



Above: Primary School children at PAORINHER, northern Uganda

## Courage and Compassion

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This year, we have visited communities affected by conflict, persecution, hunger and appalling human rights violations. Each time, we have come away inspired and humbled by the courage and compassion shown by individuals in extremely difficult circumstances.

Those trapped in war zones or displaced by conflict show resilience, ingenuity and an ability to rebuild their lives and communities in the face of immense challenges. Many communities plagued by violence show a remarkable capacity for forgiveness, reconciliation and peace. Above all, we are always inspired by our HART Partners, who work tirelessly to alleviate suffering in their own communities, even if it means putting their own lives at risk.

For this edition of the HART newsletter, we wanted you to hear directly from them. We asked our Partners for their achievements, hopes and aspirations as we approach the end of another year. I hope that you will find these remarkable individuals as inspiring as we do.

From Nigeria, where Boko Haram are inflicting a reign of terror, one of our friends describes his visionary programme of reconciliation between Muslim and Christian communities torn apart by conflict, and his hopes for education and economic empowerment.

From Burma, one of our courageous colleagues in SWAN (Shan Women's Action Network) describes how their programmes deliver health care to remote, conflict-affected communities inside Shan State.

From Sudan, we hear from our valiant Partner, who delivers food and medicines to people suffering from ruthless aerial bombardment by the Government. He recently reported the difference made by HART's support: "We are so privileged to have HART on board in our partnership, to focus on life-saving activities in Blue Nile. They are the only organisation currently responding to the current needs on the ground. The needs are obvious – people are eating roots, there's no medicine, they are sleeping in the riverbanks with the water passing by."

Back home, we have just launched the HART Prize for Human Rights. We are calling for written and artistic entries highlighting the plight of those whose voices are all-too-often unheard. You can read more about this at the back of this newsletter and on our website.

As the year draws to a close, may I take this opportunity to thank everyone who supports HART in any way. I hope the messages from our Partners will be the best 'Thank you' of all!

**Caroline Cox, Founder and CEO**

# Voices from Around the World



## HART's partners reflect on 2014 and look to the year ahead

### NAGORNO-KARABAKH

*Vardan Tadevosyan, Director of the Lady Cox Rehabilitation Centre:*

"In 2013, we planned to make 2014 a year for education. I think we achieved what we planned.

We collaborated with the French physical therapy organisation Kinésithérapeutes Du Monde, and had visiting therapists working with us between June 2013 and October 2014. This has improved theoretical and practical knowledge, and the quality of the treatment available.

In October 2014, we started a 10-month educational program for 12 nurses to make them rehabilitation therapists. We have an agreement that our newly graduated therapists will have jobs in regional hospitals and in the main hospital in Stepanakert. Patients will then be able to access care all across Karabakh.

This will reduce the pressure on the Rehabilitation Centre, where the waiting list is currently over 6 months.

On average we treat around 800 people with disabilities a year. After the educational program is completed, the number of patients who will be able to access care will increase to 2000. This will be a great achievement which we hope to see in 2015.

I believe that in 2015 we will also have some news for our future rehabilitation centre. The building that we have is too small and not appropriate for the work that we do. We hope to begin the new building in 2015.

All of the patients, staff and myself send our warmest thanks to the HART team and to all supporters of HART."



Above: Vardan Tadevosyan



Below: A nurse with one of the centre's young patients, Laura

### BLUE NILE AND SOUTH KORDOFAN, SUDAN

*Partner in Blue Nile State (anonymous):*

"2014 was a year of great challenges, met with increasing resilience and coping mechanisms.

This year, atrocities committed by the government of Khartoum on civilians in the Nuba Mountains and Blue Nile regions, including aerial bombardment, ground assaults and long-range artillery bombardment, have resulted in the highest number of victims in a single year since the beginning of the conflict in 2011.

It is unbelievable that these atrocities are committed in the face of the international community – particularly the UN Security Council – with impunity. How many lost or destroyed lives need to be counted in order to pay just a little attention to the plight of the marginalized, oppressed and voiceless people in Sudan? Or do some humans just matter less?

This year, HART, the true friend of the oppressed and suffering people in the two areas, provided cash for food and essential medicines. These were delivered under great sacrifice and determination from my staff and myself in the front line of the conflict.

For 2015, I still believe that God will find a way out of this crisis and will bring an end to the political unrest and the suffering of the people in Sudan through 'a Just Peace'. If that is not forthcoming, then multiple advocacy initiative must take place, mounting pressure on the regime in Khartoum to end the atrocities.

I would like to see humanitarian corridors open for NGOs to access the people most in need in Sudan, and more humanitarian interventions coordinated for the people in Blue Nile and Nuba Mountains.

I wish good health, prosperity and diligence to all who have the people of Sudan at heart."



Right: Reconciliation and women's empowerment in Jos

## JOS, NIGERIA

*Hassan John, Director of Media Department, Diocese of Jos:*

This year, I have witnessed an escalation in the systematic manner in which the Islamic 'caliphate' of Boko Haram is destroying over 20 years of toiling and missions in the north-eastern Nigeria. This destruction is strategic and well calculated.

