thank you for  
brewing this!*







Join us for a

# Malawi Tea-Fest

In aid of  
**EMMS**International  
Health for Today, **Hope for Tomorrow**

Date:

Time:

Location:





# EMMSInternational

Health for Today, Hope for Tomorrow

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