MAITS - Improving the lives of people with developmental disabilities worldwide through the transfer of knowledge and skills
Dear friends and supporters,

This year MAITS celebrates a milestone 10 years of operations. We have now reached 1 million people with disabilities since our inception, through our team of highly experienced volunteer trainers who are either healthcare professionals or special needs teachers. This is a phenomenal accomplishment for our organisation. It doesn't seem like that long ago that in 2008, myself, Asif Rangoonwala and staff at the Whitefield school made the decision to start MAITS. Prior to 2008, Whitefield’s staff had run training courses in disability organisations in India and Pakistan and as the word spread more and more requests for such training started to come in. From there, we developed the idea of creating a disability charity that operated through sharing knowledge and skills from a volunteer trainer specialising in developmental disabilities to an organisation needing training. Before long, MAITS was born, starting operations in 2009.

Over the last decade, I have had the privilege to watch MAITS flourish and progress, with some challenges but many wonderful achievements along the way. These achievements would not have been possible without the dedicated work of many qualified volunteers, who have put their time, talent and expertise into achieving MAITS’ mission. This year, we have had the great honour to celebrate three of our long-standing volunteers including co-founder Geraldine O’Grady, alongside Janet Ivin and John Carter, as they were awarded with the Prime Minister’s Points of Lights Award. These awards were given in conjunction with the first ever Global Disability Summit held in London. They were accompanied by a personal letter from the Prime Minister who praised them each for their inspiring work. Geraldine’s award was for her voluntary work in India and as one of the co-founders of MAITS. Janet and John were chosen for their innovative training on how to build rehab and therapy equipment out of paper and cardboard, using recyclable, low-cost materials.

This year has underlined that MAITS’ work simply would not be possible without everyone who has volunteered, worked for and supported us. On behalf of all our board, I would like to extend a massive thank you to our donors, volunteers and new partners. I am looking forward to another year of achievements and continuing to improve the health and well-being of some of the most vulnerable in society.

Meheen
Dear friends and supporters,

There has been a lot to celebrate this year, with three of our volunteers winning three of the six Prime Minister’s Points of Light Awards for their disability volunteering with us and reaching over 1 million people with disabilities since we officially started our volunteering missions 10 years ago.

It was inspiring to spend time in Sri Lanka in January 2019, with three of our highly experienced volunteer trainers from Pakistan and India, who were delivering our Community Health Worker programme to share knowledge on how to work with children with disabilities and their families.

I had the opportunity to meet and spend time with the 35 trainees, who work directly with families and one of our long-term partners in Sri Lanka, the National Centre for Cerebral Palsy and Developmental Disabilities, as well as the parents and children that took part in the practical sessions.

It was inspiring to see first-hand the achievements of our trainers and the dedication of our local partners and how they put their knowledge into practice. The way the training brought together professionals from India, Pakistan and Sri Lanka allowed for an important cross-cultural exchange of knowledge, allowing the trainers and trainees to learn from each other.

I undertook a field visit to Kerapitya hospital in Galle, Southern Sri Lanka, where MAITS trainers had run the infant feeding programme over two years ago and was pleased to see that the doctors, ward sisters and nurses are still using MAITS’ methods.

An element of what we do, which I think is particularly important, is that our work on disability has always been initiated at the request of local organisations based in the Global South. Our training is tailored to local need, designed in collaboration with local organisations who identify gaps and expert volunteer trainers.

The importance of this approach is becoming more widely appreciated, particularly since the first ever Global Disability Summit, run by DFID, where the emphasis was on ensuring that disability is a key global priority led by those in the Global South.

We are also thrilled to announce that this year, thanks to two generous grants from The Fore and The Funding Network, we have been able to expand our team to include a part-time fundraiser and a part-time project coordinator, as well as being able to train more people in locations from Bangladesh to Rwanda. This is already making a difference and will have a transformational impact on our work.

We have reached a substantial number of people and our work is very much in line with the DFID priority whereby “decision makers from around the world made ambitious commitments to bring about real and lasting change for people with disabilities and put them at the centre of their work.”

We have made important progress, but there is a significant way to go, so please do spread the word about MAITS’ work and read on to find out more about how you can get involved.

Esther
Our story so far

2008

MAITS was established and registered as a UK Charity in December 2008 as the result of a trip by one of the founding members, Niels Chapman, to Pakistan. He visited special needs schools and rehabilitation centres in Karachi, Pakistan to understand the need for professional training on disability in low resource settings.

2009

First multi-disciplinary team of MAITS professionals trained 30 Speech and Language Therapists from Komo Centre and Entebbe Welfare School, Uganda. MAITS hired its first clinician onto the team in addition to the highly experienced volunteer clinicians and educators that we work with.

2010

MAITS conducted training visits to Sadhana Village, India to start compiling its very first training manual for community workers, caregivers and parents of children with special needs. A multi-disciplinary team of experienced clinicians wrote the programme.

2011

Biggest overseas training trip by a team of 11 clinicians delivered trainings at four major special needs institutes and centres in India. The team of volunteer speech and language therapists, occupational therapists, physiotherapist and special needs teachers directly trained 168 disability professionals in India benefiting over 480 individuals.

Olivia Donnelly joined the board as a trustee.

2012

MAITS launched its very first training manual for caregivers to work with children with developmental disabilities.

2013

MAITS started providing APT (Appropriate Paper-Based Technology) training on how to make therapy equipment out of paper and cardboard in Bangladesh. The team trained 29 professionals, representing nine different organisations in Chittagong. Since, the team has been again in 2014, 2016, 2018 and again in 2019 to continue their APT training in Bangladesh creating an effective continued training programme.
MAITS started working on training for babies struggling to feed because of an underlying disability or premature birth. This resulted in the development of our life-saving training programme on infant feeding difficulties.

The launch of our online platform for trainers and organisations to register with MAITS which allows us to match people looking for training with professionals who can provide tailored courses to match their training needs.

We also partnered with the Nathan Ebanks Foundation in Jamaica to train over 150 professionals working with children with developmental disabilities.

Annabel Heathcoat-Amory joined the board as a trustee.

MAITS released its training package on supporting children with feeding difficulties.

We also organised the first train the trainer style programme at Nathan Ebanks, Jamaica which resulted in the development of our training manual for Community Health Workers.

MAITS hired our first ever CEO, Esther Hamilton, as part of the recommendations in a review by an external charity to develop our work. We launched our impact report spanning our achievements from 2011 – 2017.

