



**Humanitarian
Aid Relief Trust**

Bringing hope in forgotten conflicts

hart-uk.org | August 2025



Your impact in Myanmar

Nang Hom fled violence in eastern Myanmar to secure a brighter future for her family.

"I carried my child across a mountain in the dark, with snakes and the fear of landmines. We left everything behind."

With your support, her son now attends a nursery in the borderlands where he enjoys new friendships and life-changing education.

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We are delighted to share this copy of our August Newsletter, which provides a snapshot of your recent impact.

Away from the headlines, the people of Myanmar (Burma) live under a constant threat of armed violence. Many schools and hospitals have been bombed or destroyed. Thousands of families seek shelter in remote jungles.

It is here – in the forgotten corners of a tragic conflict – where you help us to make a difference.

This life-saving work is made possible by you. We are very grateful and we do not take your support for granted. Thank you so much!

Sam Mason
CEO

Humanitarian Aid Relief Trust (HART) has scaled up its operations in Myanmar. We're prioritising support for people who are trapped behind closed borders, outside the scope of major aid organisations, and ignored by the international media.

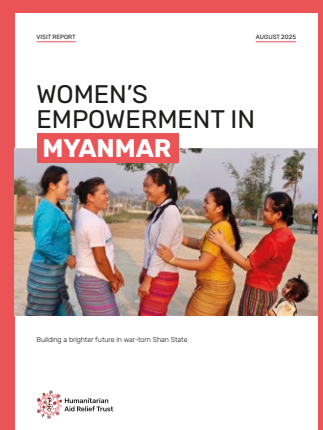
"It seems the rest of the world has forgotten us. There are no laws to protect civilians, especially women and children... but we can rely on HART."

Shan Women' Action Network, Myanmar



Read our latest report from Shan State

Scan or visit
hart-uk.org/reports



Future hope in a forgotten conflict

The military coup in 2021 plunged Myanmar into a deep humanitarian crisis.

Children as young as ten are recruited by armed groups to carry weapons or supplies. Many are forced to serve as porters, informants or even soldiers.

Terrified parents go to great lengths to ensure their children stay safe. Mo Heng (pictured below) risked her life to protect her child from forced conscription. She fled to the border where each day is a struggle for survival.



“Hope arises when children are given educational opportunities and proper care. Children can reclaim their childhood.”

Pon Pun, Education Director



Because of your vital support:



We provide

4

safe spaces for children who have fled conflict, conscription or abuse.



We equip

16

female teachers to support children suffering from displacement and trauma.



We deliver education to

398

students who cannot access formal schooling.



We supply nutritious meals to children living in abject poverty or coercive conditions.

HART's local partners create safe learning environments for displaced children who are denied access to formal schooling.



Safer births in dangerous places

Pregnant mothers seek refuge in remote jungles. They give birth in highly dangerous locations, with no access to antenatal support or safe delivery services.

The mothers' search for food is a daily struggle, which adds to the risk of miscarriage and stillbirths. Their babies may be born prematurely or suffer from infections. Yet few international organisations are able to provide assistance. There is almost no special care to help them survive.



We have trained and equipped

157

Community Health Workers in places without mainstream services.



We provide

500

life-saving interventions each year for mothers and their babies during pregnancy and labour.

“We are often the only healthcare providers in our catchment areas. Our communities rely on us to save lives and treat the sick. There is so rarely any other help.”

HART's local partner in Shan State



“I’m the only health worker in my community. I trust my instincts and the training I’ve received from HART. It has equipped me with skills to save lives.”

Nang Hseng, Community Health Worker

TOP: Maternity training empowers Community Health Workers to provide life-saving care, ensuring a healthier start for babies and safer pregnancies for mothers.



Earthquake response

A powerful earthquake struck Myanmar in March 2025, with tremors felt in Thailand, China and India.

The quake caused widespread damage to infrastructure, including destroyed roads, bridges, schools and hospitals.



More than
5,300

in Myanmar were killed by a 7.7 magnitude earthquake.



3 Million

people were displaced across the country at the time of the disaster.

Made possible by you

- Shelter for displaced families.
- Emergency food and cooking supplies.
- Sanitary products for women and girls.
- Mosquito nets in advance of monsoon rains.

“Your support is reaching people who lost everything in the earthquake – homes, family, hope. There is no one else helping them to rebuild their lives. They never imagined help would come”

HART’s local partner



TOP: Earthquake destruction in Inle Lake.

MIDDLE AND BOTTOM: Survival kits bring hope to displaced communities.



A glimpse of your impact in other locations

Emergency relief in Sudan

Sudan faces the largest humanitarian crisis ever recorded. Following our Crisis Warning in April, HART coordinated a rapid response in Jabarona Displacement Camp where an estimated 48,000 people seek refuge. We strengthened access to vital maternal and neonatal healthcare, and provided emergency relief for families living in makeshift shelters.



Meet Karima

Karima (pictured below) is a mother of nine who escaped a deadly attack on Dem Mansur village. Karima's husband and son were killed in the attack. She and her remaining children fled to southern Blue Nile.

"My village was a beautiful place. But everything changed when the Sudanese Armed Forces launched a brutal attack by air and land. I have never witnessed such violence in my life."

"The pain of losing my husband is indescribable. My son was killed in the street – not a soldier, an innocent boy."

"Your support is a lifeline, especially during rainy season when we have no access to medical care. It is making a real difference."

Your support lets her know she is not forgotten.

Laying foundations in Armenia

Renovations of the new Lady Cox Rehabilitation Centre are underway. You are helping patients from Nagorno Karabakh overcome the obstacles of deep-rooted prejudice and the difficulties of being a refugee. Together, we are creating a blueprint for disability care in Armenia.

“The centre is like my family. You have helped me become more independent. I feel happy that you are beside me.”

Narine, patient at the Lady Cox Rehabilitation Centre



Reaching survivors of terrorism in Nigeria

“When my village was attacked, the houses were burned to the ground. I ran from one place to the next. I could not attend school. I did not know how to read or write. Now, I have peace. I can read and write. When I grow older, I want to be a nurse and help people.”

Grace (not her real name)



A new chapter for Abyei

Abyei is a disputed region with minimal international support. With your help, we built the region's first ever library and teacher training centre. Local partners call it a 'beacon of hope', equipping young people with vital skills for the future.

Image: New solar power helps students develop crucial digital literacy.

NOTICEboard

Continue
supporting our
**life-saving
work**



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hart-uk.org/donate



Our Champion Student Ambassador

We are so encouraged by Claudia Luczkiw from St Andrews University. She's written a superb blog on our website: 'Why I launched a HART society at my university, and why you should too!'



Fundraising heroes

Beth and Felipe bravely faced their fear of heights by taking on a sky-dive for HART. They went above (literally) and beyond to raise £1,200 for women and children in crisis.



The next generation of human rights advocates

Congratulations to the winners, runners up, and highly commended submissions of this year's HART Prize for Human Rights. We were so impressed by the thoughtfulness and creativity of your pieces, spotlighting some of the world's forgotten conflicts. You have filled us with hope!