



Kindled Spirit

igniting hope & freedom...

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NEWSLETTER } May 2016

Against Human Trafficking

www.kindledspirit.org.uk

Help Us – Spread The Word

As you will see from the article on page 4, the impact you can make is significant. We at Kindled Spirit are proud to be associated with and support Kshamata in the good work that they do, supporting the survivors of trafficking. They too are only a small charity, but they do punch above their weight and are being heard alongside the large more established human rights NGO's in Mumbai.

Kshamata is now being approached by the state government of Maharashtra, (the Indian state where Mumbai is located), to help them support and train the rescued girls to make them confident and self sufficient for their new life of freedom and empowerment. Kshamata utilises their own support model, which was developed by Bharathy Thahiliani (Kshamata founder and CEO). It is the model that the trustees of Kindled Spirit have seen in action and applaud. The only barrier to extending this model to support more girls is funding. Therefore we are reaching out to you to spread the word through whatever means suits you, be that social media or other communications channels. Many of you use LinkedIn and Twitter, so please get the message out there and tell people about Kindled Spirit and point them to our website - we can take it from there.



Gift Aid & Mydonate

Supporting Kindled Spirit could not be easier, we are registered with Mydonate and are also registered with HMRC to collect Gift Aid, so when spreading the word, please mention this.

To donate, please go to:

www.kindledspirit.org.uk/how-can-i-help/



95% of all victims trafficked experience physical or sexual violence.

\$32bn Estimated Human Trafficking Trade per annum

161 Countries effected by the abhorrent crime of human trafficking

Welcome

Welcome to our fourth newsletter, already this is proving to be an interesting year for Kindled Spirit. One of our key objectives is raising the awareness of the horrors of trafficking. In a small way we are beginning to get our message out there. People are now going onto the Kindled Spirit website and making donations, this is a positive step forward as we are still only a young charity, but we are making a difference – thank you.

So one of our drivers for 2016 is to increase awareness, in this newsletter we are asking you to help us with that – please contact friends and work colleagues to see how you can help us.

We are still looking for cyclists to take part in Cycle India; this challenge is open to cyclists of all stamina's. Each leg is an individual event in itself and is ranked with a 'Challenge Grade' so there could be one that suits you. Go onto our website and take a look.

Finally we have a further positive update from Bharathy Thahiliani the founder and CEO of Kshamata in Mumbai. These regular updates are important as it keeps you, the supporters, informed of progress and demonstrates how you can and do make a difference.

Thank you from all the trustees of Kindled Spirit, enjoy the read !

Richard Cribb

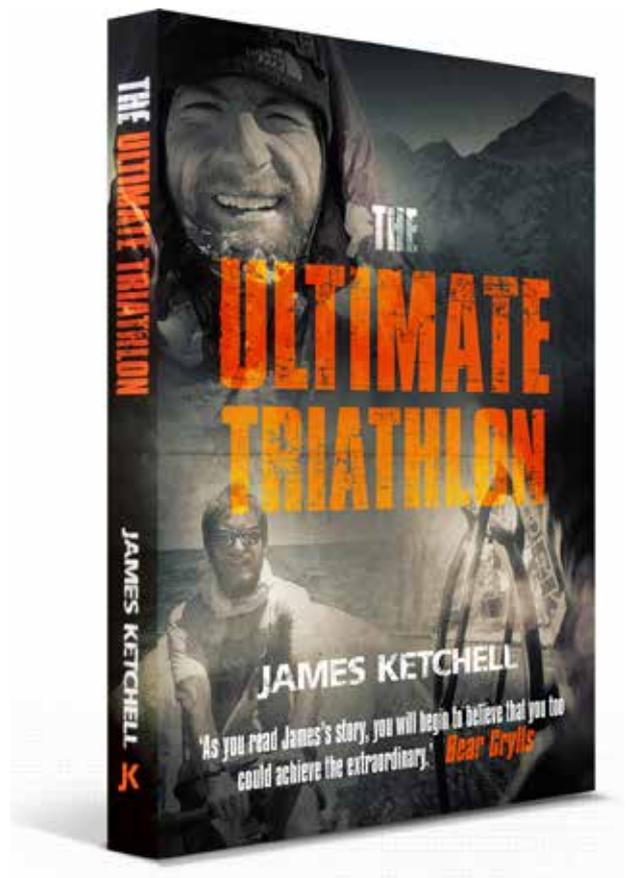


James Ketchell Book Launch

James is a great supporter of Kindled Spirit; he spoke at our inaugural dinner in 2014 and visited the Kshamata project in Mumbai some months later. He will be donating his time to the Cycle India ride later in the year, which is hugely appreciated by the Trustees.

