

**ALL  
WE  
CAN**

Every  
person's  
potential  
fulfilled

# Walking together

Autumn 2023 Newsletter



Ukraine  
*One Year On*



*Dear friend,*

**Welcome to All We Can's latest update!**

As we approach the end of the year, we remember all our friends that have faced times of emergency in the last year in Morocco, Libya, Turkey, Syria, Ukraine, Malawi and beyond. Our thoughts and prayers are with the communities impacted by these challenges. We want to share with you how even in times of adversity, our humanitarian aid partners are working with us to see every person's potential fulfilled.

As we continue to respond urgent situations, we will keep you updated on our progress and how your contribution is making a difference. We believe in transparency and accountability, and your support motivates us to work tirelessly towards our mission.

Once again, thank you for your compassion and generosity. We are humbled by your support and grateful to have you as a partner in our efforts to make a positive impact when emergencies occur.



*Graeme Hodge*

Graeme Hodge  
**Chief Executive**

A close-up, slightly blurred photograph of a child's hand holding several colorful paper scraps in shades of blue, orange, purple, and green. The background is a soft, out-of-focus light color.

# Ukraine refugees The difference you've made

**In the last year, you have walked together with us in an emergency appeal for Ukraine, following Russia's invasion. Your support has helped us respond in the context of war in Europe, and provided essential support for people affected and displaced by the conflict.**

We worked with humanitarian aid partners, as well as the United Methodist Church in Ukraine and neighbouring countries, to help meet the immediate needs of those impacted by the crisis.

Since March 2022 one of our humanitarian partners has sought to deliver an emergency response to Ukraine conflict-affected civilians in Poland. This was delivered through relief items (shelter and winterisation) as well as recovery and mitigation items (education, water, sanitation, and hygiene, and mental health and psychological support services). Through your support, this work reached nearly 3,000 individuals.

Another one of our humanitarian partners also concentrated efforts in Ukraine, with internally displaced people. They provided hygiene kits to a small town called Lanivtsi in the West of Ukraine and reached 10,000 people to provide the hygiene kits that help bestow dignity to communities.

In standing together with Ukraine, your support has not just offered a helping hand; it's a beacon of hope that restores faith, rebuilds lives torn by adversity, and reminds a resilient nation that the world stands with them in their hour of need.



# Meet Natalia

Natalia is a key part of our humanitarian aid partner's community centre. The centre offers adult art classes, children's art classes, and a children's playgroup. Natalia is part of the children's team at the centre, where she delivers the art classes alongside parents and the play session for the children.

I am a 43-year-old psychologist from Kyiv, Ukraine.

I left Kyiv on 4 March 2022 and arrived in Bytom, Poland just six days later. We

travelled by train from Kyiv to Lviv, then we got a refugee bus which took about 12 hours and we had to stand the whole way. We had to walk the final 3km to actually reach the border. I travelled with my



16-year-old son, my 12-year-old daughter, our family dog and our family cat. We had to make camouflage nets to hide us as we waited to cross.

Our family decided to leave Kyiv when we saw a rocket destroy our neighbour's house. Unfortunately, my husband was unable to leave with us because of his job, so we had to leave him behind.

Back home in Ukraine, I was a psychologist

at a centre for people with disabilities. Now, in Poland, I am using my skills to work at our local community centre for displaced people. I am working with autistic children and adults with post-traumatic stress. Refugees are having problems communicating with their families which is understandable. We are finding that a lot of people are struggling with depression. Lots of people travelled to Poland in the winter because of how hard the war made the season but now the cold has passed, people are anxious to return.

In the past, people feared seeing a psychologist, they would say, 'I don't need to' because there is a lot of stigma attached to needing help. These attitudes have changed but people are now struggling to actually make time to come and see us because of how busy they are. People are working and often do not have time to come in for a session. A lot of the refugees here do shift work and it's not easy for them to find time to see a psychologist, perhaps in the future we could start delivering sessions online.

The centre I am working at offers adult art classes, children's art classes, and a children's playgroup. I am part of the children's team at the centre, where I deliver the art classes alongside parents and the play session for the children.

These sessions are so important because they help to encourage the children to be creative and playful. When these children are surrounded by so much uncertainty and despair, having safe spaces to have a 'normal' childhood is imperative.

People are struggling because of how much they miss Ukraine. This is understandable, but I don't want to go back to Ukraine at the moment. My son is 16 so there is a chance that if we went back, he would be taken into the army. Being in Poland also means my children can focus on attending school which helps them feel like they have a more 'normal' life. Also, if I went back to Ukraine, I might not be allowed to return to Poland because the army needs psychologists.

For a year now, I've only seen my husband through my phone as he works as part of the army's communications team. He could be drafted onto the frontlines at any point.



## Finding relief in *an emergency*

Donating to an emergency relief fund is an act of compassion and solidarity that can make the crucial difference between despair and recovery. In times of crisis, every moment counts, and this support is hope for those facing unimaginable hardships. Your involvement provides immediate relief, offering food, shelter, medical care, and a glimmer of hope to those who have lost everything.

