



Welcome

I am delighted to welcome you to the second edition of the Kamla Foundation Newsletter.

The Foundation has made remarkable progress, since its conception in 2007. Success depends on collaborations and much of ours is due to our fantastic partnership with the FORD Trust and its Director, Mr Paul Rasan. He has worked tirelessly to help implement our programmes of work, develop our services and raise our profile and influence across Tamil Nadu.

I visited the FORD Trust in March to develop and finalise the Volunteer Programme, my visit also coincided with the first Kamla Foundation Award Day. I had the pleasure of presenting the Award to the worthy winner, Miss Karpagam, a committed and dedicated community worker with a strong passion for women's empowerment. She selflessly chose to give up half her monetary award to support a range of youth activities. You can read more about her and the Award Day on the website.

This summer we have launched three major initiatives; the volunteer programme, the rural water supply project and the sponsor a child scheme. They are all further outlined in this newsletter but I want to focus here briefly on the third one. Last year saw the 30th anniversary of my mother's passing and to mark the occasion in a significant way, we decided to support 30 needy children through their education. Maria Sykes, a volunteer who has worked with us for 3 months, helped compile the profiles of each of these families – she saw first hand how, without help, they are destined for child labour. They all need a sponsor and for 13p per day – you not only help a child remain in education but improve their life chances.

Also this summer we have been working on the development of our new website. We are extremely pleased with the outcome as it features both new content and improved navigation, please take a moment to have a look.

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

Philanthropy is like a drug which produces feelings of both fulfilment and personal happiness: the more you do, the more you want to do. I encourage all those that may be interested, to get engaged.

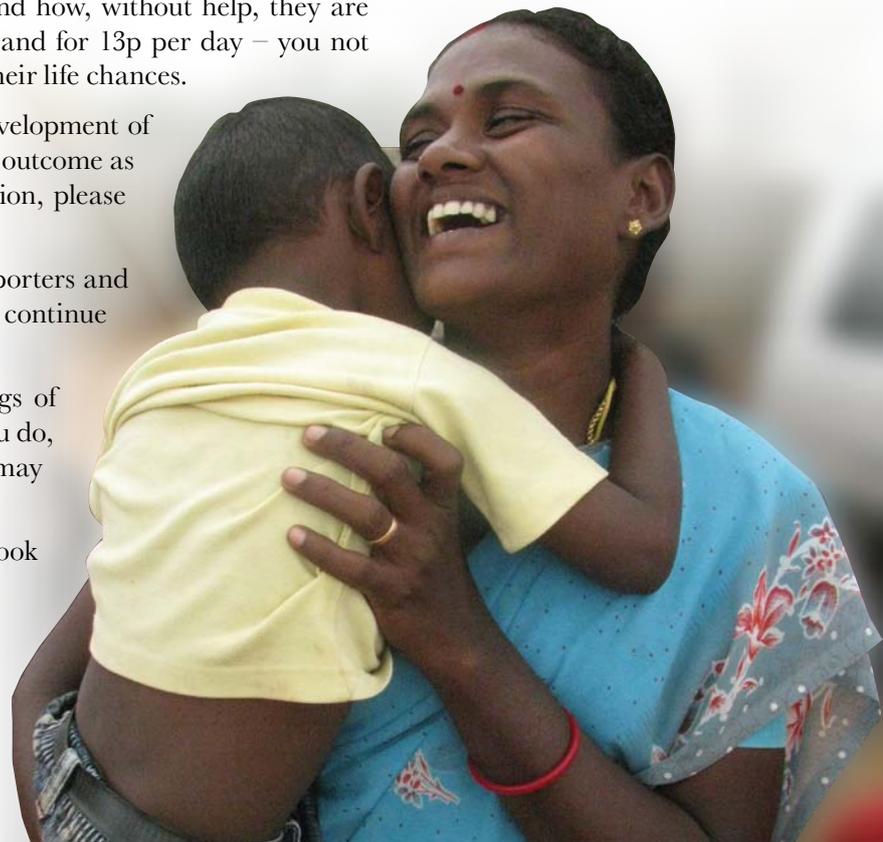
We thank you for your continued support as we look forward to another productive year.

Best wishes

Bhupendra Mistry

Contents

- Welcome
- Volunteer Programme
- Maria's Story
- Rural Water Supply
- Sponsorship Programme
- Recent Fundraising
- How To Donate
- Word Cloud



VOLUNTEER PROGRAMME

In July, the first Kamla Foundation volunteers travelled out to India to spend two weeks with the FORD Trust. They gained an insight into the issues the rural population face and were given the opportunity to work with the NGO to implement ideas of their own. Their individual journeys are charted in their reports (available on the website). One of the volunteers, Maria Sykes, who gave up her job at Valpak to spend three months with the FORD Trust, has recounted her experience on the opposite page. She was instrumental in developing the Water Supply project and the Child Sponsorship scheme. Kamla Foundation would like to thank all volunteers who took part for their valuable contributions and hope the skills and understanding they acquired are beneficial in their future endeavours.

details. The Foundation gains enormously from the contributions of Volunteers who bring freshness, passion, diversity of skills, knowledge, expertise and new perspectives.



