



Above: Children hiding in caves that have become their home. The Nuba Mountains, Sudan

## Featured in this issue:

- News and Messages from our partners
- HART's 2012 in photographs
- A South Sudanese Adventure: A volunteer's experience of Marol Accademy
- Supporters and their stories
- Antonov vs. Aid and Advocacy

## Visits and Volunteers

In this Newsletter we honour, as always, our HART partners who dedicate their lives to helping their own people, many of whom are suffering oppression and persecution, generally 'off the radar screen' of the major aid organisations and international media – therefore requiring both aid and advocacy.

We are committed to visiting them at least once a year, whenever logistically possible, to ensure that our aid is appropriate and our advocacy authentic.

Already this year, HART delegations have spent much of January and February visiting remote locations in Sudan's Blue Nile and Southern Kordofan States in Sudan and north-eastern Burma's Kachin and Shan peoples.

While almost the entire HART 'Home Team' was travelling abroad (myself, David Thomas, Lydia Tanner) this Newsletter was prepared by dedicated, inspirational HART volunteers, in particular Megan Rowland. Much of the content is also written by – or about – our volunteers. So in our first Newsletter of 2013 we record a huge 'THANK YOU' to all our volunteers, for helping to make HART's work possible.

We also thank our very dedicated Board of Trustees who give generously of their time, experience, expertise

and wisdom. Many join HART visits: John Richards visited Sudan in January; Helen Gilbert came to India; John Hardaker to Nigeria and Anthony Peel to numerous locations.

As our very small budget is divided amongst eleven partners working in very challenging situations, we try to maximise the funds we can send to them. Therefore we have a very small executive team consisting of only 5 people: David Thomas (Projects and Logistics); Lydia Tanner (Communications and Liaison with Volunteers); Trevor Currie (Finance Officer, who does the work of two people in only 3 days a week!); and Jana Pearson (Administrative and Secretarial responsibilities). We operate in accommodation resembling a Charles Dickens scenario (come and see for yourselves – no spacious air-conditioned offices!).

As we review the past year and start a new year, we record an alphabetical 'Roll of Honour' of our partners with a brief description of their work:

**Burma's north-western Chin State: 'Dr. Sasa's'** phenomenal training programme for over 500 Community Health Workers, enabling them to save the lives of eight out of ten villagers who would previously have died;

*"The aid and advocacy we provide for such a vast and complex portfolio can only be effective because of the inspirational leadership, dedication and hard work of our partners"*

**Burma's eastern borderlands:** the valiant Doh Say and his team of medical back-pack workers risking their lives for eleven months every year working with Internally Displaced People (IDPs) hiding in the jungle; and SWAN (Shan Women's Action Network) maternal and child health programmes inside Shan State; and, most recently, advocacy for Kachin State where the Burmese Army's military offensives and atrocities perpetrated on civilians have forced 70,000 people to flee from their homes and live as IDPs in camps or hiding in the jungle;

**India:** with **Operation Mercy**, helping to rescue Temple Prostitutes, offering them education for employment and psycho-social support;

**Nagorno Karabakh: Vardan Tadevoysan's** Rehabilitation Centre, recognised as a Centre of Excellence with an internationally respected therapeutic repertoire, now taking hope and healing for people with disabilities throughout neighbouring regions in the South Caucasus;

**Nigeria: Bishop Idris's** school and clinic in Bari, Kano State and Archbishop Ben Kwashi's Christian Institute in Jos;

**Southern Sudan: Bishop Moses Deng's** life-saving emergency food relief programmes and Naomi Pendle's transformational education programmes at Marol Academy;

**Sudan:** emergency food and medical aid for IDPs under constant aerial bombardment in Blue Nile State;

**Timor Leste: Hiam Health's** visionary programme treating children suffering from malnutrition, and also reaching, literally, the 'root cause' of the problem of malnutrition, training local people how to grow, prepare and enjoy nutritious foods in local family gardens and community farms;

**Uganda: Paorinher Centre** is now renowned for holistic care for HIV positive children and their carers, with health and educational programmes.

With such a small HART executive team here in the UK and such limited resources, the aid and advocacy we provide for such a vast and complex portfolio can only be effective because of the inspirational leadership, dedication and hard work of our partners who constantly give of themselves in the service of their people – I will not say 'tirelessly' because the personal

costs are high and they live sacrificially. They multiply the funds we give in ways beyond anything we can anticipate. A senior representative of the British Army, with responsibility for liaison with NGOs, who was speaking at a conference which I was also addressing, came up to me and volunteered this observation: *'If you could somehow measure the 'Multiplier Effect' of the funds you supply, the figure would be phenomenal'*.

You will read more details of the work of some of these 'Multiplier People' in this Newsletter – but as we cannot include them all or even do justice to those for whom we do provide Updates, we record here our deepest admiration, appreciation and affection for each and all. We look forward to keeping our supporters, without whom none of our work would be possible, informed of all their work as the year progresses.

