

EDITORS NOTE

Our valued readers, welcome.

In this issue a top tier Bundesliga team, Hoffenheim salutes Tiwale adolescent services and donates 122 football jerseys.

Counselors at Lighthouse also join in the Malawi Association of Counselors conference where counseling is described as a profession that is not fully recognized, yet it proves to be beneficial in prevention and healing of most psychosocial problems.

In addition Lighthouse honors adherent clients while its staff donate blood contributing to saving lives in this years open day.

Enjoy reading.

Hoffenheim donates Jerseys to Tiwale

By Mirriam Chipanda



Lighthouse staff with some of the adolescents

In July, German football league top tier Bundesliga team, Turn- und Sportgemeinschaft (TSG) 1899 Hoffenheim, donated 122 football jerseys to the Lighthouse Tiwale adolescent's service. These jerseys were donated to be used for intentional behavior empowerment support sporting activities which makes a part of the adolescent annual activity plan.

The Lighthouse-Hoffenheim relationship is due to the partnership between Lighthouse and Universi-

ties of Heidelberg and Cologne in Germany. Hoffenheim had previously donated footballs to several youth organizations in Malawi and Lighthouse was one of the beneficiaries of this donation through Dr. Colin Speight, Lighthouse Clinical Advisor from 2013 to 2015. After this donation, pictures were sent to Dr. Florian, a former Lighthouse Clinical Advisor, Faculty member of University of Heidelberg and leader of the

Friends of Lighthouse—Germany who then delivered these photographs to Hoffenheim club. Outstandingly, Lighthouse was the only Malawian organization that had acknowledged receipt of the donation, which impressed Hoffenheim and led to this donation of 122 football Jerseys.

Thom Chaweza, Lighthouse Clinic Coordinator, and Angelina Nhlema, Lightening Study

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2nd Annual MAC Conference Exposes Sleeping Giant

By Mirriam Chipanda



A cross section of counselors and dignitaries at the conference

Close to 100 Lighthouse HIV Testing Counselors and HIV Diagnostic Assistants (HDAs) joined counsellors from various disciplines within Malawi for the second National Conference for the Malawi Association of Counselors (MAC) that took place on the 9th of August 2016 at Pacific Hotel in Lilongwe.

The conference which was themed “Counseling for Healing, Growth and Wellbeing”, addressed mental and psychosocial problems taking place within Malawi, the gaps within counselling practices, the challenges facing the growth of the service in Malawi, and highlighted the need for support systems for those working in the profession.

Presiding over this gathering was Prof. Sam Phiri, Executive Director of Lighthouse Trust, who in his speech said professionally trained psychosocial counsellors, the psychotherapists, are needed in mitigating the impact of psychosocial challenges the people of Malawi are currently facing. Expounding that there was a growing awareness that over 20% of primary health care users suffer from physical illnesses triggered or caused by psychosocial emotional problems. And that under the current clinical setup, medical attention is mostly tailored to

tackle the physical illness, leaving the mental and psychosocial problems, the causative agents, unresolved and unattended. In his speech he also reminded MAC, whose role is making sure the people of Malawi have access to proper adequate counselling services, of its responsibility in overseeing the professional quality of counselling training and services, governed by ethical standards including confidentiality. Concluding by commending the work of the association and presence of the participants.

Presentations on the program included the Key Note Address by Dr. Beatrice Mwagomba, Program Manager for Non-communicable Diseases at the Ministry of Health, an update regarding the annual activities of the association by Mr. Dominic Nsona, MAC interim Chairperson and Lighthouse HIV Testing Counselling Services Coordinator, and a thought provoking presentation on the critical review of counselling practice in Malawi by Mr. Essau Chinkwezule, the Dean of Guidance and Counselling at the Africa University of Guidance, Counselling and Youth Development.

In her presentation, Dr. Beatrice Mwagomba gave a brief background of the different types of counselling, outlining the work involved in individual, couples, family, and group counselling, services which are available across Malawi. She went on to explain that the basic principles of counselling applied to various scope of problems and that specific counselling programs such as the Comprehensive HIV Testing and Counselling trainings had the foundation of key counselling principles.

Dr. Mwagomba also expressed the need for talking therapy for people with chronic health conditions such as hypertension and diabetes, explaining that they were more vulnerable to depression. Anger Management, divorce, and substance abuse were also highlighted during her presentation as cases that needed attention in Malawi.