Earlier this year, I made a trip to Maiduguri, Borno State, soon after over 260 girls were abducted from their boarding school. I met the families of the abducted Chibok girls in the village where they were attacked. The families said they depended on God.

The Police Commissioner of Borno State gave me an insight into the gravity of the security challenges and the preparedness of Boko Haram, it seemed, to establish a caliphate. He lamented the lack of resolve and resources of the Nigerian security agencies to tackle the insurgency.

I recently had 115 refugees come to my Church, mostly women and children, who had walked for weeks from Gwoza in Borno State, almost 600 km from Jos, until they met someone who assisted them to Jos. The person pointed them to my Church. The children were dehydrated and the women hardly able to speak. I took them to a small medical facility and 16 of them were treated. I organised feeding and what could be called a sleeping place. It was just some mattresses on the ground, in a room that barely could give them some warmth in the night. The relief and excitement in the faces of many of them broke my heart considering that they were barely on the floor, but they were grateful for even that. There are still hundreds more out there.

I have been encouraged by the coming together of the Church to weather the persecution in northern Nigeria. The voices that are raised to date about the insurgency have been unprecedented. We still have a long way to go, but at least we are getting some attention.

Also remarkable is the capacity for people who had been enemies ever since the 2010 crisis in Jos to come together and talk about the issues that were contentious. We now have Muslims and Christians sitting and talking together about the issues that proved divisive and previously resulted in blood baths. This seemed impossible four years ago.

What has made me very proud in 2014 is the peace initiative we started in Rayfield, Jos, between Christians and Muslims. These two groups lost members of their families in the Christian-Muslim clashes in Rayfield in 2010, but they have come together. Now we have Muslims coming into the Church to bring the Eid El Fitr greeting and traditional Christmas greeting. The Christians now enter the homes of Muslims and vice versa. This is unprecedented.



My heart's desire is that in 2015 we will be able to consolidate the achievements of genuine reconciliation between the warring communities in Jos. I pray that I will be able to empower more women and youths and give as many as I can another chance in life through education, enlightenment and economic empowerment which we started last year and built upon this year. I also pray that those who seek help should be able to find it, both physically and spiritually, whether they are Christians or Muslims."



*Above: Hassan John*

*Susan Essam, the Christian Institute, Jos:*

"This year we have our biggest ever intake of students, and our full time students now number 104. Many of these are in their 20's and 30's, so this represents a huge opportunity (and responsibility!). Our hope and prayer is that during their time with us, they will grow in their knowledge and love of God, as well as in the knowledge of their academic subjects, so that they are able to stand firm for the gospel and for truth, and become effective leaders in their families, communities and churches. Such young people are desperately needed in Nigeria today.

During the school holidays in August we ran a month long Holiday School for children and young people, with classes covering the full range from Nursery to Senior Secondary. We had about 70 'pupils' and the teachers themselves were young folk from the community and the college. It was exciting and a good success. We ended with a Closing Service and presentation of prizes and gifts.

As our numbers increase so does the need for more accommodation, particularly for married couples. We are therefore building a large three storey "Kehinde hostel".

We would like to take this chance to thank HART and all of HART's supporters for all that you have done and continue to do."



*Above: The school in Chibok from which the girls were taken*



*Above: Children in Rayfield, Jos*

## TIMOR-LESTE

*Rosaria Martins da Cruz, Director of HIAM Health:*

"During 2014 our horticulture agenda was full and my team worked very hard. With funding from the Sunrise Joint Venture Consortium (SJV) (Australia) HIAM Health was able to train 12 community groups and assist them to implement 12 community gardens.

With funding from the Isle of Man, we have educated almost 300 mothers in health and nutrition and empowered them to share this knowledge with their villages. While they were being trained, we brought back to full health their 300 moderately to severely malnourished infants.

It is impossible for me to say what is the 'highlight' when we do some much that is good for my country!

My biggest thank you is to the team at HART who have walked beside us since June 2004."



*Above: A garden now supplying food to the school feeding programme in Timor-Leste funded by SJV*



Above: Baroness Cox with children at the Marol Academy

## MAROL, SOUTH SUDAN

*Lawrence Otieno, Headteacher/DoS Marol Academy Secondary School:*

"I am very grateful to HART for the wonderful work you are doing to support this project. I have seen the fruits of the work that started in 2011 up to date, in that Marol is now known all over South Sudan because of the excellent academic performance. I am very proud to be part of Marol.

This has been a tough year for us. However, I am proud of the fact that we had a school running despite the crisis that befell the country. At the beginning of the year, it seemed that there was no hope of Marol Secondary continuing – yet we enrolled around 70 students.

This year, we admitted 7 girls to the Secondary School. In this environment, finding girls at this higher level is the most challenging thing. Amongst these 7, three are already married and one was expectant.

In 2015, number one on my priority list is making available chairs and benches to students. We lacked enough seats for students this year, and I am sure that next year we will see an increased number of students.

