

IMPACT news

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Special 2019 ADRA Appeal Edition

Isuru's story



The only thing you have in your life is the best smile in the world!

Just imagine: the only thing you have in your life is the best smile in the world! You can't speak, or walk, or sing, or dance. You can only smile.

Isuru is not even 13 years old and he has been bed ridden from birth. When I walked into the shack which is his home in Wilgamua in Sri Lanka, my eyes had to adjust to the darkness before I could make out the shape of him on the bed.

Unable to communicate, Isuru has the most wonderful smile which lights up a room! His dad passed away last year and his mum Imanlatha is now the only one looking after him, surviving on gifts and a meagre income of just £12 a month from the government. Isuru is just one

of many people here that are already benefitting from the health and sanitation project ADRA is conducting in the poorest areas of the island. ADRA refurbished the community water pump where Isuru and Imanlatha live and, ingeniously, adopted the pump so that Imanlatha could also pump water to a water tank on top of their new latrine, specially adapted for Isuru. A ramp from the house completes safe access for Isuru to his washing and toilet facility – unfortunately rather unique in Sri Lanka.



ADRA board chair Ian Sweeney observing the ramp leading to the latrine.

Pastor Ian Sweeney sat with Isuru and his mum and listened to their story. Isuru will feature in a new documentary scheduled for release this spring. *Continued on page 6*

Please support our work around the world today!

- Help with the ADRA Appeal
- Phone: 030 30 40 10 17
- Visit: www.adra.org.uk
- Use the form on page 7

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Out-of-School Children in Myanmar

Mai Ra is 10 years old. She had to flee together with her parents and four siblings when fighting broke out near their village on the 17th of December 2016.

They travelled by foot for about 4 hours before reaching Kutkai, in eastern-central Myanmar and took refuge at a church. But she has found living there rather unsettling as her father is unable to work due to his health and her mother sometimes gets some casual work in the fields during planting time or for the harvest. Otherwise they depend on humanitarian assistance provided by ADRA and other NGOs.



Mai Ra is one of about half a million children in Shan State who is out of school. She was able to join the school in Kutkai near her IDP camp in June 2017 when the new school year began, but during September she got sick for a week and fell behind in the classes. When she returned to school, she was struggling to catch up. The teacher became angry and told Mai Ra that she could not return until she had caught up with her work.

She is now too scared to return to the school and her parents are keeping her at home. She says, 'I would like to go back to school, particularly



Mai Ra - one of the many children not in school today.

when I see the other children learning'. She has faced so much trauma over the last year, leaving her home, her family losing their livelihood, and daily watching her family struggle. Her father says they will try at another school, but they have to wait until next year when the next school year starts.

As an ethnic Kachin, adapting to the government school is difficult, especially keeping up with the lessons in a second language. There are more than 12,000 IDPs in Northern Shan State alone, and many of the 4,781 IDP children of school age are not in school, or face difficulties like Mai Ra. Some IDP children drop out because their parents can't afford the tuition, others because there is no school near their IDP camps. Others like Mai Ra have dropped out because of the difficulties they face at the schools, which are not sensitive to their needs. Across Myanmar there are 76,543 IDP children struggling to access educational opportunities.

With our local partner ADRA Myanmar, and with funding from the European Commission, we are working to provide the best solutions to help out-of-school children with either education or vocational training to help secure their future.



Living conditions on a tea plantation in Sri Lanka can be challenging! ADRA is helping to provide access to clean water and sanitation here.

A life does not get better by chance: It gets better by change.



Thanks to ADRA's ELIVES project in eSwatini, farmers are able to increase their crops.

Around the world with ADRA



School children supported by ADRA in front of their class room in rural Myanmar.



Pastor Ian Sweeney during his trip to Sri Lanka in January. The documentary reporting on our work there will be released Spring 2019.

