In this issue of the newsletter, we showcase the groundbreaking work of our partners including Kashf Foundation, Karwan-e-Hayat, Patients' Aid Foundation, ACF Animal Rescue and Fatamid Foundation. We are also pleased to announce the launch of the Thar Water Project in partnership with the Green Crescent Trust. This project will provide water to 300 villages in drought-affected Tharparkar. The project will increase community resilience and reduce vulnerability to climate change. We would like to extend our deepest gratitude to our friends and supporters who make it possible for us to help millions of underprivileged families across Pakistan.

Farrokh K. Captain

Special Olympics Pakistan: We warmly welcome Special Olympics Pakistan as a new partner. Special Olympics Pakistan currently supports 28,000 special athletes across many sports. Special Olympics Pakistan works with people with intellectual disabilities through the "power of sports".

PeaceNiche: We are also pleased to welcome PeaceNiche as a new partner. PeaceNiche promotes community engagement through cultural performances, workshops, seminars, and projects using music, visual arts, and literature.

i-Care receives Dr Ruth Pfau Award: Marie Adelaide Leprosy Center awarded i-Care the Dr. Ruth Pfau Award to honor our longstanding partnership.

Zakat funds used to support orphans in Azad Jammu and Kashmir (AJK). i-Care supporters used Zakat donations to support the education of orphans in AJK. The zakat funds covered uniforms, shoes, stationery, textbooks, and school fees.

Construction of a state-of-the-art auditorium for blind students. The i-Care Foundation is partnering with the Aziz Jehan Begum Trust for the Blind to construct a modern amphitheater for blind and students in Lahore.
The i-Care Foundation is partnering with the Patients' Aid Foundation for the construction of Pakistan's first Stroke Management Center in the Jinnah Post Graduate Medical Centre (JPMC) in Karachi.

Patients’ Aid Foundation was formed by a group of concerned citizens in 1990.

Stroke incidence in Pakistan is close to 250 per 100,000 population, which means 350,000 new stroke patients every year.

The Stroke Center will provide free of cost rehabilitation services and improved quality of care for patients of stroke attacks from all over Pakistan.

Patients’ Aid Foundation will work alongside JPMC to facilitate these patients, aid their treatment, cater to their needs, and grant them access to quality care.

Serving its motto of ‘Humanity Meets Healthcare’, Patients’ Aid Foundation has transformed JPMC with massive infrastructure projects and the introduction of state of the art modern equipment, benefiting thousands of patients every day.

There is no substitute for blood. Millions of patients' lives depend on blood transfusions. The i-Care Foundation partner charity, Fatimid Foundation leads the field in blood transfusion and thalassemia treatment in Pakistan.

The Fatimid Foundation is the largest blood bank and hematological service in Pakistan and provides free of charge transfusion to poor and needy patients from all over the country.

The Fatimid Foundation was also the first blood bank in Pakistan to introduce the concept of voluntary non-remunerated blood donations to discourage the practice of professional donors and now arranges over 100,000 units of blood and blood components annually from healthy voluntary donors.

The Fatimid Foundation also provides physiotherapy, ultrasound, coagulation test, electrophoresis test and and has 110 bedded facility with over 175 custom made chairs for blood transfusion for genetic blood disorder patients.

The i-Care donors have supported our partner, the Elza Retina Welfare Organization (ERWO) in organizing 10 Mobile Eye Clinics in remote rural and deprived urban areas in Sindh. The mobile eye clinics provide free consultation and medicines for poor patients.

ERWO doctors then screen community members for retinal problems including muscular degenerations, detachment, glaucoma, cataract, congenital diseases, and tumors. Patients are then referred to retina surgeons for free treatment for diseases causing avoidable blindness.
CASE STUDY: SALMA

"Eight years ago, after acquiring loan from Kashf Foundation, I was able to establish a doll making business from home. I wanted to provide a stable environment for my four children to grow up in.

A major source of motivation was my desire to educate my children and for that I went against the norms of the male dominated society and started my own business.

I have been with the Kashf Foundation for over eight years. I have learned the skills for my business which have also helped me in my everyday life. The community now look up to me for motivation and inspiration.

I am constantly seeking to better myself and take every opportunity to attend Kashf training programs.

Currently, we are able to produce a total of 400 dolls per week, which I hand stitch at home. I also employ twelve women from the neighborhood. The business is growing fast. Next month, I will buy more machines to increase production to 1000 high quality dolls per week.

When you start a small business, even if initially there is no profit, the experience itself is a great lesson that helps you grow and benefits you in the future."

THAR WATER PROJECT

In partnership with the Green Crescent Trust, the i-Care Foundation has launched the Thar Water Project. Over 40 wells will be installed at key locations to provide water to over 300 villages in drought affected Tharparkar.

The aim of the project is to increase community resilience and reduce vulnerability to climate change. Recurring drought in Tharparkar causes very high rates of malnutrition in children and women.

Waterborne diseases, viral infections, and malnutrition lead to the death of nearly 500 infants a year. Crops and livestock perish in dry seasons leaving communities more vulnerable to ill health and loss of livelihoods.

Having access to water is just the tip of the iceberg. Supplying communities with clean water contributes to food security, improves nutrition and limits the spread of disease.

PARTNER PROFILE: ACF ANIMAL RESCUE

ACF Animal Rescue is home to the first-of-its-kind animal shelter in Pakistan. The shelter caters to injured and ill animals such as dogs, cats, birds and working animals such as donkeys, horses and camels. Founded in 2013, ACF has several rescue service ambulances and an active rescue helpline where people can report injured animals.
The Kiran Foundation is a trauma-sensitive school system based in the violent and volatile neighborhood of Lyari in Karachi. The aim of The Kiran Foundation is for children from Lyari to be able compete in mainstream instead of remaining marginalized.

The Kiran Foundation is committed to educate and empower communities with academic excellence, family income support and community mobilization through shared values.

The school system started off as a preschool program on the belief that values are instilled at an early age and require the support of parents and guardians. To ensure the program’s success, the school brings entire families into its tutelage. This ensures that families can receive help and counsel to uplift themselves, giving them the power to turn their circumstances around and unlock doors to a world of opportunities that would otherwise be inaccessible.

"I am 45 years old. I was a victim of child abuse but I never told anyone. Instead, I went on living with suppressed terror throughout my childhood and youth. The feelings of depression and anger have been gnawing at me my whole life. As an adult, I suffered the stigma of mental illness and have been divorced twice.

I was eventually admitted to Karwan-e-Hayat where my treatment began immediately. I began going to their rehab clinic regularly. Just knowing that my feeling of depression was treatable was like a blessing from heaven.

I eventually understood my sickness and became equipped to deal with it through therapy and medication. I even attended vocational training at Karwan-e-Hayat and am now working as a beautician.

I feel so blessed, not only am I living a happy life, I am being productive and earning as well.

I am immensely thankful for the care and kindness given to me at Karwan-e-Hayat, especially the rehab clinic. This has really turned my life around."