

Disabilities and Rehabilitation



Efar Mbukwa is unfazed by her disability. Efar is 23-years-old and after being struck with polio as a baby, has lost the use of her legs and her hands are mildly deformed – yet despite this, she doesn't let her disability get in the way of earning money to help support her family.

One of four children, all which were born at home, her parents didn't know the benefits of vaccinations so subsequently Efar nor her siblings Mickina, Eston and Myness were vaccinated. As a result three of them, Efar, Mickina and Eston were unlucky to be struck by polio.

Efar however has created a little business making traditional Matete mats. To make these mats, Efar only has to rely on her sister Myness to collect the materials – which are free as they are banana tree leave stalks.

From the bundles of stalks, she then splits the stalks into thinner strips and then uses other natural fibres for string to bind the stalk pieces together to create the mats.



The mats she sells at 1,000 Malawian kwacha, the equivalent of around £1.20. The family then use the money to buy soap, clothes and sometimes sugar.

Both Efar's mother and father are farmers so rely on having a good harvest of cassava and vegetables to provide the family with the rest of their food.

Efar is now training her sister Mickina in how to make the mats as she is receiving more and more orders.

Mickina, 13 and Eston, 15 who both had polio too have also lost the use of their legs as a result and until two years ago, were unable to get to school but thanks to volunteers at RIPPLE Africa, wheelchairs were bought and the pair have now completed their first three years at primary school

On behalf of Efar, Mickina and Eston we'd like to say Thank You for taking the time to support and read about one of our healthcare projects.

Tawonga Ukongwa!