Serving humanity so all may live as God intended

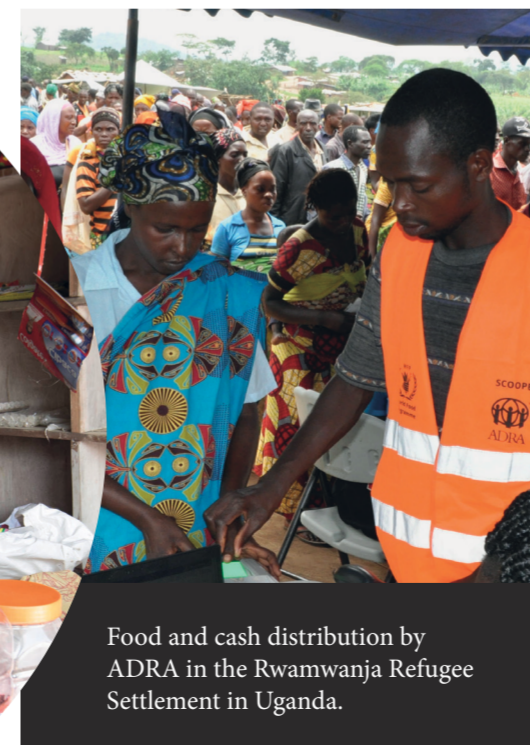
THE CORNER SHOP LADY

In a Terai village in rural Nepal, a traditionally male-dominated society, Prashina is making her mark. After ADRA provided entrepreneur training, she started a small corner shop in her local village.

"Because we are women, we are often criticised for what we are doing. We are expected to stay home and do housework," she said.

Prashina wants to make a difference in her community by teaching children the importance of equality. "I used to be very shy and found it hard to speak up. But now I feel confident. I feel like I have found my voice," Prashina says.

"I want to inspire other women who are currently limited to housework to become entrepreneurs and run their own enterprises."



Food and cash distribution by ADRA in the Rwamwanja Refugee Settlement in Uganda.



Non-food items (NFI) distribution by ADRA after the Sulawesi earthquake and tsunami in Indonesia.

Everything was lost



“Our life is better because of ADRA,” Yeasin said. “I am so thankful that ADRA is helping us survive this crisis.”

Your contributions to the 2019 ADRA Appeal will help us to continue to support the ADRA network in emergency situations.

This story is a summary of real events.

£ YOUR SUPPORT

£20 Basic Hygiene Training

Even the most basic toilet constructed can help save lives by keeping waste away from living spaces, which means less disease and better health. Toilets and basic hygiene training, such as hand-washing, are critical in preventing diarrhoea, the third-leading cause of death for children under 5 around the world.



£35 Give the Gift of Goats

Goats are little animals that can bring about big change. Aside from providing nutritious benefits for a family, milk and dairy products from a goat can also be sold to pay for school tuition and other important needs. Even the manure is invaluable as an effective fertilizer.

It is a hot sticky day in one of the Rohingya refugee settlements in Bangladesh. Everyone is sweating. From within the dim light of the single room, faces can be seen, slick and shining. The air is as heavy as the black tarp roof stretched across bamboo poles, and only the small electrical fan planted in the dirt floor, its wires split and frayed, moves the stillness.

This room and the one adjoining it, a bare kitchen separated by a piece of plastic, are all that belong to Yeasin. Three months before, the family owned a spacious wood house with separate rooms for the children and two latrines for the six-member household.

Now, the whole family sleeps on the floor in the same room and they share two latrines with 70 families.

“Yes, it is hot and crowded here,” Yeasin admitted, wiping her forehead. “When one gets sick, we all get sick. But what other option do we have?”

When the Myanmar army invaded her village, Yeasin and her family fled into the jungle. They remained there for seven days before they finally crossed the border into Bangladesh.

“The army started shooting and we fled,” Yeasin recalled. “We left with only the clothes we are wearing now.”

The family of six – Yeasin and her husband, three sons, and one daughter – all survived the desperate flight from persecution. Her uncle, like so many others in her village, wasn't so lucky.

But the violence is behind her now and, for the sake of her children, Yeasin is focusing on the future.



“I want my children to be educated,” she said. “Food is always a basic need, but I want my children to go to school and have a better life.”

For now, there are few options for education in Camp Kutapolong, but Yeasin is taking life one day at a time.

“We slept on the road here for eight days before we built our house,” she said. “Now that we have a home, we are much better than before.”