Finally, I return to acknowledge our gratitude to our volunteers. Often, after speaking at a Conference, to a University, school or church, people will respond graciously, asking if they can help HART as a volunteer. We hope that this Newsletter, prepared entirely by Volunteers, will illustrate their crucial contributions in helping HART to fulfil our complex, multifaceted and demanding mandate.

As we always say, conscious of how small an organisation we are, with such limited funds: *'We cannot do everything – but we must not do nothing.'*

Sometimes, we are daunted by the enormity and diversity of needs to be met and feel inadequate in trying to help to meet those needs. But then we remember words of appreciation from our partners who give us the courage and strength to keep going. I mention just two examples:

Vardan, the inspirational Director of the Rehabilitation Centre in Nagorno Karabakh says to us: *'You gave me the wings so I could fly – and make my dreams a reality'*;

And Bishop Elias Taban, from South Sudan, who has now 'outgrown' dependence on HART: *'In 2012, it was my privilege to be invited to the UN Headquarters in New York for discussions on the Small Arms Trade Treaty and, later in the year, I was awarded the Clinton Global Citizen Awards. My reason for listing these is to show my deep appreciation to those partners, like HART, who supported us in the very beginning. While we were still small and our work was not well known, it was difficult to gain access to donors and supporters who were ready to work through us to serve the people of South Sudan. But in those times, HART stood with us, supported us and encouraged us. And I want to take this opportunity to thank all the staff at HART for their long-standing support, which has helped to bring us to where we now are.'*

With endorsements such as these we know that the small HART executive 'Home Team', trustees and volunteers can continue to work together, sharing the pain, the passion and the privilege of helping to make a difference for our partners on their frontlines of faith and freedom.

Caroline Cox, CEO.

Children living in caves in the Nuba Mountains, Sudan





## Swim for Change!

During the first week of July a team of six swimmers will undertake a relay swim across the English Channel in order to raise funds and awareness for HART.

You can join them... we at HART are asking for our supporters across the country to organise their own sponsored 'Swim for Change' in a local pool. This could be as an individual, a group of friends, a club or school.

Alternatively, get involved by organising a speaking event for one of HART's swimmers or by sponsoring our channel swim team. In July, you can follow their progress across the channel on our website!

For more information contact [megan.rowland@hart-uk.org](mailto:megan.rowland@hart-uk.org)



# Dates for your diaries

## Remember Sudan: HART Exhibition 2013

Once again this year HART is holding an exhibition of artwork created by talented young people from around the UK, keen to use their creative skills to speak out against injustice.

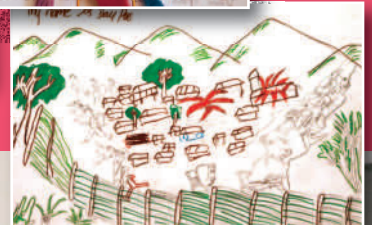
In light of the situation in the Nuba Mountains and Blue Nile State, this year's theme is 'Remember Sudan' and the UK artwork will be exhibited alongside drawings done by children from a Sudanese refugee camp.

The exhibition will be taking place at Swiss Church in Covent Garden from 19.00, Thursday 11th April 2013.

*We look forward to seeing you there.*

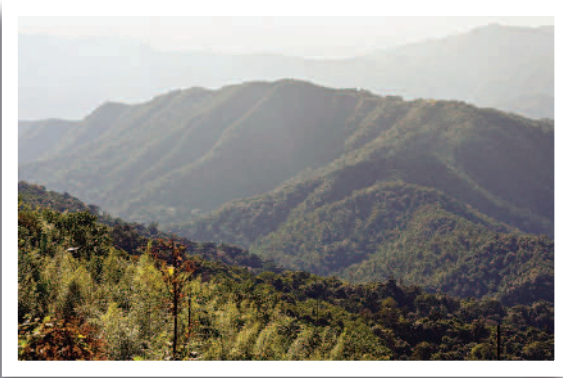
On 29 October, 2013, L'Orchestre du Monde - World Virtuosi, a magnificent group of international musicians of the highest calibre will perform a programme of Mozart and Beethoven at Cadogan Hall. Tickets are available from Cadogan Hall: [www.cadoganhall.com](http://www.cadoganhall.com)

The concert is hosted by The World Trust and proceeds will go towards HART's work in South Sudan.



# HART's 2012 in photographs

From awareness raising  
art exhibitions to visiting displaced peoples in Sudan,  
2012 was a busy year for HART...



## In January

... chronic food shortages in parts of southern Chin State, Burma, were particularly severe after a bad harvest. Up to 100,000 people in the south of Chin State, the poorest state in Burma, faced starvation. HART gathered evidence of this to urge the international community to respond.

... our 100 friends campaign was launched to raise awareness about the humanitarian crisis in the Nuba Mountains. Supporters were asked to write to their MP and find an interesting way to raise £100.

