

Zambia, Malawi (tune of *Lean on Me*)



Zambia

Sometimes in our lives
We all can see
What Nature bestows
Victoria Falls
In **Zambia**
Nature's beauty glows

HIV and AIDS are wrong
Many need Grannies
To help them carry on
To help them get strong
So many still need
Grannies to lean on



Zambia Orphan Aid
ZOA helps
With education
Ways to build income
Vegetable farms
And maize that will grow
Just call on grandmother
When you need a hand
SLF & grans are there to lean on



Folks call on the grandmothers
When they need a hand
We all need somebody to lean on
Grans will help solve the problems
Cause they understand
They'll help all carry on
Children in Distress
Really do have needs
CINDI Kitwe Trust
Dreams of a community
Children need some help
To live healthy lives and to be strong

If they have a problem
The Grans'll understand
SLF Grans are there to lean on
If there is deep grief
You have to bear
The Grans are right there
To support you
If you just call them
Call them
If you need some help
Call them
Call them
Call them
Call them



Malawi

HIV and AIDS
Bring so much pain
And so much sorrow
Can't fix with bandaids
We know that there's
Hope for tomorrow

HIV and AIDS are wrong
Many need Grannies
To help them carry on
To help them get strong
So many still need
Grannies to lean on

Grans give support
Women and Children
And Grans advocate
For their Human Rights
Groups such as FAST
And COVWOC
Help those victimized
They all need a hand
Grans & SLF they can lean on



Women & Children
So much advocacy there
Just call grandmothers
As they have ways
To help with sorrow
Supports they offer
When they lend a hand
You just call on them sister
When you need a hand
You know who they can lean on
They try solving the problems
That we understand
HIV and AIDS programs are there
Human Rights - people do care
Rehabilitation
Helps folks to carry on
If one needs a hand
Just call on Gran
If one needs a hand



If there is a problem
The Grans'll understand
They're always there to lean on
If there is deep grief
You have to bear
The Grans are right there
To support you
If you just call them
Call them
If you need some help
Call them
Call them
Call them

So many problems
The Grans try to fix
Many programs to lean on
If you are in doubt
Just take a look
At the list right down there
The acronyms
Are explained there, too
Call them
When help is needed
Call them
Call them
Call them



CAVWOC: Centre for Alternatives for Victimized Women and Children

CHRR: Centre for Human Rights and Rehabilitation

FAST: Focus Assessment Sonography for Trauma

NAPHAM: National Association for People Living with HIV and AIDS in Malawi

NAYO: Nancholi Youth Organization

RISE: Rights Institute for Social Empowerment

Ekwendeni Hospital HIV/AIDS Programme