Though there is no where private to bathe – Yeasin and her family must wrap themselves in cloth just to maintain some modesty – they at least have a home and consistent food distributions, two components of ADRA aid in Bangladesh.

Continued from front page

ADRA is assisting disadvantaged communities on the island in creating environmental and nutritional development, focussing on water and sanitation and improving access to better food (ACCEND).

Without your support through the ADRA Appeal, we could not help people like Isuru and the tens of thousands of other children that are victims of their poverty.

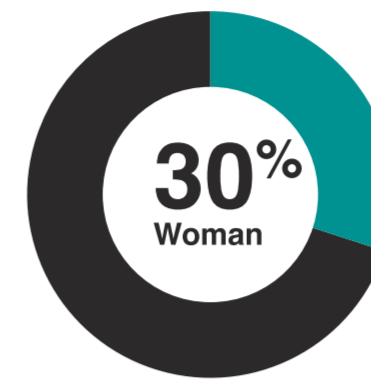


Imanlatha - pumping water from the refurbished bore hole.

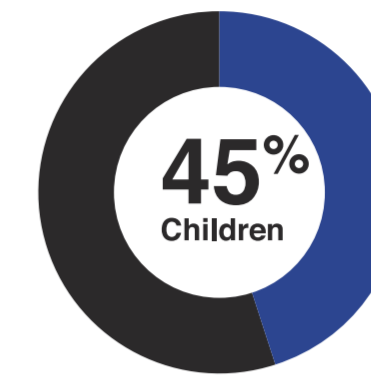
We have helped over **1.3 million** people

1.3 million

of which **383,000** are women (30%)



583,000 are children (45%)



For every **£1** we received from our UK supporters we are able to match donations to be worth **£8.22** in our projects



Imanlatha and Isuru

£ YOUR SUPPORT

£25 Educate a Child With Disabilities

The gift of education lasts forever, but quality education is often impossible for refugee children where schools lack resources, families can't pay, and discrimination is common. Providing books, uniforms, and supplies prepares a child for school and for the future. **£25 could keep a refugee child in school for a month!**



Response

Every minute counts in a disaster, so being prepared to respond immediately is critical to saving lives. Having supplies and active plans for emergency food, access to clean water, temporary shelter, and hygiene kits to prevent the spread of disease are vital, but long-term rebuilding of communities, infrastructure, and livelihoods are just as important.

GET A FUNDRAISING PACK

During the ADRA Appeal, you can go door-to-door and collect funds provided you have registered with your local church ADRA Agent during the allocated time period.

A special fundraising pack with a 'Fundraising Ideas' booklet is available from your ADRA Agent. The pack is a starter for you to raise funds for our important work.

You can donate funds through your local church or send in a donation directly to us or donate online at www.adra.org.uk/donate/

CONTACT
info@adra.org.uk
030 30 40 10 17

AGENT
Your local ADRA Agent should have received supplies from us to help you raise funds during the 2019 ADRA Appeal.

With years of field experience, ADRA-UK, part of the world-wide ADRA network has been working to end extreme poverty in some of the world's poorest areas since 1999 and has designed professional programmes that are proven to lead whole communities out of extreme poverty.

You can help people break free from the prison of poverty by helping us to raise funds for ADRA. Your gift changes lives. It's as simple as that.

Each gift you give breathes life into someone's dream to move from poverty to prosperity.

We are so glad that this is important to you because it's important to us too! With your support, stories like these are coming to life every day all around the world.

In 2019, we will also work in Zambia, South Sudan, eSwatini, (Swaziland), Myanmar, Ghana, Rwanda, Sri Lanka and the UK.

The ADRA network continues to respond to disasters in Yemen, Syria, Sudan South Sudan, Indonesia and wherever emergencies arise.