... democratic reforms and the release of hundreds of prisoners in Burma saw the improvement of relations with the International Community, causing fears that concessions made to the Burmese Government would exacerbate the plight of ethnic nationals. "If there is a genuine desire among the Burmese leadership for change, the international community should seize the opportunity to encourage the regime to promote reform, reconciliation and reconstruction. But this must not be 'peace at any price' - especially the price of the continuing suffering of the ethnic national peoples who comprise 40 per cent of the population of Burma." - Baroness Cox



## In February

... HART visited HIAM Health in East Timor. To find out more, see page 6.

## In March

... HART held an Exhibition to showcase entries and award prizes to the winners of its Scholarship Competition. This sought to encourage young people in Britain to use their creative skills to speak out about the humanitarian situation in Burma.

## In April

... HART hosted Andrew Phillips' '25 Voices: Hopes and Dreams from Nagorno Karabakh' exhibition in London. The exhibition was a glimpse into the lives of individuals and families, a platform for their stories to be told and their hopes voiced to the wider world.



... a team from HART visited people displaced from Blue Nile State and the Nuba Mountains in Sudan. Hundreds of thousands had fled their homes due to bombardment by the Khartoum government and were living in forests, caves and refugee camps with little or no shelter for the coming rainy season.





## In June

... HART visited conflict-afflicted areas of Nigeria's Northern and Central Belt. There was widespread concern that continuing violence would result in the exodus of Christians from the North to the South. In the House of Lords, Baroness Cox expressed a need for 'the British Government to facilitate a programme of reconciliation and reconstruction between the Muslim and Christian communities'

... a group of Oxford students and members of the public wrote more than a hundred letters in 12 hours, to MP's and journalists, calling for action to be taken to end the humanitarian crisis in Sudan's Nuba Mountains. This was followed by similar 'tea and letter writing' events run by HART supporters across the country.

... HART joined with the Sudanese Diaspora, six other organisations and more than 400 people, in a barefoot walk from Lancaster Gate to 10 Downing Street to present a letter to PM David Cameron signed by more than 800 people, and to raise awareness of the situation faced by the people of the Nuba Mountains and Blue Nile State of Sudan.



## In July

... HART hosted Greg Constantine's 'Exiled to Nowhere' exhibition, capturing in photographs the plight of the Rohingya, who have been denied citizenship and forced to flee as refugees from Burma.

... Dr Sasa, Hope and Health, visited the UK. He delivered talks to schools and churches across the country about his inspirational work in Chin State, Burma. HART partnered with Hope and Health for a sponsored run for Burma through Regents Park, London.



## In August

... HART travelled to India to visit partners Operation Mercy, who seek to restore the lives of ex-Devadasi women, who have been trapped in an illegal system of ritualised prostitution.



... by signing the Tripartite Agreement, the Sudanese government agreed to allow aid access into Blue Nile State and the Nuba Mountains. They have not upheld this agreement. HART continues to press for the British government to engage in indirect aid.



## In November

... Baroness Cox travelled to Northern Uganda to visit HART partner PAORINHER. See page 7 to read more.

... HART organised screenings of 'Erasing the Nuba', a film documenting the war crimes being perpetrated by Khartoum in the Nuba Mountains.

## In December

... HART held a Carol Concert at St Cyprian's Church to celebrate the work of partners and supporters throughout the year. The Concert featured music from Armenia, Burma and central Africa, as well as the traditional Christmas classics!



# News and messages from our partners around the world

## HIAM HEALTH : Family Gardens to stop child malnutrition at the roots

**East Timor has one of the highest rates of child malnutrition in the world. HART partner, HIAM Health, not only treats malnourished children, but runs projects to deal with the root of the problem.**

“During the rehabilitation of her child, four year old Bernadito Soares, Filomena Mendonsa was educated in good health and hygiene practices, understanding nutrition, the importance of a balanced diet, family planning and how to develop a vegetable garden. Whilst there it was decided her family should join the ‘Family Garden’ project.

During the ‘Family Garden’ project, the HIAM horticulture team hand over gardening tools and seeds to the head of the family. Then together, families are taught to measure and make a map of the area and design the garden, collect rocks and suitable materials for raising the garden beds and prepare the land. Then it’s onto gathering materials appropriate for composting: cow manure, dry leaves, ash and weeds. HIAM build compost bins and demonstrate how to place materials into it. They also build a lean-to for seedlings and plant the first of the seeds.

Nutrition plays a major role in the realisation of the survival, growth and development of young children. The effects of poor nutrition, in all its forms, impacts upon the social, economic and cultural development of societies and nations. Because of HART’s support, Bernadito Soares and his family have been given an opportunity to improve their health and well-being. Plus they have become ‘positive’ role models to the rest of their community.”