Second in the priority list is boarding tukals (small huts where students can stay). Some of our students walk as far as 14km away from the school every day.

Third, we need a good generator and printer. If we have the boarding tukals, we could supply the students with lights for studying at night. This requires a good power supply.

I also look forward to seeing Marol developing into a college!"



Above: Children at Nyieth School

*"I cannot do everything but I must not do nothing."*



## WAU, SOUTH SUDAN

*Bishop Moses, Diocese of Wau:*

"In 2014 we were able to provide Emergency Relief to internally displaced persons in Warrap State with support from our partners, particularly HART and ARDF. The IDPs were mainly from Unity State, and most were from the Nuer community. They were hosted by the Dinka community despite the fact that the conflict was largely perceived to be between Dinka and Nuer communities.

We were also able to engage in development activities such as the water and sanitation project in Tonj North County supported by ARDF and the roofing of three Classrooms in Nyieth Primary School supported by HART.

We did a lot of Peace Campaigns during my Pastoral visits to the Counties neighbouring Unity State, appealing to the Dinka cattle youth not to raid Nuer villages but to use their guns only for self-defence.

### Plans for 2015

In 2015, we are hoping to finish the roofing of the remaining classrooms and make a fence around Nyieth Primary School.

We are also hoping to build offices for teachers and toilets for both teachers and pupils, and to construct a fence, drill a borehole, build a toilet and install a solar fridge for cooling medicines in Nyieth Primary Health care Unit.

We are also hoping to start implementing our dream of a model Girls' Primary and Secondary school in Warrap State under Gogrial Area Diocese.

We believe that peace will be reached between the warring parties before the end of the year and so we are hoping to continue to support the IDPs with relief and some development projects as they resettle back in their villages.

We will continue with our campaign for peace among the communities using the Great Commandment of loving your neighbour as yourself in order to reduce the inter-ethnic violence and cattle rustling.

These are just a few examples of many activities that we are hoping to achieve in 2015.

We may not be able to finish all these activities but we are hoping that with the help of God we will be able to do what we can. I would like to end by quoting Baroness Cox's slogan "I cannot do everything but I must not do nothing."

# Crisis in South Sudan: One Year On

*It has been nearly a year since political tensions erupted into civil war in the three-year-old nation. No-one knows how many people have been directly killed by the fighting; current estimates are in the tens of thousands. Indirect deaths – caused by the hunger and disease that accompany insecurity and displacement – will be far higher.*

## Causes of the Conflict

Sudan's civil war left South Sudan with desperately low levels of development, education, infrastructure and basic services, as well as unresolved local conflicts, ethnic and political tensions and a proliferation of weapons.

In December 2013, violence was triggered by a political disagreement amongst elites. However, the conflict then spread rapidly along the fault-lines forged by decades of civil war, gathering its own momentum.

Regional leaders have been mediating between the parties in Addis Ababa, but despite a Cessation of Hostilities agreement signed in January, and recommitted to throughout the year, the violence has continued.

War crimes and crimes against humanity have been committed by both sides. Women are at frequent risk of sexual violence, particularly when searching for food or firewood. There have been regular reports of horrifically brutal rapes.

The UN Mission in South Sudan (UNMISS) saved many lives by allowing civilians to shelter in its camps (where 5% of displaced people remain). However, their limited mandate gives little scope for protecting civilians outside the camps.

Education is crucial to building a sustainable peace, but the scale of the challenge facing South Sudan in this area is immense. Estimates suggest that around 1.3 million – approximately 50% – of primary school-age children are currently not in school.

A weak state, civil society limited in resources, participation and political freedom, and a lack of opportunities for people to make their voices heard, pose further challenges to peace.



A woman with her child in Maanangui IDP camp

## The World's Worst Food Crisis

The situation is complex, but the scale of humanitarian need is simple and staggering.

1.9 million people have been forced to flee their homes<sup>1</sup>, including 450,000 who have become refugees in neighbouring countries.

Across the country, 4.9 million people are in need of humanitarian aid. In some areas, one in three children is malnourished; in others it is almost one in two. Half of those dying among displaced people are children under five.<sup>2</sup>

In 2015, agencies predict that the situation will worsen significantly. The conflict is likely to escalate with the onset of the dry season, causing renewed displacement. 2.5 million people are expected to face severe food insecurity in the first three months of the year.

## Prospects for Peace

Humanitarian aid is urgently needed, but so is an end to the violence and a political solution. Robust international engagement and diplomacy, increased pressure on the leaders of South Sudan, and an end to the proliferation of weapons is urgently needed; along with measures to promote a sustainable peace, through reconciliation, accountability and education.

## HART's Partners

Our partners have been working to provide emergency medical assistance, food relief and shelter to the displaced people in their area.

