

### What we do

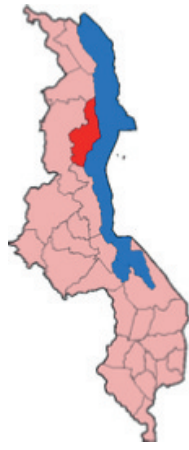
**Overriding objective is to overcome poverty in an area of 60 villages. Here's how:**

- Prioritise help to 1,000 families who rely on subsistence farming.
- Provide start-up and growth loans to people who want to run their own business.
- Adult literacy classes for people who didn't finish school to
  - improve capacity to consult and co-operate
  - enable literate adults to support their children
  - literacy is a condition for going on business loans training.
- Create capacity among youth as the future core of the community.

**Capacity's Social Action Fund enables the community to finance local projects:**

- the community generates the money
- the community decides on the projects

**Uniquely, the SAF avoids waiting for external aid and creates local control.**



## UPDATES FROM MALENGA MZOMA

THE CAPACITY FOUNDATION WORKS IN 60 VILLAGES COLLECTIVELY KNOWN AS MALENGA MOZOMA, IN NKHATA BAY DISTRICT (NBD IS SHOWN RED)

### House to house survey will roll on

Five years ago, a landmark baseline household survey was carried out in TA Malenga Mzoma to discover in statistical terms the reality of people's lives. The survey sample was very large - 1200 (30%) of the total households in the 60 villages. The survey covered health, education, poverty levels, land and livestock holdings, water and food security, housing stock and sources of income.

Starting this month, the survey is being run again with a threefold purpose:

- 1 the sample areas are being revisited to check progress
- 2 a baseline 10% sample of all 60 villages will be undertaken
- 3 a rolling survey will re-interview each household every 2 years.

The 10% sample will enable the community to prioritise where the loans programme should be extended, where more adult literacy classes should be started, where more farming developments fields should be launched and so on.



### Coping with COVID-19 in Malawi Overleaf - how Capacity is managing during the pandemic

### Over 100 Academy students graduate

A record 117 students graduated from the Capacity Foundation Academy, the eight schools teaching adults literacy and numeracy. It takes the total number of graduates to 264, nearly 7% of all the households in Malenga Mzoma.



Some of the graduates with Parker Banda, a Capacity Trustee.

There are eight classes, each running three afternoons a week (Monday, Wednesday and Friday for one set; Tuesday, Thursday and Saturday for the second). Graduates proudly receive a certificate endorsed by the District Commissioner and a t-shirt proclaiming their success (which also serves as a walking advert for the Academy).

### 169 people have enrolled for the new term

Many Academy students have expressed the wish to learn some English, so we recently invested in a Chichewa-English dictionary for each class. *Zikomo - Thank you!*



### Capacity open for business

From the beginning, an objective has been to make the Capacity Foundation financially independent of fundraising. Social enterprises (SEs) are part of that: COVID-19 has forced us to bring those plans forward and overleaf we explain the various businesses we are running.



The Foundation also runs a motorcycle taxi and owns a fishing boat.

**ORGANIC**

## Bokashi working its magic

Perhaps the greatest challenge Capacity faces is how to help the very poorest families in Malenga Mzoma escape poverty. A quarter of families are subsisting on cassava and mostly have virtually no visible income. Helping them get their land productive is a priority and the Japanese practice of making *bokashi* is key.

Two members of Capacity staff, Kennas Jim and Vincent Mphande, trained under a renowned *bokashi* expert, JuanFran Lopez, and are in turn teaching farming families how to make and use this organic fermented compost which acts as a soil amendment. Kennas tried it on his land first, with very obvious (and spectacular) results.



**£8**

enables a family to turn its poor soil into fertile ground so they can eat healthily and produce a surplus

In the west, *bokashi* often includes food waste but not so in Malenga Mzoma. But almost all the ingredients (see box at top right) can be sourced locally and the cost of those that can't be is just £8 (\$11). Application of *bokashi* turns poor soil fertile and its impact lasts for at least two years before it needs repeating. Land is the biggest asset in rural Malawi, with almost all families having at least a small piece of land.

## Youth programme to launch

It's very important to encourage young people to make their life in Malenga Mzoma rather than head to the city to try and make their fortune.

Many young people fail to finish school and their education remains incomplete (no Certificate of Secondary Education), while others get their CSE but can't secure the professional job they aspired to. University places are limited and require fees.

Accessing local young people's skills and vitality is crucial



The youth groups will meet weekly and will mobilise young people for community projects, encouraging them to find areas they can be of service.

Utilising arts and crafts, sport and music in the programme delivery, education on HIV will be given; communication and leadership skills will be improved; and the youth will lead public awareness on climate change and the environment.

Vocational training will also be an objective, working within Malawi's official TEVETA training regulatory framework; and attendees will be empowered to assist their peers to share in the common purpose of building a better society in Malenga Mzoma.

## COVID prompts strategy switch

Capacity's strategy is to eventually – perhaps in the next 5 years – replace dependence on fundraising with a sustainable funding model. A key element is to develop a set of businesses that are all social enterprises (see right).

COVID-19 stopped fundraising in the UK in its tracks, so the strategy in Malenga Mzoma has been to advance quickly with existing plans to open a restaurant and a supermarket in Chintheche where Capacity is based, to help replace incoming foreign funds. You can see more about the restaurant (Mamama) and the shop (Chanju) on our website – [www.capacityfoundation.org](http://www.capacityfoundation.org). The businesses have so far created 14 jobs.

Capacity has already been running a successful motorcycle taxi service for two years.

## Bokashi ingredients

- 10 litres molasses / sugar syrup / brown sugar
- 1 sack maize bran
- 2 sacks rice bran
- 1 sack charcoal
- 3 sacks cow dung / chicken or goat manure
- 1 sack clay / top soil
- 250 gms yeast
- 10 kgs ashes
- Water (can be untreated)

### JuanFran Lopez

Learn about JuanFran's passion and skills (*bokashi* and more) at [juanfranlopez.com](http://juanfranlopez.com)

### A young country

46% of Malawi's population is aged 14 or younger.

Only 3% of Malawians are aged 65 or over.

### TEVETA

The Technical, Entrepreneurial and Vocational Education and Training (TEVET) Authority's remit is to develop skills that are sustainable and which grow the country's skilled labour market.

### SOCIAL ENTERPRISES

Social enterprises' chief characteristic is that their profits are used for social benefit. In Capacity's case, our businesses contribute to the Foundation's funding requirements.