*Obrigada Barak*

## Standing with our friends in Nigeria

“Every time we go to collect letters from the postbox, we find it stuffed full of cards and greetings from you, from UK, USA, Australia, New Zealand, Singapore, other African countries, and from so many other places; from children, pastors, Mums and Dads, church members... the list is endless! Forgive us, but we could never reply to each one individually, so please accept our deepest gratitude and appreciation through the means of this newsletter. Be assured: it is your prayers that have been keeping the church here, and enabling us to stand.

The city of Jos has been superficially quieter in recent months; to the glory of God there have been no bombs for some time. Sadly “silent killings” still happen and in the villages there have been a number of violent attacks. This is of course nothing compared with what is happening further north-east in places such as

Maiduguri and especially Damaturu where any remaining Christians survive only by the grace of God.”

*Rev. Dr. Benjamin A. Kwashi, Anglican Diocese of Jos*

## Changing lives in Nagorno-Karabakh: 2012 at The Lady Cox Rehabilitation Centre

“I would like to introduce one of the thousands of patients who is receiving treatment from The Lady Cox Rehabilitation Centre. Mariam Ardreysan from the village of Chartar. She is 27 year old. Mariam was only 22 when she developed multiple sclerosis. Since 2007 she has been in many hospitals and seen many doctors, unfortunately there was no cure for her. She is a very active young lady and graduated from the local university with excellence. Mariam first visited our centre in 2009, since then she has received treatment several times and has a new profession, as a macramé (knotting cord to make bracelets) specialist, which she loves. Every year Mariam visits our centre and stays around one month. She receives many therapies: physical therapy, occupational therapy, speech therapy, counseling, as well playing boccia. The Rehabilitation Centre organised trips to Armenia, Mariam was one of the patients who visited the historic places, and enjoyed it very much. She loves to be here with us and becomes very sad when it is time to go home. She has problems with mobility, at home there are many difficulties with using a wheelchair and leading an independent life. The Rehabilitation Centre provides Mariam whatever she needs for independent life, but we cannot make her totally independent. We are very proud that Mariam is happy when with us and there are many like her. We cannot do everything but we do our best for them. Thank you HART and HART supporters for making our work possible for those who need it.

2012 was a very good year for our patients: people with disabilities, people who lost their hope for the future and for a better life. More than 800 patients of all ages received treatment from physical therapists, occupational therapists, psychologists, and speech therapists. Many of our patients came to our centre for the first time this year; they loved us and we gave them our love. Unfortunately, at the end of treatment all of them get discharge syndrome, meaning they do not want to be back home where there will be many



*Because of HART's support, Bernadito Soares and his family have been given an opportunity to improve their health and well-being.*

*Above: Children helping raise the garden beds in the 'Family Garden' project at HIAM Health*

*Right: Mariam, a patient at the Lady Cox Rehabilitation Centre, during physical therapy.*



barriers to leading an independent life. But we are sure things in their life have been changed for the better; they become more optimistic and believe in a better future.”

*Vardan Tadevosyan, Director of The Lady Cox Rehabilitation Centre*

## **A Success story for Sudan; a success story for HART**

**A letter of appreciation from the Evangelical Presbyterian Church in South Sudan, their work has now grown to a point where they no longer need to receive funding from HART.**

“As we have progressed through 2012, God has been very generous in the doors that he has opened for the Evangelical Presbyterian Church. We have a number of new partners who are joining us in various projects throughout the nation of South Sudan. Our influence

is also continuing to grow both internally in South Sudan and internationally.

In 2012, it was my privilege to be invited to the UN Headquarters in New York for discussions on the Small Arms Trade Treaty and, later in the year, I was awarded the Clinton Global Citizen Awards. My reason for listing these is to show my deep appreciation to those partners, like HART, who supported us in the very beginning. While we were still small and our work was not well known, it was difficult to gain access to donors and supporters who were ready to work through us to serve the people of South Sudan. But in those times, HART stood with us, supported us and encouraged us. And I want to take this opportunity to thank Baroness Caroline Cox and all the staff at HART for their long-standing support, which has helped to bring us to where we now are.”

*Bishop Elias Taban.*

*“... in those times, HART stood with us, supported us and encouraged us.”*

*Pinyoloya Nancy with her mother at PAORINHER in Northern Uganda.*



## **Restoring young lives in Northern Uganda**

**An update from our partner, The Patongo Orphan Infants' Health Rehabilitation Center (PAORINHER), in northern Uganda.**

Until recent years, Northern Uganda experienced severe violence through the actions of the 'Lord's Resistance Army' (LRA). The activities of the LRA resulted in the deaths of tens of thousands of people, the displacement of 1.6 million people and the capture of tens of thousands of people, including an estimated 25,000 children, who were abducted and forced to become child soldiers. In 2008, a ceasefire was signed and since then the people of northern Uganda have been able to lead relatively peaceful lives. Many of those displaced have returned to rebuild their lives. Despite this, they still face many difficulties: poverty, lack of educational opportunities, inadequate sanitation and water supply, HIV/AIDS and political marginalisation continue.