Nathaniel Maral Mayom, the Development Coordinator at the Diocese of Wau, sent the following message:

*"As an Episcopal Church of South Sudan/Sudan in Wau diocese, we are deeply concerned and worried that if the situation is not contained as soon, it may turn into genocide or ethnic confrontation.*

*Our priority to international partners and friends is for assistance on the peace process, and humanitarian intervention for those who have fled from their homes and seek refuge in the areas of Manangui, Turalei and Aweng camps, Warrap State. Many of these people are currently living without food, medicine, shelters, education and sanitation, and suffer severe malnutrition.*

*We call for peace, reconciliation and immediate support for the victims in the places where the IDPs are settling. Many people have lost their lives. We want you to share these painful lives of our people and be a source of blessings to these multitudes of victims."*



Above: In many areas, IDPs are resorting to eating leaves



Above: Women in Maanangui IDP camp

<sup>1</sup> UN OCHA, November 2014

<sup>2</sup> Joint Agency Briefing Note, October 2014

# An Update from SWAN: Reproductive Health

By Nang Hearn, Health Coordinator for the Shan Women's Action Network

*After attending the training, the health workers go back to their communities. They provide family planning services in the community, help women deliver babies and provide both ante-natal and post-natal care. They also conduct reproductive health awareness sessions.*

*Below: Training induction*

## Health Care in Shan State, Burma

In rural Shan state, villagers face immense challenges in accessing health care. Few have the funds necessary to travel the long distances to health facilities, usually found only in larger towns. Even in semi-urban areas, there is an acute shortage of medicine and supplies, and very few trained staff. Cultural and linguistic differences between clients and service providers create a further barrier.

The issue is compounded by the poor roads and insecurity arising from the long-standing conflict between the Burmese government and military, and local ethnic authorities.

It is women who suffer the most from the poor health conditions. Preventable infectious diseases, malnutrition, and complications in pregnancy, delivery and abortion continue to unnecessarily claim the lives of many people. Data collected by community health workers during the past two years illustrate very high rates of early childhood and maternal mortality in many remote areas of Shan State.

Most rural women are illiterate, have very little knowledge regarding reproductive health, and are treated as subordinates within their households by their husbands. Few practice birth spacing, which directly affects their health status and that of their children. Many have inadequate or incorrect beliefs regarding basic health issues, which can lead to dangerous and even life-threatening situations. SWAN has encountered many health problems among rural mothers and children which could have been prevented if local residents had access to appropriate health education.

## SWAN Reproductive Health Awareness Training

**The SWAN Health Programme aims to change this, reducing maternal, infant and child mortality rates, and supporting community-managed, participatory reproductive health interventions for vulnerable populations.**

One of the activities of this programme is the **SWAN Sponsored Reproductive Health Awareness Training**. SWAN has organised the RH awareness training for the last four years. It has trained 88 participants (18 in 2011, 22 in 2012, 22 in 2013, and 26 in 2014) from 17 townships, most of which are in conflict-affected areas. The participants include Auxiliary Midwives, Community Health Workers, Village Health Volunteers and social workers who are actively working in their communities.

This year's Health Awareness Training took place over seven days in October 2014. A five-day Reproductive Health, Family Planning and Data Collection training course was complemented by a two-day Maternal and Child Health segment, conducted by the training team from the Chiang Mai Rajabhat University Department of Public Health.

## Participants

There were 26 participants from eight townships across Shan State. 16 were Auxiliary Midwives and Community Health Workers who had attended six to ten months of training by a district hospital. Two were Village Health Volunteers, and the others are social workers. Participants were recommended by Community Health Workers who had attended previous training sessions, and by SWAN networks in Shan State.

The participants had little if any knowledge about family planning or reproductive health prior to coming to the SWAN training course. "I had studied at a hospital for several months but it did not cover some of the topics that I learned from this training," reported one of the participants. "This training is not only good for me but also for our communities. Family Planning is the most useful for the community."

By the end of the course, all participants were able to understand the material and are ready to provide health education to community members regarding the importance of contraceptive methods. Hopefully, in a very short period of time, the participants will become part of the SWAN health initiative in Shan State.



# Active Health Awareness Training

ork (SWAN)

*Below: Practice for awareness raising*



Very few of the participants had ever routinely collected any demographic or health related data. All the participants are now ready to conduct their own village household “demographic family planning vital events” surveys in approximately 100 Shan/Tai communities located in different townships. In the words of one of the participants: *“Demographic-family planning-vital events surveys is very important because will able to know health situation in the community.”*

After attending the training, the health workers go back to their communities. They provide family planning services in the community, help women deliver babies and provide both ante-natal and post-natal care. They also conduct reproductive health awareness sessions. As villagers spend the day working in their fields, these sessions are conducted at night.



*Above: Reproductive health awareness session*

## Burma in 2014: Broken Agreements, Violated Rights and Growing Persecution

*By Alice Robinson, HART Advocacy and Communications Manager*

Despite ceasefire agreements, ongoing peace negotiations and the semblance of political reform, minority groups across Burma continue to face conflict, discrimination and human rights abuses.

