

## Summary

Waymaker Trust expresses our deepest gratitude and heartfelt thanks to our families and friends for your generous support. Through your invaluable contributions, you and us (we had) helped countless women and children facing difficult times find hope and essential resources, empowering them to overcome challenges and build brighter futures.



Throughout 2023 WMT produced over 1300 Clean Delivery Kits, and finalized with the distribution over 900 CDKs and empowering pregnant women in Chin State with essential supplies for themselves and their babies. 70 people attended WMT women empowerment and social security awareness meeting, 10 women were supported with tailoring and knitting trainings. We are thrilled to celebrate our amazing achievement in 2023, and all thanks to all our wonderful friends and family for your incredible supports! We couldn't have done it without you!

WMT plan to continue supporting women and children in need as many as we can reach out to. Empowerment will be our guiding principle, with women at the forefront, acting as catalysts for change. We will empower them to combat discrimination, domestic violence, conflicts, and the debilitating grip of poverty, leading to sustainable development within their homes, families, and communities.

*“Every pregnant woman in Myanmar lacking access to basic healthcare should receive a Clean Delivery Kit, providing vital support for mothers and their babies and for maternal and new-born well-being”. WMT team.*

Due to the high needs and increased displacement across Chin State, there is an urgent need for emergency supplies like dignity kits and CDKs. Every contribution makes a difference. With your continued support, we can provide essential supplies to displaced families and empower communities to weather ongoing challenges. Please consider to continue to support our work and to help us meet these critical needs, ***Our ground partners in Chin State and border states have requested thousands of CDKs and dignity kits. We can only fulfil these urgent needs with your continued support.***

Also because of ongoing safety concerns the Waymaker Trust team are all continuing to focus women and children effected by the conflict, war from the current presence. It is to be noted that Waymaker trust is exploring the option of having a program presence inside Chin State at Mizoram border in the near future. Where It will serve as a catalyst for new opportunities, bridging the gap between the suffering community and the compassionate individuals, donors, and international humanitarian agencies who seek to make a difference. Through Way Maker Trust, we will forge connections with supporters and the community, channelling resources to deliver healthcare, education, livelihood, and other development initiatives in these uncharted territories.

## Case stories and testimonies from CDK beneficiaries



Mercy Health Centre has antenatal care patients about 15 patients per month and normal labor patients around 15 – 30 cases per month. Pregnancy patients are mostly from Zokhawthar village, Mizoram State, which includes both Myanmar refugee patients (50%) and local Zokhawthar patients (30%). Pregnant Myanmar refugee patients are from different townships in Chin State (Falam, Hakha, Tedim) and Kalay (Sagaing region). Other 20% of patients come from nearby villages from the Myanmar border side. Since the primary health sub-Centre of Zokhawthar cannot do child delivery, Mercy

Health Centre is the only place that has been giving child delivery for many years in the community.

But they do not have enough facility for child delivery. Sterile Cord clamps and sterile blade are not available to buy in the area, so they had to order to other towns. So when pregnant women deliver the babies they pay about 100 Rs for Cord clamps and Blade which most women cannot afford. When they receive the CDK in hospital, the hospital staffs are so happy and had used a pair of Cord clamp for two women one piece each so that they don't have to pay. Way Maker Trust has committed to the Centre by providing enough CDKs till December 2023.

**S:** She (With red shirt) was the nurse in Myanmar before the coup, so she understands very well how important CDK items are for the pregnant women during Baby delivering process. She is one of the women who received the CDK and gave birth to healthy baby using the CDK. The women there cannot afford to go to hospital for regular checkup, so they don't know exact due date for delivery. Some of them delivered the baby in the farm, some on the car while travelling and they used thread, bamboo, or anything that they find in the place to cut the baby's umbilical cords. This practice is not clean and give infection to the



baby. So, the sterile blade and sterile cord clamps in CDK are very useful. She explained and asked all the pregnant mothers to carry those CDK wherever they go such as to farm, daily labor or travelling. If there is CDK item, the women don't have to worry as anyone can use those material to clamp and cut baby's umbilical cord. No one will carry latex gloves and soap around, so it is very useful that it is included in the CDK. Most women in the camp do not have enough money to buy new baby clothes and most of them used the old clothes which was donated by others so the new baby clothes in CDK make them very happy. All the items in CDK are very things that pregnant woman in the camp need. They are all thank you for receiving CDK.