HART partner, The Patongo Orphan Infants' Health Rehabilitation Center (PAORINHER), is involved in vital work around Patongo, an area which receives little development and where few NGO's work. It is a day centre which supports local orphans and vulnerable children and their carers. They provide access to HIV treatment and testing, as well as counselling, general medical support and education.

Abok Peter joined the Early Childhood development programme whilst people were still displaced in camps as a result of LRA insurgency. He is now back at home and attending school at Arumudwong Primary School in Primary year 1. He is hopeful of passing exams and joining Primary year 2 next year.

Ogenwot Geoffrey was also part of the Early Childhood development program. Now having moved some distance from the Centre, life is becoming hard. Following a recent visit to their new home it was found out that he still receives treatment for HIV/AIDS, but his family are facing food shortages as his mother is very sick. The staff of PAORINHER will ensure constant supply of drugs for Ogenwot's treatment. The problem to be addressed now is food security.

The centre conducts educational outreach into local communities in order to reach a greater number of children. Pinyoloya Nancy's

mother said the training PAORINHER gave her in how to care for HIV infected children has enabled her to look after her daughter well. Nine year old Pinyoloya is healthy, but has epilepsy. In the past she has been denied treatment, as a health centre she visited wanted to witness an attack first. PAORINHER are working on a way forward to ensure that she gets the epilepsy treatment she needs.

Akello Mary has been receiving anti-retroviral treatment (ART) and is responding very well. Her father said the knowledge he acquired from PAORINHER, on how to care for a HIV positive child, enabled him to take good care for his daughter. They also have enough food and are also looking after pigs to give them an income.

Despite food shortages and high food prices, PAORINHER centre has been able to continue to provide two meals a day for the children. Medical checkups and treatment of the children occur on a daily basis and the centre networks with Patongo Health Center, through referrals, in order to provide better treatment. PAORINHER has also been referring children with opportunistic infections to Kalongo hospital. In such cases PAORINHER provides transport for the children and meets all medical expenses.

This incredible centre allows vulnerable children to receive health care; psychological help; to get the right nutrition and to study, enabling them to become healthy, happy children.



*Dinner time at PAORINHER in northern Uganda.*

# A South Sudanese Adventure

**Richard Cecil describes some of his experiences whilst volunteering at the Marol Accademy in South Sudan.**



*Richard Cecil at Marol Accademy, South Sudan*

*"... a fascinating insight into the commitment and sometimes frustration involved in this sort of work."*

In July 2011, Naomi Pendle described Marol Academy, a small school about 80 km from Wau, in HART's newsletter. In it she invited teachers to help for 3 months. After much deliberation I decided to join her.

As we arrived at Wau it was raining. There is a limited amount of tarmac there. The other roads were muddy and everything seemed to be coated in muddy coloured dust. We met up with Naomi on the 4 hour drive to Luonyaker. Luonyaker is a village around a cross roads. There are quite good roads in the village (none with tarmac) and they have even thought it sensible to put speed humps on them as you enter the village. There is a small 'hospital' and the patients sit outside, some lying in the shade under a tree. I don't believe there was anyone there whom we would recognise as a doctor.

The church is under a large tree, and there are a rows of seats made of branches. They have a minister, who incidentally was also one of the secondary students at Marol, and there is a choir held together by a drum. There are a variety of shops and you could get a cold drink, bicycle parts, fuel, bread, meat. The buildings were all single storey. Some were quite smart built off a concrete plinth with rectangular straight walls and tidy pitched tin roofs. Others were shambolic by any standards! The posts are not straight or vertical and are made of branches. The roofs were an apology for thatch or sometimes just a sheet covering this rather shaky structure but giving some protection from sun and possibly from rain.

The people have limited work. It was intriguing to see some of the young men gathered around and it made me wonder what they were up to. It turned out they were engaged in a game of Ludo, but I don't think money was involved. There is no mains electricity and no electricity grid. One person had a generator and there were cables laid across some of the roads to provide power for neighbours and friends with all the possibilities of damage and shock or fire to follow!

We spent the night in Luanyaker. It was hard to eat the ram's meat and, unlike Naomi, I was not comfortable eating vegetables and rice with my fingers! The following afternoon we all walked to Marol.

Once there, there was no e-mail or mobile phone, no snail mail - just messengers if desperate. But the skies

were beautiful and clear with no light pollution and we saw several satellites (no planes) passing over.

On the first afternoon, one of the Kenyan teachers had organised a football match with the local lads. These lads came and played football hard, kicking it around with bare feet on the rather rough surface. When they were done with football he gathered them together under a tree and they had a bible study. A number of them were very enthusiastic and clearly followed these lessons with great care. Lawrence, the Kenyan teacher who did the lesson, was excellent too, giving encouragement and teaching and advising upon a godly course should someone seek harm to their cattle.

