

The mother who gave birth during a village massacre

When hundreds of gunmen descended on her village in Central Nigeria, the shock of the gunfire sent Blessing into immediate, traumatic labour.

Blessing found shelter in a nearby church, where a lone soldier held off the attackers. Amid the sound of bullets, she gave birth to a healthy girl, who became the youngest survivor of a massacre that claimed 52 lives.

“You helped me and my daughter make a new beginning.”

Your support brings hope to thousands of people like Blessing, whose lives are transformed through access to food, healthcare, shelter, small business grants and trauma healing.

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Your kindness transforms lives

Welcome to our summer update from Humanitarian Aid Relief Trust (HART).

You will read about big challenges in numerous forgotten conflicts. It is here – away from the headlines – where you make the difference. In places where many others cannot or will not go, your support reaches those who need it most.

Central Nigeria

Blessing's story on page one is a snapshot of the wider crisis in Central Nigeria. We estimate 700 villages have been attacked by armed militia since 2009, resulting in more than 20,000 killings and mass displacement.

The violence is seldom reported in the media. Displaced families receive little help from the Nigerian Government. There is no sign of a meaningful international response.

HART has scaled up its operations. We provide emergency assistance in some of the worst affected areas, but the needs continue to grow.

Local partners are often the first to respond and the last to leave.



“I have visited over 150 villages during or after an attack. I can say categorically that none of these villages receive adequate security or humanitarian assistance from the Nigerian Government or elsewhere. Survivors rely on aid from local churches, small organisations like HART, or they receive almost no aid at all.”

Hassan John, Senior Programmes Manager

Continue
supporting
our life-saving
work

Scan or visit
hart-uk.org/donate





Forging paths to peace

A note from the CEO reporting from Central Nigeria

Even in the middle of conflict, where tensions are very high, we see glimpses of hope.

Here in Nigeria's flashpoint city of Jos, I sit with a group who call themselves Women for Peace: 35 Christians and 35 Muslims, from different neighbourhoods, different backgrounds, and different traditions.

Local politicians say these differences are irreconcilable. They say Jos is divided and conflict is inevitable.

Women for Peace tell a different story. They re-imagine a better future for their local community.

"We want the crisis to stop", they tell me. "We share the message of peace with each other, with our husbands and children, with imams and pastors. We have a strong voice. The message is working."

Tensions won't disappear overnight. Peacebuilding is slow, repetitive work.

Be encouraged: against the odds, we are breaking cycles of violence in Jos. Together, we're showing a new and better way is possible.

We are very grateful and we do not take your support for granted.

Thank you so much.

Sam Mason, CEO



The impact you make possible

Armenia

The ethnic cleansing of Nagorno Karabakh in September 2023 resulted in the exodus of over 100,000 people – 9,000 of whom are persons with disabilities. They fled to Armenia with minimal possessions and without access to essential equipment or assistive devices.

The Armenian Government has taken steps to address urgent concerns, but state services are under-resourced and overstretched. Our local partners are perfectly placed to provide assistance.

Rehabilitation therapists, nurses and psychologists are known and trusted by displaced families, with a track record of delivering high-quality care to individuals with complex needs.

“You are always by our side, our main source of encouragement. Your support has helped us provide life-changing care to thousands of people with disabilities.”

Vardan Tadevosyan, Director of the Lady Cox Rehabilitation Centre



Now open at the Lady Cox Rehabilitation Centre

- Home visits
- Hydrotherapy pool
- Speech therapy
- Art therapy
- Occupational therapy
- Psychology room
- Social work

Staff and patients, forced from Nagorno Karabakh in 2023, are building a state-of-the-art rehabilitation centre in Armenia.

Help when it matters most

Sudan

Sudan faces the largest humanitarian catastrophe ever recorded

HART has ramped up its response in Blue Nile State – a region twice the size of Wales where an immense health crisis is being met by only ten medical professionals.

We've teamed up with Guernsey Overseas Aid & Development Commission, Barnabas Aid and Compassion for Sustainable Development Africa to launch a joint intervention.

“These supplies are more than medicine; they show the people of Blue Nile they have not been forgotten. This is the most significant support we have received in more than a decade.”

