

Welcome

Welcome to the latest edition of the Foundation Newsletter. Whether you are reading this online, at our website, or in print, we appreciate your time and interest in our work. As always we are keen to show you the impact your support is having.

It's now been six years since the Foundation started. We continue to forge ahead looking at how we can become a beacon of inspiration in changing times, widening our reach and helping some of the most vulnerable members of Indian society.

For us, success is not a destination, but a journey without a finishing line. It cannot be undertaken without the vision, creative energy, hard work, enthusiasm and commitment demonstrated by all our donors, supporters and partners.

Many of our beneficiaries live in rural areas and agriculture still holds the key to reducing poverty and increasing the security of livelihoods. The diverse challenges for the rural poor continue to grow with potential conflicts over increasing food and water insecurity. In attempting to deal with these issues, the importance of sustainability cannot be underestimated.

As always, we are extremely grateful to all our supporters, partners and donors whose efforts are invaluable and enable us to continue to develop the stories that enrich these pages.

Finally, I would like to acknowledge the hard work of the Board of Trustees and our amazing group of volunteers, all of which combine to make the Foundation the force that it is today.

I do hope you enjoy reading the Newsletter and as always, if you feel inspired to get involved then please do get in touch. We'd love to hear from you.

Bhupendra

Bhupendra Mistry



Baroness Jill Pitkeathley says...

I am more and more impressed with the work of the Foundation. Having been associated with the Foundation since the beginning and seeing its growth has been remarkable and it continues to expand in areas where it is most needed. It is an honour to be associated with it



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Corporate Partner
First Recruitment Group



Changing minds, changing lives



FORD TRUST - Magnificent 20!

We are delighted to announce the installation of our 20th bore well. Providing clean drinking water by installation of hand pumps is seen as essential for survival in rural areas of India. Aligning with our strategic goal of assisting to reduce rural poverty and improving the health of the rural population.

The 20 bore wells have:

- Enabled 22,750 villagers to get safe, dependable water close to their doorsteps
- Halved the time it takes village women from getting daily water supplies
- Reduced the risk of water-related diseases
- Provided simple technology which means that the hand pumps can be easily operated and maintained by local villagers.

We would like to take this opportunity to sincerely thank all the donors that have sponsored the bore wells, without their support this life changing Program would not have been possible.



A finished well with its management committee



quite simply
life changing



Aquafilters

The Safe Water Trust has pioneered Aquafilters; developed to provide safe drinking water for families and communities in developing countries. The Aquafilters make biologically contaminated water from wells, rivers and lakes safe to drink at the point of use. We are currently aiming to roll out our first 100 aquafilters.

The Aquafilter clamps onto the side of a bucket containing water. A few pumps and it will deliver clean drinking water directly in to a cup at a rate of 1 litre per minute.

Why not sponsor an aquafilter?
£30 will provide a family with clean drinking water for many years to come!
<http://www.safewatertrust.com>



“When the well is dry, we learn the worth of water.”

Benjamin Franklin

“ The FORD Trust says... ”

We have worked in partnership with Kamla Foundation since the beginning. The strap line for the Foundation succinctly captures our work together, changing people’s lives but in parallel to this, trying to change the mind sets of generations.

Over the last few years we have jointly developed and delivered a range of life changing Projects which has had a tremendous impact on the most vulnerable. We hope that the burning flame of energy, passion and commitment is never extinguished as together we continue to make a difference to some of the neediest members of rural India.

Paul Rasan, Director, FORD Trust



Medlife Foundation is an inspirational charity based in Ahmedabad, Gujarat, North West India. They specialise in cleft lip and palate reconstructive surgery. Within the poorest communities many thousands are born, or live with disfiguring clefts. The medical team at Medlife performs reconstructive surgery FOR FREE for children and adults whose families could not otherwise afford them.

We believe that everyone deserves to live their lives with dignity and for those born with a facial deformity, **dignity begins with a smile...**

The new partnership

This partnership is born out of a mutual ideal that good healthcare should be available to all, regardless of wealth. We pledge that all beneficiaries will receive a comprehensive package of financial and healthcare support from the first point of contact throughout the pre and post operation period and related after care term.