Interestingly, primary school students are often up to 18 years old. Since they have to pay for education, which is not compulsory, they might miss years and indeed may not have started as young as in the UK.

A striking feature of the culture there was the extended greetings that were engaged in. The common greeting in Dinka, the most widely spoken language in the area, is "Chee-bak". Literally translated, it means, "You are well?" To greet someone close they will say, "Cheebak, cheebak, cheebak, cheebak." They also seemed to incorporate a variety of other phrases in their extended greetings namely "Ndala" which I understood to mean "How are you?" and "Martha" (said with a soft 'th') which I never understood. I didn't quite understand what the cues were to finish a greeting either! The closer they are to each other, the longer this greeting will go on. Greetings are important in this culture and that is possibly something we can learn here too.

During the visit the 5 Kenyans needed to renew their visas. So they walked off to Luonyaker and drove the 2 hours to Wau where the immigration department, who had visas, could not issue them because they did not have receipts! The same thing happened 4 days later. No communications, so no possibility of finding out beforehand! Such is the lack of infrastructure that things can be very slow to organise. Gordon (a physics teacher) kept saying that getting a country out of poverty is rocket science.

My time in South Sudan was a fascinating insight into the commitment and sometimes frustrations involved in this sort of work. Work to help materially poor people, but often those with a great many skills that we barely recognise.

*Richard Cecil*

## A new baby at Marol

Born beneath the sound of bombs and amidst the fear of raids in rural war-torn South Sudan, Mary Adeng risked her life to gain an education in the garrison town of Wau. Now one of the few educated women in the village, she walks four hours each day to teach at Marol Academy and give a little of her education back to the community. Despite losing her dad and brothers to sickness just over a year ago, she continued to struggle to serve Marol. Over the last three years at Marol Academy, she's received teacher training and other necessary support. Someone in England even helped her build a house for her mum when her father had died. Yet, life is now changing for Mary. After a happy marriage last year, her tummy is now a large bump. Yet, with the excitement comes much anxiety. Mary will give birth beneath a straw roof, on a mud floor, with no possibility of midwifery care if she needs it. Although fatalities in warfare are now fading, one in seven women still die each year in childbirth in these villages of South Sudan. For Mary, the New Year and her new baby brings both fear and the promise of favour. Thank you all for your continuing support for me, Marol Academy and teachers like Mary who share their education in the war-torn villages of South Sudan.

*Naomi Pendle*



# Supporters and their stories

## Chris Lavers: 27.5 miles barefoot in Devon

Monday 1st October 09.00: I stood at the gates of Britannia Royal Naval College, Dartmouth, Devon, on a dull cloudy uninspiring morning about to start a bare foot walk from Dartmouth to Lymptone some 27.5 miles and two days of walking away, and I thought what am I doing!? Training comprised mainly of barefoot walking, much of which was conducted in the grounds of the Royal Naval College, which provides a variety of road surface qualities! Some of my 'training' was spent walking home barefoot at the end of the day through the local estate; quite what people watching thought of a middle aged man, walking in office dress without shoes, is anyone's guess!



acquainted with the quality of road and pavement in South Devon. After more tin rattling in Dawlish I decide to walk along the cycle path between Dawlish Warren and Cockwood, thinking this would be easier than road. Again another BIG mistake! The wind blew my umbrella inside out, it was raining, and I stepped off the hard going cycle path onto grass to find several very spiky bushy things!

From Exmouth, I was running on stamina and stubborn endurance along the Exeter cycle track. The pain was due largely to the poor surface rather than damage to my feet. The weather was not good and I was now getting tired. I took every little bit of grass I could, but alas there wasn't much of it! Every conversation and phone call helped to sustain me on my way.

The route consisted of a mixture of busy roads, beautiful coastal paths and country lanes, and all the varying quality of road surfaces that go with them. I stopped off at several pubs along the way for a rest and a little tin rattling.

One stretch of road suddenly became busier and much more dangerous; in fact the most dangerous bit of the entire walk! Along drove a retired naval officer with American wife, who 'happened' to have heard about the walk, saw me and stopped, making a generous donation. He then happily drove behind me with hazard lights on over the most dangerous 5 minute main road stretch, before I returned to the side roads and waved my farewell!

I felt I was becoming very knowledgeable and intimately

Tuesday 2nd October 16.45: I arrive at CTCRM Lymptone to find a welcome and, importantly, a cup of tea! Mission accomplished. My feet felt fine within a few minutes of putting on my sandals, stowed away in my backpack for this moment.

I raised £550 on top of £300 raised from my last walk in April. I arrived home 18.30 and ask my wife to remind me not to do anything as daft as this again!

