



جمعية حماية العمال الوافدين
Migrant Workers Protection Society
(MWPS)

MISSION STATEMENT

**TO CREATE A COMMUNITY
WHERE EXPATRIATE
RIGHTS ARE PROTECTED
AND TO RAISE AWARENESS
OF THESE RIGHTS AND
RESPONSIBILITIES**

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A YEAR OF STANDING TOGETHER

As this year draws to a close, we look back on the stories that came through our doors—each one a reminder of why MWPS exists. We saw workers stranded without salaries, others sleeping on rooftops, women working through illness, and families separated by distance and circumstance. In each case, we did what we could: a flight ticket, a month's rent, a medical check-up, legal advice, or simply a patient ear. None of it happens without you—our donors, volunteers, and supporters. Your kindness turned into food packets, blankets, and repatriations. As we step into a new year, we remain committed to standing beside those who need us most. Thank you for standing with us.

MIGRANT VOICE

EMPOWERING COMMUNITY
NEWSLETTER | VOLUME 02 | EDITION 04 | OCTOBER TO DECEMBER 2025



EDITORIAL

When home is two places

I did not plan to be away.

Life, as it often does, had other designs. An unexpected call. A sudden departure. And just like that, I found myself in my home country, watching Bahrain grow smaller through an airplane window, not knowing when I would return.

Those weeks away were a quiet storm. The mind races. The heart stays divided. One foot here, one foot there. You learn, in moments like these, what it truly means to be an expat. To love two lands but belong fully to neither. To build a life in one place while your roots remain in another.

I thought of the thousands among us who carry this weight every single day. The ones who leave children behind. The ones who send money home but cannot send themselves. The ones who smile through video calls and cry after they end. Migration is not just a word. It is a quiet endurance.

But here is what I also learned.

Bahrain has a way of holding you. Not with grand gestures, but with small ones. A colleague who checked in. A friend who sent a message. The simple warmth of people who made me feel that my absence mattered. This country, this community—it becomes a gentle balm for the rough edges of expat life.

At MWPS, we see that truth every single day.

I am back now. Grateful. Changed.

To every migrant carrying an invisible weight: I see you. And to Bahrain, for being home when home feels far—thank you for being exactly that.

Happy reading!

RAJI UNNIKRISHNAN

EDITOR - MIGRANT VOICE

DONATIONS

MWPS receives donations in cash and kind from individuals and organizations to support its work with low-income migrant workers. This quarter, the Society received contributions from the following donors:

Cash donations were received from Gulf International Bank, Aditya Dugar, Anju Mathur, Sriraj Ramesan (BMR), and RCSI Bahrain. Dry ration items were donated by Sacred Heart School, Britus International School - Special Education, Bahrain Bayan School, and Quest School. Blankets were donated by Sacred Heart School. The contributions support MWPS programs providing food, shelter, and essential aid to migrant workers in need.

DRY RATIONS AND BLANKETS DISTRIBUTED

MWPS organized dry ration and blanket distributions at various locations for domestic workers, part-time workers, and unemployed individuals of different nationalities. A total of 188 dry ration bags and 70 blankets were distributed.

PHOTOS ON PAGE 08



FROM THE CHAIRPERSON...



As this year draws to a close, I find myself thinking not in numbers or reports, but in faces. The faces that walked through our doors. The eyes that arrived anxious and left a little lighter. The hands that reached for help and found ours waiting.

This year as well, MWPS remained the bridge. Between struggle and support. Between confusion and clarity. Between feeling alone and knowing someone cares.

We did not build skyscrapers or highways. But we stood beside those who did. And that, to me, is the quiet privilege of this society.

Bahrain celebrated its National Day this season, and as I watched the celebrations, I thought of every migrant who has poured sweat into this land. You are not guests here. You are builders. Every road you laid, every wall you raised, every home you helped shape—you are woven into the fabric of this nation. Be proud of that. Always.

As we step into a new year, I carry no grand resolutions. Only a simple hope: that we remain human. That we keep our doors open, our hearts soft, and our hands ready.

To every migrant who trusted us with their voice—thank you. You are the reason we exist.

May the coming months bring you peace, warmth, and the quiet joy of belonging.

MONA ALMOAYYED

CHAIRPERSON, MWPS

BREAST CANCER AWARENESS PROGRAMME FOR WOMEN WORKERS

The Bahrain Free Labour Union Federation, with support from MWPS and Al Hilal Hospital, organized a Women's Breast Cancer Awareness and Check-up Programme on 31 October 2025 in Isa Town. The event aimed to promote early detection, increase awareness, and encourage preventive healthcare among women workers. Approximately 80 domestic workers participated and received health education and basic medical check-ups. Al Hilal Hospital provided discounted coupons to attendees.





