

**Trócaire**

# **YOUR LOVE IN ACTION**

News on how Trócaire supporters like you are conquering fear worldwide

Winter 2021

Mother and seamstress  
Wubit Abelo (23), Ethiopia  
Photo: Barnaby Jaco Skinner/  
CST Ethiopia



**“There is a Better Day  
Tomorrow”**

How your support for a trailblazing project – and a mantra for strength in hard times – is helping a young mother in Ethiopia, page 3.

The Family Helped 2X By You, page 2  
Paul Healy Reports from Somalia, page 5



PLUS: An Inside Look at  
Trauma Supports, page 2  
And more ►



# THE FAMILY WHOSE LIVES YOU'VE TOUCHED TWICE

AFRICA

Rwanda

While Rwanda has made progress since the tragedy of the genocide in 1994, it still ranks near the bottom of the UN's Human Development Index. For most people here, getting by is a still daily struggle. Janvier, though, had lost everything...

By his own words, four years ago Janvier Iyakaremye was "poor to an extent that when our grass thatched house collapsed due to heavy rains, I could not immediately repair it." The desperate conditions tore at the fabric of his marriage. Worried for their children, his wife Sandrine eventually left. Janvier had to seek shelter with a neighbour.

It was with the help of your support that local Trócaire partner CDJP (Kibungo Justice and Peace Commission) provided Janvier with resources to build a new house, and his life began to turn around. He also attended their 'Gender Action-Learning' training – helping women



Even when their roof collapsed, Covid descended, and hunger came knocking, you never left the sides of Janvier and his family. Thank you. Photo: Trócaire

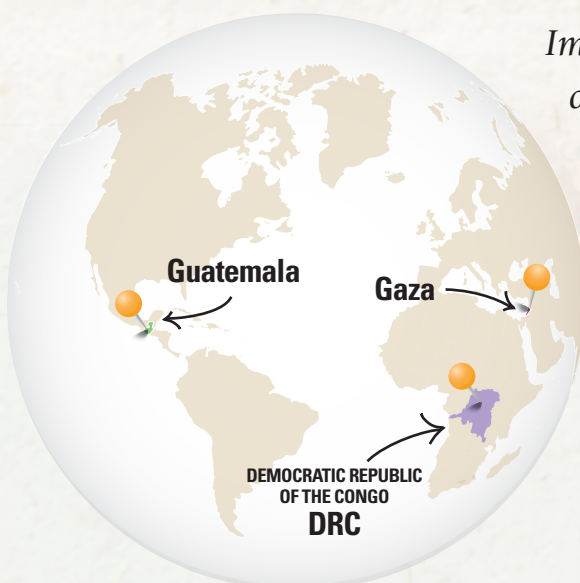
and men work together for their households in a gender-equitable way<sup>1</sup>. He soon reunited with his wife. Both found work nearby, and the family happily shared the new home.

## Covid's cruel clutches

Then Covid arrived. Businesses closed, leaving Janvier and Sandrine with no incomes. Before long they could no longer buy food.

<sup>1</sup>The Gender-Action Learning System (GALS) was created by Oxfam and is successfully used by organisations worldwide, including Trócaire and our local partners with your kind support, to improve livelihoods and gender justice.

## SPECIALISED TRAUMA SUPPORTS: AN INSIDE LOOK



Imagine if your loved ones had to endure the horrors of war, were forced to flee their homes and become refugees, had been tortured or suffered sexual violence. In many of the countries where you help us work, children, women, and men are shattered and scarred daily by these kinds of trauma. But thanks to your compassion, specialised mental health programmes are helping them heal. At right we look at three...



They began to ration what was left, eating porridge at 10am and nothing until the next day. Some days there was no food at all. Said Janvier, "The little we could get was reserved for our children and the two of us would sleep hungry."

Again you were there to help. Through CDJP, the family have received emergency supplies including maize flour, beans, soap, and other non-food items so they can feed themselves and their two young daughters. Janvier's beautiful message of thanks is relayed here, for you:

“

*"I thank Trócaire and CDJP Kibungo for the relief support they have given to me, and pray for whatever they do"*

— Janvier Iyakaremye, Rwanda

**Afterword:** More than 2,100 programme participants like Janvier who've been hard hit by Covid have received relief support in Rwanda through generous support like yours, and from Irish Aid.

**Thank you for every life you touch. ♥**

## WUBIT'S WISH: "THERE IS A BETTER DAY TOMORROW"

*For 23-year-old Wubit, whose little family of three has been hit hard by pandemic restrictions in Ethiopia, your incredible support for an innovative mask-making project is beginning to offer a glimmer of hope for the future. Yet she prays the project will be able to continue not for herself, but for other women...*

AFRICA

Ethiopia



The sounds of quiet conversation and the rhythm of sewing machines gently fills this small room in Ethiopia's capital city of Addis Ababa. Through a Covid mask-making project you are supporting with local Trócaire partner TLH\*, the women behind the machines hope it will be the sound of their futures through the new sewing skills they are learning. 23-year-old Wubit Abelo is among them.

