



Kindled Spirit

igniting hope & freedom...

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# NEWSLETTER } April 2022

*Educating and Empowering Women*

*www.kindledspirit.org.uk*

## The Greenland Challenge

### Global Adventurer - James Ketchell Raising Funds for Kindled Spirit

In May 2022 global adventurer James Ketchell will be crossing the country of Greenland on Skis. Greenland is the largest island on earth, it is 2900 kilo-meters long and 1,100 kilo-meters wide. It is a personal goal but also to raise funds for his chosen charity Kindled Spirit. James is well known for his previous challenges, he has climbed Mt Everest, rowed across the Atlantic Ocean, cycled around the world, and more recently set a Guinness World Record when he flew his Gyrocopter (named Kindled Spirit) around the world.

So please help James help us. There are 2 different ways to give money;

Firstly, go to:

<https://www.justgiving.com/campaign/greenland-challenge>

1. Donate directly using your credit/debit card. To do this, go to the James's page, link above and click the GIVE NOW button and follow the instructions.

**OR**

2. Set-up your own fundraising page and link it to James' fundraising page by going to James's page, link above and clicking on the START FUNDRAISING button and follow the instructions, the money you raise will be automatically added to his total.

There are many ways you can help James raise money, here are a few ideas;

● Sponsored events

- Raffle a donated prize
- Team challenges
- Cake sales
- Jumble sale or 'nearly new' uniform sale

Please encourage your friends and family to take part, the more people who get involved the more funds we will raise.

When you do your challenge, wear something ORANGE to represent the Greenland challenge.

#### Social Media

We would like to tell people about the fundraising activities that you are undertaking, or share directly on your social media platforms. We are on:



So please 'Like' and 'Follow' us on these channels.

By sending the photo(s) to [Info@kindledspirit.org.uk](mailto:Info@kindledspirit.org.uk) you are agreeing to the photo(s) being used on our website or our social media channels.

**PLEASE DO NOT SEND PHOTO(S) IF YOU DO NOT WISH THE PHOTO TO BE SHARED.**

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

\$100bn Estimated Human Trafficking Trade per annum

161 Countries effected by the abhorrent crime of human trafficking

# Editor Note

The last two years have been immensely difficult for families and businesses alike, but also for the charity sector, many have gone to the wall. We have survived, largely on the basis Kindled Spirit is run by volunteers. However, we have operational costs too, so we are launching two major fundraising initiatives; The Greenland Challenge and the Charity Race Night, both described more fully in this newsletter. So please do get involved by either undertaking a challenge yourself, donating to James' fundraising page and/or attending the race night in September.

In addition to all of that, we would like to make you aware of a new crime thriller, *The Girl in The Van*, written by Helen Matthews, a long-term supporter of Kindled Spirit. Like her previous novel *After the Village*, the novels are centred around modern-day slavery, hence the connection with our charity. So, when packing your bags for the holidays, pack these two novels to read on the beach, around the pool or wherever you choose.

Richard Cribb

Founder & Chair



## A NEW NOVEL ABOUT MODERN-DAY SLAVERY FROM KINDLED SPIRIT SUPPORTER HELEN MATTHEWS

Psychological suspense author, Helen Matthews, a supporter of Kindled Spirit, has written about modern slavery and human trafficking in her novels. These hideous crimes affect women, men and children from all parts of the world, as the work of Kindled Spirit and other charities has highlighted. But modern slavery comes in many shapes and forms.

Helen's debut novel *After Leaving the Village* was about a young Albanian woman who was trafficked to the UK. Her latest book *The Girl in the Van*, to be published on 17 March by Darkstroke Books, includes a major sub-plot about 'county lines' a pernicious form of modern slavery that has grown rapidly in the UK in recent years. 'County lines' is where vulnerable children and teens are groomed by gangs and used to carry drugs from cities out to smaller towns or rural area. Once lured into 'county lines' gangs, it can be very hard for victims to break free. Recent survey research shows public awareness of this crime is lower than of other forms of human trafficking and slavery. Sometimes parents don't even realise their own child is involved because they don't spot the signs.

We asked Helen to tell us about the book.

*"The Girl in the Van is a twisty page turner with the strapline: A tormented mother, an abandoned girl, a deadly game of survival."*

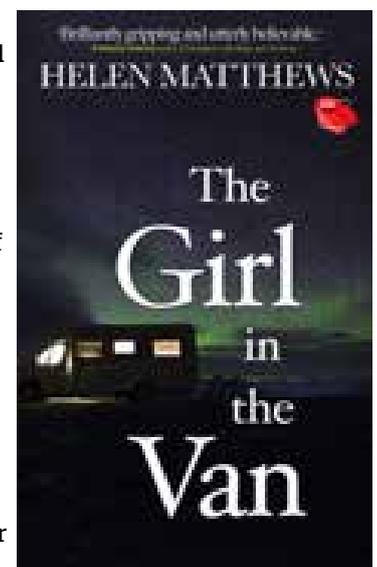
There are three interwoven plots (Laura's story, Ellie's story and Miriana's story). The main narrative is from the viewpoint of Laura, a former teacher, who's lived a solitary

existence since a life-changing event involving her sixteen-year-old daughter, Ellie. Escaping from Wales to London, Laura cuts all ties with her partner Gareth (Ellie's father) and refuses to tell anyone her new address. For two years she struggles on in a mundane job then makes an attempt to re-join the world. She buys an old campervan and joins a group holiday at a campsite in Tenby. Here, her path crosses with a teenage girl, Miriana, who bears an uncanny resemblance to Ellie. As Laura discovers more of Miriana's story, chilling parallels to her own life emerge because someone out there is determined to stop the truth about what happened to Ellie coming out."

Alongside the brilliant work of charities and the media, fiction has a role to play in raising awareness of modern slavery as readers discover the plight of these vulnerable children while reading a gripping page-turner.

*The Girl in the Van* is out on 17 March in eBook and paperback and available for pre-order at this link:

<https://www.amazon.co.uk/dp/B09RFB8MH6/>



## SAVE THE DATE CHARITY RACE NIGHT

Date - Wednesday 21st September 2022

Venue - Kings High School, Warwick

On Wednesday 21st September Kindled Spirit will be hosting a charity Race Night, which are a lot of fun, just like a night at the races. There are a number of virtual races on the night, you bet on your horse to win, you can even become a horse owner and pocket the owner's winnings (should your horse come in first place). Dinner is included in the ticket price and there will be a pay bar.

Use the evening as a Team Event or just come along and meet others at one of the non-sponsored tables.

**"Great Fun"**

**"Thoroughly Enjoyable Evening"**

Tickets will be available shortly through EVENTBRITE  
Watch for Further Details



**OTHER WAYS YOU CAN HELP US IS TO  
SIGN UP TO THE SHOP AND DONATE  
SCHEMES RUN BY:**

**Amazon Smile  
Give As You Live  
Ebay**

To learn more about this, go to our website:

[Click Here](#)

Or donate to us from anywhere in  
the world through our Donate Page on our  
website, to access:

[Click Here](#)

***We thank you in advance  
for your support.***



**Contact us:**

**Email:** [info@kindledspirit.org.uk](mailto:info@kindledspirit.org.uk)  
[www.kindledspirit.org.uk](http://www.kindledspirit.org.uk)