



You can help
save lives!



Charity Registration No. 1159146



You can really make a difference!

We understand that you want to help change other people's lives for the better.

But what can you do?

And where do you start?

You can start by giving us a little bit of help in your spare time.

We're a small charity, but we have a global reach.

So, unlike large charities, every action you take will have a direct, visible impact on other people's lives.

Read on to find out how we have helped Priya, Priti and Asha, and how you can contribute to helping others like them.

The aims of the mPower project

You...

...will be thinking about applying for university, jobs or apprenticeships. Employers, universities and society as a whole look favourably on people who contribute their time or money to worthwhile causes.

If you support the mPower project, you'll be able to include us in your Personal Statement or CV, which will help your application to stand out.

We...

...are an anti-human trafficking charity that raises awareness of this crime against humanity and raises funds to support the young survivors.

We need YOUR help with two things:

- 1) raising awareness of the abuse of human rights as a result of enforced human trafficking, and
- 2) raising funds to enable us to rehabilitate the young female survivors of trafficking in India.

Engaging with the mPower project will help your personal progress and development, and will also support some of the most vulnerable girls in our global society. It's a win-win!



A Guide to this Document

To find out more about us, read on from here!

To discover the benefits of helping us, you can skip forward to What is Needed on page 23.

A Global Problem

- Human trafficking, or modern-day slavery, is an abhorrent crime that affects over 50 million people and 160 countries across the globe.
- 50% of these people are children.
- Trafficking is second only to the international drugs trade in terms of criminal profitability.
- The “trade” in human beings nets organised crime groups an estimated \$100bn per annum – more than the combined annual profits of Microsoft, Google, Intel, Nike and Starbucks.
- Tragically, 80% of these children end up in the commercial sex industry.
- Most trafficked girls are between 9 and 14 years old.





The Situation in India

- Today, 8 million people in India are enslaved*.
- Slavery is illegal in India, but due to the complex social infrastructure, continues on an industrial scale.
- Each year, over 100,000 girls are trafficked in India either from India, Nepal or Bangladesh.
- Children are trafficked into:
 - the commercial sex industry
 - forced marriages
 - bonded labour in brick kilns or carpet weaving

* Source: [Global Slavery Index 2018](#)

The Challenges

- Charities and government officials in India work hard to combat the sex traffickers.
- Young people are rescued from brothels but little subsequent support is available.
- Many cannot return home or are rejected by their families.
- Government care homes are often full, and the girls cannot find work.
- Girls often have no choice but to return to the hands of traffickers.



Two worlds collide.
Three destinies entwined.

A Walk Across the Sun

CORBAN ADDISON



The Story Behind Kindled Spirit

- Issues raised in the book “A Walk Across the Sun” by Corban Addison inspired our Managing Trustee Richard Cribb to act.
- Richard onboarded a like-minded team of Trustees.
- Kindled Spirit’s sole aim is raising awareness and supporting young victims of human trafficking.

About Us

- Formed in 2013 and UK registered in 2014.
- HQ in Warwick, UK.
- Seven Trustees, all voluntary.
- Our objectives:
 - Promote human rights
 - Support victims of human trafficking, especially children
 - Use education to combat this crime against humanity
 - Campaign for changes in behaviours and laws
- Global adventurer James Ketchell actively supports and promotes our charity. Find out more on the next page!





James Ketchell

“ The mPower project is a fabulous idea. Supporting a charity is a great way of making you stand out from the crowd, which can help you move to the next stage in your life. My corporate sponsors make it clear that they support me as a result of the work I do to help charities.

By signing up to the mPower project you are not only giving yourself significant material to improve your personal statement, CV or DofE submissions, you're also helping some of the most vulnerable girls in our global society.

Sadly, over the past decade, enforced human trafficking has become big business. It is an evil crime which can destroy young lives.

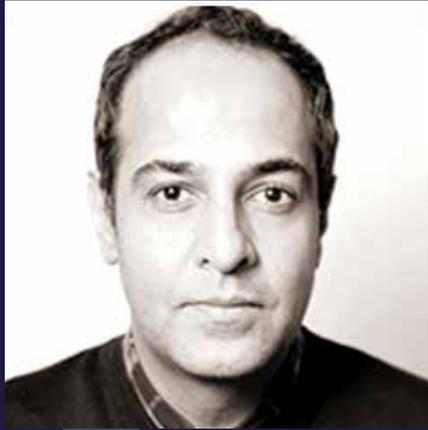
Join me in supporting Kindled Spirit and be part of the positive change for good!

