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CARE

in action

Summer 2017

On the cover:

With your support, CARE is working to help girls like Patience, who lives in rural Zimbabwe, to have easier access to clean water.

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"I really love my job – I love building." Shangurai is a CARE-trained builder in Zimbabwe, building toilets for vulnerable, rural households, and educating people on the health and hygiene benefits of a built latrine.



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Our promise to you

- ✓ We will always **respect your privacy**; if you prefer not to be contacted by certain methods please let us know
- ✓ We will protect your data; we will not sell your **personal details** or swap them with any other organisation
- ✓ We have a Supporter Care team who are **dedicated to you**, we always love to hear from you
- ✓ We will **share stories** of how your support is helping to change lives for the better
- ✓ **We will be honest** with you, if we face challenges or make a mistake we will let you know, we are always learning
- ✓ **We are accountable** to the people we reach through your support

Donate now at careint.uk/summernews2017

Welcome...

...to the Summer edition of CARE in Action.

Inside, we introduce to you some of our inspiring humanitarian aid workers, who dedicate their lives to helping families affected by natural disasters, conflicts and wars. It can be extremely challenging but for them it's more than just a job, it's a passion and a mission.



The work our humanitarian aid workers carry out every day is invaluable but they wouldn't be able to do it without you.

While you read your CARE in Action newsletter, I hope you see just what a difference your support is making. Thank you for everything you do to help families in need around the world.

Best wishes

Caroline Tatum
Senior Supporter Care Officer

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This edition of
CARE in Action cost just

8p

to produce,
plus postage.

For every **£1** raised,
we spend **83p** on our
poverty-fighting programmes
in the world's poorest
communities, with the rest
invested in fundraising and
the efficient running of the
organisation.

Get in touch

Write to me:

CARE International, 9th Floor, 89 Albert Embankment,
London, SE1 7TP

Phone me: 020 7091 6100

Email me: supportercare@careinternational.org

Make a donation

You can give a gift over the phone on **020 7091 6100**
or give online at careint.uk/summernews2017

Registered charity number: 292506

Your support in action

The life of a humanitarian aid worker can be extremely challenging. Many leave behind their homes and families to help people in need. Nearly every day, they witness people's suffering, listen to their traumatic stories, and provide the help people need to overcome disaster and build back stronger.

It's thanks to your support that we're able to put the human into 'humanitarian' and help people whenever and wherever they are most in need.



1. Niger

"I try to talk to as many people as I can throughout the day," says Fatouma Zara, a gender specialist with CARE's Rapid Response Team. Fatouma is currently helping displaced people in Diffa, Niger, with shelter, food, water and hygiene support. "Today, I met a woman who had fled her village. She said the insurgents came and killed almost all the men and boys so she took her son and ran. The insurgents caught up with her and told her they were looking for more men to kill. But she had dressed her son in women's clothes, and that saved his life. These stories are heart-breaking, and we hear many like them."

1

2

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2. Syria

"I examine 20 cases a day on average without taking a break; we don't want the women to wait long," says Khawla, a midwife at a CARE-supported health centre in Aleppo, Syria. "Today, I examined a woman in a serious condition. I feel sorry for her. She is bleeding due to surgery complications. I can almost say I saved her life, as she lost huge amounts of blood and there is no nearby hospital."



3. Somalia

"This is a tough job. So many people are in need of assistance," says Amrea Shire, CARE Emergency Programme Manager in drought-hit Somalia. "At one of the water points which CARE has rehabilitated, I met a mother who used to walk for 1.5 hours each day to fetch water from a shallow well. That water turned out to be contaminated. Three of her children died from cholera. These stories hit me hard and stay with me for a long time. But they also serve as a reminder of why I do my job."

Yemen Cholera Crisis

Yemen is facing the world's worst cholera outbreak, making the already dire humanitarian situation worse by the day. With a health system on the brink of collapse and limited access to safe water, controlling the spread of the disease is nearly impossible.

But your response to our Yemen crisis appeal has been amazing. With your support, we're providing clean water to hospitals and schools, supplying hygiene and cholera kits and working with communities to increase awareness. It's thanks to you that we've been able to reach some of the most vulnerable families when they've needed us the most.