Volunteers distributing sweets to children from the Child Resource Centre

It is our aim for participants to return home with a deeper understanding of how communities are affected by adversity and poverty, and that this will inspire them to carry on making a difference. It's a physical and emotional experience but volunteers hopefully come away knowing a great deal more about themselves than they did beforehand.



From l-r Maria, Janak, Chhya, Akiyoshi, Nehal, Usha, Kasia and Lata

Have you got what it takes?

What the Foundation seeks in a Volunteer is enthusiasm, motivation and a desire to help make a difference. We seek committed individuals to help strengthen our Projects, so a willingness to learn and work for the benefit of disadvantaged communities is essential. There are many different areas that need your help and skills, please refer to the website for more



MARIA'S STORY

Maria has been working as a volunteer for the Foundation in India, for three months. This is an excerpt from her experience of working directly with the communities who benefit from the money raised by the Foundation.

India - what a country and what an adventure...

My base for my three months here has been the office of the FORD Trust in Pillayapatti, Tamil Nadu and the home of the Trust's founder Paul Rasan and his wonderful family who have been so incredibly hospitable. I have enjoyed a wonderful variety of South Indian food, been to a goat sacrifice, endured no end of power cuts and bugs, travelled by many modes of transport on the dicey rural roads and survived the unbearable summer heat. It has been a phenomenal experience but I would not change a thing!



Maria with children from the village near Kodaikarnal

My work for Kamla Foundation has taken me into the lives and homes of many different families and I have been able to see first-hand the difficulties that these people face on a daily basis. In particular, I have spoken to many women and girls who seem to be stuck in a cycle of poverty that is very difficult to break.

Kamla Foundation is working within the constraints of this culture trying to offer opportunities to the people who are trapped by poverty. The tailoring centres that have been set up offer a valuable opportunity for women to learn a new skill and increase their insufficient and irregular income from domestic work. The Micro Enterprise Projects that have been supported have given families a stepping stone to

better their situation. The sponsorship programme will allow children in very poor families to complete their education, which will give them a better opportunity in the future. The work that is being done is essential in breaking the 'cycle of poverty' in these areas and in turn the culture and social situation of these people will hopefully begin to change, as more young people become empowered to create a better future for themselves.



Maria with villagers from Nedungalum

During my time here I have met orphans whose parents have both died from AIDS, widowed mothers who are struggling to provide food and education for their children, women who have been involved in the sex trafficking industry, old people in homes who have been forgotten by their families and communities who have begged me to help them by providing a hand pump in their area so they can access clean drinking water. I have been moved by so many of these stories.

Money raised by the Foundation is going directly into sustainable projects that are helping some of these people to improve their situation. I have seen it first hand and it is working so please continue to support this worthwhile cause. It really will make all the difference.

And on a final note... If you ever get the opportunity pay a visit to this wonderful country. It is frenetic, unreliable and hot but the people are truly amazing and South India is beautiful. You may need a little sense of adventure and an open mind but you won't regret it! This experience is something I will never forget and I am so grateful to Kamla Foundation for making it possible.

To read the full version – please visit our website; www.kamlafoundation.org

RURAL WATER SUPPLY **The Role of Women**

We, here in the UK, do not appreciate the clean fresh water that flows constantly from our taps, we even flush it down the toilet! Yet millions of people do not have the luxury we see as one of our basic human rights.

It has been said that the next wars will be fought over water. Increasing competition for dwindling water resources will continue to pose a greater threat to national and international security.

The Need

The needs of India are unique. Nowhere else in the world does population growth and poverty play such a large role in affecting water resources. This reflects the importance of providing for basic human needs to ensure that the livelihoods of all can be improved. In the case of rural India, the reduced access to safe water has limited the ability of the poor to improve their situation, which has only served to perpetuate the poverty cycle. The rural poor often have to rely on contaminated rivers or open wells for meagre water supplies. In cases of extreme scarcity, the state is currently supplying water by tank trucks to poorer villages at an extortionate cost.

Sustainable Water Management

Providing clean drinking water by installing bore wells is seen as essential for survival in rural areas of India where the Foundation operates. Hand pumps are preferred where the electricity supply is not reliable. The Foundation is in the midst of installing five bore wells which will eventually benefit over 3,000 villagers. These wells, costing £1,000, each have been funded by Valpak Limited, a Stratford-upon-Avon based environmental and recycling business who have nominated The Foundation as their employee supported charity for 2010/11. They have already raised in excess of £4,000 through ingenious fundraising initiatives; see the website for more details.

Women play a huge role in water management. Not only do they fetch the majority of water for household use but they make the decisions on how this water



Maria operating the first new water pump to be installed in the village of Sirugappatti

should be utilised. However, up to now they have rarely been involved in the planning and management of the local water supply. For this project their input will be integral as they will lead on taking ownership of and maintaining the completed hand pumps.



SPONSORSHIP PROGRAMME

The Foundation has developed a sponsorship programme to initially support 30 children from rural areas of Tamil Nadu who are living in extreme poverty, (some orphaned, many with a widowed or abandoned parent) but all in need of assistance in order to be able to continue their education and improve their life chances.