### When the virus came

When coronavirus reached Ethiopia, Wubit began to despair. Access to basic household items was reduced, transport shut down, and the ability to buy and sell changed dramatically as local markets closed. Wubit lived in fear of the health risks to her three-year-old son Anania, and to what might happen if her family was left with no income. There is no government support for them.



69-year-old Katembo is helping survivors of gender-based violence.  
Photo: Garry Walsh/Trócaire

### LISTENING POINTS IN DR CONGO

Ituri province in the Democratic Republic of Congo (DRC) has seen horrific human rights abuses including large-scale massacre and

sexual violence used as military tactics. Yet it is here, in a small building called a 'listening point' in a remote Ituri village, where your generosity is extending a lifeline to survivors of the violence. 69-year-old Katembo Bernard is one of the dedicated listening point volunteers. With emotion in his eyes, he shares, "There are so many cases of violence against women in this village. It makes me shocked, it makes me really angry." Today your support allows Katembo and other volunteers to help survivors share their stories, and seek medical, legal, and psychological supports – massive stepping stones to recovery and healing you make possible. ♥



Elena Raymundo Cabo is providing support to survivors of sexual violence in Guatemala.  
Photo: Trócaire

### PHONE SUPPORT IN GUATEMALA

Isolating at home is still advised nearly across the board worldwide



### A wish for other women

Then in this time of worry came an unexpected opportunity. A new market that was previously unavailable – mask-making – plus training and sewing machines to use, gave Wubit and her family a glimmer of hope. For the past four months the TLH mask-making project has become a modest but vital source of income to Wubit. Like so many around the world, Wubit is scared that Covid will prevent her from living her life to its fullest. And while she can't afford a sewing machine of her own (here they cost around € / £600 each), her dreams are firmly set: to have her own business making cultural dresses by her own hand, to make sure her son can have a good education, and to provide for her family.

Wubit knows she has the chance to be part of the TLH project because of generosity like yours, and she's very thankful of that fact. Yet when she asks if Trócaire supporters could please



At Trócaire, you are... the hope in the eyes of Wubit (23), in Ethiopia, and her enthusiasm for the sewing project that's changing her life. Thank you. Photo: Trócaire

keep helping, it isn't for herself: it's for other women who haven't had that same opportunity.

### To a better day tomorrow

"There is a better day tomorrow" is a mantra that Wubit embodies even in the hardest of times, like so many of the resilient, hardworking people whose lives you help to transform every time you give. And today in Ethiopia, there is a young

woman who knows exactly how much your generosity can do... it is changing her life. ♥

*\*With enduring thanks to our local partner TLH (Timret Lehiwoh) for their incredible work in Ethiopia.*

🌐 **LEARN MORE:** To read deeper about life in Ethiopia and the work you help to make possible there, **visit** [www.trocaire.org/countries/ethiopia](http://www.trocaire.org/countries/ethiopia)

to keep people safe from Covid-19. For some women, though, isolation increases the danger they face daily, because it triggers an increase in domestic violence. Thankfully your generosity is helping provide safe, socially distanced solutions in places like Guatemala. This includes offering mental health counselling and support by telephone as well as individual counselling with safe social distancing, so that women or men facing domestic violence have a pathway to get help. ♥

### MENTAL HEALTH COUNSELLING IN GAZA

It is difficult to even describe the conditions faced by children, women, and men imprisoned behind the

Gaza blockade. Many families wouldn't survive without the humanitarian aid you send, and deep trauma – both physical and mental – seems to have touched



In Gaza, Hamed Al-Sheikh Khalil lost his wife and six other family members to aerial bombardment. Photo: Garry Walsh/Trócaire

everyone here. But with the help of your support, our local partner the Gaza Community Mental Health Programme is providing specialised trauma counselling to the people here, including a free telephone hotline for those who can't access the community centres. The counselling can't erase the human tragedy of what is essentially over a decade-long lockdown, but it can help people to hold on until the situation changes. ♥

**Thank you for seeing the hidden suffering of people who endure some of the world's worst human rights abuses. You are, now and forever, a light against the darkness.**



# REPORT FROM THE FIELD: PAUL HEALY IN SOMALIA

AFRICA

Somalia

*While many Trócaire staff have had to remain here at home during the pandemic, Paul Healy is one who is still and working in-country, in Somalia. His perspective shows the massive need there – and the massive difference you make...*

Paul Healy in Somalia



"They call Trócaire the mother of health – *hooyo* – in this Gedo region of Somalia, and the name is

well deserved. None of the health services, basic deliveries, help for chronic malnutrition, hunger, and chronic diseases, none of that would be in place without the support of the Irish people. It would be catastrophic. But with that help, we have been able to put a huge amount of effort in containing the virus. We trained over 400 staff and provided protective equipment. We are able to do our own testing, something that, in an area slightly bigger than the size of Ireland, has proved fairly successful. We were able to screen at borders and homes, and reached nearly 125,000 people to increase awareness around Covid.