We had the sixth return visit by Art Therapists to Zambia Therapeutic Art Centre taking the total number of beneficiaries of this training programme to 697. MAITS wins first external funding by pitching at a Dragon’s Den style event at The Funding Network.

Three MAITS volunteers were awarded the Prime Minister’s Points of Light Award for their voluntary work with MAITS! Janet Ivin, John Carter and Geraldine O’Grady were three of only six people who received this award for their outstanding volunteer work for those with special educational needs and disabilities.

The project we partnered with the Nathan Ebanks Foundation to run in Jamaica won a merit award at the World Cerebral Palsy Awards!

We ran 17 small training programmes in response to locally developed requests. We launched our infant feeding programme as a Train the Trainer programme in Rwanda where our trainers and their new trainees ensured that we exceeded our target and trained 94 local professionals. This was funded by The Funding Network.

Our long-term Chair Asif Rangoonwala stepped down from the board after 10 years’ of dedicated service. Meheen Dalamal was elected the new Chair, Annabel Heathcoat-Amory was elected Vice Chair and we recruited a Treasurer, Stuart Robertson.

MAITS reached its millionth beneficiary this year!

MAITS expanded its team after having secured funding for a Project Coordinator and a Fundraiser from The Funding Network and the Fore, with a contribution from the Big Lottery.
We are proud to be celebrating having reached our 1 millionth beneficiary this year and really delighted that in our 10th year of operations, the achievements of MAITS were recognised when three of our volunteers were awarded three of the six Prime Minister’s Points of Light awards for their volunteering in the field of disability.

Geraldine O’Grady is one of MAITS’ co-founders along with Niels Chapman, Jane Pettigrew, Asif Rangoonwala and Meheen Dalamal. Geraldine is the Head of the Research and Development Centre at the Whitefield Schools in London with a background in special education and was one of our very first volunteer trainers.

"I was honoured to be nominated for a Prime Minister’s Points of Light Award in 2018 for my work with MAITS and I was proud to accept it on behalf of all those people throughout the years who have worked so hard to make the charity the success it is today."
The idea started to emerge that the volunteering work we had been involved with had the potential to grow into something much bigger. We had all witnessed the value of training and skill-sharing with professionals in developing countries so that they could pass on their skills and knowledge in order to build capacity in education and health care. Jane, one of the co-founders, and I decided to produce information sheets to see if we could encourage other professionals to get involved. Niels articulated the aims of the project and came up with the name and MAITS – which stands for Multi-Agency International Training and Support – was born.

I believe that everyone has the right to access the best possible opportunities in training and development so that they in turn, can teach, support and empower others positively, whether this is in Waltham Forest, other parts of the UK or in any developing country across the world. Also, I have experienced the positive impact of collaboration and how working closely with other professionals who have different skills, cultural perspectives and knowledge can effectively improve practice and life chances for people with disabilities.”

Geraldine looks back on how MAITS started

Geraldine looks back on how MAITS started and how far we have come since then, having gone from humble beginnings to reaching over 1 million people this year.

“My volunteering work started when the former head teacher of Whitefield School, Niels Chapman, asked if a couple of us would respond to a request to go to the Department of Rehabilitation Science, in the Holy Cross College in Tiruchirappalli, South India to run a course about autism. This was one of the best experiences in my teaching career: I met many inspirational students, some of whom I am still in touch with and I have seen them develop their own organisations and programmes to support inclusive practice for children and young people with special needs. Little did I know where it would lead...

Over the next few years, I continued volunteering during the school holidays with other colleagues who were either teachers or speech and language therapists. We went back to Tiruchirappalli and also volunteered in other schools and organisations in Mumbai, Chennai and Delhi. Whitefield School also welcomed several professionals from Pakistan and India to our school so that we could share ideas and practices in the field of special needs.

Geraldine and Trainees. Geraldine is centre back row.
Our key achievements this year
Our impact

India

We have had two separate training courses on training disability charity staff on how to make therapy equipment out of paper and card using recycled materials.

In the Satya Special School, Pondicherry in Tamil Nadu, South India we trained 47 people including staff from the special school, physiotherapy students, tutors at university physio departments and hospital and research centres.

We trained 14 people in the National Association for the Blind in Maharashtra, Western India, including their own staff and teachers from different teachers from different cities across India. The trained staff work with 174 children on a regular basis.

Pakistan

What we planned: To train a further 4 local trainers (to make a total of 10) to roll out our Community Health Worker programme to 30 Community Health Workers. The programme is to provide early intervention and support in the home to families of children with disabilities.

What we did: Trained 5 local trainers this year (making a total of 11) to roll out our programme. The trainers trained 14 Community Health Workers and in addition trained staff in Sri Lanka (see Sri Lanka description box overleaf).

Ghana

1. A MAITS’ Speech and Language Therapist went to Ghana to lecture at the University of Ghana and provide mentoring. We worked with 62 people training at the University of Ghana. (See interview with Sioned on page 32). Speech and language therapy is a very new profession in Ghana.

2. Three Occupational Therapists travelled to Ghana to deliver training in Accra at the Multi-Kids Inclusive Academy.

Rwanda

What we planned: We planned to train 3 local trainers to deliver our life-saving infant feeding programme in Rwanda in 3 hospitals, reaching 1750 mothers and babies over the whole project from February 2018 onwards.

What we did: We trained 4 Rwandan trainers to deliver our life-saving infant feeding programme in 10 hospitals reaching a total of 4400 mothers and babies from February 2018. Of those we reached 3865 this year. The infant mortality rate fell from 11% - 8% in the first six months of the programme in the hospitals where we had worked.
Pakistan
India
Bangladesh
Sri Lanka

**Bangladesh**

Our award winning trainers trained 12 people on making therapy and rehabilitation equipment out of recycled paper and card.

**Sri Lanka**

Our trainers from Pakistan and India trained 35 midwives, social workers and charity workers.

Two physiotherapists trained 14 disability charity staff on how to make therapy equipment out of paper and card using recycled materials.

**Zambia**

1. A MAITS’ volunteer nurse provided training on developmental disabilities, mental health and foetal alcohol syndrome. She trained 20 staff and worked directly with 80 families and 300 members of the local community.

2. We trained 30 people in the Department of Psychiatry at the University Teaching Hospital, providing training on trauma recovery approaches for children with developmental conditions and PTSD. The course looked at neuroscientific findings of complex trauma and culturally informed art-therapy approaches.