OUTREACH



In the final months of the year, MWPS responded to urgent legal cases involving travel bans, unpaid dues, and employer disputes. Each case required coordination and persistence. Behind every file was a person seeking a way forward. These months reminded us that justice is not automatic—it requires someone willing to stand beside them. We remain grateful to be that someone, with your continued support.

—MWPS Outreach Team

Case 01

A South African national terminated by his employer received emergency assistance from MWPS. The employer did not renew his visa or provide his final settlement. The man had been sleeping in an abandoned building and had not eaten for three days. MWPS provided dry rations and one month of rent support.

Case 02

A Nigerian national facing severe financial hardship received assistance from MWPS. Unemployed for three years, he was unable to pay rent, afford food, or support his family in Nigeria. He had been surviving through occasional help from individuals. MWPS covered his immigration cancellation fees and provided a one-way flight ticket.

Case 03

A Kenyan domestic worker approached MWPS after discovering a growth in her breast. She required a biopsy but could not afford the medical expenses. She was also behind on rent. MWPS covered the cost of her medical check-up and provided one month of rent support.

Case 04

A Sri Lankan national admitted to Salmaniya Medical Complex for chest pain received assistance from MWPS following her discharge. She suffered a heart attack four years ago and sought to return to Sri Lanka for further treatment, as medical care in Bahrain is expensive. She holds a valid visa which she paid for herself. MWPS provided a one-way flight ticket for her to travel home.

Case 05

A Sri Lankan national approached MWPS after her recruitment agency failed to inform her that her employment agreement was cancelled before she travelled to Bahrain. The agency arranged her travel despite the cancellation. Upon arrival, she was kept at the agency office for several days without a valid sponsor. She was later sent to work in a household for a 10-day trial period with no LMRA contract. During this time, she worked long hours without proper rest and became unwell. When she requested to return to Sri Lanka, the agency refused and demanded she pay for her own ticket. MWPS advised her on procedures through LMRA and the police. After she informed the agent she would go to the police, the agent arranged her travel back to Sri Lanka.

Case 06

A Sri Lankan national who is nearly eight months pregnant approached MWPS for assistance. Her husband is in prison on charges related to device theft and drug suspicion. She was alone in Bahrain and nearing the stage of pregnancy after which she would not be permitted to fly. MWPS provided immediate repatriation support, including assistance with medical clearance for travel.

Case 07

A Nigerian national who previously received assistance from MWPS in recovering his passport approached the Society again. He has been unemployed in Bahrain for over three years, living in vulnerable conditions and moving between rooftops for shelter. He has had no stable source of food or income and has survived through temporary help from friends and well-wishers, which has now diminished. He expressed a strong desire to voluntarily return to Nigeria. MWPS took him to the Immigration office and provided a ticket for his travel back.



GALLERY



OUTREACH

CONTD FROM PAGE 04

Case 08

A Filipino domestic worker sought help from MWPS after facing difficulties with two employers. Her first employer's child repeatedly hurt her. The agency ignored her complaints until she contacted the Philippine Embassy. She was moved to the agency and stayed there for nine days. The agency then placed her with a new employer, where she is required to clean multiple flats alone across two houses. She reports extreme workload, body pain, and a medical concern. She has not received 22 days of salary despite repeated follow-ups. The agency is holding her original passport. She is a single mother and needs her salary and assistance to change sponsors. MWPS advised her to follow up again with the Philippine Embassy, as her job change occurred after her initial discussion with them. Additional support was arranged through a Filipino social worker. MWPS explained that official approval from her current sponsor is required for a job change. Legal assistance was offered to help her claim her pending salary from her previous employer. It was explained that claims cannot be made against her current employer since she is not under his visa.

Case 09

A Philippine national employed as a cook died from cardiac arrest on 20 November 2025. He had left his job five months earlier after two months of salary remained unpaid and was seeking alternative work. He had experienced two previous cardiac attacks. A neighbour approached MWPS for assistance after the sponsor refused to cooperate in repatriating the body. MWPS contacted the company's HR representative. The previous owner, a close friend of the deceased, wished to help but the new owner declined responsibility. MWPS coordinated with the Philippine Embassy through a former embassy staff member now based in San Francisco. A formal letter was sent requesting embassy involvement. Following joint efforts by MWPS and the embassy, the sponsor agreed to support the repatriation of the body.

Case 10

A Sri Lankan woman arrived in Bahrain on a housemaid visa two years ago. Hired for cleaning work, she was required to perform additional household duties. Unable to cope with the workload without proper rest, she left her sponsor after six months. The sponsor filed a runaway case, and a travel ban was placed on her. MWPS coordinated with the Immigration authorities to lift her travel ban, arranged for her ticket and then approached the Sri Lankan Embassy to obtain an exit permit. After completing all the required formalities including obtaining the exit permit with the support of MWPS, she was able to travel home.

