

Proshanti

NEWSLETTER SUMMER 2015



Preeti's Story

This article was written for the Newsletter by one of the Proshanti staff in Juri

Days, months and years go by but many people in Juri see few changes to their lives. They don't know which world they belong to or live in, whether it is a modern world or that ancient 'traditional' world where there are few humane attitudes towards the poor.

Does Preeti know where she belongs? She doesn't have a house to live in and sometimes no food to eat. She has few clothes and no health service, no education, no work. So much in her life starts with a big 'NO' or 'DON'T HAVE'

Preeti (18) lives in one of the Juri tea gardens with her husband Basu (22). Before she could understand the meaning of life properly or even guess what was happening around her, she was married. She was just 15. Since then she has been living with her husband in a small hut of 14 feet by 10 feet with 9 other people including her in-laws and their other sons and daughters.

This large family survives on the income from work in the tea gardens of only 3 earning members of around TK. 180 a day (less than £1.45) for all the family. The family is clearly struggling with their finances and so Preeti had to spend many hungry days during her pregnancy.

When Preeti became pregnant in the third year of her marriage, she met Aporna, one of the Proshanti nurses. Aporna advised her to come to the Proshanti clinic to take advantage of the support on offer. Preeti was registered and received care and support that transformed her life in a way that she would have never dreamt.

Preeti received ante-natal visits, ultrasound scans and other medical examinations as well as counselling from the Proshanti nurses throughout this first pregnancy. She became a mother to her beautiful son in January 2015. A healthy 'Bosonto' stepped onto the world stage with Aporna's help. Later she was given two post-natal visits by Proshanti nurses and the baby was given vitamin A and his first inoculation. Preeti has been advised that it will be good for Bosonto if she can breast feed him for at least 6 months.

Preeti described her experience with Proshanti as a happy one. She said, 'Neither me nor my mother-in-law knew anything before we went



Preeti and Bosonto

Proshanti's Funders

In the last few months Proshanti has been very pleased to receive funding from the following sources:

East London Lift Company; continued unrestricted funding which is used to pay for the salary of our Programme and Fundraising Manager in London.

Ummah Welfare Trust; a second grant of £10,000 for our clinic costs.

Souter Trust; £2,000 for staff costs in Juri.

UCL Bangla Society; a second donation of £770 for an ultrasound machine.

Individual donors have been very generous either with monthly standing orders or donations via Virgin Money Giving.

If you know of someone who would like to donate £10 each month by standing order then we can do even more! Please contact the Proshanti office for a standing order form – tel 07540 407427 or email info@proshanti.org

to Proshanti about ante-natal care or about all those medical examination. I took a lot of vitamins from Proshanti so I was healthy throughout the pregnancy. I'm very happy'.

Her neighbour Onjolee said both she and Preeti got married at the same time, but she did not receive any help during pregnancy and so had a difficult birth of her child as it was done by an unqualified local health worker. Another neighbour, Ms. Laxmikanto, said that it was a blessing for the community

For these people who have spent almost all their lives in poverty and who experience hunger, who could not afford to bring a full meal onto their plates, the Proshanti support has become a life saver.

Some Statistics

Total number of women registered	70
These are currently funded by a grant from The Peter Stebbings Memorial Charity.	
Deliveries in the last 3 months	8
Of these half were delivered at home and half in the Clinic.	
Routine tests carried out	282
Ultrasound scans	108
New Clients by faith	
Muslim 48	Hindu 27
Tea garden dwellers	19



New Appointment in Juri

We are very pleased to have recruited a Project Coordinator in Juri. He is Mr Golam Sarwar and he started work with us in February. He has already shown that he is and will continue to be a great asset. One of his early initiatives was to recommend providing nutritional support to particularly malnourished clients every month and this has now started. Mr Sarwar said "Nutrition is the most important issue during pregnancy and is also an indicator of the quality of care we provide. These food packs will provide clients with 26,750kcalories each month and we expect this to help the growth of the unborn child."

<- A Proshanti client collecting her food pack

Visits to Juri Proshanti's Chair, Mrs Lilu Ahmed, and Dr Ian Gibson, one of Proshanti's clinical Advisers, had a very successful visit to Juri in April with the aim of providing staff training, ensuring good client records were being kept, checking that quality standards were being maintained and meeting local colleagues. They had a very busy time! Training was the main focus and at the end of the week the Proshanti midwives felt well equipped and motivated to deal with events and emergencies at the clinic. The staff are assisted in their work by the doctors at the Abdul Aziz Clinic where our clinic is located. Dr Kamaruzzaman in particular helps our staff and we are very grateful for his support. We are also very grateful to Dr Beccy Scott who visited the project in January. She undertook very valuable staff training, helped greatly by the fact that she can speak Bangla.

Our Chair, Lilu Ahmed with Clients



Proshanti UK is a Charity registered in England and Wales number 1137179. It is also a company limited by guarantee no 7108914. Its objects are *the relief of sickness and the promotion and preservation of good health, in particular but not exclusively, of people living in the Juri region of Bangladesh, by support and establishment of a healthy living centre or centres.*

For more information visit our website www.proshanti.org or telephone our Programme and Fundraising Manager, Masud Siddique. Tel 07540 407427