**Uganda**

Three psychologists led training in Kampala to produce a Forum Theatre performance to raise awareness of disability and mental health problems, as many children born with disabilities are believed to be the consequence of infidelity or evil, leading to mothers and babies being rejected by their family and communities. Working with local healthcare workers and people with disabilities, they used a range of group exercises to look at the participants’ personal experiences of mental health.

**Number of people trained.**

674

**Number of trainers.**

32

**Number of people with disabilities that we reached.**

14,205
Our training this year
Key achievements

**India**
We taught local therapists to make rehab equipment out of paper and card at the National Association for the Blind.

**Pakistan**
Training community health workers to support families with children with disabilities.

**Ghana**
Speech and language therapy observations.

**Rwanda**
MAITS trainer delivering the life-saving infant feeding programme.
Bangladesh
Janet and John, our award winning trainers, ran training to make rehab equipment out of paper and card.

Sri Lanka
Training midwives, social workers and charity staff on how to support children with disabilities. This was run by trainers from the region.

Zambia
One of our nurse trainers provided training on developmental disabilities, mental health, foetal alcohol syndrome in Chipata General Hospital, Zambia

Uganda
Three psychologists led a drama therapy project, raising awareness of disabilities and mental health.
Who we are, where we work and what we do

Who we are

MAITS is an international disability charity that works with people with disabilities such as autism, cerebral palsy and learning disabilities in developing countries. We have a team of healthcare and education professionals who volunteer their time to provide training to those working with and caring for people with disabilities.

We have a small team of specialists who create resources and we connect those looking for training with those who can provide it.

Vision

We envision a world in which individuals with developmental disabilities are fully able to access the health and education services they need to achieve their full potential.

Mission

MAITS is an international disability charity whose mission is to improve the lives of some of the world's poorest people with developmental disabilities and the lives of their families, through better access to and quality of health and education services and support.

Aims

The aim of MAITS is to improve the lives of some of the world's most vulnerable individuals living with disabilities by helping them to reach their full potential, with good health and wellbeing, through access to family support, quality healthcare and education.

MAITS specifically supports people with developmental disabilities such as cerebral palsy, autism and learning disabilities. We do this through a team of volunteers from all over the world, who are experienced professionals and provide capacity-building training and resources to those caring for and providing health and education services to individuals with disabilities in community or institutional settings.

Strategic objective

To improve the lives of adults and children with developmental disabilities living in some of the poorest countries in the world, by strengthening the skills of carers and those working in disability and mainstream health and education services, to ensure better, more accessible and sustainable services. Our work directly contributes to Sustainable Development Goals 1, 2, 3, 4, 8 and 17 – emphasising the importance of health and wellbeing for all, access to education by building inclusive learning environments, as well as promoting the social inclusion of persons with disabilities. We work through volunteer trainers, who are either qualified healthcare staff or special educators with at least four years' post-qualification experience and a background in training as well as experience in a developing country. Our trainers volunteer for short periods of between 5 days to 3 months, typically volunteering for two weeks and then provide follow-up remotely, often returning for repeat visits.

2 SDG 1 = Ending poverty in all forms, SDG 2 = Ending hunger and achieving food security for newborns and children under 5 years of age, SDG 3 = End preventable deaths of newborns and children under 5 years of age, SDG 4 = Guaranteeing equal and accessible education, SDG 8 = Promoting inclusive economic growth and employment, SDG 17= Global partnerships for sustainable development.
Where we work

Over 1 billion people around the world live with a form of disability. Around 80% live in developing countries.

We have worked in over 20 countries with a focus on South Asia and Africa for our larger Trainer of Trainer programmes. For our smaller tailored training programmes, MAITS is not prescriptive and we work with local partners to deliver training in Low and Middle Income Countries wherever a need is identified.
What we do  The impact of our work

Theory of Change

How what MAITS does contributes to what we want to achieve

<table>
<thead>
<tr>
<th>Input</th>
<th>Activities</th>
<th>Outputs</th>
<th>Outcomes</th>
<th>Impact</th>
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<tbody>
<tr>
<td>Funding and coordination of training programmes</td>
<td>Life-saving training for staff working with disabled babies and children with feeding difficulties.</td>
<td>Strengthened capacity of professionals to provide a service to babies and children with feeding difficulties.</td>
<td>Hospital and clinic staff have the knowledge and skills to support children at risk of malnutrition and infection.</td>
<td>Increased breastfeeding and survival rates and subsequent health, development and well-being of babies and children with physical disability.</td>
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<td>Training on how to make low cost assistive devices and rehabilitation equipment from cardboard using innovative techniques.</td>
<td>Local production of disability equipment that is otherwise unavailable and/or unaffordable.</td>
<td>Individuals with disabilities have access to equipment that improves their health, development and independence.</td>
<td>Reduced disability experienced by the individual, leading to increased productivity, participation and quality of life for them and their families.</td>
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<tr>
<td>Training non-specialist staff on basic techniques to promote positive care practices for children with disabilities through work with their families.</td>
<td>Non-specialist staff in community, education and care settings have the skills to support children with disabilities and teach this to their families.</td>
<td>Individuals with disabilities have access to improved care and support, where specialist services are scarce or non-existent.</td>
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<tr>
<td>Providing Continuous Professional Development training to healthcare and education staff on working with individuals with disabilities.</td>
<td>Healthcare and education professionals have the skills to provide a quality service to individuals with disabilities.</td>
<td>Individuals with disabilities have increased access to healthcare and education services that meet their needs.</td>
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<tr>
<td>Skill-matching</td>
<td>Providing a matching service for organisations seeking training and professionals offering to share their skills.</td>
<td>Staff working for organisations who provide a service to individuals with disabilities and their families receive training.</td>
<td>Local staff have improved knowledge and skills and are able to provide an enhanced service.</td>
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<tr>
<td>Producing training resources</td>
<td>Designing disability training programmes and resources where there is an unmet need.</td>
<td>Those caring for and working with people with disabilities in developing countries have access to resources that improve their knowledge and skills.</td>
<td>People with disabilities receive skilled care at home and from health and education services.</td>
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<tr>
<td>Resource library</td>
<td>Developing and maintaining an online library of freely available information documents and training resources.</td>
<td>A range of materials on disability are available in one place for anyone to access.</td>
<td>Students, practitioners, disability organisations and researchers have access to valuable information and resources, meeting an unmet need.</td>
<td>Professionals are able to share their knowledge and experience with each other and thereby improve the quality of their work to improve the lives of disabled people.</td>
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Where we have worked this year
Some of our programmes

Rwanda – the MAITS’ life-saving infant feeding programme

The facts about Rwanda

Rwanda has the 24th highest rate of infant mortality in the world. For every 1000 babies born, 53 (52.64) will not survive. Rwanda was named as the country that has made the most gains in the region in improving children’s lives, but there is still a gap – support for babies who are born prematurely and those born with an underlying disability. Many babies who are born prematurely, may have a disability that has not yet been identified. These babies really struggle to feed and MAITS’ clinicians have developed life-saving training using low-cost, low-tech solutions that help babies to start successfully breastfeeding almost immediately.

