



**Kindled Spirit**  
igniting hope & freedom...

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# NEWSLETTER January 2025

*Educating and Empowering Women*

[www.kindledspirit.org.uk](http://www.kindledspirit.org.uk)

## Run for Kindled Spirit:

### EVERY STEP COUNTS

Start the New Year by getting fit, join the movement to make a difference! Running for Kindled Spirit means more than crossing a finish line—it's about transforming lives. Your participation will raise vital funds to support young female survivors of abuse, exploitation, and human trafficking, helping them rebuild their lives with trauma counselling, safe environments, and brighter futures. Whether you're a seasoned marathoner or a casual jogger, there's an event for everyone.

We have joined forces with Run for Charity that will give you access to over 750 running events across the UK and Europe, including 5Ks, 10Ks, half marathons, full marathons, family events and even inflatable obstacle courses. Every step you take helps break the cycle of exploitation and provides hope to those who need it most. In some cases, Kindled Spirit will pay your entrance fee (depending on availability of free places). Go to our website to learn more.



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

Violence against women and girls remains a global epidemic. In the face of the harsh reality, we must remain hopeful and know that every effort makes a difference. Thank you to all those who have supported us - your generosity is directly impacting these women to embrace new lives, filled with hope and independence. As Richard our founder will tell you in his introduction, Kindled Spirit has had a thriving 10-year Anniversary in 2024! This newsletter will share our exciting projects and experiences - I hope you enjoy the read!

Hajira Piranie

Trustee



## Welcome to 2025 from Richard Cribb - Founder Kindled Spirit

Dear Friends,

**As we step into 2025, I am filled with immense gratitude and hope for the future of Kindled Spirit and the young women we support through our partner charity Kshamata, based in Mumbai. Last year, we marked a significant milestone with our 10th Anniversary Gala Dinner, where your generosity helped us raise an incredible £20,000. These funds have enabled us to launch two transformative initiatives this year, along with other impactful programs that I am excited to share with you.**

First, I am thrilled to announce our partnership with **De Montfort University in Leicester**. A team of mental health experts from the university will travel to Kshamata in February 2025 to train their trauma counsellors in the latest techniques for addressing mental health challenges faced by the young women. These women, many of whom have endured unimaginable abuse and exploitation, deserve care that is both compassionate and cutting-edge. This training will empower counsellors to provide the specialised support needed to guide survivors on their journey to recovery and resilience. In addition, given the horrific stories of abuse and exploitation that the counsellors hear on a regular basis, they too will benefit from up to date coping strategies.



Equally ground-breaking is the launch of our **Safe Horizons programme**. This initiative focuses on Kshamata working with mothers in brothel communities to secure their permission to remove girls from these environments, giving them the opportunity to grow up in safe, nurturing surroundings. By breaking the cycle of exploitation, we aim to protect these children from the dangers their mothers have faced, offering them a future filled with hope and opportunity.

We're also proud to introduce our **Ambassadors Programme**, which invites people of all ages, but particularly useful for students and young workers, to join us to organise fundraising and awareness activities. This is a fantastic way for participants to build their CVs with meaningful, social responsibility activities while making a tangible difference in the lives of our beneficiaries, more details on how to register is on our website.

Similarly, our new **Run for Charity** initiative provides an opportunity for supporters to fundraise by participating in running events of all distances and skill-sets - from 5K to full marathons, over 750 events are available, largely in the UK, but some European events too, but you have to get in early to bag the free places, if still available, more details on how to register on our website.

Looking ahead, we're excited to host a **virtual book reading and live Q&A with Corban Addison**, author of *A Walk Across the Sun*, the novel that inspired me to establish Kindled Spirit. This event, set for March 2025, will coincide with International Women's Day and promises to be a heartfelt and enlightening experience. The event is being held on Wednesday 12th March at 7.30pm - please buy tickets by scanning the QR code.

