

## Cultivating Resilience: Transforming Health and Nutrition in Rural Sri Lanka

From December 2022 to January 2024, the AIM-RECCEND project transformed communities across Sri Lanka's Central and Uva provinces. By strengthening public institutions and community networks, it improved sanitation, hygiene, health, and nutrition services while building resilience against health and economic challenges. Its lasting impact continues to empower individuals and families toward a healthier, more secure future.

The project supported six primary healthcare institutions, 32 schools, and renovated four clinics. Additionally, it installed renewable-energy-powered water supplies in two healthcare centres and built 44 latrines and 36 handwashing

stations. These efforts significantly improved hygiene practices, providing essential resources to over 8,488 schoolchildren and fostering healthier communities.



Students washing their hands at an ADRA handwashing station

### K. Kanakeswari's journey

K. Kanakeswari's journey is a true inspiration. As a Nutrition Home Garden (NHG) beneficiary, she took charge of her family's well-being while her husband worked away in Colombo (the capital). Determined to provide nutritious, chemical-free food for her seven family members, she embraced ADRA's crop calendar and the 7-day leafy vegetable concept. Her efforts helped her underweight two-year-old regain health while reducing household expenses. Beyond her home, she led awareness sessions for mother support groups, earning recognition as the best-performing NHG beneficiary.

"I'm committed to healthier eating, learning new techniques, and sharing them," she says. Through initiatives like AIM-RECCEND, lives are transformed, fostering resilience, better health, and stronger communities in rural Sri Lanka.



K. Kanakeswari's with her child, showing the vegetables she has grown in her Nutrition Home Garden

# Life-Saving Water and Sanitation for Sudan's Displaced Families

In April 2023, intense clashes between the Sudanese Armed Forces (SAF) and the Rapid Support Forces (RSF) forced more than 6.3 million people to flee their homes. Now, they face daily struggles to access the essential resources they need to survive.

From June 5, 2023, to February 29, 2024, ADRA's emergency response brought vital WASH (Water, Sanitation, and Hygiene) support to 22,303 Internally Displaced Persons (IDPs) in the Blue Nile State. To combat water shortages caused by power outages, ADRA installed solar-powered systems at five water points, ensuring a steady water supply. The construction of 28 communal latrines and a Cholera Treatment Centre helped prevent the spread of waterborne diseases. Additionally, hygiene promotion efforts provided soap to 944 households, while 192 households participated in hygiene education sessions—empowering families with the knowledge and resources to stay healthy.



Solar panels at a water point

Lila, a mother of two, fled Khartoum after violence tragically took the life of a neighbour's child. She eventually found refuge at an IDP gathering point, but overcrowding and water shortages made daily life difficult.



A group of IDP women

Her daughters had to walk 8 km (5 miles) every day just to fetch water. ADRA's intervention transformed their lives—providing a steady water supply and eliminating the exhausting daily journey. Fully operational latrines and showers also improved hygiene, helping families stay healthy and reducing the spread of waterborne diseases.

Through these efforts, ADRA has not only met the immediate needs of families like Lila's but has also restored their dignity and well-being. By providing essential resources and support, ADRA is helping to build resilience and hope amidst the ongoing crisis.

# We can't do it without you!

Your support makes our work possible – *Thank You*



**£10**

*Helps...* to provide access to basic toilet facilities and provide hygiene training

**£20**

*Helps...* to give disadvantaged children access to education

**£50**

*Helps...* us to respond to disasters immediately

## Support ADRA today! Here's how:

### Annual Appeal 2025 Online



Go online to make a payment by debit or credit card: <https://is.gd/1iIFCE> or scan this QR code:

### By post

Write a cheque (made payable to ADRA-UK) and send it to us at ADRA-UK, Stanborough Park, Watford, WD25 9JZ

### By bank transfer

Call us on **030 30 40 17** (Mon-Thu 10:00-16:00) to request our bank details for a BACS transfer

### Visit

[adra.org.uk/donate](https://adra.org.uk/donate)

### Monthly Donations Direct Debit



Even better, to help us plan ahead, why not complete a Direct Debit form online here: <https://is.gd/Rhwx7M> or scan this QR code:

### By phone

Make a payment by debit or credit card by calling **030 30 40 17** (Mon-Thu 10:00-16:00)

### (SMS) Message

Make a £5 donation now using your phone:

Text ADRA to  
**70470**  
to donate £5

Texts cost £5 plus one standard rate message.



## Every £1 is matched 10 times in overseas projects

The Adventist Development and Relief Agency – UK has been working to end extreme poverty in some of the poorest areas of our world, since 1999. Here in the UK, we are empowering local churches to help those in need. To achieve these goals, we collaborate with governments, ADRA network offices, local churches and other organisations. Together, we are working to lift people out of poverty, establish hope, empower communities, and provide positive change. Your financial support is critical!

# Making it all count...

## *Our Purpose*

To serve humanity so all may live as God intended.

## *Our Motto*

Justice. Compassion. Love

## *What we do*

We are the global humanitarian arm of the Seventh-day Adventist Church—part of the 20-million strong Adventist community, with hundreds of thousands of churches globally and the world's largest integrated healthcare and education network. We deliver relief and development assistance to individuals in more than 120 countries—regardless of their ethnicity, political affiliation, gender, or religious association. By partnering with local communities, organisations, and governments, we can deliver culturally relevant programmes and build local capability for sustainable change.



Read more about us here: [adra.org.uk/about/](https://adra.org.uk/about/)

Your gift will go to men, women, and children that are in dire need of aid right now! ADRA-UK's mission is to work with those most in need – whether they are suffering through poverty or have been affected by a disaster – the 2025 ADRA Appeal fund enables ADRA to reach out right away and make a positive change.

## Funds Raised in 2025 will support us to:

- Ensure children get access to a good education in Myanmar, Somalia and South Sudan
- Respond to international disasters
- Support dairy farmers in India, Nepal and Zambia
- Improve nutrition in Tea Estate workers and rural communities in Sri Lanka
- Strengthen migrant rights protection in Thailand
- Improve community resilience and climate adaptation in Timor Leste
- Advocate for women's rights both in the developing countries and the UK
- Develop community based programmes in the UK

## ADRA-UK 2024 Highlights

- **Worked across 16 countries in 2024**
- **181,667 people reached**
- **11 development projects: 103,830**
- **8 humanitarian responses: 77,837**



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