How this project came about

In May 2017, MAITS was contacted by the international charity, Partners In Health, that has been working in Rwanda since 2005, to help address the specific issue of how to support premature babies and those with underlying disabilities because there is a real gap in knowledge in this area.

Our objective

Our objective was to increase breastfeeding and survival rates as well as the health, development and wellbeing of premature babies and those with a disability.

Our goals

The training started in February 2018, when our two MAITS’ trainers went to Rwanda to train local experts to roll out this training.

Our goals through this project were:

- To train 25 healthcare staff on our life-saving infant feeding techniques
- To train 3 local staff who could continue to teach these techniques to other professionals locally
- To work in 3 healthcare facilities
- To reach 1750 mothers and babies

And this is what we actually achieved:

- We trained a total of 94 healthcare staff (60 in the last financial year and 34 this year)
- We trained 4 local staff who could continue to roll out this training, with ongoing clinical supervision via Skype
- Training done in 10 healthcare facilities
- We reached a total of 4400 mothers and babies (535 in the last financial year and 3865 in this financial year).

The impact of the training on the participants

Samuel Byiringiro and Marie Claire Abimana are two local experts who have been trained on the MAITS Infant Feeding Programme, which they are now delivering to other clinical staff with ongoing clinical supervision from the MAITS’ trainers that co-authored the programme. Our trainers are pictured here supervising Marie. Marie is an All Babies Count Quality Improvement Advisor in Rutongo District Hospital in the eastern province of Rwanda. She said: “I use what I learned in the training many times when I am mentoring other staff, but also when I am providing post-natal care.” The work of our local experts is vital in reducing preventable infant mortality through this sharing of knowledge between trained local experts and other health care workers.
Cat Kirk is Director of Maternal and Child Health at Partners In Health Rwanda. She has been working alongside our local experts as they have completed the MAITS training. She said:

“The MAITS infant feeding package has been really eye-opening for us at Partners In Health. In a country like Rwanda which has made real progress in increasing breastfeeding rates, there can be a misperception that there are no challenges that mothers face when breastfeeding. The Infant Feeding Programme helped us to work with the most vulnerable infants to increase rates of exclusive breastfeeding and support nurses and expert moms to gain skills for practical counselling to mothers. The package has been eagerly received across all 10 hospitals we have worked with and has allowed us to bring more advocacy at the national level about the need to support quality breastfeeding counselling and expression particularly in neonatal care units attending to sick and small newborns.”

Expert mothers providing peer support

As part of the life-saving Infant Feeding Programme, the midwives and clinicians we have trained have gone on to train four expert mothers who provide peer support for other mothers experiencing difficulties feeding their babies.

Faisi Uwitonz, pictured below (left) is a nurse who originally trained in Burundi. Another one of the expert mothers, Nadine Kamikazi, had the experience of her own baby struggling to feed due to birth complications. Nadine’s baby was born weighing under 2 pounds but survived and flourished into full health despite the odds, thanks to the support she got from the local experts trained as part of our feeding programme. Through their own experiences and with the support of our local experts, the expert mothers work on the labour wards and in clinics as peer supporters, where their first-hand experience helps other mothers in the same situations.

Writing about the expert mothers’ scheme, Mark Lawrence from Partners In Health (PIH) said that “children discharged from neonatal units at the three PIH-supported district hospitals in Rwanda often return to be treated for malnutrition. Expert moms aim to prevent such cases by teaching mothers about the importance of breastfeeding and how to do so comfortably and effectively.” This is a vital element to the programme, encouraging communication and support between mothers and improving the care provided to their infant enabling them to feed.
The life-saving infant feeding programme background

The project in Rwanda is part of an ongoing programme to reduce infant mortality and improve breastfeeding rates. We have run this training in Sri Lanka, Malawi, Uganda and Rwanda, reaching 28520 mothers and babies and training 159 staff to date.

The infant feeding training in Rwanda was made possible by kind donations from The Funding Network.

In the next year, MAITS is looking to replicate our success in Rwanda by rolling out the programme in Liberia, which continues to be deeply affected by two civil wars and has a high infant mortality rate. We are raising funds to do this.

Pakistan

DFID states that “children and young people with disabilities are often the first to be placed in institutional care, the last to leave, suffer the most as a consequence, and often end up being forgotten by society once institutionalised. They often remain in inappropriate facilities long into adulthood. Institutionalisation has a disproportionate negative effect on both children and adults with intellectual and psychosocial disabilities. We will support inclusive community services for all children and the promotion of family and community-based care, together with individually tailored services for children with disabilities.”

MAITS’ Community Health Worker programme is an early intervention programme designed to ensure that families with children with disabilities have access to much-needed support at home, to improve their quality of life, reduce the risk of illness and child mortality.

Our Community Health Worker project in Pakistan

In Pakistan, we have been training local therapists to equip local community health workers with the skills to support families who have a child with a disability in their own homes, in the following areas:

- Training and using interactive resources to help identify different developmental disabilities
- Life-saving feeding training that can prevent children with cerebral palsy ending up with food on their lungs, which is potentially life-threatening
- Teaching exercises to build the child’s muscle strength to increase independence
- Doing activities to build a child's communication and speech

Our impact

This year we planned to train an additional 4 therapists - making a total of 10. We exceeded this target and trained 5 additional therapists making a total of 11. They have since trained 14 community health workers, who are now better equipped to provide real support to the children with disabilities and their families.

Aasiya Faris Sachwani is the Academic Director - College of Speech Language and Hearing Sciences and...
Case studies with some of the community health workers that we trained

Gunaz is one of the community health workers we trained. She works at the Community Outreach Centre in Sikanderabad. Gunaz explained:

“Two children came into the centre recently and for the first time ever I was able to recognise that the children had cerebral palsy and was actually able to refer them to the doctor. I felt really confident explaining to the doctors that the children have CP and they took the referrals.”