Systematic, decades-long persecution of more than a million Rohingya Muslims has increased, and international human rights groups are now warning of apartheid-like conditions and ethnic cleansing. Denied citizenship and deprived of many basic human rights, the Rohingya are stateless and segregated, vulnerable to abuse from state authorities and the public. Anti-Muslim sentiment, sometimes erupting into violence, has spread across the country.

In resource-rich ethnic national areas, exploitation continues, with local people forced from their lands to make way for large-scale investment projects.

In Kachin and Shan States, the Burma Army is actively conducting military offensives, with scant regard for civilian life, livelihoods, or human rights. The use of torture, and of rape as a weapon of war, is widespread and well documented.

In June 2014, the Burma Army launched a large-scale offensive in Shan state, in violation of existing ceasefire agreements. Thousands of troops, accompanied by jets and helicopters, were deployed in areas under the control of the Shan State Army-North (SSA-N), which signed a renewed ceasefire agreement with the Burmese government in 2012. Civilian areas have been targeted, with villagers tortured and killed and property looted.

Shan Community Based Organisations (CBOs) recently released a statement calling for the Burma Army to end its military offensives and to stop committing human rights abuses against ethnic peoples. They want a genuine political dialogue about constitutional reform, federalism and democracy in Burma. They are also calling for a moratorium on resource extraction and large-scale development projects in ethnic conflict areas until there is a political resolution to the conflict, and constitutional reform guaranteeing local people’s rights.

In neighbouring Kachin State, where conflict erupted in 2011, the Burma Army has targeted civilian areas – shelling and destroying homes, opening fire on civilians and attacking camps of displaced people. An estimated 100,000 people have been internally displaced. Many are living in dire conditions in camps which lack clean water and basic healthcare. According to the Kachin Women’s Association Thailand (KWAT) the situation has reached “crisis” point.

Hope lies particularly with CBOs such as SWAN and KWAT, which are attempting to counter the rising tide of violence and discrimination, and to protect and support minority groups.



# An Update from PAORINHER

The Patongo Orphan Infants Health Rehabilitation Centre (PAORINHER) is reaching more children than ever before with life-saving care, in a severely deprived region of northern Uganda. Between February and October 2014, the number of children receiving treatment and support for HIV rose from 215 to 371.

500 girls and boys now attend the on-site primary school, all of whom receive health monitoring, counselling and nutritional support.

Chairman Raymond Okot highlights the achievements of 2014 and the hopes, plans and priorities for the coming year.

**The sight of water being pumped from the PAORINHER compound for the benefit of the children has been the climax of 2014. Water means life and it has brought so much joy to the children and excitement in the entire community.**

This water will serve a population of over 600 people.

2014 has seen significant improvements in awareness. People are moving away from stigma and coming out openly to test, get treatment and support.

We have encouraged counseling and testing of children for HIV/AIDS, and have stepped up early infant diagnosis for the management of HIV at its early stage.

As part of our community sensitization campaign, we have initiated Agago day sports programme involving youth from all the sixteen sub-counties in the district. The sports programme will be in its fourth year this December.

Through sport, we have been able to win the hearts and minds of the younger generation who have now become our ambassadors in the different locations in the District and beyond. The enthusiasm, willingness and interest the sports programme is creating can be tapped to help with our sustainability efforts.

## Looking to the future

We have four priority areas. These are:

1. Raise the health status of HIV positive and vulnerable children with nutritional and psychosocial support, both through day care and by follow up at home.
2. Build an effective partnership with Patongo Health Centre and Kalongo Hospital, so that HIV positive children receive appropriate treatment and support, including both the availability of and compliance with ARV treatment.
3. Reduce the impact of stigmatisation in the community, so that HIV positive children no longer suffer adverse social effects, whether at home or in school, because of their health status.
4. Improve the self-sufficiency and long-term sustainability of the Centre's operations.

We have done well on numbers 2 and 3, with more room for improvement. What we would like to particularly focus on in 2015 are on numbers 1 and 4.

I would like to see women trained to take lead roles in the formation of village network groups in every sub-county in Agago District to support the well-being of our children through active participation in agriculture and poultry keeping, involvement in counseling, training and constant checking on the children in their various village locations.

While we will continue to look for funding from our supporters and partners in Europe and other places, PAORINHER needs to find some local base support and sustainability measures put in place.

The nursery and primary education set up has restored the dignity of our HIV positive and orphaned vulnerable children, and has attracted solid community support. Updating the school by putting up proper buildings with sound educational facilities, recruitment of qualified experienced teachers will not only continue to give our children the respect they



Above: Children getting water from the new borehole

Below: Agago sports day







deserve but will also help immensely in attracting more income from able parents to help towards sustainability.

Other measures towards sustainability will involve acquiring farmlands and getting actively involved in buying and selling of farm produce including poultry raising.

The pioneers of PAORINHER will be sitting for their first primary seven examinations next year 2015 and please let us do everything possible to make them all pass to join their secondary education with "FIRST GRADES".

