A Steadfast and Practical Hope

The teachers you’re helping bring hope in Somalia despite devastating hunger and loss... story, page 2

All of Ali Hassan Abdi’s pupils are from families displaced by catastrophic hunger and drought in Somalia, and he is proud to help them keep learning. Photo: Trócaire
A STEADFAST AND PRACTICAL HOPE IN SOMALIA

Through catastrophic hunger and loss in the Gedo region of Somalia, primary schoolteacher Ali Hassan Abdi is doing a job he loves – educating children and giving them, and their families, hope for the future. It’s down to your amazing support, and your commitment to a better world. Thank you...

They don’t have school uniforms. Most days they arrive hungry and dirty. But all of the children in Ali Hassan Abdi’s classroom wear smiles as wide as their teacher’s. Because after catastrophic drought and hunger forced their families to these camps in Gedo region, Somalia, they see massive hope in being able to go to school and learn.

Ali sees that steadfast and practical hope alongside them. Like the young lives he’s shaping, Ali – who is from Ethiopia – knows how hard it is to flee the only home you’ve known. He and his family arrived in Somalia as refugees, and the 23-year-old Ali remembers dreaming of becoming a teacher.

Today his gratitude is for more than this chance to teach. Ali’s gratitude is also for you. Because right now in Somalia there are 142 teachers supported by incredible donations like yours to Trócaire, educating students despite devastating hunger and loss in Luuq, Beled Xawa, and Dollow – over 8,000 young lives in all.

142
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LEN T 2023: HELP FAMILIES LIKE NASTEHA’S REBUILD THEIR LIVES

With nothing else left, all Nasteha and her family have is each other – and you...

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“The children who come to my class don’t have much,” said Ali. “Their families are struggling. But here, they are happy. They also get two meals every day. Like them, I also had to leave my home. To be a teacher and to pass on information to others is very special.”

Somalia has one of the world’s lowest enrolment rates for primary school, with only 3 in 10 children attending formal education – and less than half of girls attending school at all. But together with your support and teachers like Ali, Trócaire has seen an increase in girls enrolment and retention: a resounding 238% improvement since 2018.

In the months to come, East Africa’s relentless drought will make conditions even harder for teachers like Ali, and he’ll need good people like you to stay beside him. He is determined to press on. “For me, I am loving my role and look forward to additional teacher training from Trócaire so I can continue to help educate children and give them hope for the future.” Steadfast and practical... never turning away... thank you for staying beside teachers like Ali. And thank you for the light that you are.

After Somalia’s worst drought in living memory claimed their crops and their livestock, Ambiyo and Mahat were out of options. Weak with hunger but determined the crisis would not claim the lives of their daughter Nasteha and her siblings, the family left their home on a desperate 3-day walk for food, aid, and survival at a camp in the Gedo region. Trócaire-run services here are all families like theirs have to rely on, and as vulnerable people pour in every day, your help this Lent will make a lifetime of difference. Please watch for your 2023 Trócaire Box, arriving soon: together, we can help families like Nasteha’s across Somalia and beyond to rebuild their lives and build hope for the future. ♥

If you’re unable to receive your Trócaire Box at your parish or school, call us in Maynooth on 1800 408 408 or Belfast on 0800 912 1200, or email to donorservices@trocaire.org. We’ll post one to you as soon as they’re available. Thank you so much for caring, and God bless.

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FAMINE, MALNUTRITION, AND THE ROAD TO RECOVERY

East Africa’s worst drought in 40 years has pushed people to the brink of famine. In Somalia alone, one in three children faces chronic malnutrition. But what happens in chronic malnutrition? And who declares a famine? Explore answers, and see how you’re helping...

Solutions your support is making possible, right now and for the future:
Across the Gedo region of Somalia, 220,000 people can access lifesaving healthcare services that they wouldn’t be able to otherwise thanks to you – and each year you support urgent aid and lasting solutions to East Africa and beyond including:

- Emergency health and nutrition services – especially critical right now for babies, children, and pregnant and nursing mothers who are most vulnerable to the effects of malnutrition
- Nutritional therapy – for so many facing chronic and acute malnutrition in East Africa right now, the Plumpy’Nut nutritional therapy you provide is a lifeline
- Food baskets, water, sanitation, and shelter materials – for families who are fleeing drought and hunger with just the clothes on their backs, aid baskets help them get through
- Education – from funding for primary schoolteachers like Ali (story page 2) to school fees and supplies, you build hope for the future
- Seed banks and traditional food restoration – drought-resistant, wild, and traditional seeds and foods mean resilience in a changing climate, your generosity helps promote them

One life, one family, one community at a time, thank you for working for a just world.

In camps where people have fled the climate-fueled drought and hunger that is devastating East Africa, local Trócaire partners work tirelessly to assess the most vulnerable babies and children first.