Shehla is one of the other community health workers and works at the Public Health Centre in Sikanderabad, which is part of Ziauddin University home visiting team. Shehla explained:

“Now I am referring children who have autism for speech and language therapy. Whereas before I would have thought that they just had behavioural issues, I now realise that that is not the case and am able to make sure they are getting the help they need.”

All the trainees have received hands-on training, working directly with families to be able to support children with building their speech and muscle strength under the clinical supervision of MAITS’ trainers so they can provide this support to families in addition to the support the children will receive from specialist services.

Aasiya explained that all of the trainees have made a lot of progress since she first started working with them and said:

“It was good to see the progress they have all made. With one of the trainees, you could see that something had really clicked at one point during the training. He was coming back with the answers and was clear on which of the questions needed to be used next.”

Assistant Professor & Speech-Language Pathologist at Ziauddin University. She also worked as a Speech and Language Therapist in Canada for 20 years. She is one of our local expert trainers and is part of our local team training Community Health Workers in Karachi and Sikanderabad. In talking about the progress that the trainees have made she explains:

“The trainees did not have a previous background in disability yet work directly with families to provide support and since the course, I can see they have made a big improvement in their levels of understanding. The community health workers are now using the Washington Group Questions to help them identify people in a household that may have a disability that has not yet been diagnosed, so that they can do appropriate referrals into specialist services and work with that family on understanding their child’s condition.”

Our regional trainer, Ali, from Pakistan running community health worker training in Sri Lanka. See a case study with Ali overleaf.
Sri Lanka

This year, we conducted two different training courses in Sri Lanka 1) our MAITS’ Community Health Worker training and 2) training on how to make therapy and rehabilitation equipment (such as feeding chairs) to complement the Community Health Worker training out of paper and cardboard.

In January 2019, MAITS’ CEO Esther went to visit one of our long-standing partners, the National Centre for Children with Cerebral Palsy and other Developmental Disorders to observe our flagship Community Health Worker training. This was delivered by one of the co-authors of the programme, Shabnam who is an Occupational Therapist and Aasiya and Ali who are speech and language therapists and master trainers from Pakistan.

Case study with Ali Punjani – one of MAITS’ volunteer regional trainers

Ali Punjani is a speech and language therapist who works at Ziauddin University in Pakistan. He is one of the six local specialist trainers that were trained in the last year to build the skills of local community health workers on working with children with disabilities. Since his training, Ali is one of the team working with the 14 community health workers, not only training them but also providing ongoing clinical supervision and advice on the best approaches for the individual cases they are working with.

The benefits of having local trainers are that they can bring about sustainable change within their own communities, above and beyond the project. Ali explains a bit more:

“I first heard of MAITS through ACELP, a disability organisation in Karachi, where I was a speech and language therapist consultant for children with motor-neurone disabilities, autism and Down’s syndrome. I completed my first MAITS Train the Trainer course with them in December 2018.

For me, spreading disability awareness through training is one of the most important and exciting elements of the MAITS programmes. MAITS puts emphasis on building parents’ awareness and understanding of their child’s disability, which is so important in enabling parents to care for their children with less stress and tension. Changing cultural mind-sets to disability is something I now focus on in my training in Pakistan. This will carry on debunking taboos and misunderstanding of disabilities within our society.

I have been able to use the leadership skills I acquired in my own work. I contribute to a weekend camp for parents on child development run by the Aga Khan Health Education Service Pakistan (AKESP), advising and consulting on literacy and language development. I am also able to use my training by volunteering my speech and language therapist expertise in my local mosque.”

The Pakistan Community Health Worker programme was made possible by donations from the ZVM Rangoonwala Foundation and Global Giving.

MAITS’ Community Health Worker training Sri Lanka

The 35 trainees which included workers from disability charities, community midwives and social workers learnt practical, hands-on techniques to support children with disabilities in their own homes. They then worked directly with children and their families, who also took part in elements of the training.

MAITS’ CEO Esther, then spoke to some of the parents and family members about what they had learnt.

Our Community Health Worker training is a life-saving, hands-on programme. It was written by therapists who train community workers to provide practical support and advice to parents and caregivers on how to best support their children with developmental disabilities.
The most powerful aspect of MAITS Community Health Worker training is that trainees are taught techniques to identify and support children with a range of developmental disabilities and then after each session, they work directly with parents and children whilst being observed by the trainers (who are all clinicians), who guide and support them on a range of topics.

Seven year old Abdullah, who has cerebral palsy, was brought into the first practical session of the MAITS Community Health Worker programme in Sri Lanka by his mother Zulfa and Grandmother, Amra. In this session, MAITS’ trainer Shabnam worked with Abdullah and the other trainees to support parents with building the children’s muscle strength and the importance of the correct positioning.

After demonstrating the type of questions the trainees should be asking families, Shabnam then demonstrated some of the leg exercises that could be used to strengthen Abdullah’s muscles. Everyone in the room melted, as for the first time since he had come in, a big smile spread across little Abdullah’s face and he began to giggle and his mum smiled. They went through a range of different exercises, asked questions about his feeding. Shabnam encouraged the trainees to speak to Zulfa and guided the trainees on how to answer her questions.

After the first session, Zulfa was enthusiastic to speak to Esther to answer a few questions about the support she gets through the National Centre for Cerebral Palsy (MAITS’ local partner in delivering this training) and what she thought of the training they had participated in.
Interview with Zulfa and Amra, mother and grandmother to Abdullah, aged 7

Esther: Tell us a bit about what you thought were the most important things you learnt today?

Zulfa: The most important things were how to sit Abdullah up from a lying position and how to support his body when I do this. I also learnt some new techniques for lying him on his side when he is lying down and how to position him sideways. He does have a wheelchair now and I learnt how important it is for him to sit up and interact with other people.

Esther: What were you favourite parts of the session and were there any bits you would change?

Zulfa: I liked everything in the session.

Abdullah’s Grandmother, Amra jumped in at the this point to agree that she too had liked everything.

MAITS: We encourage people to give us feedback if there is something that we should change to make it better.

Zulfa and Amra: Abdullah was happy during the session. We know that these workers are learning things that can help families like ours and we are so happy that there are more people who are learning things like this, so we are happy to be a part of this and we learn things too.

We just wanted to say thank you to everyone who was involved in this training, the people who were here and the people who made it possible. It is so important for families like ours to get support and help our children, so a big thank you from us.

A number of other practical sessions were attended by children attending the centre with their children, including on developing speech and sessions on learning through play.