In June, we'll cheer on **James Ketchell** as he sets sail on his **around-the-world** journey, raising awareness for our cause. Sadly, in September 2024, James faced a serious problem with his gearbox and engine, which meant he had to abort his previous attempt. The next safe window of opportunity is June 2025.

In October, we'll host our next **Charity Gala Dinner** at the Holiday Inn Wigston in Leicester. Please **save the date—October 16th**—for another unforgettable evening in support of our work. More details to follow, by email, Newsletter and Social Media.

Finally, I encourage you to register with **'Give as you Live'**—an easy way to support **Kindled Spirit** while you shop online at no extra cost to you. More details on our website.

Kindled Spirit is run by volunteers, you can learn more about our team on our website, but just to say, your engagement is vital to our mission. As we are volunteers, nearly every pound raised and every moment shared in support of Kindled Spirit transforms lives. Together, we're creating brighter futures for young female survivors of trafficking and exploitation, breaking cycles of abuse, and building a world where every young woman in our care can thrive.

On behalf of the team at **Kindled Spirit** and our long-term partner **Kshamata**, thank you for your support. Here's to another year of hope, healing, and progress.

Warm regards,

Richard Cribb

Founder, Kindled Spirit



# A Life-Changing Visit to Kshamata

## ~Hajira Piranie

South Asia is one of the most critical regions affected by human trafficking, with millions of women and children being trafficked each year for forced labour, sexual exploitation, and domestic servitude. Our work isn't just about rescuing survivors, it extends to empowering them with the tools they need to rebuild their lives, regain their dignity, and ultimately live independently.

November 2024 marked my third annual visit to Kshamata in Mumbai, an organisation dedicated to providing a haven for women and children who have been rescued from the horrors of human trafficking. As a trustee for Kindled Spirit I've had the privilege of witnessing first-hand the profound impact Kshamata has on transforming the lives of survivors, and the commendable efforts of its team led by Bharathy Tahiliani. Every year, I'm struck by the resilience of the women there, and my visits have become an annual pilgrimage of hope.

### **KSHAMATA TRANSFORMATION CENTRE (KTC)**

When women arrive at Kshamata, their journey to recovery is just beginning. The length of time they remain under Kshamata's care varies, depending on their individual needs, mental and physical wellbeing, and readiness for independence. Some women may stay for months, while others may require years of support before they are fully prepared to lead autonomous lives.



### **AT KSHAMATA, THEY FOLLOW A COMPREHENSIVE AND HOLISTIC FRAMEWORK NAMED THE 9 KEY DIMENSIONS OF REINTEGRATION.**

#### **THESE DIMENSIONS INCLUDE:**

- **PHYSICAL AND NUTRITIONAL HEALTH:**  
Ensuring the survivors receive the necessary medical care, nutrition, and recovery to restore their physical health.
- **MENTAL AND EMOTIONAL HEALTH:**  
Offering psychological counselling and support to help survivors deal with trauma, anxiety, depression, and other emotional challenges.
- **EDUCATION AND LITERACY:**  
Providing access to education and literacy programmes to enhance cognitive abilities and self-esteem.
- **LIFE SKILLS AND INDEPENDENT LIVING SKILLS:**  
Teaching essential skills for daily life, including personal hygiene, time management, financial literacy, and decision-making.
- **MENTORING AND LIVELIHOOD PLANNING:**  
Connecting survivors with mentors who guide them through the process of planning their futures, some mentors are former survivors too.
- **VOCATIONAL SKILLS AND WORK PREPAREDNESS:**  
Equipping the women with marketable skills, whether through training in areas like tailoring, crafts, or computer skills - to prepare them for stable employment.
- **JOB PLACEMENT:**  
Assisting survivors in finding sustainable work opportunities, helping them secure their own income and independence.
- **SOCIAL SUPPORT SYSTEM:**  
Building a network of support through peer relationships, family reintegration, and community building, to ensure long-term wellbeing.
- **HOUSING AND SAFETY:**  
Ensuring stable, safe, and supportive housing where women can rebuild their lives free from fear.