”

James

James Ketchell
Global Adventurer, World Record Holder
and Scouting Ambassador

Our Team



Sital Chandarana
Trustee



Richard Cribb
Managing Trustee



Ian Hanham
Trustee



Milan Zarac
Trustee



Martyn Ball
Trustee



Dilip Jina
Trustee



Pritpal Gill
Trustee



Carole Chick
Secretary



Kshamata - Our Charity Partner in India

- Our sole partner is Kshamata, an Indian registered human trafficking charity based in the Thane district of Mumbai.
- Formed and registered in India in 2012.
- Founded by social worker Bharathy Tahiliani.
- Bharathy formed Kshamata having rescued the same girl three times – recognising the existing support model in Mumbai was broken.
- She developed a unique, self-sustainable support model.



The Kshamata Model

- Kshamata support female victims of trafficking through a unique three-stage model:
 - Engage
 - Equip
 - Empower
- Girls become self-sufficient and move into shared accommodation.
- The model gives the girls freedom, empowerment and independence, providing a long-term, sustainable solution.



The Three Stages in Detail

Engage

- Referral from government centres / other NGOs
- Identify and engage girls
- Counselling / social care
- Initiate basic life and vocational skills

Equip

- Life skills development:
 - Decision making
 - Health, hygiene and nutrition
 - Finance
 - Interpersonal and communication skills
- Vocational training and job readiness
- Building self-esteem and confidence

Empower

- Financial independence
- Integration into society
- Independent living
- Mentoring



Successes So Far

- Our continued advisory and financial support to Kshamata has allowed them to make a real impact on the lives of over 750 girls and young women.
- Kshamata's young women have found employment in retail, banking, catering, policing and even taxi driving!
- Kshamata recently opened a larger "Transformation Centre". This new residential training centre has allowed them to double the number of girls they can support.

Our Vision

Short Term

To grow Kshamata to enable them to reach out to more girls in the city of Mumbai.

Medium Term

To extend the support model into other cities in India.

Long Term

To liaise and work with NGOs in other countries where trafficking of young girls is an issue e.g. Vietnam, Cambodia and Thailand.



