



Kindled Spirit
igniting hope & freedom...

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~By Dilipkumar Jina

Kindled Spirit supporters Jack and Pam Jolley

NEWSLETTER } July 2025

Educating and Empowering Women

www.kindledspirit.org.uk

My Journey with

THE SANCTUARY PROJECT: STRENGTHENING MENTAL HEALTH SUPPORT AT KSHAMATA

NUSRAT HATHIARI - TRUSTEE KINDLED SPIRIT

In July 2024, I had the incredible opportunity to visit our partner Kshamata in Mumbai, India as a trustee of Kindled Spirit. What I experienced on the ground was both deeply inspiring and profoundly revealing. Kshamata is doing extraordinary work supporting women who have survived human trafficking, operating centres like the Navjeevan Rescue Centre, Bhiwandi Brothel Community Centre, and the Kshamata Transformation Centre. These spaces are more than shelters—they are places of healing, learning, and empowerment.

While I was moved by the strength and commitment of the staff, I noticed a critical gap: many of these frontline workers lacked mental health training. Despite working in emotionally intense environments, they had few tools to care for their own wellbeing. It became clear that if we wanted them to continue providing effective, compassionate care, we had to first support them.

This realisation sparked what would become a powerful collaboration. We reached out to Professor Raghu Raghavan at De Montfort University's Mary Seacole Centre for Mental Health and Wellbeing, and together with Kshamata, we co-created a Mental Health Literacy (MHL) training programme.

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Trustee Nusrat Hathiari conducting a workshop

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

What an eventful year it has been so far. In February the team from De Montfort University were running workshops in Mumbai for a week, involving 15 trauma counsellors from Kshamata. The DMU Team were accompanied by one of our Trustees Nusrat Hathiari, who in her professional life is very knowledgeable on the subject of adult education, in this newsletter, read her account of the week and what a success it was. We are so grateful to Nusrat and the team from DMU, led by Professor Raghu Raghavan for their efforts in delivering much needed contributions.

In April another of our Trustees Dilipkumar Jina decided to celebrate his 60th birthday by completing the Annapurna Circuit Trek in Nepal, whilst at the same time raising funds for Kindled Spirit, he did so well raising circa £2500 for the charity. In May we saw two of our overseas supporters (Jack and Pam Jolley) being invited to the Stolen Youth event in Seattle, proving that human trafficking is a global issue and not just confined to particular countries in the world, read their account of the event. In June my friend of 46 years, Andrew Burdess, at the age of 63, decided he would cycle across the Pyrenees mountain range in aid of Kindled Spirit, at the time of going to press, the funds were still be posted.

We are also introducing a new section in this newsletter called 'Stories from the Edge', which will be a difficult read, but will remind everyone why we do, what we do ... these are true accounts from young women, stories shared with their trauma counsellors as part of their rehabilitation process.

And finally, we are now gearing up for our annual charity dinner in October in Leicester, more details can be found in this newsletter, please do join us on what will be a fun-filled night, but at the same time doing so much good. "come for the food, stay for the fun and leave knowing you have made a difference".

Enjoy the read and hopefully see you at the dinner.

Richard Cribb

Trustee



“ We are also introducing a new section in this newsletter called **'Stories from the Edge'**, which will be a difficult read, but will remind everyone why we do, what we do ... these are true accounts from young women, stories shared with their trauma counsellors as part of their rehabilitation process.

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We started by assessing staff knowledge and practical mental health skills—measuring everything from boundary-setting to trauma awareness.

The insights we gained shaped a five-day immersive training course. We didn't want a top-down lecture format. Instead, we designed a hands-on, culturally sensitive experience.

We used expressive arts, role-playing, storytelling, Lego-based activities—even Self-Care Bingo. These playful yet powerful methods created space for openness and vulnerability.

For many staff, it was the first time they'd spoken about their own stress and emotional fatigue.

Throughout the training, we explored essential topics—trauma, depression, anxiety, and burnout—while equipping staff with tools to manage their own mental health and better support survivors. One powerful moment came when a staff member realised how trauma shaped not only her beneficiaries' behaviour, but her own reactions at home. That kind of awareness was transformative.

Another huge shift occurred around the idea of self-care. Previously seen as a luxury, it began to be recognised as a necessity. The training helped staff understand that looking after themselves isn't selfish—it's a crucial part of being able to show up fully for others.

The impact wasn't just personal; it reshaped the team dynamic. The sessions brought people closer. They shared stories, supported each other, and realised they weren't alone in their struggles. Activities like life story mapping and empathy exercises helped build a stronger, more connected team.