While much of the discussion centered on the western understanding of counselling, Mr. Essau Chinkwezule, whose presentation was titled *The Sleeping Giant: Critical Review of Counselling Practice in Malawi*, married the western and cultural under-

Hoffenheim donates Jerseys to Tiwale services *From page 1*



(From L) Thom Chaweza, Dr. Neuhann, and Angelina Nhlema at HSG Hoffenheim

Coordinator, received the donation on behalf of the Lighthouse on their visit to Germany during their short course on Quality Man-

agement in International Health at the University of Heidelberg. The team took time to visit the Hoffenheim Training Camp with Dr. Neuhann and tour the premises.

The Nutritional Adolescent Support Officer (NASO), Robert Qaba, said the donation was timely, looking at the number of adolescents that are accessing care and support at the Lighthouse, it is going to help to reinforce positive psycho social behaviors amongst adolescents. The program, which started with 25 adolescents in 2008, currently

has 497 adolescents receiving ART care and treatment at Martin Preuss Center, another Lighthouse Trust center at Lilongwe's Bwaila Hospital. The program itself has a number of activities, ranging from intentional programming and child centeredness camps, advanced leadership for older adolescents, routine Antiretroviral Therapy (ART) and psychosocial clinics, parental and guardian training, exchange education trips, Care of Carers for service providers, and the annual Memory Tree Graduation ceremony.

2nd Annual MAC Conference Exposes Sleeping Giant *From page 2*

standing of counseling to analyze the meaning of mental health in the Malawian traditional setting. Outlining the reasons why counselling practice was not fully utilized by the people of Malawi and explaining that part of the problem was that

the service itself was not properly provided and readily available in the facilities.

To top it all, although much of the day entailed discussing the "unrealized potential" of counselling in Malawi, it was evident

from the turn out of the participants for the conference that many within the profession understand their role in strengthening self-esteem, improving coping skills and promoting behavioral change and optimal mental health for the communities of Malawi.

Executive Director's remarks in third quarter

By Miriam Chipanda

The 3rd quarter's review of activities came to an end with words from Prof. Sam Phiri, the Executive Director, commending departments for their continuous efforts and achievements. Stating collective coordination was the essence of the Centers of Excellence that are Lighthouse and Martin Preuss Center.

He explained that defining what we do, how we do it and by when it is

done, contributed to the success that is Lighthouse today. Expanding that the impact of an organization is weighed on the effectiveness and efficiency of its planned projects and proves how responsive it is to the gaps "found" in existing services.

He continued on to say that as an organization grows, the management of the institution has to have in place systems that work well both technically

and financially as its dependents grow too.

He then called on all members of staff to continue the hard work. That although there was more work to be done, our clients and the communities dependent on Lighthouse expect that we provide 100 percent. Concluding that improving and developing newer systems was beneficial to the smooth running of the operations of the Lighthouse.

Congratulations Zione and Mercy

By Mirriam Chipanda



*"Its tough but rewarding" says
Zione Nyirongo*

This quarter saw 2 of the Lighthouse family members successfully defend thesis and graduate.

Zione Nyirongo, District HTS Program Coordinator, graduated with a Bachelor's degree in Project Management from the University of Cavendish in Zambia, while Mercy Mikanda, Information Education and Communications Officer, graduated with a Bachelor's degree in

Journalism from Blantyre International University.

Asked to describe their experience during their study, Zione, from Nursing Professional background, who also holds diplomas in Community Development and Purchasing and Supply stated "it was tough but rewarding." She encouraged others to pursue higher education, saying, education naturally is a key to success, it not only empowers a woman, but gives her insight and better understanding of the ever changing world.

Mercy, a holder of Business Studies diploma and various certificates herself, said "It was tough to combine work, education and family life. However, the support that I received from my close friends and family contributed to my success." Her advice to those

aspiring to achieve a higher education paper was simple: "Just go for it!"

Sam Zimba, the Training Manager, exclaimed his excitement at seeing staff members taking an initiative to further their personal professional development, encouraging other staff members "to aim high and develop their skills and knowledge further for them to be relevant at all times."

From the Lighthouse family, it was a unanimous Congratulations to the two!



"just go for it"; Mercy Mikanda

Editorial Team

Prof. S. Phiri

Salem Gugsu

Sam Zimba

"Our bodies are our gardens – our wills are our gardeners." ~William Shakespeare

Our Vision

To be a recognised leader in the provision of high quality HIV services and to improve the lives of people affected by HIV

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Our Mission

The Lighthouse trust contributes to Malawi's national response to HIV as a model in providing a continuum of high quality care and building capacity in the health sector

LIGHTHOUSE