Chris Lavers

## Josh and Joel Dugdale

On the 8th of September 2012, Josh and Joel Dugdale did a 12 hour tag team cycle (7am-7pm) on a dyno. Having done next to no training, they managed an impressive 185 miles by 7pm. They raised £200 for HART's campaign, double their target!



## Rev. John Ewington

On New Year's Day Rev. John Ewington took part in a fancy dress open air swim in Appledore, raising £200 for HART.



## Matt Archer

"Dr Sasa has been a good family friend for several years. When I heard about HART's "One Mile Run for Health and Hope" my family and friends challenged me to not just run one but ten miles! We raised £650; equivalent to two community health workers!"



From all of us here at HART, and on behalf of our partners around the world who benefit from your efforts, we would like to say massive 'Thank you!' to all our wonderful supporters who come up with such inventive ways to raise money for HART.

Want to know how you can help raise money for HART?

Visit the fundraising page on our website (<http://www.hart-uk.org/hart.php?page=332>) to download a fundraising pack; full of ideas and helpful organising tips to help you get started.

# Antonovs vs. Aid and Advocacy: A report on HART's recent visit to Sudan

In January 2013 the HART team visited the Nuba Mountains (South Kordofan) and Blue Nile in order to witness the situation, encourage partners and to support those suffering, where the International Community have 'abandoned them'.

*Right: Baroness Cox with Nuba women grinding grain by hand outside the caves where they now live.*

*Below: A young Nuba boy now living in a cave to escape aerial bombardment*



In June 2011, conflict broke out in the Nuba Mountains and the Blue Nile State of Sudan, between the Sudanese Government and opposition groups, the SPLA/M-N. The Comprehensive Peace Agreement (CPA), which allowed South Sudan to split from Sudan in 2011, left these regions, which had fought alongside the south, within Sudan. Indicted by the ICC for war crimes and crimes against humanity, President al Bashir's stated aim is to turn Sudan into a unified Arabic Islamic state. Blue Nile and the Nuba Mountains do not fit that profile.

Despite their claims to be attempting to disarm the SPLA-N, Khartoum is bombing civilian targets such as markets and schools in both Blue Nile and the Nuba Mountains. As well as Antonovs and helicopters, long-range shells, 500kg bombs and incendiary bombs are

now being used. The purpose of the incendiary bombs is to burn crops and exacerbate food shortages to create famine. It is also reported that the Sudan Armed Forces (SAF) have made use of anti-personnel mines and cluster bombs. Civilians have been attacked and sexual violence has been used. In December 2012 a group of 70 women were arrested in Kadugli, South Kordofan. No one knows what has happened to them.

***'It is madness that UNICEF won't provide vaccines for children: these can hardly be given to soldiers.'***  
***Health Worker in South Kordofan***

***'We lived in the bush all through the rainy season, with no shelter, wet clothes; we are too frightened to build shelters as they will be bombed. We have no plastic sheeting, no blankets; we are cold and we just sit there in the rain.'***



*The marketplace in Yabus, Blue Nile, has been destroyed by aerial bombardment*

As a result of these violent attacks on civilians, over 100,000 have fled their homes in the Nuba Mountains, as well as many in Blue Nile. In the Nuba Mountains hundreds of families have taken refuge in mountain caves, preferring the risk of deadly snakes to the Antonovs. In Blue Nile, where the geography does not provide such shelter, civilians are much more vulnerable and many are forced to hide in river banks. There are serious food shortages, as bombardment hinders agricultural production and stops markets from trading. We were shown the roots and wild fruits people are living on. These have little nutritional value and are often eaten simply to give relief from hunger pangs, but can also cause health problems themselves. In the



dry season, even this ineffective food source becomes scarce. People are surviving the bombs, only to die of starvation. There is little provision for healthcare and as a result people are dying of preventable illnesses. Education has also been disrupted.

58,000 people from the Nuba Mountains have fled to Yida Camp in South Sudan. A further 115,000 from Blue Nile have been displaced into South Sudan.

In July 2012, Khartoum accepted the tripartite proposal for allowing humanitarian access into Nuba and Blue Nile, however the Khartoum government continues to block aid from entering these states. However, during 2012 HART provided funds for

emergency food aid and medical supplies through indigenous NGOs. Whilst in Sudan the HART team were able to visit villages which have benefited from this aid. In one village where 450 people died of hunger last year, we were able to deliver emergency support. At HART we have found 'superb accountability' possible through indigenous NGOs, we consider the provision of indirect aid vital in this situation, and are asking the British Government to do the same.