These life changing operations are one of the best ways to liberate the lives of these vulnerable people. Helping them to stand independently, provide all the necessary support (medical, financial and otherwise) and finally enabling them to gain personal freedom from social prejudice.

“they face very difficult lives, filled with shame and isolation, pain and heartache”.



A BIG THANK YOU to First Recruitment Group

Our Corporate partner, the First Recruitment Group is a leading recruitment agency, specialising in the oil and gas industry. They are based in the UK but have global reach with offices in Thailand, Australia, Ghana, USA, Kazakhstan, Angola and Russia.

An alliance with the Foundation clearly demonstrates the First Recruitment Group’s corporate social values and its willingness to make a difference to the wider global community. Our partnership enabled us to fund a much needed vehicle for the Medlife Foundation. The Medlife Foundation had an acute need for a vehicle to reach out to some of the most vulnerable communities in rural India.

Giving us greater reach to help the most vulnerable



‘giving people not just a new smile, but a second chance at life’



Before



After

Stigmatisation

In conservative rural societies, where looks can seem to be of paramount importance, ‘looking different’ can cause a severe sense of insecurity and inadequacy. As a result of this deformity, most:

- cannot eat or speak properly
- are often bullied which can lead to a lack of confidence
- aren’t allowed to attend school
- are shunned and ostracised by their communities
- will never get married or hold a job
- succumb to a solitary life lived in the protection of their homes

Their clefts usually go untreated because they are poor – too poor to pay for simple surgery that has been around for decades!

The First Recruitment Group donated the fantastic sum of £12,000 towards the £16,500 8 seater vehicle. The vehicle has completely changed the way the Medlife Foundation now works, making them more responsive and quicker at addressing the needs of the most vulnerable.

Dr Sheth from the Medlife Foundation says:

“We have many urgent priorities as a small medical charity and the purchase of a vehicle was at the top of the list. We are indebted to the First Recruitment Group and Kamla Foundation for the kind donation of the vehicle. The vehicle will give us greater reach and access, ensuring faster treatment and after care for those suffering with cleft lip /palate deformities.”





Manav Sadhna - Working with children forced into labour

Life in the slum forces many children into hazardous street labour, depriving them of their mental and physical health, innocence, childhood, and education. Within the slum community, unfortunately, young girls generally end up becoming the most neglected members in their community, since greater attention and importance is given to boys.

We have teamed up with Manav Sadhna who work with children forced into street labour. This program focuses on girls and provides them with an alternate avenue to earning money through a safe, enjoyable and creative outlet.

A loss of their innocence and childhood

Earn and learn

Earn: Instead of begging or working to pick rags the girls come to Manav Sadhna's purpose built community centre to make greeting cards and other arts and craft items. They make between 35 to 70 Rupees per day. After start-up costs, this project is self-sustaining.

Learn: They are provided with value-based learning and a nutritional snack every day. They are also supported at home and encouraged to go to school through outreach workers.

In addition, the girls become agents of change within their communities, helping to slowly change mindsets of their families. The girls also have a variety of routine check-ups conducted annually through Manav Sadhna's medical and dental camps.

These cards will soon be available for sale through the website www.arushi.co.uk



Manav Sadhna says...

For many years we have wanted to deliver the 'Earn and Learn' program into the heart of the slum community. Somehow this never happened - thankfully due to Kamla Foundation's intervention we have now been able to achieve this, working to change the lives of some of the most vulnerable young girls in Gujarat.

Prior to this program, the young girls were uneducated, stigmatised, isolated and were never allowed to leave their homes, except to beg or scavenge for food.

The program brings the girls into a safe space whilst at the same time addressing their need to earn an income to support their families, through creative art.

This program has made a huge difference in their lives - besides the earning potential, they are developing into lovely young human beings, with pride and commitment.

Our sincere thanks to Kamla Foundation for supporting us.

Vandana Agarwal, Trustee – Manav Sadhna



Volunteering experiences An opportunity to reach out and help



Rod Yeoman's story...

