

Thanks to all our wonderful supporters. Your generosity has carried WIN through some of the toughest times, allowing us to keep helping those who rely on WIN the most

Maharashtra State Aids Control Society (MSACS) has failed to mobilise funds to procure crucial HIV drugs on time, leaving thousands of people living with HIV at risk of developing life-threatening illness and drug resistance.

This unprecedented shortage of free antiretrovirals (ARV's) is not only affecting Maharashtra but other states such as Assam, Bihar, Uttar Pradesh, Mizoram, Manipur, Gujarat, Punjab and Himachal Pradesh.

WIN has been overwhelmed with requests for help from single HIV+ mothers supporting HIV+ children. Teaming up with two other local NGO's WIN provides drugs such as Dolutegavir and Lopinavir to those who can't afford to buy them. The ARV's cost £39 per person per month.

For Mangala and 14 year old Lado (below) the gift of free HIV drugs at this critical time is priceless.



Lado

Lado's health deteriorated following a gap of 2 months in her ARV treatment. Her elder sister Ashwini contacted WIN for help in obtaining HIV drugs currently unavailable at Nagpur's ART centres.

Having lost their parents to AIDS the sisters live with their aunt and uncle but face discrimination at home.

Ashwini, who isn't HIV+, juggles an open university degree with working in a shop. Her motivation is being able to provide a better future for herself and Lado.

In the meantime, WIN continues to support Lado with all her medical needs.

(Below) Lado's health is already improving since resuming HIV treatment



According to government figures, **2.35 million people** in India are HIV-positive. About 1.5 million people are on antiretroviral therapy, far lower than the World Health Organization's "**90-90-90 target**" – under which 90% of people with HIV are diagnosed, 90% are on ARV treatment, and 90% are no longer infectious

(Below) Mangala developed health problems following a shortage of HIV drugs. Too ill to work as a cleaner she was worried her children would have to leave school to work in her absence. Help from WIN has bridged the gap – Mangala's health has improved, and she is back at work



Distributing washable eco sanitary products is a WIN, WIN for women and the environment



Discrimination against menstruating women is widespread in India, where periods have long been taboo and considered impure. Women are often excluded from social and religious events, denied entry into temples and shrines, and even kept out of kitchens. There have even been instances of “Period Shaming” in colleges where female students were forced to strip to their underwear because they refused to sign a register recording their monthly period.

Women in Need’s Menstrual Health and Hygiene programs provide the opportunity for women to discuss their misconceptions and concerns with our medical specialists and social workers. During these events we distribute free eco-friendly sanitary products such as FabPad washable panty liners and washable period underwear. Whilst underwear is more expensive - at 600 rupees per pack of 3, they last up to 18 months and can be dried along with other items of clothing in direct sunlight. The conventional strips of material traditionally used, pose a hygiene risk as they are dried discreetly, often under beds where they’re exposed to dirt, mould and contact with rodents.

Disposable sanitary pads take 250-800 years to degrade so using washable eco sanitary underwear is the best way forward for maintaining personal hygiene and reducing environmental pollution.

In Nagpur’s low-income communities’ women are more susceptible to poor menstrual health and hygiene for the following reasons:

- Little or no access to sanitary products due to cost
- Little or no access to clean, running water in toilets at home and in the workplace
- A lack of awareness of menstrual health and hygiene

The consequences of poor menstrual health and hygiene are:

- Urinary infections
- Urogenital infections
- Fungal infections
- There are even links to an increased risk of cervical cancer

Anaemia Awareness and Prevention



Anaemia is a major public health problem, affecting 24.8% of the global population. The prevalence of anaemia is disproportionately high in developing countries compared to developed countries due to poverty, illiteracy, inadequate dietary intake, certain infectious diseases, frequent pregnancy, and poor access to health services. The most vulnerable groups affected by anaemia are children, adolescent girls, and women in the reproductive age, especially pregnant women. Anaemia can reduce the quality of life, leading to a substantial economic burden on the affected individuals and their families, communities, and societies. According to the Fourth National Family Health Survey (NFHS-4), 54.4% and 56.9% of women of reproductive age are found to be anaemic in low-income areas of India.

Even though anaemia is largely preventable and easily treatable if detected in time, it continues to be a common cause of morbidity and mortality and is considered a silent killer.