Chronic vs. acute malnutrition
According to the World Health Organisation (WHO), when a child goes without enough food and nutrients for too long, it takes a terrible toll. The rapid weight loss of acute malnutrition is also called wasting (when a child is too thin for their height) and prolonged – or chronic – malnutrition is also called stunting (when a child is too short for their age). The first 1,000 days of a child’s life are the most critical, when not getting enough food and nutrients can have irreversible mental and physical effects. And rapid response is critical: children who are severely wasted are 11 times more likely to die than children who are a healthy weight.¹

Famine – what it is, and who declares it
The globally-recognised Integrated Food Security Phase Classification (IPC) defines famine as an extreme deprivation of food. When at least: 20% of households face an extreme lack of food, 30% or more of children suffer acute malnutrition, and 2 people in 10,000 are dying every day due to outright starvation or the interaction between malnutrition and disease, this characterises a famine.² However, famine is typically declared by a country’s governing authorities, or sometimes by the UN. Conditions can still be very bad with acute suffering and loss of life – happening across East Africa right now – without official declaration of famine.

Sources:
1 Malnutrition Fact Sheet, World Health Organisation (WHO), https://www.who.int/news-room/fact-sheets/detail/malnutrition

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Photo Barnaby Jaco Skinner/Trócaire
GLOBAL SPOTLIGHT: YOUR SUPPORT AROUND THE WORLD

Every day in more than 20 countries your caring support is working hard to help people overcome poverty, crisis, violence, and injustice—and bring lasting, positive change. Below, three recent examples...

EMERGENCY RELIEF IN PAKISTAN

When torrential monsoons turned to deadly floodwaters in Pakistan and hope seemed a distant memory, you rushed rapid relief to people in desperate need. For communities where entire homes were swept away, you rushed emergency tents and shelter kits. For people who’d lost everything in a matter of hours, you brought food, health, and hygiene services. And as the waters began to subside, the fast action enabled by your generosity saved lives. It’s the kind of humanitarian aid that respects people’s dignity and helps them get back on their feet faster, no matter how tough the situation seems.

SEEDS OF HOPE IN ZIMBABWE

East Africa’s climate-fueled drought has led to catastrophic hunger and loss of life (see more, pages 2-4). But without your commitment to a just world, in places like Bidi, Zimbabwe it would be much worse. One project you help sustain is a village seed bank, which is vital for farmers whose crops have failed. 57-year-old Fenita Mangwiro, who is raising six children on her own while helping manage the seed bank, said “many are drought-resistant varieties, and there are no transport costs so the price is kept low. This is extremely important when farmers have no seeds of their own to replant.” What’s more, all the seeds have organic accreditation, to sow hope where there was none before.

LAND RIGHTS IN SIERRA LEONE

It’s a human rights struggle no one should face: how to stop big companies from forcing people off their lands in order to profit from activities that deplete natural resources and destroy livelihoods. Sadly, women and people living in poverty often pay the highest price. But in Sierra Leone, two new laws are boosting the rights of rural landowners and women against land grabs by big mining and agribusiness firms. All lands must now be titled through the state, and local landowners—women and men—have veto power over any projects. The laws are incredible first steps that could not have happened without your support for Trócaire partners in Sierra Leone, NMJD and Green Scenery, who worked on, advocated for, and offer training on the Land Bills.

LEARN MORE: For more on how your support is addressing the root causes of why we live in an unequal world—and bringing like-minded people together for lasting change, visit: https://www.trocaire.org/our-work/working-globally. Thank you for standing against injustice, wherever it exists. Thank you for building a better world.
Whether you gave chicks for Christmas, donated for families forced to flee their homes in places like Lebanon or Ukraine, or volunteer your time and your heart for a more just world, every gift of love you give is a lifeline to people in need. And every Trócaire gift you give makes a difference.....

GIFTS OF COMMUNITY, GIFTS OF THE HEART
The amazing work of our volunteers and community fundraisers is at the heart of Trócaire’s mission of global justice – and we welcome all who want to get involved. Whether you aspire to be like all-star Dungannon volunteer Pat McQuaid (shown above with fellow volunteer Kieran McConlan) who’s been raising money to do more good for over a decade... or dedicate a wedding anniversary like the wonderful Hilda and Matt McColgan from Derry City (66 years!)... or donate sales like humanitarian chef-owner Omar Boustany of Locale Roman Pizza in Carrigaline... there’s a place at Trócaire for you. Visit trocaire.org anytime or ring the Trócaire centre nearest you (see below) for details.

ONE MILLION GIFTS OF LOVE
From chicks to water wells to winter essentials, this past Christmas 23 Trócaire Gifts of Love supported meaningful, life-changing work for people in need around the world. And this past Christmas, the Gifts of Love you gave to honour your loved ones and friends stood with caring hearts like yours, the length and breadth of Ireland, to reach a powerful milestone. Since the year 2000, one million Gifts of Love have been given – thank you! ♥

FOR FAMILIES FORCED TO FLEE
They left lives and livelihoods behind, to flee war, hunger, and climate change – often with only the clothes on their backs. From Lebanon to Ukraine, to Somalia and beyond, the humanity and compassion you showed this past Christmas is a lifeline. And to refugee families and people displaced from their homes, the emergency food, warm winter jackets and boots, and urgent aid you’re helping bring will never be forgotten.

For every gift of your time... your heart... your generosity, prayers, and love, thank you for standing beside us. Together for humanity.

Together, for a just world. ♥

Yeabu Fonah, in Sierra Leone.

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. 2004842, CHY25908, Company Number 661147, NI Charity Commission No: NIC 103921, Revenue Number (HMRC) XR10431, Company Number NI021482

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