**MJ:** She gave birth two girls after she arrived in India. She gave the materials that she bought for her first daughter to other women as they all share baby clothes in the camp. So, for second daughter as she needs to buy materials again with very limited income as CDM volunteer teacher in NUG school, she received the CDK. She was so happy with all the items that she received in CDK and her friends who received CDK are also very happy as they got the new materials they need for their babies and their worry and burden to buy materials for baby has been reduced. Mary Jones gave birth to a healthy baby girl and she has used the CDK items effectively.

*Three lovely women are from Chin State taking refuge in Rihkhawdar said, they never used CDK before and they do not go to any hospital for check-up. They are uncertain about where they will deliver their babies. They never know such kind as CDK existed. When they received CDK they are so amazed and happy. They cannot access to Hospital so having CDK was already enough for them to deliver their babies.*



### **CDK Production Volunteer**



I was born and grew up in Kachin State, but my husband is from Chin State, we moved to Chin State and lived in the most remote rural areas for over 30 years where everything was almost impossible to access for our daily needs. Throughout my childbirths (4 children) there in the village, I never encountered anything like these CDK items. Pregnancy and delivery have always been times of tremendous hardship for village women, due to the lack of essential birth supplies. We've improvised with old longyis or sweaters to wrap our new-borns, and even simple necessities like soap or powder require a gruelling 4-5 day journey to the nearest town. For our precious little ones, anything truly new is unheard of.

I fled from Chin State to a safe place here to escape from the war and conflict that's currently ravaging our country. Each day was filled with worry, "How will we survive? What will I do? When can we go home?"—heavy questions weighing on my heart. We suffered on many fronts. Amidst this hardship, WMT invited me to work on the CDK project, and joy filled me. I could finally help those women who remain trapped in their villages or reside in refugee camps. The more I learn about the immense suffering village women endure during pregnancy, the more determined I become to continue this vital work. To be pregnant and deliver amidst the chaos of refugee camps, farms, forests, or constant flight for safety—it's unimaginable hardship, a hundredfold worse than in their villages. I know, without a doubt, that CDK can lift their spirits and offer genuine hope. My deepest gratitude goes to the individuals and organizations supporting this crucial effort. Together, we are making a difference, alleviating unspoken pain and bringing light to women's lives.

## CDK Process Trainees



I was born and grew up in a very small village, I came here to continue my education as there was no school in my village in Chin State.

I'm thrilled to have learned how to make CDK! This training not only equipped me with a valuable skill but also brought to light the challenges my mother faced during her pregnancy and childbirth in our village, particularly the lack of access to essential birth kits. I believe she didn't have these items available when I was born. Now, armed with the knowledge and understanding of CDK's importance, I'm determined to use it to empower women. When I grow up and able to earn some money, I aspire to support at least some pregnant women in my village during this critical time, drawing upon the learnings and skills I've gained here. Additionally, my tailoring and knitting abilities build up my confidence as a girl and to contribute to my own well-being and that of others.

## Women's Empowerment Event's Participants



The speaker's multiple roles including a scholarship advocate and women's empowerment champion resonated deeply. Sharing her personal journey from student to changemaker, especially in the context of Myanmar's history and current realities, added authenticity and ignited a spark of possibility in our hearts.

The talk reminded us that even as students, we hold immense power to shape our own destinies and impact the world around us. By advocating for human rights, championing education, and supporting women's initiatives, we can rewrite narratives and build a brighter future, not just for ourselves, but for generations to come.

The speaker's words were a beacon in the darkness for those of us feeling lost and without purpose. Hearing her stories of resilience and the tangible impact of her foundation rekindled our inner fire. We no longer see ourselves as mere students, but as agents of change, capable of contributing meaningfully to our communities and the world.

