

IMPACT *news*

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2019 ADRA Summer Edition

Cashews in Ghana



A better future for cashew nut farmers

“If you love cashews then the place to visit is Wenchi, in the Brong-Ahafo Region in Ghana, the Cashew Nut Capital.”

Wenchi is home to a warm, dry climate, ideal for growing cashews and for this reason many people have flocked to this area to start cashew farming.

Gloria is a widow with four daughters. Some years ago, her husband, a former army officer, together with two colleagues purchased a sizeable plot of land not far from Wenchi. Sadly, her husband passed away three years ago and left her with 12 acres of cashew nut trees to manage.

Growing cashew nuts takes more than simply leaving a tree to grow the cashew nut apple and harvesting the crop.

Growing cashew nuts requires spending money on organic fertiliser, organic insecticides and requires weeding a few times a year. Harvesting is laborious and labourers are expensive.

The spiral of not having enough money from the harvest to pay for the cost of maintaining the trees continue to drag Gloria down.



A cashew apple with the nut visible at the bottom.

Please support our work around the world today!

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

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With little income Gloria has found it difficult to harvest enough crops to pay for her expenses and send her children to school, let alone have enough food to feed her family.

ADRA, through the Bono-Asante Atea (BAAT) project aims to make a difference in her life and that of nearly 6,000 other cashew nut farmers in Ghana. With funding provided by the European Commission and ADRA-UK, the next three years can potentially be life-changing for many who are barely surviving on growing cashew nuts.

Not only will ADRA teach farmers how to increase their crops by up to 30%, it will also link them to markets, teach climate change adaptation techniques and offer more employment within the cashew nut sector.

With many young people unable to find employment, ADRA is planning to create 'gangs' of young people who will provide important support services to the farmers. The 'gangs' will be organised teams of 6-8 young people who can be called on to help farmers with fertilisation, spraying insecticides and providing other short-term support services. It is expected that at least 25 teams will be setup. Not only does it provide a service, but it establishes new employment.

Gloria is looking forward to the future and smiles when she is promised ADRA's help. Her future is a lot brighter and secure thanks to the work of ADRA.



Gloria and her four daughters.

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



A new latrine for a family of 15 to use in the central area of Sri Lanka, provided by ADRA.



School children in rural Nepal -part of ADRA's work is to improve access to education.

Helping Farmers in eSwatini (Swaziland)



Them bani Dlamini, 57, is a talented farmer and runs a successful sweet potato business. Word is that she bakes the best sweet potato scones in her village!

But it hasn't always been like this. Them bani lives in Mpolonjeni area, a rural part of Lubombo, a beautiful yet severely drought-prone region of eSwatini (formerly Swaziland). She lives on a traditional homestead with her two teenage sons and daughter; having lost her husband several years ago. Like almost all families in the region, the 2016 drought hit them hard, and the failed maize crops (a key staple) meant that they struggled to put food on the table.

she grows sorghum and cowpeas, using this to teach her fellow farmers about the best ways to plant and harvest crops to increase the yield. She runs a sweet potato baking business from a nearby facility in the Mpolonjeni area. With the income she makes from her sweet potato business and selling other handmade goods, Them bani has been able to send her children to school and prepare nutritious food at home.

Them bani smiles as she can now see a future for her family that would not have been possible without ADRA's help and she is also able to share her knowledge with others.



Sweet potato farmer Them bani in Lubombo, eSwatini

In 2017, Them bani got involved in ADRA's Enhanced Livelihoods for Smallholder Farmers (ELIVES) project, funded by the European Union. The project trains 400 farmers, 71% of which are women, in climate smart agriculture skills to increase their yields and promotes the planting of drought-tolerant crops, like sorghum, cow peas and sweet potatoes, rather than maize. This helps increase food security in these regions. In addition, farmers are trained in post-harvest management and food-processing to make sure they can preserve their harvest and make it last throughout the whole year.