Resource Packs

We are seeking the support of UK sponsors to fund resource packs for these children allowing them to continue their education to the age of 17. The Packs will include uniform, shoes, books, a school bag and stationery and will cost only £45 per annum. The sponsored amount will also cover exam fees. By providing these resources you will be ensuring that these children can continue their education to a reasonable standard. As you know, the longer they remain in education, the better their opportunities will be for the future.



Links with the Micro Enterprise Programme

Unlike the UK, it is not possible to purchase ready-made school uniforms in India, instead material must be bought and uniforms handmade for each child. The Foundation also supports three tailoring training centres where the women will be making the uniforms allowing the money paid for tailoring to be reinvested into these poor rural communities. This creates a fantastic opportunity for synergy between our projects and in the long term will enhance the sustainability of the programmes.

Let me introduce you to Muthukumar, he is one of the children requiring help

Muthukumar lives with his mother. His father left before he was born and his mother is struggling to meet the costs of his education on her £1 a day income. He is currently in Year 5 and is ranked first in his class at school. His favourite subjects are Tamil and Science and his ambition is to become a doctor. In his free time, he enjoys reading and further study. He is very keen to continue his education for as long as possible and seeks support up until 12th standard (Year 12).

Here is your chance to help these children move one step closer to pursuing their dreams. If you would like to sponsor Muthukumar or others like him, log onto our website for further details and please get in touch.

It costs as little as 13p per day to support Muthukumar!



RECENT FUNDRAISING

The last 12 months has seen many initiatives raise money for the Foundation; from a Charity evening to a children's Smarties challenge, from a Cake Sale to a Gunge Week. The ways and means are endless – it just takes a bit of organising! We thank all those people and organisations that made the effort to stage these events. Here are just a few

Family and Friends Charity Event

This event is held every Christmas in Rugby and as well as the social and games element, the evening raises money for the featured charity. In 2009 Kamla Foundation was chosen and the 150 that attended gave generously to raise over £900; with gift aid this sum was boosted to £1,200!!



Smarties Challenge

Woodbank Pre-school Playgroup devised a clever Smarties challenge for the children. They asked parents to reward their child with 20p pieces (which were collected in an empty Smarties tube) every time they helped around the home. Not only did the children rise to the challenge and become very good helpers they raised over a £100 for the Foundation!

Charity Bike Ride.

On 22nd May 2010 Stephen Bell and 12 friends rode the Somerset loop – a circuit of 80 miles in aid of the Foundation. They aimed to raise £1,000 to install one hand operated water pump. It was the hottest weekend in 2010 but they made it and have since smashed their target. The final total raised was over £1,500! again with Gift Aid this sum was boosted to £2,000 Well done boys!



Gunge Week

The most successful Valpak fundraising event to date was “Gunge Week” whereby staff nominated fellow colleagues who had bravely put themselves forward for a gunging on the final day. Nominees were put into four categories: The Ringleaders, The Whip crackers, The Grafters and the Money Grabbers. Gunge buckets were auctioned off and Andrew Green, from British Polythene Industries, paid for the privilege of gunging Alan Price, Valpak’s Director of Procurement. Gunge Week alone managed to raise over £1,000 as nervous staff voted strategically to get themselves out of the running!

If you want to do a sponsored event – why not consider Kamla Foundation as your charity of choice? Though we are a small charity, you can be assured that 100% of your donation goes towards the delivery of our work. We do not have any overheads as all those involved have generously given of their time.

How To Donate

There are several ways to donate:

Cheque - Please make cheques payable to Kamla Foundation c/o Bhupendra Mistry.

Online - Go to www.kamlafoundation.org/donatenow/index.html
If you are a UK tax payer, please don't forget to click the gift aid box to maximise the donation.

Standing Order - Make a regular, monthly contribution through your bank or building society. Contact us and we'll send you our details.

Please note that all the monies received go directly towards the work of the Foundation.



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Registered Charity No. 1122840



belief
Orphans
Globalisation
belief
low-caste
advice
Donate
micro credit
tribal people
Ford Trust
Self sufficiency
cycle of dependency
culture
caste hierarchy
donate
Mission
Prejudice
Daan
Volunteering
beneficiaries
Distressed
Dalits ('downtrodden')
low-caste
Daan
beneficiaries
Persecuted
skills & training
Micro enterprises
distressed
Daan
independence
Kamla Foundation
Changing Minds - Changing Lives
stigmatised
marginalised
Invisible
asset less
human rights
social inclusion
inspirational
domestic violence
Personal freedom
Empowerment
Marginalisation
Rural invisible
Values culture
Widows
philanthropic
Water Management
Poverty
bonded labour
communities
tradition
Partnership Working
Exploitation
Self sufficiency
Barriers
beneficiaries
Innovate
Influence
Fund Raising
Low Caste
beneficiaries
Culture
lasting legacy
donate
donate
Sustainability
skills & training
micro credit
Oppressed violated
Mission
Sponsorship
gender discrimination
Self reliance
illiteracy
Understanding
Untouchables
Victimised