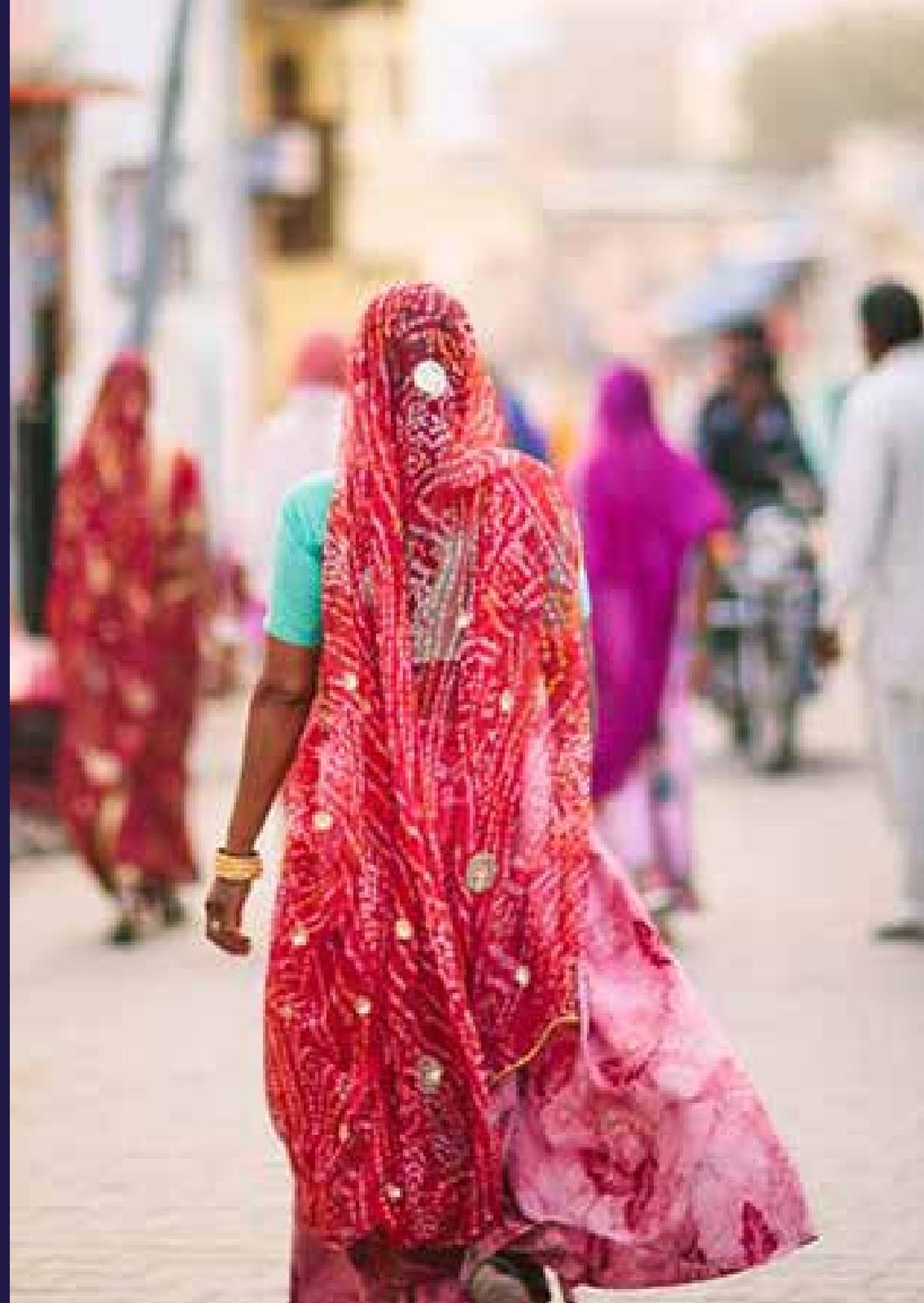
Real Life Stories:

Priya (name changed)

“ I was trafficked and sold by my brother-in-law when I was very young. I ended up in a brothel in Bhivandi red light area. I begged for help but in vain. Gradually, I submitted to it as I had no hope of escaping.

Some years later, I was rescued in a police raid and placed in Shanti Sadan Rehabilitation Home. Kshamata gave me counselling and helped me overcome my anger issues, brought about by my treatment in the brothel. They also taught me how to sew and found me some tailoring work, which I loved. I decided I wanted to become a professional tailor, so Kshamata raised enough money for me to buy my own sewing machine. Now I earn my own living altering clothes.

Kshamata provided the supportive environment I never had when I was younger. They have allowed me to build a life for myself that I could only dream of a few years ago. ”





Real Life Stories:

Priti (name changed)

“ After being trafficked and rescued I was left with no confidence and very low self-esteem. Kshamata helped me talk through my terrible experiences. Initially I struggled with how to live the rest of my life. Kshamata gave me training in a range of skills so I could decide what to do next.

I chose to study fashion and eventually became a professional fashion designer. Last year, having designed an outfit for a model (she told me it was beautiful), I had the confidence to walk the catwalk with her.

I saw Kshamata helping other girls in my position, and decided I wanted to give something back. I devoted my time, skill and energy to helping women with a past similar to mine. I have now trained over 150 women in sewing, baking and fashion design.

I can't thank Kshamata enough for giving me a bright and dignified future.

”

Real Life Stories:

Asha (name changed)

“ After being rescued from traffickers, I was placed in the Bhivandi Observation Home and joined the life skills and literacy training program run by Kshamata. I also completed basic training in sewing skills. At this time I was very quiet and shy.

I turned 18 in January 2019 and was referred to Kshamata’s Residential Training Centre. I felt I had come to a different world where I could be myself. I’ve made good friends here and I’m no longer shy!

I learned English and studied Maths and other subjects. As part of my training I attended exhibitions and events, which I really enjoyed. I loved meeting new people and hosting visitors at the Training Centre, so Kshamata enrolled me on a Hotel Management course. I’ve now got a work placement in a 5-star hotel in Mumbai! I’m enjoying every moment and can see a positive and bright future for myself.

”





Kshamata on the Web

These links provide more information on Kshamata and how it is helping girls in India.