## KSHAMATA UNLIMITED: HANDMADE PRODUCTS BY SURVIVORS

During my visit, I had the opportunity to visit the workshop where survivors were busy creating handmade products, including bags, accessories, and other crafted items. This workshop is not just a means of livelihood; it is an integral part of the women's healing journey. Creating something with their own hands allows the survivors to regain a sense of self-worth and pride. It's also a crucial skill-building exercise, providing them with a means to support themselves once they leave Kshamata. The craftsmanship displayed in the bags and other items is impressive—each product a symbol of transformation, resilience, and new beginnings. These handmade products will be available at our events and will soon be available for you to purchase online.

Each visit to KTC is deeply inspiring, as I have the privilege of engaging with the women about their dreams, aspirations, and the journeys they envision for themselves. As a Sepsis survivor, I open up about my own experiences with trauma and how I found the strength to overcome it, hoping to offer them a sense of hope and solidarity. Together, as a circle of sisters, we share our stories, comfort each other, and even dance to our favourite Bollywood songs - celebrating the joy of connection and resilience.

“  
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.

Hajira Piranie”





# AMBASSADOR Programme

## Become a Kindled Spirit Ambassador

Our Ambassadors are trained volunteers who support the fundraising activities of Kindled Spirit. This is for people who want to go the extra mile to help raise funds for Kindled Spirit

by organising fundraising activities, representing Kindled Spirit in their local area and helping to engage people with the work and aims of our charity.

## What does being an Ambassador involve?

**There are lots of different ways in which you can make a difference and support Kindled Spirit, here are a few suggestions:**

- Organise a fundraising event; from a coffee morning to a Gala dinner - the opportunities are endless!
- Set up a small fundraising group or committee with friends, family or colleagues
- Give short talks or presentations to groups in your area about the work of Kindled Spirit
- Distribute collection tins to shops, cafes, restaurants etc. in your local community
- Source auction or raffle prizes for our supporter events
- Take part in an organised event to raise funds for Kindled Spirit

We do not expect every Ambassador to do all the above; just doing one or two things can really help. The depth of your involvement as an Ambassador is completely up to you.

Here is a quote from **Jack Wells** - University of Exeter, one of our existing Ambassadors, who has undertaken some incredible challenges on behalf of the charity.

"Being an Ambassador for Kindled Spirit means never failing to find motivation towards challenges that are in aid of their great cause. Failure never feels like an option when the essence of this charity is teaching people never to give up"

## Together we can transform the lives of victims of trafficking in South Asia

Sign up by scanning the QR code on the image

For any further queries please contact us at [info@kindledspirit.org.uk](mailto:info@kindledspirit.org.uk)

Thank you,

### Hajira Piranie

Mentor, Ambassador Programme  
Trustee, Kindled Spirit



# GIVE AS YOU LIVE

You can financially support the great work of Kindled Spirit and it does not cost you a single penny, that is Sign Up / Register with Give as You Live. You Shop, They Donate. With over 6000 retailers on their platform there is choice for everyone, but they also have many of our 'day to day' providers including energy companies, supermarkets, mobile phone providers and DIY stores.

## All it takes is 4 easy steps...

1. Click this link to take you to the site <https://www.giveasyoulive.com>
2. Register
3. Select Kindled Spirit as your chosen charity (Charity Reg no. 1159146)
4. Start Shopping ... remember you need to go through the portal each time you shop, so save it in your 'Favourites'.

**Thank you for your support.**



## SAVE the DATE

**Kindled Spirit Gala Dinner  
- 16th October**

**Holiday Inn,  
Wigston,  
Leicester**

**Details to follow .....**



**Kindled Spirit**  
*igniting hope & freedom...*

## Contact us:

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