As Professor Raghu put it, this training marks two journeys: the one already taken, and the one ahead—a path of continued self-care and reflection. And while this is just the beginning, the early results are encouraging. Staff now feel more confident recognising mental health symptoms, setting boundaries, using trauma-informed language, and making referrals when needed.

To keep this momentum going, we've proposed next steps: regular supervision, hiring additional counsellors, ongoing coaching, team-building days, and a 'Star of the Month' programme to boost morale. We're also implementing structured feedback systems to track progress and keep evolving the support.

This journey reminded me that mental health literacy isn't a luxury for frontline workers—it's a necessity. And when we care for the carers, we amplify the impact they can have on others. What began as a simple observation during a site visit has grown into a transformative model we hope to replicate more widely.

***Thank you for being part of this journey.
Your support truly makes a difference.***



Trustee Nusrat Hathiri visiting the field interacting with members of the community



The workshop group



Workshop attendees presented with their certificates with Kshamata CEO Bharathy Tahiliani and Trustee Nusrat Hathiri

“One powerful moment came when a staff member realised how trauma shaped not only her beneficiaries' behaviour, but her **OWN REACTIONS** at home.”

Stories from THE EDGE

Be warned, these are difficult stories to read, but they are very real and epitomise the issues that Kshamata are dealing with on a daily basis.



Darshana's Story

Darshana (name changed) never imagined that her life would turn upside down. She came from a well-off family; her father was a wealthy and respected man. For a while, life was comfortable and secure. But everything changed after his sudden passing. With the foundation of the family shaken, Darshana's mother took on the responsibility of raising her and her two brothers. Darshana, a bright and cheerful girl, had just completed her 10th grade in English medium and had begun dreaming of becoming a chef. She loved spending time in the kitchen, experimenting with ingredients and creating new dishes. Cooking brought her joy—it was where she saw her future.

But her dreams soon shattered.

After her father's death, the situation at home changed drastically. No one encouraged her education anymore. Her mother, overwhelmed by responsibilities, made a clear choice—she kept Darshana at home, asking her to take care of daily chores while focusing only on her sons' futures. Darshana, once full of hope and potential, was gradually silenced in her own home. Her mother even began talking about her marriage, as if that was the only path left for her. She was then just 16.

It was an ordinary day, just like any other—the same chores, the same silence. Her elder brother came home in a drunken state and became aggressive. His behaviour crossed all boundaries—He touched her inappropriately, and it eventually escalated into sexual abuse, leaving her frozen with fear and confusion. Her mother didn't intervene; instead, she told her not to say a word to anyone, which only seemed to encourage him even more.

Darshana felt a deep sense of betrayal. This was someone she had grown up with, someone she trusted. Sadly, it didn't end there. What began that night continued—again and again—turning her home into a place of fear and trauma.

Darshana decided to run away from home, as there was no one to listen to her or take care of her. She went to the police station and asked for help. Understanding her situation, the police placed her in Shantisadan (a government shelter home) for her safety. When Pramila Tai (Outreach Manager) from Kshamata met Darshana for the first time at Shantisadan (a shelter home), she could see that the girl was very disturbed. Darshana had been through a lot, but even in that state, she expressed one clear wish—she wanted to complete her education and become independent.

Recognising that spark, the Kshamata team enrolled her in the Kshamata Transformation program. At first, Darshana struggled. The pain she carried made it difficult to trust anyone or believe in herself. But the safe environment, consistent counselling, and skill-based training gradually supported her open up. When Darshana first came to Kshamata, she had forgotten to care for herself. Her grooming and hygiene were neglected, and she appeared closed off from the world. She was also very stubborn—if she wanted something, she would argue for it until she got it but she attended every session without fail.

With time, continuous counselling, life skills training, and mentoring sessions began to make a difference. Slowly, she started building trust—with the team, other girls and with herself. She began talking to others, something she had avoided earlier. She also enrolled in a vocational course, learning new skills. But what she loved the most was attending exhibitions.

Every time she got a chance to go to an exhibition; she went with curiosity and excitement. For her, it wasn't just about looking at things—it was about learning something new. These visits helped her improve her communication skills. She started asking questions, interacting with people, and expressing her thoughts more clearly.

Step by step, Darshana has grown into a more confident and expressive young woman. Since she joined Kshamata in the middle of the academic year, we couldn't enroll her in school right away—but she never gave up. This year, she will be enrolling in 12th grade and is excited to continue her education.

