



THE AFGHANISTAN BLIND WOMEN AND CHILDREN FOUNDATION

The Afghanistan Blind Women and Children Foundation

The ABWC Newsletter

Issue 1

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Message from the President

During the first two years of the ABWC, we felt quite a bit of frustration as we worked to overcome many logistical and political challenges in order to start making a meaningful impact on the population we aimed to serve. The need for our services was so evident as I would hear and see overwhelming stories of blind women and children who were so severely underserved in Afghanistan. Navigating through a country that has been so tremendously impacted by poverty and political unrest in order to offer charitable services was no easy feat. We have sent life-changing medication to several women in need and have provided educational materials that have allowed blind children at the Kabul Blind School a greater opportunity to thrive in and grow.

With that, I would like to extend a heartfelt and giant "THANK YOU" from ABWC to all those that have supported us whether financially or through attending our events or just by expressing interest and encouragement to this meaningful cause.

One thing we have put into practice over the past year is having video, photo and written recordings directly from the individuals that we have helped and over and over again they have expressed such a deep gratitude for the services of the ABWC. The impact we are making is because of YOU- your kindness, your generosity and your willingness to contribute to the well-being of the people that you have never even met. We are excited about the year ahead and partnering with you all to continue to do good work for wonderful people who need some support.

Elizabeth Perlman

Message from the Founder and Chairperson

Please help the ABWC Foundation to help others!

Dear friends and well-wishers,

Afghanistan has the highest number of blindness in the world: 400,000 of the entire population. Unfortunately, there is only one blind high school that serves 200 students from kindergarten to 12th grade. Given the staggering statistics, the ABWC Foundation found it necessary to support blind children with their education, particularly in advanced technology related to blindness. With your past contributions and generosity, and the wonderful leadership of the Board of Directors, the foundation is able to contribute approximately 50,000 to support blind women and children and pay the administration and operations in our office in Afghanistan since its establishment. In case of women, so far we have helped 5 blind women with their medical treatment by purchasing their prescription and paying for radiology. I strongly believe that we as human beings have obligation and duty to this world to make a difference in the lives of other human beings. Without your contribution and support, the foundation would not be able to provide such services. I greatly appreciate it and hope you can support us in the future as well.

Best regards,

Nooria

5 blind college students receive educational supplies



The five college students Sareefudeen, Ghulam Abbas, Tameem, Farzana Faiz, and Farzana Allah Mohammad receive educational supplies from the ABWC Foundation

In February, the ABWC Foundation shipped the following blind-friendly educational supplies to 5 blind college students in Kabul, Afghanistan, just in time for the beginning of the semester!

- 2 Perkins Braille Writers
- 5 packets of Braille paper
- 5 slates
- 5 styli
- USB drives
- 5 digital tape recorders
- Cash for transportation

Thanks to your love, support and contribution, we are able to help blind students pursue their dream of obtaining higher education and becoming successful functioning members of the society. We would like to sincerely thank Audrey Schading and Ray Wayne for donating two Braille Perkins Writers, Eddie Montanez for donating Braille Embosser and Josh Coffee from inTACT Tactile Graphics for donating tactile systems. Check out thank you videos from [Ghulam Abbas](#) and [Farzana Faiz](#).

Help Nooria raise funds for blind Afghan women and children

Nooria Nodrat, ABWC's Founder and Chairperson, will be running her 11th marathon in San Francisco on July 26th, 2015. Nooria is a blind athlete and has participated in marathons in New York and Chicago to raise funds for various causes and non-profits including the ABWC Foundation. For more information, [click on this video](#).

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What is the Afghanistan Blind Women and Children Foundation?

The Afghanistan Blind Women and Children Foundation is a 501(c)(3) established in August 2009 with the purpose of enhancing the lives of blind women and children in Afghanistan who are suffering from a lack of adequate health and educational services.

We are on Instagram!



Getting on with the times, we are now on Instagram!

Follow us at [abwcfoundation](#).

A message from Moustafa



[Click here to watch a message to the ABWC Foundation from Moustafa, a student of Kabul Blind High School.](#) He thanked for walking cane, slate, stylus, Braille writer and sheets that we sent from New York.