CONTD ON PG 08

Help is a Call Away



The Migrant Workers Protection Society (MWPS) is here to support you. Whether you need guidance on labour contracts, help with a legal grievance, or simply need someone to talk to, our volunteers are available.



TELEPHONE / WHATSAPP

00973 17827895

IN FOCUS

WHEN WE RUN TOGETHER, WE RISE TOGETHER

MWPS TOOK PART IN BAHRAIN MARATHON RELAY 2025

Some moments remind us that community is not just a word. It is a rhythm. A shared breath. The sound of feet hitting the ground, side by side.

On a cool November morning in 2025, members of the Migrant Workers Protection Society gathered at Bahrain International Circuit in Sakhir, not with files or phones or urgent matters to resolve—but with running shoes and smiles. We were there to take part in a 30-kilometer Marathon Relay, organized by Bahrain Road Runners.

It was not about speed. It was about presence.

Our team brought together two generations: young volunteers with energy to spare, and board members who have spent years serving the community in quieter ways. On that track, titles and roles dissolved. We were simply teammates, passing the baton, cheering each other on, feeling the sun rise over the desert as we ran. There is something deeply symbolic about a relay. No one runs alone. No one runs the whole distance. Each person does their part, then trusts the next. It is, in many ways, exactly how MWPS works every single day.

The marathon was an invitation to step outside our usual setting and into the larger fabric of Bahrain. To show that our commitment to migrant workers is not limited to offices and helplines. It extends to every space where humanity connects—including a running track at sunrise.

We ran for health. We ran for solidarity. And we ran to remind ourselves and others that advocacy takes many forms. Sometimes it is a meeting with officials. Sometimes it is a hot meal shared. And sometimes, it is simply showing up, running your lap, and handing the baton to the person beside you.

As we move into a new year, we carry that spirit forward. Because positive change is not built on words alone. It is built on presence. On participation. On showing up—again and again—for each other.

Thank you to Bahrain Road Runners for having us. And thank you to every MWPS member who ran, cheered, or simply believed that we belong on that track.

Here is to many more laps together.



OUTREACH

CONTD FROM PAGE 06

Case 11

An Indian national arrived in Bahrain three years ago and was employed at a hotel. His sponsor held two Commercial Registrations, and he was made to work under both, though his work permit authorized employment under only one. He was apprehended by LMRA for violating labour regulations. Although released, he was unable to secure further employment. His visa expired in January 2024. He approached Immigration seeking assistance to return home. The case was referred to MWPS. MWPS assisted with local travel within Bahrain for visits to the Embassy, Immigration, and LMRA. A police case was pending against him. MWPS coordinated with the police station and immigration authorities for clearing the violations, persuaded the sponsor to issue the ticket, assisted him in obtaining an exit permit from the Indian Embassy and facilitated his travel to India.

Case 12

A Kenyan domestic worker who arrived in Bahrain on 12 November 2024 under a two-year contract approached MWPS regarding her working conditions. She is employed in a household with three members. While she receives food, shelter, and timely payment, she reported that her employer frequently shouts at her without reason, creating a hostile and emotionally distressing environment. MWPS spoke with the worker and confirmed she is being paid on time and provided with basic necessities. It was evident she is experiencing significant stress due to the verbal harassment. She was advised to approach the employer during a calm moment to respectfully communicate areas for improvement. She was also told to contact MWPS again if the situation does not improve, assuring her the matter would be reviewed and necessary steps taken. She has not approached MWPS for further support.

Case 13

A Sri Lankan national who arrived in Bahrain in 2011 as a domestic worker approached MWPS seeking assistance to return home. She initially worked for a family who did not pay her salary for four months. When she requested her pending wages, she was denied payment. She asked to be taken back to her agency but was told to leave on her own arrangements. She left the workplace and found other employment under a valid visa until 2015. Thereafter, she continued working in various places without a valid visa. Now aged and in a vulnerable condition, she wanted to return to Sri Lanka. She managed to pay her immigration penalty but could not afford the return air ticket. MWPS assisted with completing the formal requirements for her return and provided the flight ticket.



SUPPORT CONTACTS IN THE EVENT OF DOMESTIC VIOLENCE

Ministry of Interior (MOI)
 Hotlines : 999 + 555
 email : 555@moi.gov.bh

National Anti Trafficking In Persons
 Hotline : 995
 email : 995@lmra.gov.bh

Bahrain Supreme Council for Women
 Hotline : 8000 8006

CALLING FOR VOLUNTEER PHOTOGRAPHER



MWPS is looking for volunteer photographers to support its communications and documentation work during the current distribution period. Photographs will be used on the Society's social media platforms and in the newsletter, with full credit given to contributors. Interested individuals can email info@mwpsbahrain.org with a brief introduction and samples of their work.

