

**Humanitarian
Aid Relief Trust**

Bringing hope in forgotten conflicts

hart-uk.org | September 2026

A new beginning for Hermine

When Hermine fled Nagorno Karabakh, life changed overnight. Her home, school and everything familiar were suddenly left behind.

Hermine has Global Developmental Delay, which means she takes longer than other children to reach milestones. As a refugee in Armenia, she faces extra obstacles in accessing the support she needs.

Your support brings hope

Through education, home visits and rehabilitation, Hermine is making friends and growing towards a brighter future.



Of the
120,000 refugees
who fled Nagorno Karabakh
in 2023, around
3,000 are children
with disabilities

Inside this newsletter



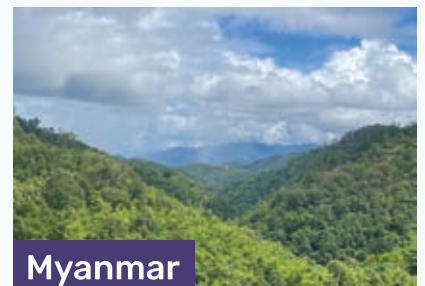
Armenia

"I survived three wars"



Nigeria

Helping families heal



Myanmar

Locally-led solutions

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

You'll read about extraordinary resilience in the face of adversity, and how your support is bringing practical help to communities living through forgotten conflicts.

Armenia

Hermine's story is one example of how the refugee crisis in Armenia is having a disproportionate impact on people with disabilities.

The Armenian Government has taken steps to address urgent needs, but state services are under-resourced and overstretched. HART's local partner, the Lady Cox Rehabilitation Centre, is well placed to respond.

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

An estimated 120,000 people fled from Nagorno Karabakh to Armenia in September 2023 (Photo by Siranush Sargsyan, CSI).



"Existing rehabilitation and in-home services cannot meet the demand in Armenia. HART's support is helping us provide life-changing care to hundreds of people with disabilities."

Vardan Tadevosyan, Director of the Lady Cox Rehabilitation Centre

**Continue
supporting our
life-changing
work**

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From displacement to a new beginning

“ My name is Arsen. I am a journalist from Nagorno Karabakh.

I have a mobility disability and use crutches, but I have always led an active lifestyle.

From the age of three, I attended the Lady Cox Rehabilitation Centre and gradually learned to live a full and independent life while overcoming stereotypes about disability.

I survived three wars, a brutal blockade and ethnic cleansing.

In 1988, my family was among the Armenians forcibly displaced from Azerbaijan in the ethnic cleansing that began that year. My parents witnessed horrific atrocities. I listened to their stories with horror, not imagining that the same fate would befall me.

After the 2020 war, life in Nagorno Karabakh was never the same. The aftermath was everywhere – destroyed buildings, separated families, and an oppressive silence on the faces of people who had once smiled with hope.

Then came the blockade in 2022-23. We were cut off from the outside world. Food was rationed, electricity limited, and we walked for miles just to get to work.

We were forced to flee again in September 2023 – this time for good. Now we live in Armenia, carrying the trauma, loss and memories of a homeland that is no longer ours.

The Rehabilitation Centre is my second family. I am very thankful for the amazing team and the important work they do for people in Armenia and from Nagorno Karabakh, and personally for me.

”



Arsen as a child at the Lady Cox Rehabilitation Centre in Nagorno Karabakh.



Today, with friends and family in Armenia.



Nigeria



Helping families heal and rebuild

Safer births in dangerous places

Nigeria was ranked the most dangerous country to give birth in 2025. Many women experience miscarriages after repeatedly fleeing attacks and sheltering in unsafe conditions.

Some give birth in traumatic circumstances without access to skilled medical support. They have little choice but to rely on local, untrained helpers, even when complications arise.

With support from Christian Solidarity International and Barnabas Aid, HART is working to change this. We've partnered with Birthlink to provide practical maternal healthcare to women who have nowhere else to turn.

-  **Reducing risks:** sterile supplies for childbirth and newborn care
-  **Skilled birth attendants:** training and equipment to strengthen practice
-  **Earlier intervention:** improved recognition and response to complications
-  **Better care:** stronger labour and childbirth management
-  **Healthier outcomes:** reduced risk of infection for mothers and babies

Child trauma counselling

"They came at night. We ran to the river with my family to hide. Many people were killed. I felt sad and afraid."