*Left: Oyella Grace (37) and her daughter Aciro Philomena (8). "Aciro was ever sick. She is HIV positive and there was discrimination in the community, hence stigma. She was always miserable but since she enrolled at PAORINHER, joined school and got to play with other children, life changed. There is access to treatment, clothing and education."*



*Above: PAORINHER field staff train children to talk to their friends about HIV/AIDS, adherence to Anti-Retroviral Treatment, sleeping under mosquito nets and prevention of opportunistic diseases, as Flavia is doing in this picture. We believe that children can take seriously advice from their fellow children.*

# HART Prize for Human Rights

*Now in its fourth year, the 'HART Prize for Human Rights' (formerly known as the HART Scholarship Competition) is a series of competitions aiming to raise awareness about human rights issues affecting those whose voices are deliberately silenced, or preferably unheard.*

We are inviting young people aged 12-25 to produce written and creative pieces about the communities HART works with.

The HART Prize for Human Rights encourages young people to engage with critical issues and to master their creative and communicative abilities. It is an opportunity for reflection both for those taking part in the competition and for us at HART, inviting new voices to contribute to our communications and encouraging the next generation of human rights advocates.

Entrants could win a trip with HART to Nagorno-Karabakh in August 2015 – an opportunity to meet one of HART's local partners, who envision, plan and deliver life-changing programmes. There are other prizes up for grabs too, and those taking part could see their work exhibited or published.

The deadline for submitting entries is February 16th 2015. More information, including suggested topics and essay titles, submission guidelines, fact sheets about each country, and full terms and conditions can be found on our website: [www.hart-uk.org/about-you/humanrightsprize/](http://www.hart-uk.org/about-you/humanrightsprize/)

For more further information, please don't hesitate to get in touch at [hart.competition@hart-uk.org](mailto:hart.competition@hart-uk.org)



*Prize giving event and exhibition, London*

# Perfect for Christmas – HART's

## Give virtual gifts with real impact

If you added up all the different parts of every project run by all of HART's partners, the list of items would be rather long; too long to fit into this newsletter. You would have to include all sorts of diverse items from birth-bags, blankets, bricks, crutches, clinical thermometers and donkey hire to wages, walking frames, weaving machines and wheel chairs.

Writing such a list would require no small effort, but you would come away with a strong understanding of the nuts and bolts of all of these different programmes – and how much each part costs. Our partners operate on the proverbial shoestring, and multiply whatever funds we are able to send them many times over.

For instance, £5.50 could cover the cost of a month's supply of Sorghum for one person living under aerial bombardment in Blue Nile State, Sudan, and £19 could buy a telephone repair kit for young Christians and Muslims who are learning trade skills together in northern Nigeria. A small, manageable list of items is available in the form of our new online Virtual Gift Shop.

If you're stuck for a Christmas present this year, why not visit [www.hart-uk.org/shop](http://www.hart-uk.org/shop) and browse the gifts for your friends and family? You can refine your search by selecting countries or programme areas that interest you or the recipient. For example, if you are interested in children's health and Burma, select 'Child' and 'Burma' and you will be presented with a handful of gifts to suit your budget.



### Your virtual gift

#### HIV Tests

With the HIV infection rate in Pader District, northern Uganda, at 11%, PACRINHER's clinical staff regularly test patients for HIV. Because of the lingering stigma associated with the virus, denial and refusal to be tested for HIV remain a problem especially among those with the virus. This gift is equivalent to a week's worth of

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Our Virtual Gift Shop supports HART's general fund, enabling us to send funds where they are needed most. If you would like to read more about how your Virtual Gift is part of this, please visit: [www.hart-uk.org/gifts-general-fund](http://www.hart-uk.org/gifts-general-fund)

Humanitarian Aid Relief Trust (HART)  
3 Armiton House, 146 Slough Lane, Kingsbury, London NW9 6JU  
+44 208 204 7336 | [office@hart-uk.org](mailto:office@hart-uk.org) | [www.hart-uk.org](http://www.hart-uk.org)  
Registered Charity No. 1107341 | Limited Company No. 522 7785  
Registered in England & Wales



### Your virtual gift

#### A month's wage for a Community Outreach Officer

'Prevention is better than cure', especially when it comes to HIV.

HART's partner in northern Uganda, the PACRINHER Centre, employs a small team of Community Outreach Officers to go out from the immediate areas and reach into distant villages, often across challenging terrain. These officers not only run community

'sensitisation', but also conduct door-to-door health screening and refer new patients to the Centre for life-saving treatment. They are often the first point of contact for HIV sufferers, and the means of accessing treatment. This gift is equivalent to paying one month's salary for a Community Outreach Officer.