In the meantime, she completed a Quick Service Restaurant (QSR) course and also gave several job interviews. And guess what? She cleared not just one—but three interviews! Now, she's in a happy dilemma, deciding which offer to accept. Employers are offering her a starting salary of INR 16,000 per month. Darshana's journey is a powerful reminder that with the right support and determination, change is possible.

She is now ready to take the next step towards an independent and dignified life.



Darshana working in quick service restaurant



Darshana attending an exhibition

A Dream Shattered, A Spirit Rekindled

“Darshana, a bright and cheerful girl, had just completed her 10th grade in English medium and had begun dreaming of becoming a chef... But her dreams soon shattered... Darshana's journey is a powerful reminder that with the right support and determination, **change is possible.**”



AN UPLIFTING *Story*

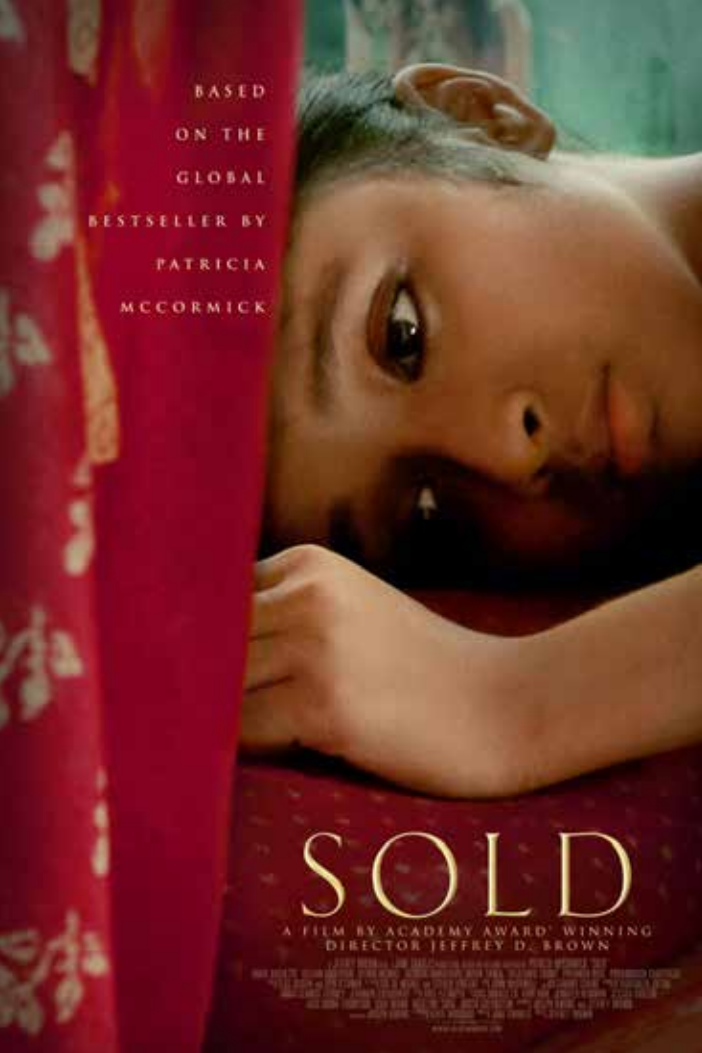
In complete contrast to the Story from the Edge, we are pleased to update you on one young lady, Sarangi, who has benefitted from care and support from Kshamata, we recently received this post from Kshamata, about one of their students.

"We are proud to share with you all that one of our young women after completing her rigorous police training, Sarangi is now all set to embark on her noble journey as a police officer.

With her newfound skills and knowledge, she is ready to serve the state, upholding the law and making a positive impact in society"

If ever confirmation was needed about the validity of the phrase "You can make a difference" – this story is it.

A story like this and many others would not be possible without the generosity of people like you - Thank You.



A Global Stand Against Child Trafficking

"The story line is about a girl trafficked into the commercial sex industry in India, from her native Nepal, an all too common occurrence... This issue is truly global. I sensed the tide may be turning in favour of those being abused, albeit with much more to be done."