Jojo's experience of an attack on her village. Name changed for security.

Thousands of children in Nigeria are exposed to armed violence, displacement, loss of relatives and fear.

At HART Reading Clubs across Plateau State, we work with parents, schools and community leaders to give boys and girls a safe space to talk. They can express their emotions and begin to make sense of what has happened.



723 students

without access to formal education now have a safe space to learn and develop through HART Reading Clubs



100 children

receive trauma counselling to begin the process of healing



“The HART Prize is vital because it brings global attention to communities whose voices might not be heard.”

Mike Odeh James, frontline journalist in Nigeria

Your support amplifies local voices

This year’s HART Prize for Human Rights was awarded to journalist Mike Odeh James for his investigation, ‘Nigeria’s Hidden Gulag: Inside the Rijana Camps’, documenting alleged mass abductions and detention networks in forest camps in northwestern Nigeria.

One survivor told Mike she was abducted and held for months: “They tied motorcycle chains around our hands and legs so we could not escape.”

His investigation reveals the devastating human cost of kidnapping, with reports of prolonged captivity, starvation and violence, while families face the trauma of paying ransoms or losing loved ones. We commend Mike for bringing these hidden abuses to light.



HART Patron, Lord Alton of Liverpool, raised Mike’s findings in the House of Lords.

“The courage, scope and human insight of Mike’s writing set a standard that the HART Prize was created to recognise. That this many camps exist as far south as Southern Kaduna shifts our understanding of Nigeria’s security picture.”

Caroline Duffield, Chair of Judges for the HART Prize for Human Rights and former BBC Lagos Correspondent



Read the full story

Scan the QR code to read a blog by Sam Mason, CEO of HART, about Mike’s winning entry.





Myanmar

Help in the aftermath of a deadly blast

At least 46 civilians were killed and dozens injured when an explosion tore through Kaung Tat village in Myanmar's Shan State on 31 May 2026, destroying homes and overwhelming health services.

More than 1,000 people have since been displaced, with many seeking refuge in remote jungles and informal camps along the Thai-Myanmar border.

Thanks to an emergency relief grant from Guernsey Overseas Aid & Development Commission, we're able to prioritise support for mothers who fled with their children and now bear sole responsibility for their survival.



1,250 patients

being reached with essential medical care, including pregnant women and trauma survivors



280 female headed families

being supported with emergency shelter materials

Welcoming a new partner

We are delighted to announce HART's new partnership with the Institute of Peace & Federal Democracy (IPFD), a Myanmar-led organisation working with people affected by ongoing conflict and military repression.

IPFD is led by Dr Sasa, a long-standing friend of HART. We have known him since his early days studying medicine in Armenia and followed his remarkable journey through the founding of Health & Hope in Myanmar's Chin Hills, and now IPFD.

"You have helped save lives, restore hope, and give people like me, and so many others, the opportunity to become who we are today. Thank you for believing in us, caring about our communities, and standing with us. Your support has made a difference that words can hardly express."

Dr Sasa, Founder of IPFD

Together we make a difference

"Thank you HART for telling our story. You have given us this rare opportunity to have access to the outside world."



Benjamin Barnaba, Blue Nile in Sudan

Sudan

Sudan is the world's worst humanitarian crisis, with millions facing hunger and violence – yet it rarely hits the headlines.

HART is part of a growing coalition of aid organisations striving to keep Sudan on the global agenda. Together with local communities, our findings inform policymakers and the media.

Your support enables HART to speak up for Sudan internationally and help trusted local partners provide life-saving assistance on the ground.

South Sudan

In Nyieth, a remote community in South Sudan, children face enormous challenges accessing education.