Alfred James, Community Health Worker in Blue Nile

Stay in the know

Across Sudan, fighting continues between two large armed groups: the Sudanese Armed Forces and Rapid Support Forces. Each group blames the other for provoking the violence. Both are locked in a brutal struggle for power.

We prioritise assistance for displaced communities in the forgotten corners of Blue Nile and the Nuba Mountains. Through on-the-ground insights and personal testimony, we identify and anticipate areas of humanitarian need.

Visit hart-uk.org/reports




 **33,000**
people reached with humanitarian aid

 **4 tonnes**
of medical supplies delivered

 **75**
voluntary health workers equipped

 **1,300**
medical appointments for patients stranded by floods

 **600**
families received assistance to grow their own crops

“Even the UN could not reach these vulnerable people. Thank you for your efforts to save even one life.”

Benjamin Barnaba, local partner

Your kindness transforms lives

Myanmar

Five years after the military seized power, the people of Myanmar continue to suffer amid airstrikes, acute food insecurity and widescale displacement.

The impact of violence is felt across major towns and cities, as well as the lesser-known border regions, where HART's local partners bring food, health, education and trauma relief.

“Your support is a lifeline to families in crisis.”

Kru Air, local partner

A snapshot of local partners

Health & Hope

Local health workers bring essential care to underserved communities in Chin State and along the India-Myanmar border.

Shan Women's Action Network

In remote jungles, training programmes prevent the death of mothers and babies during pregnancy and childbirth.

Loi Tai Leng School

Teachers remain committed to providing transformational education to students in a displacement camp along the Thai-Myanmar border.

“I run by choice, freely, with joy, holding on to the hope my people will do the same, not because they are forced to flee their homes but simply because they choose to.”

Eh Pho

Congratulations to Eh Pho

We are so proud of Eh Pho and the Epiphany Trust, who raised £5,000 for children impacted by Myanmar's forgotten war.



YOUNG PEOPLE BRING HOPE IN FORGOTTEN CONFLICTS

**HART
PRIZE**

**This year marks
15 years since
we launched the
HART Prize for
Human Rights.**

We've received entries from across the globe in 2026, including Australia, Bangladesh, Belgium, Canada, China, Egypt, Hong Kong, India, Indonesia, Italy, Kenya, Kazakhstan, Kyrgyzstan, Lithuania, Myanmar, New Zealand, Nigeria, Pakistan, Peru, Philippines, Singapore, South Sudan, Sudan, UAE, the UK, Uganda, USA and Uzbekistan.



The competition runs annually for students aged 11-25, who use their gifts to spotlight an unseen human rights issue.



We run a special category for journalists to celebrate the courageous voices on the frontline of forgotten conflicts.



We host a HART Prize Alumni Community, open to older entrants who are passionate about making a difference.



“The work HART does is truly inspiring, and I look forward to contributing to and supporting its important mission.”

Eltaye Bashir, a student and former winner of the Prize, is the inaugural Chair of the HART Prize Alumni Community

A big thanks to everyone who entered this year's competition. We will announce winners online in June 2026.

Visit hart-uk.org/prize

NOTICE *board*

The projects
you fund make
a real difference

Scan or visit
hart-uk.org/donate



Leave a gift in your will

Legacies are one of the simplest ways of giving to HART. After taking care of loved ones, any gift you wish to leave will make a lasting difference to communities facing conflict or disaster.

“My name is Jill. I chose to leave a gift in my will to support small, often overlooked projects in some of the world’s most vulnerable communities.

“What stands out is HART’s partnership with local people – empowering communities to shape their own futures in practical and respectful ways. The focus on the forgotten deeply resonates with me.

“My legacy is a simple way of supporting compassion, dignity and hope beyond my lifetime.”



hart-uk.org | office@hart-uk.org | 020 8205 4608

Founder & President Emeritus: Baroness Cox

Patrons: Lord Alton of Liverpool, Dr Rowan Williams, Kathy Mellor MBE, Lord Singh of Wimbledon, Fiona Bruce former MP, Sir Geoffrey Nice KC



Humanitarian Aid Relief Trust (HART): UK Registered Charity 1107341. Unit 1, Number One Bristol, Lewins Meads, BS1 2NR