What your support has done:



69,000 people received safe water in their homes



2,100 households received hygiene kits



95,000 people reached with hygiene promotion messages



15 cholera treatment centres supported

careinternational.org.uk/yemen-crisis-appeal



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"I know that I am working where I'm needed the most"

For the last three years, Mona Mubarak Al Kawkabane has been experiencing the effects of the conflict in Yemen in her role as a field officer with CARE, in which she travels to villages and assesses the needs of communities. She works tirelessly, dedicating her time to helping people in need. She said: "In Al Shagadra village the greatest challenge is access to water. I spoke to 16-year-old Aysha, who until recently used to walk for three hours just to fill up a ten litre bottle with water. On her way back, she would end up drinking a large share of the water because of the heat and the long journey back. The well or water tank



©CARE/Holly Frew

where she collected the water was very dirty and not safe for drinking.

"CARE has since constructed a water well in the village. This has drastically reduced the distance that girls like Aysha need to cover to collect water. The water is also regularly tested for contamination and



©CARE/Thana Farooq

"In Al Shagadra village the greatest challenge is access to water."

treated to ensure that families like Aysha's use safe water for drinking and cooking."

Mona has always wanted to help people: "I know that I am working where I'm needed the most. I will continue to help where it is needed, as it makes me very happy. This is my greatest achievement."

Our humanitarian workers

Reducing the risk of disasters in the Philippines

Deeji Baclig, CARE Philippines' Disaster Risk Reduction Specialist, helps people protect the environment and adapt to a changing climate. She said: "I love spending time with people in communities and helping them adapt to climate change. As a mother, I know that if we protect our natural resources, this also helps the future generation. I want my son to also enjoy a healthy environment and become resilient to disasters."

Your support after Typhoon Haiyan helped the people of the Philippines build back safer and be better prepared in future through local aid workers like Deeji.

"I am proud to say that these people have become resilient and know how to prepare for future disasters," says Deeji.



"As a mother, I know that if we protect our natural resources, this also helps the future generation."



The refugee camp midwife

There are currently 1.2 million refugees in Uganda – 86% are women who are in danger of sexual and physical violence. With your support, CARE International established five centres in the Imvepi refugee settlement where refugee women and girls can seek assistance and receive psychosocial support and health services.

Mary Maturu, a midwife, works in one of CARE's women's centres and talks to nearly 100 women every day. She gives advice to pregnant women, provides check-ups and information on family planning, and educates and trains women so they can become independent.

Mary said: "I feel blessed because I have a job in which I can contribute to making people's lives better. I like speaking to those who need help and sharing their stories."

"I have always wanted to become a midwife and although there is always more to do than I can manage in Imvepi, I know that I make a difference in the lives of hundreds of mothers here."



The Race to Respond



In July, we ran our first ever Race to Respond event, a 10km race for teams in the construction and engineering industries inspired by real life challenges facing aid workers when responding to humanitarian emergencies.

It was wonderful to see such enthusiasm from all participants. You really gave it your all! Thank you to all the teams who took part. If you work in engineering or construction, find out how you can join next year's event at careint.uk/racetorespond



Change a life with Lendwithcare

Through Lendwithcare.org you can make a loan of £15 or more to entrepreneurs like Kom Sen in Cambodia, helping them start or grow their own business and work their way out of poverty. You choose the entrepreneur you want to

support. They will repay your loan back to you every month, and you can then choose to keep the money, or reinvest it in another entrepreneur. Go to www.lendwithcare.org to make a loan and change a life for a poor entrepreneur today.

Care for future generations with a gift in your Will

By leaving a gift in your Will to CARE International, you could give families the chance to escape a life of poverty and fulfil their potential. With your support, we can always be there for families wherever and whenever they need us. To find out how even a small gift in your Will can make a difference, please contact Lauren Mander on **020 7091 6151** or email mander@careinternational.org

#March4Women 2018

Our #March4Women in March 2017 brought people together in a month of action to end gender injustice, and help make a more equal world. Next March, join us and make #March4Women 2018 even bigger and better. For more details, visit careinternational.org.uk/march4women



Back to school – our gender pack for secondary schools

We've launched a Gender Resource pack which enables teachers to introduce concepts of gender and development to secondary school pupils. The pack explores what influences concepts of gender,

ranging from the media to humanitarian disasters.

To find out more and to sign up to receive a gender pack, please visit: careint.uk/school-gender-pack



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STAIRS AND THE CITY

THE LEADENHALL BUILDING
CITY OF LONDON

The UK's tallest stair climb challenge at the iconic Leadenhall Building in London. For women only. **14 April 2018.**

This is your opportunity to take part in a unique women-only event and raise funds to help women and girls around the world overcome poverty and injustice.

Sign up now at
careint.uk/stairsandthecity