WIN's Anaemia Awareness and Prevention programmes offer a comprehensive lifecycle approach to the problem of iron deficiency. High incidences of anaemia for example are observed in HIV+ women, so our HIV specific programmes offer support tailored to their needs. Anaemia in those with HIV can also indicate an advance in the disease which requires further investigation into possible causes and interventions.

For most women attending our programmes it is the scarcity of iron rich food that is the reason behind low haemoglobin levels. This is rectified with advice on where to access low-cost iron-rich products.

Common misconceptions in India that prevent pregnant women from taking iron and folic acid supplements

- Taking iron supplements during pregnancy can result in a large baby, leading to a painful birth or costly caesarean section
- Iron supplements will make the baby's complexion dark

Youngsters contending with poverty and illness enjoy a day out on WIN



Childhood is fleeting. For those living in the slums of any Indian city the innocence of childhood is marred by the effects of poverty. In such communities' parents struggle to provide adequate food and the basic comforts of a safe, happy home. Alcoholism and domestic violence are regular features of day to day life, forcing many children on to the streets where they're vulnerable to a multitude of dangers.

The women we meet express frustration and guilt at not being able to give their children nice things. Funds donated to WIN are utilised for preserving and improving women's lives, but sometimes we create the opportunity to grant the wishes of both the mothers and their children.

One recent event was organised during the monsoon for a small group of youngsters with health issues. Considering that their living conditions were damp, muddy and mosquito infested, it was a surprise to discover their first choice of venue for a fun day out was Ram Dham – a water theme park!

CHALLENGES FOR CHILDREN IN INDIA

- 30% of the world's extremely poor children live in India
- Each year, 1.4 million children in India die before their 5th birthday
- Nearly 25% of children have no access to education
- 4% of children are stunted and suffering from malnutrition
- Child labour persists within the country, keeping school-age children from going to school
- Children from rural areas, urban slums, scheduled castes, and tribal communities often suffer from malnutrition, access to quality health services, child marriage, lack of sanitation facilities, hygiene, and access to improved water
- India is highly prone to flooding, droughts, earthquakes and refugee flows that impact children's lives and ability to access basic resources

With careful planning and health and safety checks done, the lucky 16 youngsters enjoyed a fantastic day at Ram Dham. Lunch in a nearby restaurant and a visit to Ramteke monkey temple were a bonus!



Why not sponsor a trip out as a birthday or Christmas present? This trip cost £7.50 per head, including transport and food.

£33 gives 5 children a memorable day out



The Military and Hospitaller Order of St Lazarus of Jerusalem Grand Commandery of the Castello



Commander and Hospitaller, Chev Paul Warren returned to Nagpur to visit WIN after a gap of 3 years following COVID

It was a pleasure for staff, trustees, and beneficiaries to meet Paul and to thank him personally on behalf of the members of the Grand Commandery of the Castello for their ongoing support.

In recognition of Paul's many self-financed trips to Nagpur, often during times of extreme heat or relentless monsoon rains, he was gifted a certificate by Maharashtra Legislative Assembly member Krishna Khopde

Thanks to Paul and all the members of the Grand Commandery of the Castello for your generosity



Through the generosity of a WIN supporter Ananya is thriving



ANANYA

When Ananya was 4, she lost both parents to AIDS. At the time, the stigma was so great that many refused treatment rather than risk being seen at an ART centre. Since Ananya was born with HIV her relatives were too scared to take care of her leaving no other option but for Ananya to be sent to a local authority hostel for unwanted HIV+ children.

Fortunately, it was the intervention of kind neighbours that saved the day. The couple in question already had two children of their own and were extremely poor. With paediatric ARV's not easily nor freely accessible WIN became responsible for Ananya's medical needs ensuring she had HIV drugs as well as providing financial assistance to the couple looking after her.

In 2015 a WIN sponsor visiting Nagpur met Ananya and has since continued to cover all her expenses.

Thanks to such generosity Ananya is doing well and hopes one day to become a teacher.



Your generosity enables WIN to support girls like Ananya

Please support this event in aid of WIN. Tickets are selling fast!!! Do you have a raffle prize suggestion?
Please contact sid-c@hotmail.com or call 07810 542 787

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