



- 02 James Ketchell Interview
- 05 My Visit to Kshamata - Nusrat Hathiari
- 06 Safe Horizons Initiative

NEWSLETTER

September
2024

Educating and Empowering Women

www.kindledspirit.org.uk

INTERVIEW

James Ketchell

Naomi Pye

- Kindled Spirit Ambassador, University of Exeter

For those of you who were at our charity dinner in March will know that this month, global adventurer James Ketchell will be undertaking his largest challenge yet - solo circumnavigating the globe by sea in a 40-foot sail boat. His journey started when he made a promise to himself, whilst in hospital (in 2007 following a serious motorcycle accident), to row across the Atlantic Ocean. James's journey kept rolling after this, from climbing Mount Everest, cycling around the world, to flying a gyrocopter around the world. Over the next 9-months he will complete the trio of land, air, and sea by sailing around the world, whilst raising funds and awareness for Kindled Spirit. At the dinner James auctioned a day on the boat this summer; the joint highest bid coming from one of our Trustees, Chris Wright, who took his family on the boat in August.

Kindled Spirit is a UK based charity, that serves as the fundraising arm of our partner Kshamata, based in Mumbai. Together, we work to support the victims of trafficking in India. Following the model of ENGAGE, EQUIP, EMPOWER, these women can re-build their lives with their own sense of freedom and empowerment. The charity has achieved many notable successes, including over 1200 girls being engaged in Kshamata's rehabilitation programme, over 300 women are now able to support themselves independently and over 350 girls have been taught English to increase their job prospects.



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

\$150bn

Estimated Human Trafficking Trade per annum

161

Countries effected by the abhorrent crime of human trafficking

Editor Note

We are experiencing exciting times here at Kindled Spirit. This month global adventurer James Ketchell sets off on his new challenge which you can read more about by reading Naomi Pye's interview with James conducted earlier this month in Gosport. In July I had the privilege and honour to visit Kshamata in Mumbai to see for myself the hard work and achievements made by the wonderful team we support, you can read more about my enlightening visit in this edition of the newsletter. Finally, as a result of the great success of our fundraising charity dinner, we have been asked by Kshamata to fund a new ground-breaking programme called the Safe Horizons Initiative, something all those who contributed at the event should be immensely proud, read more in this publication. PS - work is on-going to organise next year's event, we will keep you posted. I hope you enjoy the read.

Nusrat Hathiari

Trustee



“The most vital part of a challenge like this, James believes, is your mental attitude. James chose to name his boat **MINDSET** as a reflection of this, to show how you are capable of more than you think you are.”

JK JAMES KETCHELL





Richard Cribb, Founder and Managing Trustee of Kindled Spirit, introduced James to Kindled Spirit. The two visited the charity centre in Mumbai, where James was blown away by the work being done by Kindled Spirit. Inspired by his visit, James committed to helping the charity by raising awareness and funds for them on his adventures. On his current adventure, James is bringing with him a bag, handmade by the girls at Kshamata.

This bag will travel on the boat with James, who says the bag will serve as a reminder of the girls at Kshamata, and everyone else he is completing this journey for. Tracking the journey of the bag will also provide joy and excitement at the Kshamata Centre.

A big part of Kindled Spirit's mission is to make education accessible to female victims of abuse. Peter Brougham, 19th century Slavery Abolitionist says, "Education makes a people easy to lead but difficult to drive, easy to govern, but impossible to enslave". On his journey, James will be delivering educational content to schools, both whilst on the boat and by workshops in schools along his route. James recounts how important it is for him to show how education does not end with academics, and potentially inspire children to carry on with their own adventures. As someone who struggled with finding their feet when they were younger, James is excited to be able to show children that it is okay to try new things. That adversity is unavoidable, and it is your mindset in these tricky situations that will get you through.

The route James is covering is 30,000 nautical miles, and he will be spending about 150 days at a time at sea, for about nine months. James describes how a lot of his time on the boat is spent trying to rest. As he is on his own, he can only spend an hour or so asleep before making necessary checks on the boat and his surroundings. Being well rested is important on the boat, as James explains how mistakes are made when you neglect this. Alongside this, James will be sailing the boat himself, checking the weather to stay ahead and using the Starlink internet on board to stay connected with schools and updating the world on his journey through social media.

The most vital part of a challenge like this, James believes, is your mental attitude. James chose to name his boat MINDSET as a reflection of this, to show how you are capable of more than you think you are. He describes how in life you can either control your mentality or your mentality can end up controlling you. Whilst using this to complete his own journey, James aims to be an example to those who are following along, to make sure that their mindset is one that empowers and encourages them in their own journeys.

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शासकीय नवजीवन महिला वसतीगृह
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Navjeevan Rescue Centre, speaking to women and girls who were rescued recently. Intervention includes producing textiles and bags to support wellbeing and develop skills before being reintegrated into society, including sent back home as far as to countries such as Uzbekistan and Burundi.