## What's happening now

While that is a lot, our stabilisation centres are now showing people coming in with acute malnutrition with complications. The complications come when there is drought like we have here. So children who are



Photo: Eyeris Communications/Trócaire

**Your generosity and love helps Dr. Abdi treat little Salaad, who was suffering from malnutrition. Thank you!**

sick with malnutrition are getting sicker because of the drought, to do with lack of water – then drinking dirty water that carries water borne diseases. There were locusts on top of that. We really need more food, particularly specialised nutrition food for children under age five when malnutrition is so devastating.

That is always my fear: that the people in Gedo won't have enough and we won't be able to be there with enough strength to help them. It is going to be a tough few

months. But I am just hoping and praying we will have the support like we have always done from Trócaire supporters. With their continued support and love, we will be able to survive it.

If I was sitting down with someone who has supported this work, I would say it is a huge honour to be able to do what we do together. There is real change in people's lives, and it is amazing for a small Irish organisation, in such a conflict area, to be able to keep helping." ♥

**Every month in Somalia you help to treat 19,000 babies, children, women, and men in Trócaire health care centres...**



...and last year your donations joined with other compassionate supporters to rush urgent humanitarian aid to 360,000 people here. Thank you, from Dr. Abdi, Paul Healy, and all of us, for every life you touch.



# YOUR TRÓCAIRE BOX IS COMING SOON: AMID WAR AND POVERTY, YOU CAN BRING LOVE

**T**heirs is a Lenten story to remember. Awut, a mother and widow, fleeing brutal armed conflict, her remaining family members beside her. On foot for days with no food or water. Ajak, another courageous mother, trying to fend for her children in South Sudan, one of the poorest countries on earth. The friendship they've forged has kept their families alive up to now, and they toil tirelessly to give their children the futures they haven't had. But amid war and poverty, they can't overcome it on their own.

Please watch for your 2021 Trócaire Box and Lenten Giving Kit arriving soon, and help Ajak and Awut's families to survive and thrive.

📌 **If you're unable to receive your Trócaire Box at your parish or school,** ring us in **Maynooth on 1850 408 408** or **Belfast on 0800 912 1200**, or email to **donorservices@trocaire.org**. We'll post one to your home as soon as they're available. Thank you so much for caring, and God bless. ❤️



## THANK YOU FOR BEING OUR GREATEST BLESSING OF ALL...

*In a Christmas season shadowed by Covid, your generosity shone for some of the world's most vulnerable people. Thank you, thank you for supporting the work of Trócaire this past Christmas:*

**Thank you for every Gift of Love you gave...** Whether you chose chicks or goats, Covid relief or countless other gifts of hope and humanity to honour the ones you love this Christmas, your Gifts of Love are circling the globe and changing lives.

**Thank you to Mercy Multipliers, match makers, and match partakers...** Thanks to you, the first-ever Christmas Matching Challenge was met – and increased! From those first Mercy Multipliers who started the match, to the selfless supporters who topped up the fund, to each of you who donated to help the Christmas Match be fulfilled, €40,000/£37,000 was doubled and the combined funds are already helping children, women, and men in this time of aching need worldwide.

**Thank you from shepherds, fishermen, farmers, and families the world over...**

To end poverty, hunger, and injustice in this world, there are miles to go. But for soft blankets and emergency shelters, for quarantine care kits and full tummies, for clean water and seeds to sow, for all these Christmas gifts you have given, today more good people have a way to press on – a way to a better world.



**Thank you for being our greatest blessing. Thank you for never turning away. And thank you for staying, until love conquers fear. Here's to a brave, new year.**

## Trócaire

**Head office:** Trócaire, Maynooth, Co. Kildare, Tel: +353 (0)1 629 3333  
**Email:** donorservices@trocaire.org  
**Dublin:** 12 Cathedral Street, Dublin 1, Tel: +353 (0)1 874 3875  
**Cork:** 9 Cook Street, Cork, Tel: +353 (0)21 427 5622

**Belfast:** 50 King Street, Belfast, BT1 6AD, Tel: 0800 912 1200  
**Email Belfast:** infoni@trocaire.org

A grateful Jacinta, with her children in Kenya  
 Photo: Clare McEvoy/Trócaire

## JOIN US ON

**Website:** [trocaire.org](http://trocaire.org)  
**Twitter:** [twitter.com/trocaire](https://twitter.com/trocaire)  
**Facebook:** [facebook.com/trocaireireland](https://facebook.com/trocaireireland)



*Thank you!*

Trócaire is the overseas development agency of the Catholic Church in Ireland. We work with partners in over 20 countries in the developing world to empower communities to improve their lives, meet their basic needs and ensure their human dignity. In Ireland, we raise awareness about the root causes of poverty and injustice, and advocate for change. ROI Charity Regulatory Authority No. 20204842, CHY22508, Company Number 661147, NI Charity Commission No: NIC 103321, Revenue Number (HMRC) XR10431, Company Number NI021482