

## Sakira's story

Sakira was identified as a mother in need of special care and support as she had miscarried twice and was very small (140cm or 4 ft 8").

When I learned I was pregnant again, I was afraid, having miscarried my last child. But the CINI Didi [CINI health worker] came to my home and told me and my husband everything we needed to know and do to keep me and the baby healthy. She got me registered with a health centre, and on her advice I went for regular check-ups and consumed all the iron and folic acid pills.

My husband helped me do heavy daily chores so that my workload is reduced. He fetched water, and even washed clothes and utensils!

Didi regularly talked with my mother-in-law, and gradually she also became extremely caring. My family decided for a hospital delivery, and I was thankful for that too, because I had to have a caesarean section, so it saved my life. I hope our beautiful baby Firdausi will grow up into a strong and healthy woman.



## About CINI

Child In Need India (CINI) is an Indian NGO with local staff working with local communities and local government to bring about lasting change. We work to help mothers and children in India break free of the inter-generational cycle of poverty, malnutrition and ill health.



Child In Need India (CINI)  
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Registered charity number: 1092674

Sponsor a Mother  
and help break the cycle  
of poverty, malnutrition  
and ill health



## The facts

- Women in India are 80 times more likely than women in the UK to die in childbirth (UNICEF, 2005). The vast majority of these deaths are preventable given timely medical intervention.
- One child in every 14 dies before the age of five (UNICEF, 2005). It is estimated that half these deaths are related to malnutrition.

Maternal malnutrition leads to underweight births. Severely underweight babies are born malnourished, and therefore vulnerable to childhood diseases, permanent disabilities and persistent ill health. Through CINI's sponsor a mother programme, you can help women and their children break free of the inter-generational cycle of poverty, malnutrition and ill health.

## How does the sponsor a mother programme work?

This programme provides long-term funding for CINI's work in its specialist areas of health, nutrition, education and protection, from which the mother you are linked to will benefit.

A trained local health worker, or women's self-help group member, will make regular visits to the mother and her family, encouraging her to increase the nutritional value of her diet using locally available produce.

We will ensure she has access to a trained person to assist with the birth, either at hospital or at home from a trained traditional birth attendant. Support will be given to ensure that the child is immunized and receives any necessary medical attention during the critical early years.

Once the need for good health and nutrition is met, the next step will be to ensure the child can access educational services. The child will be encouraged to develop strong learning skills and the family will receive help with getting him or her registered at a local school.



A CINI health worker visits a mother at home to explain how immunisation can prevent common diseases

**For £10 a month you can sponsor a mother and touch not only her life, but also that of her family and neighbours.**

## How will I know my support is having an impact?

You will be linked with a mother who will be your window in to the situation on the ground. You will receive reports explaining how she is benefiting from CINI's mother and child centred development work in her local area.

You will receive news on what is being done to ensure that a firm foundation is laid for the healthy development of her child. This will include annual photos, so you can share the joy of watching her child grow, knowing that by supporting this programme you are helping him or her move towards a better future.

If you are able to visit India, we would be delighted to arrange for you to meet the mother with whom you have been linked, and to take you to some of CINI's other programmes and projects so you can learn more about how your support is changing lives.

## Yes, I would like to sponsor a mother

Full name: .....

Address: .....

Postcode: .....

Telephone: .....

Email: .....

Your bank's name: .....

Your bank's address: .....

Account holder(s): .....

Account number: .....

Sort code: .....

To the Bank Manager: Please pay CINI, **Acct no 00086541, Sort code 40-52-40** at CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

£ ..... on ..... / ..... / .....  
and each month thereafter until further notice

Signature: .....

Date: .....

*giftaid it*

To reduce postage costs, I would like to receive update and photos by email

If you are a UK taxpayer you can make your donations to CINI worth almost a third more at no extra cost to you through Gift Aid by ticking here

*NB: you must pay an amount of income tax or capital gains tax at least equal to the tax CINI will reclaim on your donations in the tax year*

Please return completed form to CINI (not your bank) at CINI, 11 Mowl Street, London SW9 6BG.

We also welcome one off donations towards the charity's work as a whole. Please send these to the address above.