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My Visit to Kshamata

~Nusrat Hathiari

As we know human trafficking is an abhorrent crime affecting millions worldwide. Luckily there are organisations such as Kindled Spirit and Kshamata NGO who do wonderful work supporting victims.

As a trustee of Kindled Spirit, I had the opportunity to visit the Navjeevan Rescue Centre, the Bhiwandi Brothel Community Project and the Kshamata transformation centre and workshop.

It was an eye-opening experience to see the work done by Kshamata to equip, educate and empower women to lead lives they deserve.



DAY 1

started with a visit to Navjeevan Rescue Centre, speaking to women and girls who were rescued recently. Intervention includes producing textiles and bags to support wellbeing and develop skills before being reintegrated into society, including sent back home as far as to countries such as Uzbekistan and Burundi.

Next stop was the Bhiwandi Brothel Community Project. Sex workers are encouraged to attend drop in sessions to develop their enterprise skills, with a view to setup their own micro business so they can pay off loans to exit the area and return to their homes.

DAY 2

was a visit to the production workshop, where beautiful bags and jewellery is made and sold. The visit to the transformation centre resulted in my daughter, my mother and I receiving goodies made by the women and girls.

At each centre I spoke to the girls and women, asking them about their aspirations and dreams. There were tears and there was laughter, but one common thread in all situations was - one of hope. Hope; to recover from the trauma faced through violence and be free from slavery.

It was humbling to visit the centre with my mother and daughter who are a testament that you can never be too old or too young to care. Every penny donated, every gesture of goodwill, every kind word makes a difference.

Kshamata CEO - **Bharathy Tahiliani** is an inspiration to us all, her passion and persistence to support these women is unmatched. Thank you for letting me spend time with you, your colleagues and most importantly the women you help.

SAFE HORIZONS *Initiative*

As a result of the funds raised at our charity dinner in March 2024 we were asked by Kshamata if we would fund their new ground-breaking programme which we have named the Safe Horizons Initiative.

This is where children who are born in the brothel areas as a result of their mother's work (sex-workers) are, at the request of the mother, moved from the area to safe accommodation (managed by Kshamata). This is to remove vulnerability and likelihood of exploitation repeating for another generation. It is a very complex situation, requiring sensitive and empathetic discussion - many of the mothers are forced to stay working to pay off the bonds imposed on them by their traffickers / pimps but they want their children raised in a safe environment away from the dangers that any 'red-light' district brings, violence, intimidation etc.

The Kshamata Team has started working with the mothers to identify the first group of young women who can be moved under the care of Kshamata and benefit from the structure of their existing rehabilitation and reintegration programmes.

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

Give As You Live

To learn more about this, go to our website:

[Click Here](#)

To DONATE to James's Challenge

[Click Here](#)

*We thank you in advance
for your support.*



THERE ARE MULTIPLE BENEFITS of ADOPTING THIS APPROACH:

SAFETY AND SECURITY: The young women are removed from environments prone to violence, abuse, and exploitation, providing a safer living situation.

HEALTH AND HYGIENE: The young women gain access to better healthcare services, nutritious food and sanitary living conditions - improving overall health and hygiene.

MENTAL AND EMOTIONAL WELL-BEING: Living in a more stable and supportive environment can reduce stress, anxiety and trauma - fostering better mental health.

SOCIAL DEVELOPMENT: Being in a supportive community helps develop social skills and self-esteem, critical for personal development.

EDUCATION OPPORTUNITIES: Safe accommodations often come with better access to educational resources, enabling these young women to pursue and complete their education.

LEGAL AND SOCIAL SERVICES: They can access legal aid, counselling, and other social services aimed at rehabilitation and empowerment.

FUTURE EMPLOYMENT: With better education and support, the young women have increased opportunities for gainful employment, leading to economic independence, which Kshamata has proven many times over with their existing programmes.

BREAKING THE CYCLE: By removing the young women from the brothel environment, there is a lower risk of them being drawn into prostitution, helping to break the cycle of exploitation.

Overall, relocating these young women fosters a healthier, more secure and hopeful future - very similar to our logo 'igniting hope and freedom'. Once when relaying this story, we were asked "what about the young boys / men, what happens to them?", the answer is; Kshamata is an all-female NGO, caring for young women only, other NGOs focus on the young men. Given the nature of the work, it would be too complex to have mixed sex accommodation as the feeling of safety would be removed, which is the cornerstone of our rehabilitation and reintegration model.

All of this good, important work would not have been possible without the enormous generosity of people who attended our charity dinner in Leicester in March, it really does demonstrate how "You Can Make A Difference". One of the other benefits of supporting smaller charities such as Kindled Spirit and Kshamata is that you can see where your money goes, we are completely transparent. Hopefully we will see you in October 2025, see Save the Date.

Contact us:

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