- [Girls, Uninterrupted: helping women beat the odds with technology](#)
- [Helping rescued women find their feet](#)
- [A Journey Into The Underbelly Of Mumbai](#)
- [Former sex slave finds freedom in her one-room Mumbai flat](#)

Social Media

You can follow us here:



Twitter



Facebook



Instagram





Find Out More

For a deeper understanding of the issues of trafficking in India, check out the following...

Listen

[Our BBC Asian Network radio interview](#)

Read

[“A Walk Across The Sun” by Corban Addison](#)

[“Sold” by Patricia McCormick](#)

Watch

[“Sold” movie available on You Tube and Google Play at £3.49 \(rated 15\)](#)

[“Extreme World: India” Ross Kemp’s Sky TV documentary. Available on Sky TV On Demand or Daily Motion \(contains adult themes\)](#)

What is Needed

India may seem like a long way away from us in the UK, and the plight of trafficked girls isn't always high on the news agenda. That's why we need your help!

We need help with:

- Raising awareness of the terrible experiences of trafficked girls in India, and the scale of the problem.
- Raising funds to support our work.

That's where you come in.





You Can Make a Difference

You're not yet working full time, so we don't expect you to donate to us personally! But there are lots of other ways you can help.

Here are a few ideas – we'd love to hear your suggestions:

- Use your own social media to raise awareness;
- Arrange an event or undertake a challenge to raise funds;
- Ask your parents, teachers or lecturers to get involved;
- Include our charity in your school project or college course;
- Create a fundraising page online (the [Virgin Money Giving](#) platform has the lowest fees for us, but you can also use [Just Giving](#). We're registered with both platforms).

The event or challenge can be anything from a social gathering to cycling challenge. The more people you get involved, the better. The goal should always be to raise awareness and increase donations.

IMPORTANT You must register ALL events directly with us via the email address below and not through a third party.

Drop us a line at info@kindledspirit.org.uk or find us on [Twitter](#), [Facebook](#) or [Instagram](#).

It Helps to Set a Target

When you're fundraising, it really helps to set a target. Here are some figures to focus on:

£35 provides a girl with English lessons, to increase her employment opportunities

£85 provides a girl with a formal college course, including travel

£240 provides a girl with an internship stipend

£300 gives a girl a year's mental health counselling

£455 provides a year's worth of tools and materials for jewellery making lessons for 20 girls

£735 gives a girl a place on the Kshamata Rehabilitation Programme at their residential centre

£740 provides a year's worth of materials for fashion design and sewing lessons for 20 girls





How You Can Benefit

As well as helping others, volunteering for a charity can improve your CV or UCAS Personal Statement. This will help your university application stand out, and boost your job opportunities.

- We'll provide a letter or reference to include with your UCAS application or CV.
- Your project could be part of your D of E volunteering programme.
- The knowledge that you're helping others is hugely empowering and, in turn, can make you feel happier and more fulfilled.
- You'll personally be able to make active, positive changes in the world.
- Your fundraising efforts could inspire your friends, family and school or college to get involved.

What To Do Next

Check with your parents/guardians for permission.

Ask your school or college for support.

Contact us on info@kindledspirit.org.uk or via social media and we will provide you with posters (if needed) and any more information you need to get your awareness or fundraising project kick-started.





The Important Stuff!

We really appreciate your support, but it's important to remember...

Take care with your social media posts and promotion:

- Human trafficking is a sensitive subject.
- We need to make sure the reputations of Kindled Spirit and Kshamata are maintained and respected.
- Avoid demonising India. Human trafficking is a global issue; the scale of the problem in India is due to its size (twenty times the population of the UK) and its complex social structures.
- Remember there's a huge number of good people in India trying to combat this abuse of human rights.
- Be positive – you are supporting a change for good! The girls in Mumbai can go onto lead a fulfilling, self-sufficient life thanks to the support they receive, which you are now part of.

Also... where possible avoid handling cash, from an audit and safety perspective it is much better to receive donations through a fundraising page on Virgin Money Giving or Just Giving. This also helps you to avoid scam websites!

And finally... please ensure you register ALL events directly with us via info@kindledspirit.org.uk and not through a third party.



Thank you for
your interest

Contact

Richard Cribb

Managing Trustee

richard.cribb@kindledspirit.org.uk