Now, Them bani has a 0.4 hectare sweet potato nursery at her homestead, where she grows sweet potatoes for commercial purposes, and cultivates vines for the nearby Community Food and Nutrition Garden of which she is a member. She is a Lead Farmer, delivering training to a group of 13 others, and has a demonstration plot where



Three children in Laos who are glad ADRA came to provide clean drinking water!



Only access point of water for a school in rural Nepal. Part of ADRA's work is to provide access to clean drinking water.



School children supported by ADRA in front of their classroom in rural Myanmar



ADRA's Darja Markek (r) on the ground in Rwanda's Girls Education Project.



A real ADRA tuk-tuk used in our project in Sri Lanka.



ADRA Responds to Emergencies

“You are a valuable member of our emergency response team. In emergencies like Cyclone Idai and Fani, your continued support is vital in helping those severely affected by providing life-saving equipment like hygiene kits, temporary shelters, and other urgent resources.”

Without you, there is no ADRA.
#youcanchangelives
#ouradra



Providing access to basic health care in the aftermath of disaster like Cyclone Idai is essential (Zimbabwe).

£ 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 valuable as an effective fertiliser.



area of Mozambique. And in Malawi, ADRA distributed clean water resources for 1,000 households to prevent the spread of disease, as well as shelter supplies, hygiene kits, and household items for more than 1,000 others. It was not long after Cyclone Idai devastated the southern parts of Africa that Cyclone Fani began making its way to an impoverished part of India. The aftermath left many in the Odisha state with no running water or electricity. Over 120,000 shelter kits were distributed in the coastal town of Puri in India where communities were hardest hit by Fani.

In response to the cyclones, ADRA has been able to provide immediate food and shelter, help heighten awareness of hygiene practices, and offer counselling services for those in mourning. In the wake of Idai and Fani we still need to remember that there are still unmet needs that linger for many people facing the aftermath of natural disasters around the world.

Through supporters like you, ADRA has been working closely with local and international authorities to assess the needs of the hardest hit communities and is doing so working in cooperation with local Adventist churches to provide aid.



Five months into 2019 and we have seen numerous disasters - including the worst tropical storm on record to affect the southern African regions of Mozambique, Malawi, and Zimbabwe.

Cyclone Idai barreled through Mozambique, Malawi, and Zimbabwe leaving more than 2.6 million victims in its devastating aftermath. The emergency management director for ADRA, Mario de Oliveira, went as far as to comment that a cyclone, of this magnitude, is a rare occurrence in this part of the world. In Zimbabwe, ADRA was on the ground, helping hundreds of households with food and hygiene kits with plans to provide further assistance in hardest hit areas. Working in partnership with the UN, ADRA deployed 1000 shelter kits and 2000 tarps to Mozambique to assist the population in Beira - the hardest hit

New logo for ADRA!



You may see a new version of the logo slowly appear on all our new publications and branded items.

The new logo design was commissioned by ADRA International and aims at presenting ADRA as a global humanitarian organisation that demonstrates God's love and compassion.

A new Graphic Standards Manual & Branding Guide has been developed to assist.

Collection tin for a digital age!

As people continue to favour card payments over cash, it's time for charities like ADRA to change the way they accept donations. To help us pilot this ADRA has just acquired three new contactless donation devices.

These 'boxes' bring donation collection into the digital age. Donations are taken by using contactless debit or credit cards, the swipe of an Apple watch, mobile phone or any compatible apps. Donation amounts are set at £5, £10 and £15. We hope these boxes will make it easier and encourage those without cash to donate to ADRA. You will see the new boxes used at major events around the UK.