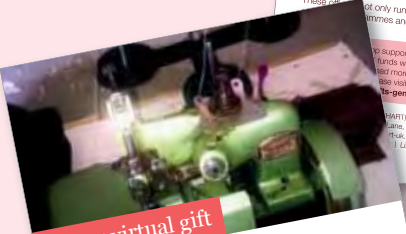
These officers not only run community

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3 Armiton House, 146 Slough Lane, Kingsbury, London NW9 6JU  
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Humanitarian Aid Relief Trust



### Your virtual gift

#### Weaving Machine

A weaving machine for use by Christian and Muslim women learning skills for a peaceful future. HART's partner in Jos, Nigeria, runs an interfaith peace-building programme which brings together women's groups from the Christian and Muslim communities through

learning new skills, such as sewing, washing, baking, and vegetable computing and telephone. This gift is equivalent to providing a weaving machine which would support ventures for these women.

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### Your virtual gift

#### Mosquito Nets for Eight people

People are not the only inhabitants of IDP camps.

Without basic infrastructure or services, staying healthy in a camp for internally displaced people (IDPs) is a huge challenge. Mosquito nets can make all the difference to people living in totally inadequate shelter. This gift is equivalent to the cost of providing nets for eight people living in such conditions.

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### Your virtual gift

#### 200 Bricks

Solid walls and weatherproof roofs can make education possible.

In South Sudan, the rainy seasons, poor infrastructure and the instability caused by the ongoing violence all contribute to difficult conditions for teaching and learning. Many schools are without buildings and have to operate under large trees, making learning difficult in wet weather.

HART supports a number of schools in South Sudan, such as the Nyath School in Wump State, where we have assisted them in constructing and roofing classrooms. This gift is equivalent to covering the cost of buying 200 locally-made bricks to help build classrooms, store rooms and offices for teachers in Wump State, South Sudan.

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### Your virtual gift

#### A week's wage for a Cook or Cleaner

Cooks and cleaners help the children at the PACRINHER Centre build healthy bodies.

The PACRINHER Centre supports over 250 children living with HIV in the community and a further 500 children at the on-site primary school, some of whom have the virus.

The centre's wonderful cooks and cleaners provide two meals a day for 600 primary-age school children to help them grow up with strong bodies and good hygiene habits, setting them up for healthier lives. This gift is equivalent to paying one week's salary for a cook or a cleaner.

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### Your virtual gift

#### Food for patients in IDP camps

Displaced peoples face many challenges – food insecurity among the most urgent.

Our Partner SWAN sends teams of medics to treat people displaced by violence (IDPs) living in camps along the Burma border. People in destitution have

many needs, including shelter, medicine and food. Our partner works to meet all the needs it can with limited means.

This donation is equivalent to providing one patient with a month's supply of food in an IDP camp along the Burmese border.

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### Your virtual gift

#### Replacement Medical Kit

Community Health Workers in remote villages in Burma need new supplies.

Our Partners, Dr Sasa and his Health and Hope Society, train Community Health Workers (CHWs) who serve remote villages all across Chin State, Burma, with basic but life-saving

medical skills. These CHWs use basic medical equipment, such as sphygmometers, and in adverse conditions, equipment can wear out or become damaged easily. This gift is equivalent to replacing one CHW with medical equipment that they need to do their work.

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# Online Gift Shop

## Where the money goes

An exhaustive list of thousands of programme items would be overwhelming, so the items listed in our shop are symbolic. This means your money does not buy the exact item, but actually supports HART's 'general fund' – which enables all of our partners' activities all over the world. By arranging it this way, we can be sure one area of work (such as community education on HIV in Uganda) is not over-funded to the detriment of other important areas (emergency aid in South Sudan, for instance).

Another good reason for listing symbolic gifts is that our partners' needs can change, and change quickly. If your donation is given for one particular item, but then that item is no longer needed by our partners, your donation would go to waste. They would have to buy an unwanted item or return your donation. Either way, our partner loses out, whereas a gift to the general fund frees HART and our partners to use your gift on what is needed most.

Another, more ideological reason, is that we believe very firmly in empowering our partners, and this means sending funds without too many restrictions on how our partners can spend it. While we monitor their spending to ensure good governance, we also respect our partners by not imposing our ideas or our agenda on to them. This means allowing them to manage their own budgets and to make financial decisions. Deciding when, where and how to use your gift is an important part of this.

This Christmas, if you would like to find alternative gifts for your friends and family, please visit our online shop where helping to provide fishing nets, ground surveys and HIV test kits is only a click away!

**If you would like to discuss our new Virtual Gift Shop in more detail, please contact Rob Chidley, HART Director of Fundraising, on [rob.chidley@hart-uk.org](mailto:rob.chidley@hart-uk.org)**

## OTHER WAYS TO SUPPORT HART

For the more energetic among us, there are opportunities all over the UK to get active and raise sponsorship for HART. With 2015 on the horizon, why not set yourself a running, swimming or cycling challenge to boost your fitness and help HART while you're at it? You don't need to pull on running shoes or a swimming hat if these kinds of events are not for you. Find something which would be fun and a challenge, and you're more than half way there.