Quote from another mother whose child attended the developing speech sessions:

“Thank goodness I was able to come here and speak to you all... Everything was helpful. We spoke about my son as he has difficulties communicating. If he wants water, he will come up and point to it, but with anything else, he does not know how to ask for it. The trainees showed me how to help him ask for things using picture cards and repeating the words to him. I am realising that maybe some of his frustrations are because he cannot make himself understood."

Our CEO’s reflections on the feedback from the trainees:

Watching the trainees develop their skills and understanding of working with children with disabilities brought to life why we do the work that we do. For me, the most moving message from the trainees was at the end of the programme when one of the trainees stood up and said:

“We have learnt a lot of things about working with children with disabilities. We have learnt how to talk to their parents, we have learnt techniques to really support those children, but most of all, we have learnt to really see that these children are capable of so much, if only we ensure that they receive the input they need and this for me was the most eye-opening thing about this training.”
Bangladesh

Janet Ivin and John Carter were awarded the Prime Minister’s Points of Light Awards for their ongoing work for MAITS, they have been volunteering with us since 2011. They introduced an innovative technique called Appropriate Paper-based Technology (APT) to the Centre for the Rehabilitation of the Paralysed (CRP) in Bangladesh. This involves making therapy and rehabilitation equipment from recyclable paper and cardboard. It is a low-cost method which brings therapy equipment to communities where people would not otherwise have been able to afford it.

In a personal letter to Janet, then Prime Minister Theresa May said:

“The ground-breaking training you and John provide is revolutionising the care therapists in Bangladesh and Sri Lanka can offer patients. With the ability to produce equipment quickly and inexpensively, local therapists are able to provide aids made to people’s individual specifications and transform lives.”

In a personal letter to John, then Prime Minister Theresa May said:

“The work you are doing with Janet is transforming lives in Bangladesh and Sri Lanka. By training local therapists to use new technologies to produce equipment made to patients’ individual specifications, you are supporting people to live fuller, more independent lives.”

Janet is an occupational therapist and John, who has a background in engineering and now works with people with disabilities. Over the years, they have trained many people from different organisations. They oversaw the recruitment and training of a full time APT technician for the centre which now also employs two other young women, both with disabilities. The workshop now produces equipment for 5 regional outreach centres. The work they started is now so advanced that they teach an APT option on an MSc in Rehabilitation Science at the associated Bangladesh Health Professionals Institute.

In October 2018 they taught the MSc option to international students from the SAARC countries (South Asian Association for Regional Co-operation). Students came from Afghanistan, Bhutan, Bangladesh, Sri Lanka and Nepal. Janet and John stayed a month during which they taught 8 days on the Master’s programme.
All participants wanted to learn how to make chairs of different sizes; these can be used to ensure children with cerebral palsy can be fed sitting up as being fed in a reclining position can cause food to end up on their lungs.

Rather than using templates to make chairs, John taught each small group how to transfer the dimensions of a variety of standard chairs onto the pasted boards.

When Janet and John were not teaching, they helped the staff occupational therapists with the fine motor group for the assessment and treatment of children – mainly with cerebral palsy, developmental delay and autism. They also designed paper technology equipment for adults with spinal injuries to develop their hand functions in the Adult Occupational Therapy Department.

Janet and John are returning later in 2019 to train another group of 12 trainee therapists from various countries in the region using locally available materials and they will reach around 75 people in the first year. This year, the training will be made possible by a donation from the Woodward Trust, one of the Sainsbury Family Charities.

India

MAITS work based on locally-led requests

The National Association for the Blind in India are long-term partners of MAITS’. They put in a request for training in making therapy equipment – this is an area that has particularly been in demand this year, as news of this work has spread.

Paper technology training in India

Volunteer trainers Kashmira and Shirley are physiotherapists who went to work with our long-term partners, the National Association for the Blind (NAB)

Case study

Jeet is a 10 year old boy who was brought to the training workshop as he had been identified as having a real need for rehabilitation and therapy equipment. He is a lovely boy who has cerebral palsy, as well as impaired vision and epilepsy.

Jeet’s mother reported difficulties in feeding him, as she was placing him in an almost fully reclined position on her lap, which meant that he often gagged and coughed whilst feeding. His mother also had no safe position to place him in when she was doing household chores or interacting with others in the home. His community worker reported that they did not have a good seating system to place him in during home visits where she needed to engage with him and carry out activities with Jeet for education, sensory activities and play. She had to improvise by either propping him up on pillows on the sofa. Lying flat on his back means that Jeet would miss out on visual stimulation and interaction with other family members, which would help to build his speech and aid general development.

The trainees were taught to identify what his physical needs were in order to make equipment that was specially tailored to his needs. He needed full support in sitting and maintaining an upright position which was safe for feeding and gave him a stable base of support for carrying out activities on a tray in front of him.

After the final fittings, his mother said “it will be so easy to feed him now.” She looked very happy and relieved. Jeet has adapted well to his new chair. The harness gave a sense of security and stabilised him so he could bring his hands down. He can now use his hands for fine motor function and the teachers and community workers can now place materials and toys on the tray for him to develop his motor skills.
in India who approached MAITS with a request for training. We are able to match local organisations with trainers from a range of disciplines. Local therapists learnt to make tailor-made rehabilitation equipment from paper and cardboard for children living with disabilities. This method can be used to make a wide range of therapy equipment.

**South-to-South training**

An important element of MAITS' work is that we enable the sharing of skills and knowledge local professionals working in developing countries to benefit from local expertise. MAITS has produced four of our own training courses and in addition to this, we have a programme where we provide skill-sharing based entirely on the requests from organisations in developing countries. This has included anything from setting up the first ever university level speech and language course in Cambodia working with a local university, to training teachers in Ghana to screen for visual processing difficulties like Irlen Syndrome and then how to support those identified.

We spoke to MAITS trainers, Shabnam from Mumbai, India and Ali from Karachi, Pakistan, about their experiences training in Sri Lanka.

Dr Shabnam Rangwala is an Occupational Therapist and is not only one of our MAITS local volunteer trainers, she is also one of the co-authors of the MAITS' Community Health Worker Programme

“Being a MAITS trainer has added a new dimension to my work in the disability sector. It has broadened my horizons and enabled me to work in other low resource countries alongside my work in India. I delivered training in Sri Lanka, using the Parents Resources and the MAITS Community Health Worker programme. This trip made me confident about the effectiveness of both of these resources in helping children with disabilities and their families. I am now focusing on spreading the awareness of these programmes in more low resource settings in India and beyond. I know that through MAITS’ partnerships, we can keep on positively improving the quality of the lives of children with disabilities and their families.”