In 2012 after taking early retirement, Rod Yeoman kindly volunteered his time to the Foundation. During his time in India, amongst other things, Rod helped to manage the second phase of the installation of bore wells for the Foundation. Here is an extract from his diary on one of the visits he made to a rural area where one of our bore wells was installed.

"Cow pats and satellite dishes"

After a 3 hour journey on bad quality roads we arrived at the village of Narikudi. The houses were nearly all coconut matting walls and thatched roofs, with cooking and heating by the most traditional means. Whilst we were there, the nearest resident to the bore well arrived home with her fuel, a nice fresh bowl of cow dung. Lovely!

Sticking out of the roofs of most of these very traditional houses were satellite dishes on poles to link up with the unusually high number of TVs in the area, the product of "gifts" to the poorest members of the community by a local politician, no doubt just before an election.

How to measure a Tsunami

We also visited the Tamil Nadu coast ravaged by the Boxing Day Tsunami of 2004. 6,000 people died along its coastline. The fishing industry is more or less back to full strength again, with shacks right on the water's edge for sorting fish. In fact you had to steel your senses to the gut wrenching stench of the fish sorting!

Apart from the unfinished "emergency housing" (from 8 years ago), there is little sign of the Tsunami any more. I did ask how high the wave reached when it came through, to which the instant response was "2 coconut trees", the obvious local unit of measurement when you think about it!



6,000 people died

A tribute to Rod Yeoman

On behalf of Kamla Foundation I wish to pay tribute to a remarkable selfless, human being who touched the lives of the most vulnerable whilst out in India. Sadly Rod was diagnosed with cancer early this year and at the age of just 62, passed away on 20th June 2013. We would like to place on record our sincere thanks for his outstanding dedication and service to the work of the Foundation.

Ramesh Lad's story...

I have had the privilege of supporting Kamla Foundation for several years. On my recent trip to India, I wanted to make a personal journey to Tamil Nadu to see the bore well I sponsored through the Foundation, to commemorate my late father and grandmother.

Our arrival to the village of N. Vairavanpatti suddenly brought the sleepy village to life as the reception party grew from a few curious villagers, to a sea of people. A more traditional greeting by the official woman's committee followed. They donned us with garlands and the traditional ceremony offered to newcomers, as well as served hot sweet tea made with water from the well.

The 240 foot deep bore well is set up to provide clean and safe drinking water to over 750 villagers. The impact of meeting people who will directly benefit from the well and seeing how the water provided, has changed their lives, their health and their future prosperity was totally amazing and very humbling.

I was also given the opportunity to meet the 4 children that my wife and I have been sponsoring over the past few years. They all know that their only route out of poverty is the opportunity that has been afforded to them by the sponsorship program.

Finally, a big thank you to Bhupendra and Paul for taking time to organise and co-ordinate our visit; it was a life changing experience, which has encouraged me to continue supporting their work and promote it whenever possible, to as many people as possible.



Amazing and very humbling

Volunteering experiences - An opportunity to reach out and help

Peter Stoke's story....

I guess the reason I love the Kamla Foundation is that it stops me from becoming an angry depressed cynical old codger. There are no overheads, no marketing budgets, no city centre office rents or lawyers' fees. All of us that support the Foundation can see exactly where every penny goes and the dramatic direct impact it has on the lives of men, women and children in India's poorest communities.

The staggering disparity between our wealth and their poverty means that a sum that hardly buys a packet of chewing gum in the UK makes a real difference to a family in India. I have seen how grants from the Kamla Foundation have in effect given people back their lives; given children access to education and a future as independent and dignified citizens, given women freedom from endless burdensome toil.



The cost of a packet of chewing gum can make a real difference to a poor family in India

Urmila Patel's Story...

Urmila Patel (Mila) is a pupil at a leading educational establishment, St James Independent School in Stockport. A school notable not only for its teaching of Sanskrit but also Philosophy, which helps the children to think for themselves and consider how they may best live their lives.

Mila is an inspirational 9 year old who wanted to learn and develop basic business skills. But more than that, she wanted the business to benefit a worthwhile charitable cause.