This remarkable man is the first person ever to have rowed The Atlantic un-supported, climbed Everest and cycled around the world un-supported. He achieved all of this on the back of a serious motorcycle accident, when his doctors told James that he may never walk properly again.

On 7th April, James launched his book 'The Ultimate Triathlon' which tells this remarkable story. Summer time is coming, why not make this your holiday read, his book can be purchased at:



www.jamesketchell.net/shop/



Cycle India

In our previous newsletter we made you aware of our fund-raising event planned for late this year and early next.

That is the opportunity to cycle through India, raising funds for Kindled Spirit. What makes this event different from other charity cycle rides is that you can choose the type of terrain you cycle in, northern India for the more challenging rides, or southern India for those who prefer roads a little more flat. In addition to this, you will be cycling with global adventurer James Ketchell, who will be leading each of the independent legs of the event.

The first leg is in November 2016, the last leg ending February 2017 in Mumbai.

Learn more at:
www.kindledspirit.org.uk/cycle-india/

Other Ways You Can Support Us

If the thought of cycling in India is too much for you, there are other ways you can help. You could organise a charity event, or it could be a personal undertaking – a work / school / sports team challenge, anything that helps raise the profile of the anti-trafficking movement.

MARATHONS, **Coffee**

Mornings, **WALKS, CYCLE RIDES,**

3 Peaks Challenge, **TENNISATHON,**

Bring & Buy Sales, **RACE NIGHT**

We can provide branded banners and literature if required, please do get in touch at the email address below if you wish to organise or undertake an event.

Email: info@kindledspirit.org.uk

Update From Kshamata – by CEO and Founder Bharathy Thahiliani

In the last newsletter we told you about how the girls at Kshamata had won a contract to provide clothing to the US clothing store Raven & Lily, this initiative employed 5 girls over a period of 3 months.

The great news is that the products were so successful that a much larger order has now been placed, which will keep up to 45 girls busy over the next few months, a fantastic achievement, which raises the confidence for all involved.

With this success under our belt, Kshamata has been exploring the advancement of textile production as part of our programme; we have received offers of support from industry professionals in Mumbai. As a result a number of girls are now embarking on: Young Fashion Makers – Advanced Tailoring & Fashion Design Course

This is a fantastic opportunity for the girls; the overall objectives of the course are as follows:

- To provide the girls with more practical and sustainable training
- To improve the tailoring skills of the girls and encourage them to pursue it as a career in future
- To mentor the girls who are passionate about fashion and design
- To empower them socially and economically which will reduce their vulnerability.

The courses are being run at the Bhivandi Observational Home, which is a government run shelter for rescued girls in Mumbai. This in itself is further proof that Kshamata is really beginning to make a difference to so many girls.

If that was not enough, also in the last newsletter we also told you about the art competition organised by Kshamata, with over 300 girls across 9 government shelter homes taking part. Well the art theme continues, with the development of a new art based workshop.

Art Based Workshop

The Khula Aasman organisation has run three art based therapy workshops for Kshamata girls at the Kshamata Transformation Centre, KTC (earlier called the Skills Development Centre). The workshops covered various art therapies such as dance, music, painting, drama and so on. The workshops helped girls vent their emotions through art and understand their potential and shortcomings too.

Soft Skills Workshop

Kshamata also organised a range of soft skills workshops for the girls at KTC, in the last quarter. In life soft skills are as important as hard skills, as it leads the girls down the right path, resulting in a balanced view of society. The girls Kshamata work with bring their own perceptions, bitter experiences, unforgettable, horrific memories and hatred / dis-trust in the society they live in. Kshamata run the workshops in order for us to try and bring the girls out of this negative, but understandable viewpoint.

After conducting the workshops the Kshamata team assessed the performance of girls, the relationships amongst them and the changing dynamics at the centre, we decided to build on the success and move to weekly workshops.

The objectives of the workshops are:

- Cultivate and build the capacity of each girl in order for them to develop the capability to lead a quality life
- Develop a sense of responsibility and mutual respect
- Develop and encourage positive coping habits
- Facilitate the process of re-integration
- Develop self confidence and positive self image
- Develop a sense of team spirit and collective efforts

Following the success of our model, we have now started rolling out life skills sessions for adolescent girls from one of the government shelter homes.

Remember the overall objective of the Kshamata model is to support rescued girls and empower them to lead an independent, fulfilling life by providing life skills and vocational training.

Kshamata's unique approach works and is now being recognised as very successful in the rehabilitation of some of the most vulnerable girls in our global society. Kshamata needs funding so that this wonderful opportunity can be given to more vulnerable girls by expanding across Mumbai and India. Your support through Kindled Spirit is so much appreciated.

Contact us:

Email: info@kindledspirit.org.uk

Web: www.kindledspirit.org.uk