Ali Punjani one of our local trainers from Pakistan, also talked about taking this training to Sri Lanka:

“My first overseas trip as a MAITS Master Trainer was to Sri Lanka in February of this year, to the National Centre for Children with Cerebral Palsy and other Developmental Disorders. For me, the highlights of the trip was the elements on feeding and handling. The parents and carers of children with cerebral Palsy responded fantastically to our practical instructions on handling and feeding. We also exchanged techniques on different food formulations, as the parents in Sri Lanka use different consistencies to feed their children to those I see in Pakistan. In this way, training with MAITS has also been a learning opportunity through cultural exchange for me; MAITS training is definitely a give and take process.”

Dr Shabnam whilst in Sri Lanka
The future
Work priorities and strategic priorities

Our areas of focus for 2019/20

Community Health Worker programme
We will begin to roll out our Master Trainer Programme to community health workers in India and Cambodia and continue to develop our network in Pakistan.

Infant feeding programme
We will continue to support the Infant Feeding Programme in Rwanda and aim to extend the programme to Liberia.

Fundraising
We will grow and diversify our funding stream. We will fundraise in partnership with civil society partners on the ground to reach the children and adults with disabilities living in low income communities, ensuring ‘no-one gets left behind.’

Supporting and learning from our volunteer specialists and trainers
We will organise a one-day event to discuss way in which we can support our volunteer specialists and explore ways in which their experience on the ground can support and inform MAITS development and growth.
Responding to local need in the Global South
We will continue to respond to global training requests – bridging gaps identified by matching trainers with organisations in developing countries.

Communications
We will grow our profile in the UK and world development community so that there is greater awareness amongst civil society groups, education and healthcare institutions, governments and multi-lateral agencies. More organisations will be able access our unique offer of worldwide based specialist trainers and our training resources.

Governance
We will build an advisory board of clinicians and educators who can provide technical expertise to MAITS on a pro-bono basis.

Find us at
www.maits.org.uk
MAITS.Charity
@Maits_Charity

MAITS
Global Disability Training
How MAITS can help your organisation to support people with disabilities

Looking for a volunteer trainer for your organisation?

MAITS provides free disability training in developing countries and we are firmly led by need, as defined by people in the Global South.

Do you want to receive disability training for your team? Do you work in healthcare or education? If your organisation works in an organisation in the Global South and you are looking for training on developmental disabilities, we are keen to hear from you!

MAITS likes to work in partnership with organisations over the long-term. We are always looking to hear from new organisations based in developing countries who want training on developmental disabilities, such as autism, cerebral palsy, ADHD, Irlen syndrome and more.

You might be from a charity, a school, a hospital or clinic, an NGO, a Disabled Person’s Organisation or a university - our volunteers have worked in all of these types of organisations. We can provide training to therapists, educators, community workers and project staff, as well as having trained doctors and nurses.

If you are interested in training, these are the options:

1. If you are looking for training on a particular subject, you can register with us on our website and then advertise your request there free of charge and we will identify a suitable trainer for you. We will also contact relevant volunteers from our database of 450 volunteer trainers, as well as advertising in professional magazines and reaching out to our contacts.

2. If you have specific training that you have identified and have a trainer in mind, you can get in touch at info@maits.org.uk to see whether we can provide a modest contribution to enable the training to take place.

3. You can look at the offers of training that are advertised on the training opportunities section of our website. Here we have had matches for training for everything from special needs teachers providing support on curriculum development to training on specific conditions for healthcare workers.

And please do tell others about us too!

Introducing one of our local partners the National Centre for Children with Cerebral Palsy and other Developmental Disorders (NCCCPDD), Sri Lanka

MAITS works primarily through partners from the Global South who want to receive training or capacity building. Our partners are dedicated people who know their community and the local need.

MAITS’ CEO Esther went to visit one of our long-term partners, the National Centre for Children with Cerebral Palsy and other Developmental Disorders (NCCCPDD), who we have been working with for a number of years, providing training (including the Community Health Worker training, followed by training making equipment out of paper and card). The NCCPDD provides training to others calling upon MAITS to provide training in the areas of greatest need. They are typical of the kind of organisation that we are proud to partner with. Esther explains a bit more...

“On arriving at the NCCPDD and meeting the director the directors - Gopi and Dilani Kitnasamy, it is hard not to be completely blown away by their story and what they have achieved.”

Gopi explained:

“I am a physiotherapist by profession and at the beginning of my career had been considering whether to do a degree
in dental sciences or physiotherapy. I chose physiotherapy and only later on did I come to understand why this was such a significant choice. Our son, Danush, is now 19 years old and was born with cerebral palsy. Due to my profession, I was able to work to support him, but when it came to time to send him to school, my wife and I went along to school after school only to find that, either they did not want to know, because he is in a wheelchair, or they were not accessible, with no ramps. My wife and I realised that the best thing we could do would be to set up a school ourselves.

So that is what we did. We set up the Cerebral Palsy Lanka Foundation and the Dream Centre for Children with cerebral palsy and in the beginning it was just my son and two of his friends who also had cerebral palsy. And so now here we are... We now have five centres across Sri Lanka with the support of the MJF Foundation and the dream is to have a centre in all the districts in Sri Lanka.”

Esther continued... “Gopi is extremely modest about all his centres have achieved, but when you visit, the facts speak for themselves. MAITS trainers and myself visited the centre every day for 6 days to carry out the training of 35 social workers, community midwives and charity workers. In this time, we were able to meet the dedicated staff team, many of whom have family members who have cerebral palsy and who have been able to take back home what they have learnt and put it into practice there, as well as at work. We met with 15 parents, one grandparent and their children and saw the children in school, undertaking a range of activities, including hydrotherapy, physiotherapy and sessions with the parents and teachers. So many parents came up to speak to me whilst I visited to tell me just how much difference the school had made to their children's lives and how it had been life-changing.

One mother came up to me and told me how much she had liked the sessions she got to participate in with our training team and how she was grateful every day that her son attended the National Centre for Cerebral Palsy. She said “before my son started here, I cried every day, not knowing how to support him. He had not been diagnosed straight away. When he started the school, I received so much support and advice and he really started to do well.” The tears welled up in her eyes as she spoke and she told me “I was blessed to have a son with this condition, because he opened my eyes to how to be a better person, to learn to be grateful for what we do have. I have met other parents and made friends who understand our family. I believe God gives these special children to parents and gives them the strength to help them. I am happy to have found this place where my son can get help and I am so grateful to have such a special child, for he is special, they all are.”