9 year old Mila's efforts has changed the lives of at least 50 people

I have drunk the water from a Kamla well in a village too remote to appear on any map and listened to local people describing how the supply of clean healthy water to their own doorstep has transformed their lives. I have seen children mutilated by a hideous quirk of nature restored to their families and communities and a positive future.

I've seen tiny vulnerable slum kids in Ahmedabad working diligently at their sums in the school yard at the Manav Sadhna Community Centre. All of these children and women and families are able to take control of their own lives and become builders of a new society in India. For them a grant from the Kamla Foundation has meant that everything changes, staying true to its strap line...**Changing minds, changing lives**

To this effect, she started to make friendship bands and chose to donate all proceeds from the sales to the Foundation. At the same time the Foundation entered into a partnership with the Safe Water Trust, to supply aquafilters to the neediest in India.

Mila chose to raise money for the Aquafilters and since January, she has raised the fantastic sum of £400 which will change the lives of 12 families (at least 50 people) giving them clean drinking water for the first time in their lives.....INCREDIBLE!



Learn & Earn clean drinking water

3 long term strategic partnerships formed

20 bore wells installed

39,200 Hours saved per week which women can now devote to their families or earn a living

22,750 villagers have access to clean drinking water

100 aqua filters rolled out to families in need of clean drinking water

400 additional villagers who benefit from clean water from the aqua filters

30 children stopped from working and their education secured through to University

55 small businesses developed for rural women securing their livelihood

340 books shipped over to stock a resource centre

2 computers purchased for the resource centre

1 Scooter purchased for female Community Worker, working across a vast rural area

70 Cleft lip/palate operations supported

1 8 seater vehicle purchased for Medlife Foundation

35 girls living in the slums of Ahmedabad able to "Earn and Learn"

40 cataract operations performed free of charge for widows in Gujarat

22 women's groups supported through empowerment programmes

18 Leaders of NGO's trained in Leadership Workshop

45 widows supported at a Widows Home

14 Volunteers have gone out to India to support our work

£97,779 Donated by Kamla Foundation to date

childrens education

cleft lip operations

Workplace giving - Could your employer help you in supporting Kamla Foundation?



**It costs less
to give more**

Lots of companies are fantastic at supporting charities.

Why not find out if your company offers any of the following?

Matched giving:

This is a scheme whereby your company may be prepared to match your fundraising efforts – doubling the impact of your hard work.

Payroll giving:

This is a way of giving to charity straight from your payroll. The money comes from your pre-tax earnings, meaning it costs you less to give more.

Chosen Charity/Charity of the Year:

Sometimes a company chooses one charity to focus on for a period of time, to concentrate everyone's efforts in fundraising for one goal.

Some companies ask staff for charity nominations - if so, please do consider nominating Kamla Foundation and don't hesitate to get in touch if you need any information from us in order to do so. If you are not sure if your employer offers any of the above then do speak to your colleagues in HR.

Sir Martin Narey says...



I've been to India on five or six occasions always as a tourist and there is so much about the country that I love: the food, the beaches, the cricket, the markets, the energy of the towns and cities and most of all the people. But of course the dreadful poverty of so many Indians and sometimes the sheer impossibility of their escaping poverty is deeply troubling.

So, as I approached retirement from a career which has focussed on inequality and disadvantage here in the UK (most recently running the UK's biggest children's charity) I hoped to find a charity working in India which I might support. That charity is the Kamla Foundation. It works on a small scale -often a good thing in terms of effectiveness. I'm delighted to be a new patron of the Foundation and I hope that I can play a small part in its success and see some of its work



help us make a difference

Become a supporter

By pledging to make a regular donation - however big or small, however frequent you will become a supporter and help us to help others most in need in India. Regular donations allow us to plan for the future and give us the security we need to develop new projects and resources to enable us to make our services as far-reaching and as effective as they possibly can be.

If you are interested in becoming a supporter, you can do so in the following ways:

Online | By cheque | Standing order

If you would like to make regular monthly donations, please make contact using the details below and we will be glad to give you the relevant bank details:

Bhupendra Mistry

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