In 2018

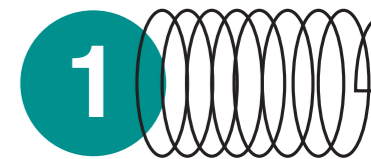
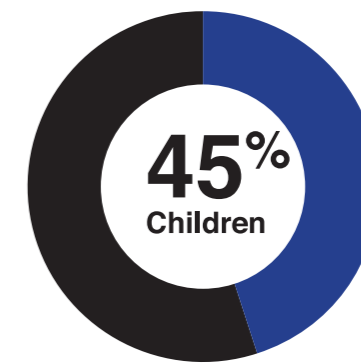
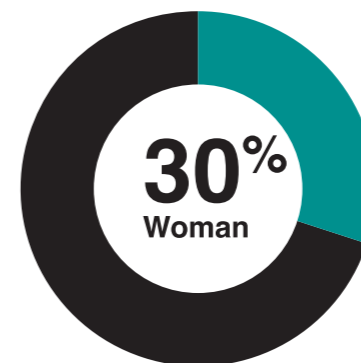
We have helped over **1.3 million** people

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

1.3 million



£ 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 rife. Providing books, uniforms, and supplies prepares a child for school and for the future. A donation of £25 can keep a refugee child in school for a month!



£50 Disaster 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. Long-term rebuilding of communities, infrastructure, and livelihoods are also as important.



GIFTBOXES FOR 2019 TO GO TO CYCLONE HIT COUNTRIES

This year we would like you to help us take gifts to children affected by Cyclone Idai in Malawi, Zimbabwe and Mozambique. Just imagine having to survive after your family has lost everything. We are sure you agree that children here deserve to receive a gift from the UK to bring a little smile to their faces. Why not start saving now to buy your digital gift box for a child in one of the affected countries - or why not buy three to spread your love a little further?

Remember, our website will start taking orders by the 1st of September this year until the end of October. Donate £10 per box online by filling a sample gift box. We will transfer all of the funds to the ADRA offices in Malawi, Zimbabwe and Mozambique where they will buy the gifts on the local markets and deliver these to disadvantaged children.

Packing a digital gift box is a carbon-friendly way to help a child. Not shipping things around the world is helping to save the environment but also helps the local economy to grow a little as appropriate gifts are sourced locally. And the smiles on the children's faces will be worth the effort.

(The virtual giftbox is just a token box: you and your church can raise funds for this project in any way you like and simply send the funds to ADRA).



ADRA shop open again!

By popular demand we are re-opening our online shop. We are selling ADRA branded items and surplus things we have in our store room. Just go to <http://shop.adra.org.uk> and browse our changing range of items



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

giftaid it

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.

TITLE SURNAME

FIRST NAME

ADDRESS

POSTCODE

EMAIL ADDRESS

MOBILE NUMBER

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

SIGNED DATE / /

*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.

Rebuild a Bike Rebuild a Life

PEDAL FORWARD >>>>

Rebuild a Bike. Rebuild a Life.

19 AUGUST 2019
10-6PM
at Stanborough Park, WD25 9JZ

Join a team of volunteers who will provide refurbished bikes to those on low incomes, or the unemployed. If you are unable to join us, but would like to donate a bike, please contact max@adra.org.uk. For further information please contact iamurban@adra.org.uk www.adra.org.uk

I AM URBAN
HUMANITY • JUSTICE • SERVICE

ADVENTIST COMMUNITY SERVICES

ADRA

mind
For better mental health
in Tower Hamlets and Newham

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

ADRA-UK, through its I AM URBAN initiative, will partner with a leading mental health charity to combat poverty in the borough of Tower Hamlets through its PEDAL FORWARD project.

The project will provide up to 25 refurbished bicycles to people on lower incomes or who are unemployed living with mental health issues in collaboration with MIND in Tower Hamlets and Newham. The donated bicycles not only to the volunteer mechanics but to the beneficiaries.

The borough of Tower Hamlets has the highest worklessness rate in London is at 7.7%, and the highest rate of poverty at 39%. In the borough, child poverty is higher than in any other London borough and it is an area of high deprivation.

‘Cycling is a worthwhile activity that boasts many benefits to those who participate,’

said Bert Smit, CEO of ADRA-UK. ‘It’s also great for mental health, as well as being a participatory activity that can assist in improving socialisation, and we are pleased to be working with MIND on this this project.

The I AM URBAN initiative is looking for second-hand adult bikes, in a reasonable condition that can be refurbished. If you have a bicycle that you are willing to donate, please contact max@adra.org.uk and help us to rebuild a life.