We are proud to maintain an ongoing relationship with so many wonderful local organisations, who can benefit free of charge from our training and who, most importantly, we maintain an ongoing partnership with. As I walked around the centre, day after day, between the training sessions that I was observing, whilst meeting parents and staff, I kept looking around and thinking “what this place has achieved is amazing, all this is because of two people, two parents, who knew that not just their child, but so many more, deserved so much better. And then they made it happen.” And we are very proud to walk alongside them on their journey.
How you can get involved

Are you interested in becoming a MAITS volunteer?

MAITS has delivered nearly all of its work, through the highly skilled, highly qualified educators and therapists who have shared their skills, knowledge and built the capacity of those who work with and care for people with disabilities in developing countries on a voluntary basis. Our volunteers are our biggest asset and without them MAITS would not have reached all the people it has!

If you are a therapist or educator that specialises in neuro-developmental disabilities and would like to get involved, please get in touch. We are always looking for qualified disability therapists and educators who have:

• At least four years post-qualification experience
• Experience either working or volunteering overseas in a developing country
• Experience training or teaching

If needed, we can provide a modest contribution towards the cost of your travel and accommodation and if you are interested in volunteering in a developing country but do not have a particular organisation in mind, we can also put you in touch with organisations looking for training through our matching system.

If you meet some, but not all of these criteria, you may be eligible to apply to deliver training alongside other trainers that do meet the full criteria.

Being a MAITS’ volunteer can enable you to share your skills with people from all around the world, building the capacity of communities to make a long-term difference to the people with neuro-developmental conditions. To find out more, please contact us (our contact details are at the end of this report), or visit the grants section of the MAITS’ website.

Meet one of our volunteers

Sioned McBride has over 12 years of experience in speech and language therapy (SLT). In February 2019, she travelled to Ghana to deliver training as a MAITS volunteer.

MAITS: How did you first hear about MAITS?

Sioned: “Through my voluntary mentoring work at the University of Ghana, I have ongoing links to organisations where I have previously visited. Together, we identified a need for more SLT training. A speech and language therapy colleague from Ghana recommended that I apply.”

MAITS: Tell us a bit more about your MAITS volunteering trip

Sioned: “My three-week trip focused on supporting staff and speech and language colleagues to develop skills in identifying clients who may benefit from the use of AAC and how to introduce this. AAC (alternative and augmentative communication) is a term used to describe means of communicating other than speech, such as using simple pictures to point to.”
The trip was in three parts:

1. I visited four centres for clinical supervision and observations. This was to identify children who had cognitive potential to communicate through AAC. I met a young girl with Down's syndrome who initially had a few single words and gestures. With her mum's encouragement, we used AAC to help her build 3-word sentences. It was a testimony to how rapidly AAC can be effective.

2. AAC workshop with 23 graduates and students of speech and language from the University of Ghana, focusing on identifying clients who may benefit from AAC, and types of AAC available. During the training we had an interesting discussion on how parents may be feeling when we propose AAC as therapy. In Ghana, attitudes to disability are still mixed, and a parent may be focused on their child speaking, so this discussion was vital. We problem solved together and held smaller group work on online resources which will help staff will help staff create AAC resources for distribution to clients.

3. Workshop for 24 staff members from four organisations, covering the basics of AAC and working with children with communication difficulties. This introduced aided language stimulation principles. We also practiced tailoring care to individual children through play. For some staff, this was the first time that they had used AAC, so it was really encouraging to see it being embraced.

MAITS: What would you say to other people who are thinking about volunteering with MAITS?

Sioned: “The MAITS team supports you throughout the process to structure and organise your trip. The application process helped me to really hone in on our objectives, especially as there is already communication with the host organisations, so your trip can be truly targetted to their needs.”
How you can help MAITS

MAITS depends on our wonderful volunteers to provide the training and we do not have offices in other countries, preferring to work with locally based organisations. Our office in London is provided through the generosity of a sponsor.

Our governance costs were only 4.41% this year, meaning that most of our funds go direct to offer bespoke training to low income communities. This means you can donate to MAITS in the knowledge that your money is reaching the people who need it most.

For individuals

If you would like to donate to MAITS to ensure children and people with disabilities worldwide are included fully in society we would be most grateful for your support. If you would like to make a major gift (over £1000) please contact our fundraiser Ros at: ros@maits.org.uk.

For smaller gifts, please go to: www.justgiving.com/m-a-i-t-s

If you would like to set up a direct debit, please contact our fundraiser as above. We also accept cheques by post and at our office.

or donate to one of our projects at: https://www.globalgiving.org/donate/45601/maits-multi-agency-international-training-and-support/

For trusts and foundations

MAITS is actively looking to establish partnerships with trusts and foundations who are supporting children and people with disabilities worldwide. If you would like to work in partnership on our programmes in Africa, South Asia and other geographical areas please get in touch.

We would particularly like to hear from trusts and foundations to partner on work concerning developmental disabilities such as cerebral palsy, autism and global developmental delay.

Please email our fundraiser Ros at: ros@maits.org.uk

For companies

MAITS welcomes corporate donations and sponsorship for new and existing projects. We would love to become your charity of the year.

MAITS needs donations in kind such as the loan of venues and/or catering for events. We also are in need of pro-bono services such as graphic design, pro printing and legal services.

Please contact our fundraiser Ros at: ros@maits.org.uk
Donate to MAITS Whilst Shopping

We are part of two schemes which allow you to generate free donations, at no extra cost to yourself... Major retailers donate to MAITS, when you make everyday purchases, without it costing you a thing.

Donations to MAITS when you shop at Amazon!

GoRaise

You can help MAITS raise money through GoRaise. It doesn't cost you a penny.
This is our link
www.goraise.co.uk/maits/?refid=8768

Step 1. Start at GoRaise.co.uk

Step 2. Click on your chosen retailer

Step 3. Get a donation – after you have made your purchase, the retailer will donate a percentage of what you spend to MAITS, costing you no extra!

For every £1 spent...

Charitable activities 95p
Cost of generating funds 1p
Governance costs 4p
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MAITS
86/87 Wimpole Street
London
W1G 9RL

+44 20 7258 8443

Charity number 1126268
Company number 06695839

info@maits.org.uk
www.maits.org.uk
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