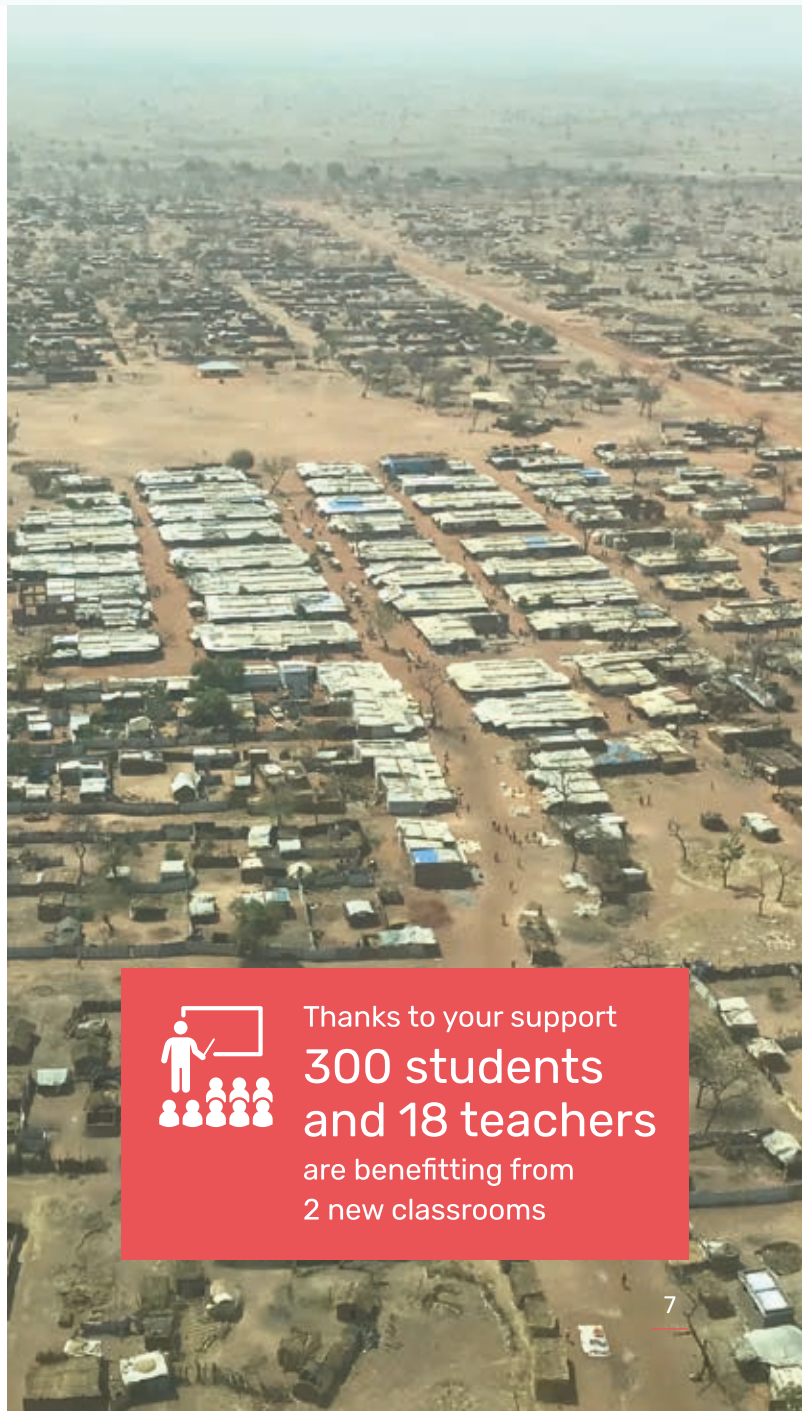
Severe storms caused extensive damage to the school's classroom buildings, leaving pupils exposed to the elements and creating an urgent need for repairs.

Two classrooms have now been repaired, giving children a safer place to learn.



"The winds blew away the roofs. School had to be cancelled. Everything changed this year. Thanks to your wonderful dedication, the building has been completely renovated. We are so happy."

Samuel, a student in Nyieth.
Name changed for security



Thanks to your support
**300 students
and 18 teachers**
are benefitting from
2 new classrooms

NOTICEboard

Your support brings
hope in forgotten
conflicts

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**HART
PRIZE**
FOR HUMAN RIGHTS

Below, a snapshot of this year's HART Prize for Human Rights Youth Winners. We were so encouraged by the range of issues highlighted, with students aged 11-25 around the world shining a light on crises that too often go unnoticed.

A big thanks to Halima, a Law student from Birmingham, who successfully completed her Youth Advocacy internship.



"HART's focus on hidden crisis has shaped my outlook on humanitarian advocacy in ways I will carry forever. Being an intern has been the most rewarding experience of my life."



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Founder & President Emeritus: Baroness Cox

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