As one medical doctor in Sudan said to us:

***'Deliberately to deny life-saving aid is a crime against humanity'.***

### Advocacy in the House of Lords

On 21st January HART CEO Baroness Cox raised the issue of the bombardment of civilians and denial of access to humanitarian aid in the Blue Nile and South Kordofan regions of Sudan in the House of Lords, and asked what further representations have been made by the British Government to the Government of Sudan regarding these issues. She spoke of our recent trip to Blue Nile and South Kordofan, ***"where I witnessed daily aerial bombardments by the Khartoum Government that directly targeted civilians with 500 kilogram and incendiary bombs, destroying villages, markets and schools, inflicting death and injury on women and children, forcing thousands to hide in caves with deadly snakes and to die from hunger and disease with no health care; and causing nearly 200,000 refugees to flee to camps in South Sudan"***

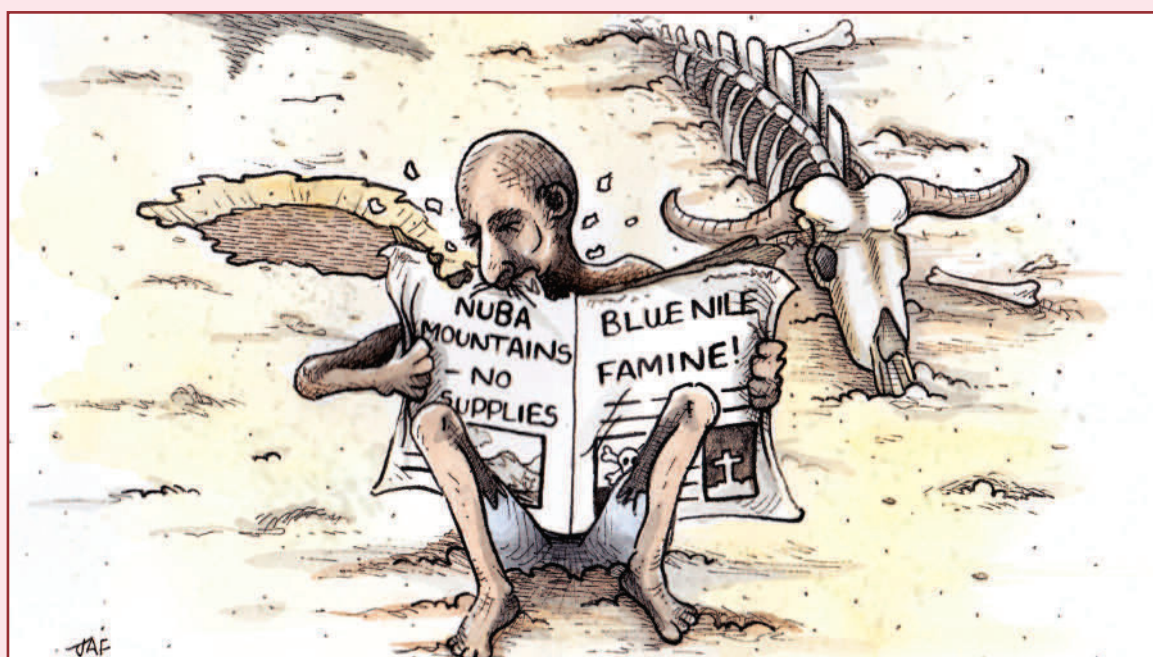
Baroness Cox went on to ask whether the government would be assisting with the provision of aid to these regions, commenting that: ***"Our NGO, HART, has used reliable ways of sending food and medical supplies to people dying of hunger, injury and disease."***

To read the full debate visit:

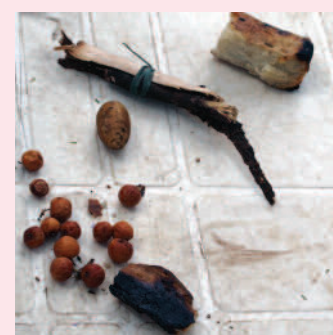
[www.publications.parliament.uk/pa/ld201213/ldhansrd/text/130122-0001.htm#13012247000357](http://www.publications.parliament.uk/pa/ld201213/ldhansrd/text/130122-0001.htm#13012247000357)

### What you can do:

- Write to your MP to request that the British Government exert greater pressure on the Sudanese government to stop the aerial bombardment of civilians and to allow humanitarian aid. You can find a template letter in the '100 Friends' section of our website: [www.hart-uk.org/hart.php?page=631](http://www.hart-uk.org/hart.php?page=631)
- Are you a University student? We are looking for student groups to host HART Exhibition roadshow events, to be accompanied by talks on our work (see page 3 for more details). If you are interested please email [megan.rowland@hart-uk.org](mailto:megan.rowland@hart-uk.org).
- Support HART financially: a donation form can be found on the back page of this newsletter!



Below: This lady has fled aerial bombardment of her village in Blue Nile



Above: These wild fruits and roots are the only food sources for those still living in Blue Nile State

Left: 'Hunger in Sudan' by HART Volunteer Chris Jaffe

# 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.

**Text HART00  
£10 to 70070  
to make a £10  
donation!**

Name.....

Address.....

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

E-mail address.....

Phone.....

*giftaid it*

I am a UK taxpayer, please claim the tax on this donation through the government scheme of Gift Aid.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year 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. 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)**