- **BATH HALF MARATHON – 1 March 2015**  
[www.bathhalf.co.uk](http://www.bathhalf.co.uk)
- **GREAT MANCHESTER SWIM – 4 July 2015**  
[www.greatswim.org/Events/Great-Manchester-Swim](http://www.greatswim.org/Events/Great-Manchester-Swim)
- **WITNEY TO WESTMINSTER CANOE CHALLENGE – 25-30 April 2015**  
[www.adventureplus.org.uk/canoe](http://www.adventureplus.org.uk/canoe)

Websites like [humanrace.co.uk](http://humanrace.co.uk) and [www.greatswim.org](http://www.greatswim.org) can help you find events near you, and the online sponsorship website [www.JustGiving.com](http://www.JustGiving.com) makes connecting your sponsors to HART as easy as possible.

If a 'cuppa and a chat' are more your style, you could host a coffee morning or cake sale. Perhaps you could arrange an auction, or speak to your employer about adopting HART as charity of the year. If you belong to a church or club like Rotary or the Lions, Baroness Cox or a member of the HART team would be delighted to come and speak about our inspirational partners.

Whatever you do, however big or small you feel it is, will be a huge help to everyone at HART as we strive to support our partners at work in numerous situations of conflict, post-conflict and oppression across the world. If you would like a copy of our Fundraising Guide, or speak to a member of the team, please contact Rob Chidley on [rob.chidley@hart-uk.org](mailto:rob.chidley@hart-uk.org) or write to us at our office in Kingsbury, London. **Thank you.**

**Your virtual gift**

### Nappies for Young In-patient

**Our partner treats patients of all ages with dignity.**

The Rehabilitation Centre in Nagorno-Karabakh treats patients of all ages including physical traumas, illnesses and congenital conditions that require rehabilitation from birth. Nappies take care of a very necessary need for the very young, as they explore the world and push its limits. This gift is equivalent to providing a month's worth of nappies for a young patient in Nagorno-Karabakh.

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**Your virtual gift**

### One Wheelchair

**A wheelchair can help a disabled person become more independent.**

HART's partner in Nagorno-Karabakh, the Lady Cox Rehabilitation Centre, offers a range of therapies for disabled people in a post-Soviet culture unable to care for people living with physical trauma, debilitating illness or congenital conditions. The Centre, which began in a bombed-out school building, is now a Centre of Excellence spreading the philosophy of rehabilitation to the South Caucasus region. Part of this support it gives to patients is the use of mobility equipment, such as wheelchairs, walkers and crutches, that help them get out into the community. This gift to HART is equivalent to providing a wheelchair to a patient in need of mobility support.

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## THE HART DAY OF PARTNERS

### A HART Day of Prayer

### Weekend of the 31 Jan – 1 February 2015

This coincides with the traditional Festival of Candlemas (2nd Feb), the theme of which is Light in the World, which is exactly what our partners are. It is a time to share their stories of restoring confidence and a sense of choice and power to their people.

It can be used as a Day of Prayer, or as a Day of HART's Partners. Materials will be available on our website from the 5th January 2015, including stories from our partners and prayers and readings from a variety of faiths with whom HART works.

# Humanitarian Aid Relief Trust



HART works to provide lasting change through aid and advocacy for those suffering oppression and persecution, who are often neglected by other organisations, or are largely out of sight of the world's media. Founded in 2003 by Baroness Cox, a human rights activist, HART makes every endeavour to be a 'Voice for the Voiceless' for those who may be unreachable, unhelped and unheard.

HART relies on first-hand evidence of human rights violations as a basis for powerful twin-track programmes of international advocacy and aid. We believe that advocacy, combined with aid, is vital if we are to achieve sustainable community development, local ownership and empowerment for oppressed peoples.



## YES!

### I want to make a difference and be a Voice for the Voiceless!

At HART we see all the time how a little goes a long way – both in the way our partners abroad use the funds we provide and the difference our volunteers can make. There are many ways to support the work we do.

If you would like to donate to our work, you can do so in a number of ways:

I would like to make a one off payment towards the work of HART. A cheque is enclosed for £.....

I pledge to help HART's partners and their grassroot organisations on a regular basis with a

monthly     quarterly     annual gift of £..... (please tick one)

Please send me a standing order mandate.

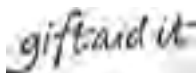
Title.....First Name.....Surname.....

Address .....

City.....County.....Postcode.....

E-mail address.....

Phone .....



I am a UK taxpayer. Please treat as Gift Aid all qualifying donations made:

Today     In the past 4 years     In the future    (please tick all boxes you wish to apply)

I confirm I have paid or will pay an amount of Income Tax and/ or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equivalent to the amount of tax that all the charities and Community Amateur Sports Clubs that I donate to will reclaim on my gifts for that year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that the charity will reclaim 25p of tax on every £1 that I gave on or after 6 April 2008 (28p) of tax on every £1 that I gave up to 5 April 2008).

**Please return to:**  
**HART-UK, 3 Arnellan House, 146 Slough Lane, London, NW9 8XJ.**  
**Tel: 020 8204 7336**

**THANK YOU FOR YOUR SUPPORT**

For more information about HART or to make an online donation, go to  
**[www.hart-uk.org](http://www.hart-uk.org)**