The speaker's message left us with a burning desire to take action. We are no longer passive recipients of knowledge, but active participants in shaping our own futures and the future of our nation. We will use our voices, talents, and education to advocate for human rights, champion women's empowerment, and build a more just and equitable world, starting in our own communities.

To further amplify the impact, it would be fantastic if they could expand on the topic of women's empowerment. Sharing inspiring stories of young women overcoming challenges and achieving their dreams, particularly in the context of Myanmar, could spark a powerful sense of possibility in the girls. Discussing the various aspects of empowerment, like personal agency, societal participation, and economic independence, would provide a comprehensive understanding of the topic. By creating a space where girls feel empowered to ask questions, share their ideas, and envision their own futures, the speaker can ignite a passion for change that extends beyond the classroom and into their communities. This could lead to a broader societal shift towards understanding, acceptance, and providing equal opportunities for girls to thrive. **By L C.**

**The Items of Current CDK Contains:** Reusable cotton Bag, Swaddle, baby blanket, Baby hat , Reusable Baby Nappies, Anti-bacterial Soap, Latex Gloves, Sterile Cord clamps, Sterile Blade, Baby oil, Baby Powder, Multi-purpose Plastic Sheet, Iron and Folic Acid, Sanitary Pads for women, CDK usage Instruction note.



**CDK Packaging:** University students from Myanmar volunteered their weekends to package CDK for and Family and friends also joined in to help with the packaging and posting to distributors locations.



**CDK Process Training:** 10 young girls and women were provided stitching and knitting trainings.



**CDK distribution to Refugee Camps:** The team visited the following refugee camps; Bethel, Cekan, Uilui, Lipui, Sairang and Sihhmui camps in Mizoram-Chin State border.





We distributed CDKs to these refugees' camps such as Bethel, Uilui, Cekan, Lipui, Sihhmui, Sairang, CDmers and Mercy health Centre. We provided total 230 CDKs in these areas. Over 4500 refugees from Chin State and Saggain region lived in these camps.





We provided 30 CDKs to Thazawl refugees camp in Lawngtlai District Mizoram, India.



Over 300 CDKs provided for Matupi Township delivered by WMT's community women's group networks and 115 CDKs provided for villages in Paletwa township, over hundreds of CDKs to northern part of Chin State.



**Women's Empowerment and Social Security Awareness Event:** 70 university students from Chin and Kachin participated the event; lunch, notebook, and bag made by our trainees were provided for the participants.



## Emergency Relief

We supported 20 households to rebuild their homes following the Cyclone Mocha crisis have been completely rebuilt and resettled. We assisted families from Lailenpi, Mala, and Komai villages. We distributed funds to the households that were completely destroyed and had nowhere to stay and were the most vulnerable families in our communities. All of these families are able to live in their own homes again, thanks to you, it's all just because of you!. *"Now that our houses have been rebuilt, we will always remember that we can be who we are today because of your help. We may not be able to show you our hearts of sorrow from that time and cannot show you how happy we are now with this letter. Some of our house are even better now than they were before destroyed by the cyclone mocha, THANKS SO MUCH!"* By all the beneficiaries.



Two women from Komai village arrived at Lailenpi with their babies on their backs to receive the money from the women's group. *"They had been told to expect around 20,000 MMK, and a villager expressed surprise that they would walk a day to Lailenpi for such a small amount. However, the women insisted that regardless of the amount, they were grateful to receive the assistance and had eagerly made the journey. Upon seeing the actual amount, they were overwhelmed with disbelief and joy, as they realized it would be sufficient to rebuild their*

*homes. With tears of happiness, they inquired about the source of the aid, and the women's group informed them that it was from a friend of Khai Aye. This news further amplified their amazement and gratitude".* By women from `Komai village.



The outbreak of conflict between the SAC and local defence forces unfortunately forced communities to flee their homes and seek safety elsewhere, hundreds of women including pregnant women and children, old people remained in the forest for a few days, and moved to other villages for to hide there for several months. Waymaker Trust provided for emergency use of clothes including blankets, underwear's, shocks etc.