STOLEN YOUTH

Not on Our Watch Lunch Seattle – A Report

BY JACK JOLLEY - SUPPORTER, WITH AN INTRODUCTION BY RICHARD CRIBB

At our inaugural dinner in 2014, we were kindly donated two tickets to the Premier of the film – Sold. The story line is about a girl trafficked into the commercial sex industry in India, from her native Nepal, an all too common occurrence, hi-lighted many times in this publication and in the narrative about our Trustee Dilipkumar Jina's recent trek on the Annapurna Circuit in Nepal. The tickets were donated by British actress Emma Thompson, who was an Executive Producer of the film, the Producer being Jane Charles based in Seattle. Both ladies have significant involvement in the anti-trafficking movement here in UK and US. Jane Charles co-founded the charity Stolen Youth, that does great work in the city of Seattle, which further demonstrates this issue is truly global. Two of our donors, husband and wife Jack and Pam Jolley based in Seattle, recently attended Stolen Youth's Charity Lunch held on 6th May at Seattle Convention Centre. The annual event has a theme, Not on Our Watch to raise awareness and fundraise to end child sex trafficking and exploitation. This is the report from Jack.

As I approached the venue for the Stolen Youth 'Not on Our Watch' lunch and fundraising event I had 6 questions: 1) What are the sources of child trafficking in Washington State? 2) Mission of ending sex trafficking? 3) Where does

the engagement begin, 4) What are the challenges of mental support? 5) Are children empowered to self-support? 6) How does Stolen Youth find the funding they need? To answer these questions would require more time than attending one lunch, however during the speeches I picked up the sentiment that the anti-trafficking movement in Seattle, including Stolen Youth, needed to expand its focus and deepen commitment to this societal and criminal issue. One way to achieve this is to teach, discuss and raise awareness of the issue in schools across the State, thereby Stolen Youth is moving to a 'prevention' focus. Stolen Youth would work on developing new Programs designed to be included in curriculum format within schools, raising awareness of the danger(s), which are varied including social media. Funds raised at the lunch and off-line pledges would be used to develop the programs and address urgent needs.

This wraps up my reporting / observations from the Stolen Youth awareness and fundraising event. I sensed the tide may be turning in favour of those being abused, albeit with much more to be done.

Sold produced by Jane Charles – joint founder Stolen Youth

Trekking for Hope: My Journey Around the Annapurna Circuit

~By Dilipkumar Jina – **TRUSTEE KINDLED SPIRIT**

To celebrate my 60th birthday, I didn't throw a party or take a beach holiday – I packed my rucksack and flew to Nepal. Why? To take on one of the most gruelling yet awe-inspiring treks on the planet: the Annapurna Circuit.

But this wasn't just about the mountains. This journey was personal. As a trustee of Kindled Spirit, I've seen first-hand the life-changing work we do in partnership with the Indian NGO Kshamata. Together, we support young female survivors of human trafficking and exploitation – some of whom have been trafficked from Nepal. These brave girls and women have endured trauma most of us can barely imagine. And yet, through counselling, vocational training, medical care, and sheer grit, they are rebuilding their lives.



Dilip reaching the Thorang La Pass

Completing the Annapurna Circuit over 11 intense days was a journey of resilience and self-discovery. "The awe-inspiring scenic landscapes and challenging trails pushed my limits, yet each step forward echoed the mission of Kindled Spirit and Kshamata in supporting vulnerable young women. Every step was filled with purpose and determination." It wasn't easy. The altitude hit hard. I really suffered with altitude and lack of oxygen on the day to the highest point, but the moment I reached the Thorang La Pass – the highest point of the circuit – the exhaustion turned to triumph. Naturally, I was pleased to see the top of the pass.

This wasn't just a physical feat. It was a reminder of the strength it takes to keep going when the path ahead is steep – something the women we support know all too well.

I may have walked through the Himalayas, but this journey was about much more than mountains. It was about hope, healing, and human dignity. And if my steps can help even one more young woman find her footing again, then every mile was worth it.

Thank you to everyone who donated to my page.



Kindled Spirit Charity Dinner & Auction

Thursday 16th October at 18.30

Holiday Inn, Wigston, Leicester

**This is our biggest fundraising event of the year
—and we need YOU to make it truly impactful!**

Join us for an unforgettable evening and change Lives, **great dining, inspiring stories, and exciting games and auctions starting with a drink's reception**, all in support of young female survivors of exploitation and human trafficking in India. Through our dedicated partner **Kshamata**, we provide life-changing **medical care, trauma support, vocational training, and reintegration programmes**—helping these brave young women build a future filled with hope.

BUY A TICKET

Be part of something meaningful.

BOOK A TABLE

Bring friends, colleagues, or clients for an unforgettable evening.

Single Tickets £59

Table of 10 people £550

PURCHASE YOUR TICKETS OR TABLE AT:

<https://bit.ly/3ZmQj3d>

SCAN the QR Code



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

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.



... + 6000 more retailers !!



Contact us:

Email: info@kindledspirit.org.uk
www.kindledspirit.org.uk