

“A kind gesture can heal a wound that only compassion can heal” – Dr Steve Maraboli

Your support is transforming lives – Thank you!



Combating depression and isolation through social events

Whether an individual is living with cancer, leprosy, mental illnesses or HIV, most at some point experience feeling isolated, lonely or depressed. Aside from the individual care WIN provides, the charity organises social outings to help address these problems.

In January 50 women, children & young adults living with HIV were treated to a day of fun and adventure at beautiful spot on the outskirts of Pench National Park. It was a memorable day. A day to leave behind all worries and concerns and to forget being HIV+.

Sightseeing, boating, great food and safe company left us feeling elated at the end of the day!



Why not sponsor a trip?

It costs £150 to take 50 women out for the day. This includes bus hire, cooks & the ingredients for a fabulous 2-course meal



World Leprosy Day Jan 30th – spread awareness & prevent misconceptions

Today, through the efforts of many people, leprosy is an easily curable disease. The drugs are distributed free of charge. Early detection and treatment help prevent disability. But despite the progress of science and the fact that leprosy can be treated with drugs, just like other diseases, there are still people suffering from the unwarranted discrimination that exists toward leprosy.

Because of leprosy, there are people who have been separated from their families; who have been unable to continue at school; who have lost their jobs; and who have missed out

on the chance of marriage. After they have been cured, they are labelled 'ex-patients' and continue to face discrimination. We have not only to fight the disease, but also the prejudice and discrimination that have infected society.

This year, WIN along with other organisations representing persons affected by leprosy, issued messages of support and awareness on World Leprosy Day.



Leprosy is not a disease of the past. It is an ongoing issue

The disconnect between government health services and the needs of the poor



Rani's story - Every single day is a struggle for Rani Dungade. If it wasn't for her children, she'd have given up battling years ago. Rani has HIV, suffers from crippling pain, is a full-time carer for her blind and incapacitated 8 year old son Sunny, as well as her active two and a half year old daughter.

Rani's husband earns a meagre income as a labourer, so it's a constant struggle to afford good quality food. Sunny can't eat solids and relies on milk, which is costly. To compensate, Rani often goes without proper food herself.

When Rani travels to the hospital each month to collect her ART's, it costs a day's wages to get there and back. Long queues mean waiting to see a doctor can take up to 3 hours. With no one available to look after Sunny, Rani is forced to take him with her on these long and distressing visits.

Suspected of having TB the hospital asked Rani to attend 4 separate appointments in 1 week. One for a chest x-ray, another for a sputum test, another to get the results and the last day was to potentially start treatment. Since Rani couldn't afford the cost of travel, she was forced to miss her appointments. Missed appointments can result in doctors refusing the patient further treatment.

Rani's circumstances are not exceptional. There are countless women forced to neglect their health because of travel costs. On some occasions a patient may arrive at hospital only to be sent home due to faulty diagnostic equipment or a lack of an available clinician.



How WIN helps women like Rani?

We provide door to door transport. An accompanying social worker ensures the women receive the right attention and treatment. The charity also pays for symptomatic treatment and provides nutritious food such as fresh vegetables, eggs and milk.

In addition to improving health we look at improving an individual's economic circumstances too. Often this can be achieved through the provision of a small scale business near the individuals home.

Rani is doing well. After just 3 weeks of WIN's support she is experiencing improvements in her health already. Sunny has gained small improvements too following a consultation with one of Nagpur's top neurologists.



We look forward to updating you on their progress soon!

Update of Vidhya and her fight against breast cancer



Featured in our last newsletter Vidhya is fighting breast cancer. Suicidal following her initial diagnosis, today she has a renewed sense of purpose and hope. Over the years we have come to recognise that in addition to giving life saving treatment, one of most valued services WIN provides is that of our home visits and the constant phone calls to offer a reassurance that someone is at hand in a moment of need. Women like Vidhya have contended with many problems over the years and done so with tremendous fortitude. Often there is little alternative for most underprivileged Indian women rarely receive or expect help. Just knowing someone cares when you're struggling can make the world of difference.

Vidhya is an inspiration to all of us. Recently on the day trip featured in this newsletter, we invited Vidhya to come along. Despite having had chemotherapy the day before, she turned up with a big smile. Later that day she was one of the first to reach a hilltop temple, walking barefoot up a long, steep path to reach it. Vidhya faces an uncertain future with courage

and dignity.

Following her diagnosis last year, Vidhya was forced to stop work as a cleaner, making her sister the sole provider for the family. Desperate to work again and support her sister, Vidhya asked the charity for the opportunity to run a snack stall in her community. For £350 Vidhya had her wish granted and she's certainly making a tremendous success of the business already!



£350 can provide a small scale or micro business for a woman like Vidhya



Above: Vidhya's snack stall is a hit with local labourers who come home tired and hungry!



Helping Preethi and her children overcome years of violence

Preethi Mouje is 30 yrs old and has contended with a lot of hardship. Fractures caused by her violent husband have left her virtually crippled and in constant pain. Her daughters would often witness their father's abuses, fuelled by his disappointment at not having a son.

To escape the abuse, Preethi moved back to her parents' home where she lives with her mother, brother and younger sister. She put her daughters into hostel care to ensure they receive proper food, education and to protect them from their violent father. They see their mother every 2-3 months.

For the last 9 months WIN has been supporting Preethi's medical expenses and making sure she receives the best pain control. She will require hip replacement surgery in 2 years time, so until then we will ensure she gets all the help she needs.

One of Preethi's daughters, 10 year old Simran has a squint, which greatly affects her confidence at school.

Every third woman since the age of 15, has suffered sexual or physical violence at home according to the National Family Health Survey (NHSF-4), released by the Union Health Ministry

WIN collaborates with government health departments and has secured support for Simran at the department of Ophthalmology at Nagpur's Indira Gandhi Medical College Hospital. She will have corrective surgery in March and we look forward to updating you on her progress.



Pragati continues to flourish with your support



Above: Featured in previous updates, HIV+ Pragati and her mother Vaishali enjoy a day trip out courtesy of WIN

Pragati and her younger brother