YES, I would like to make a monthly donation to ADRA-UK

Please fill in the whole form using CAPITAL LETTERS and a ballpoint pen and return to: Freepost RSTU-SYZZ-ZHEZ. ADRA-UK, Stanborough Park, Watford, Hertfordshire, WD25 9JZ

I would like to make a monthly donation to ADRA-UK of:

- £5
- £10
- £25
- £50
- OTHER

By ticking the box below ADRA UK can reclaim the tax on your donations



I want to gift aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to ADRA-UK. I am a UK tax payer and understand that if I pay less income tax and / or capital gains tax than the amount of Gift Aid claimed on all my donations in the tax year it is my responsibility to pay any difference.

| | |
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Your support helps us to change peoples lives, thank you. We'd love to keep you up to date with our news, fundraising and ways to get involved (please tick)*

EMAIL TEXT MESSAGE PHONE POST

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| SIGNED | DATE / / |
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*You can change how we contact you at any time by calling us on 030 30 40 10 17 or emailing info@adra.org.uk. We will never sell your data and we promise to keep your details safe and secure and only use them in accordance with our privacy policy www.adra.org.uk/privacy-policy

YOUR DONATIONS WILL BE TAKEN OUT OF YOUR BANK ACCOUNT ON THE LAST DAY OF THE MONTH.

Instruction to your Bank or Building Society to pay by Direct Debit



| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| NAME AND FULL POSTAL ADDRESS OF YOUR BANK OR BUILDING SOCIETY | |
| TO: THE MANAGER | BANK/BUILDING SOCIETY |
| ADDRESS | |
| POSTCODE | |
| Name(s) of Account Holder(s) | |
| Banks and Building Societies may not accept Direct Debit Instructions for some types of account. | |
| Bank/Building Society account number | Branch Sort Code |
| Reference no. (for office use only) | |
| Instruction to your Bank or Building Society: Please pay ADRA-UK Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with ADRA-UK and, if so, details will be passed electronically to my Bank/Building Society. | |
| SIGNED | DATE / / |

Please retain for your information

The Direct Debit Guarantee

- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit ADRA-UK will notify you (insert number of) working days in advance of your account being debited or as otherwise agreed. If you request ADRA-UK to collect a payment, confirmation of the amount and date will be given to you at the time of the request
- If an error is made in the payment of your Direct Debit, by ADRA-UK or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society
 - If you receive a refund you are not entitled to, you must pay it back when ADRA-UK asks you to
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

Taking people off the streets of London

The Borough of Newham, East London, is the UK's no 1 homelessness hotspot.

It is estimated at least 1 in every 24 people in the borough live in insecure housing or are rough sleepers. 'John' is one such young man, who has found himself living rough on the streets in the capital. He is from Eastern Europe and has the right to live in this country. However, his personal circumstances have prevented him from finding suitable long-term employment and night after night he

finds himself out in the cold, sheltering in shop fronts, sleeping on park benches and scrounging for food.

John was given information about the Stratford Shelter run by the Stratford Seventh-day Adventist Church, which was housed at the Carpenters and Docklands Community Centre with the help of the Newham Council and ADRA-UK. This particular shelter opened for 10 days and provided a roof for over 125 people over the Christmas period. The volunteers provided healthy hot food to the guests who were also able to also have hot showers, socialise and feel 'human again'.



John, attending the Stratford Shelter.

'It was amazing to see the transformation in those individuals who attended the shelter,' said Monica, Volunteer Manager of the shelter. 'Even after a few days, the change in some of the guests was incredible. Without contributions from ADRA-UK, we wouldn't have been able to assist as many people.'

Funding to assist with the Stratford Shelter and a similar one at the Advent Shelter in central London, was provided under the banner of Urban Ministries, an initiative of ADRA-UK (Lead) in partnership with Adventist Community Services (ACS). Remember, 10% of funds raised during the 2019 ADRA Appeal can benefit your own church community projects!



Youth volunteers helping at the Advent Shelter, in central London, where 200 people were helped during Christmas.

As part of the Seventh-day Adventist family we are fulfilling the commission given in Isaiah 58:7-10 (NIV) to share food with the hungry and provide for the poor

Stratford Shelter opened with 50 beds and had 15 volunteers on every shift. John, and all the other guests, had access to health checks. A qualified doctor, dentist and nurse were in attendance over the period. There was also a barber present to provide free haircuts for the guests and each attendee was given a personal assessment by the local population manager.



IT'S OUR ADRA
Fundraise - Support - Give



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