EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

5th November 2026

ISSN 2753-2771

EPSOM & EWELL TIMES

Up to £1 where sold

Hear all about an Epsom charity's medical support for Malawi.

17 July 2022

Undaunted by the 4500 miles distance between **Epsom** and **Chilaweni** in Malawi, local resident **Ruth Markus** heads a charity founded in her son's name. "**Alex's Medical & Educational Clinic in Africa**" (AMECA). Before he died at the age of 23 Alex was a junior doctor, a British Army officer and a qualified paratrooper. **AMECA** is committed to healthcare delivery, training healthcare professionals and to healthcare education in sub-Saharan African countries, through sustainable initiatives.

Feature photo is Alex providing medical care. His passion and vocation.

The **AMECA Primary Healthcare Clinic** at Chilaweni in Malawi opened in May 2017 and is dedicated to the memory of Alex. The Clinic currently serves 38,000 people in 23 villages. It sees on average, 4,000 outpatients each month. These communities had no prior access to any accessible healthcare facilities.

Ameca Maternity Clinic opened November 2020

AMECA supports surgical training at district hospitals in Malawi through **Links in Africa for Surgical Training** (LAST). Led by AMECA's Clinical Director, Consultant **Surgeon Paul Thomas**, LAST is committed to providing surgical training to improve sustainable surgical healthcare in Africa.

On **August 7th at 10am** at **St Martin's Church**, Church Street, Epsom **Ruth Markus** will speak about the work of the charity and update on the Maternity Unit built at Chilaweni Village. The illustrated talk will celebrate the success of the maternity unit and maternity mentorship programme, implemented to raise standards of clinical care for mothers and babies and to deliver respectful and inclusive treatment to mothers.

© 2021-2026. No content may be copied without the permission of Epsom and Ewell Times Ltd. Registered office: Upper Chambers, 7 Waterloo Road, Epsom KT19 8AY

ISSN 2753-2771

More information can be obtained from the website AMECA | Alex`s Medical & Educational Clinic in Africa

© 2021-2026. No content may be copied without the permission of Epsom and Ewell Times Ltd. Registered office: Upper Chambers, 7 Waterloo Road, Epsom KT19 8AY