It's a powerful reminder of our shared humanity, as it empowers our partners to swiftly respond to disasters and conflict, saving lives and giving affected communities the chance to rebuild. **Our Emergency Relief Fund (ERF) was created to address this.**

Through the ERF, All We Can seeks to acknowledge the need for support during unprecedented times and address it. **With your support today, we are putting communities first in their journey of development, and supporting them as they forge a more resilient future in the face of these challenges.**



# Titania's Story

I am a social worker and a teacher from Bucha, Ukraine.

I fled Ukraine with my two daughters, aged nineteen and eleven, on 13 March 2022.

For ten days we stayed in Bucha and we saw the invasion of Russian soldiers into

our region. Everything started very early in the morning, approximately 4am, we heard the first explosion, but we didn't know the war had started, we had hoped that the war wouldn't come to our region. We had only a couple of hours of rest, there was bombings and shooting between our soldiers and Russian soldiers.

We decided that we needed to leave but we couldn't work out how to leave our region because three bridges were completely destroyed, and we had only one way out but the Russian tanks were blocking the road. We only had fifteen minutes to leave. The nearest village we could get to was Mikhailoviska, near Bucha. For two days it was calm, we heard some noises but no real battle. After the calm two days, a large group of Russian soldiers came to the village, with over 60 tanks, and there were terrible battles.

One day when my husband went out to the yard, and we heard shooting. I didn't realise that that was the moment my husband was killed by Russian soldiers. When I tried to collect information from witnesses, I found out that my husband stood in front of a tank to save us because it was pointed at our house. He thought we were in the house; we were actually in the cellar. He was shot four times. One of the bullets went through his organs and he had no chance of surviving. We do not know the reason for their aggression.

My journey to Poland with my daughters was very hard. We had our own car, but my husband had the keys and the Russian soldiers took everything: his documents, his keys, and his driving licence. I couldn't get into our car, so we had to leave with our neighbours. There were eight of us in the car. The journey was difficult because we didn't know if we would make it. After all, we didn't know where the Russian soldiers were. We had a very difficult time between the 1st and 5th March because a lot of people were shot and killed, including some people we knew. It was a disaster because we didn't expect



such cruel behaviour from people who we thought of as our brothers.

We arrived in Poland in March, and we stayed in a flat owned by my husband's employer. Sometimes I don't know what to do, how-to carry-on living. Teaching helped me to deal with my stress because when I'm teaching children, I forget about my problems, I must keep myself together and not show my emotions.

I teach English twice a week to adults at the local centre. When I have lessons from early morning till late afternoon, I can keep calm and try to forget and show my daughters that we must continue living for their father, for his dreams. We hope that we will return home soon because we miss home very much.



## What is the current situation?

The war in Ukraine has left an indelible mark on countless lives, with its devastating impact rippling through communities. Families have been torn apart, homes reduced to rubble, and livelihoods shattered. The toll on physical and mental health is immeasurable, and the trauma lingers for generations. Amidst the chaos, however, there's an unwavering spirit of resilience, with brave individuals and communities coming together to rebuild shattered dreams. The war has forged bonds of solidarity and resilience, reminding us that even in the darkest of times, the human spirit can endure, rebuild, and ultimately triumph. **We ask you to continue in this journey with us to support in times of an emergency through our ERF.**



## Continuing *your legacy* with All We Can

At All We Can, we walk alongside you to work with some of the world's most vulnerable and marginalised communities. This is enabled by an enduring love, which flows from one generation to the next. It is through this passing on of love – from mother to daughter, father to son, friend to stranger – that we find the tools we need to face the challenges that may come our way.

Your Will is an opportunity to give the gift of enduring love. A gift in your Will to All We Can is a gift which can help decolonise aid, enable access to education, bring clean water and ensure sustainable livelihoods for people living in some of the world's marginalised communities.

We invite you today to consider leaving a gift in your Will to All We Can. You can find out more here on how to become a legacy and contribute to the promise of a better future for our global neighbours:

[allwecan.org.uk/support/all-ways-to-give/legacies/](https://allwecan.org.uk/support/all-ways-to-give/legacies/)



## Extraordinary Gifts

Extraordinary Gifts is here! Help us to put communities in the driving seat this winter by supporting their gifts and talents.

Whether it's providing training in beekeeping, investing in solar power, or providing education for displaced people – when you give one of our Extraordinary Gifts, you will be supporting transformational work in some of the world's poorest communities.

You can order your extraordinary gift below using the following link:

[allwecan.org.uk/gifts](https://allwecan.org.uk/gifts)

# My gift to All We Can



Service user number: 691213

Your vital ongoing support helps make all of the incredible impact that you have just read about possible. By making a gift today, you will help ensure that All We Can and its partners around the world are able to help even more people realise their full potential. You can also make a gift online at [allwecan.org.uk/walkingtogether](http://allwecan.org.uk/walkingtogether)

If you are giving on behalf of a church or organisation, write its name below:

### During an emergency:

£5 a month could provide families with mosquito nets

£11 a month could provide 150 households with 4 kilograms of beans for two months

£40 a month could provide communities with bars of soap for two months

### My one-off gift

I would like to give a gift of £

- I enclose a cheque made payable to 'All We Can' OR  
 Please debit my VISA/Mastercard/Maestro/Delta/CAF card

Card number:

Expiry Date:  /  Start Date (Maestro only):  /

Security No.  Issue No. (Maestro only):

Signature: \_\_\_\_\_ Date: / / \_\_\_\_\_

### My monthly gift

I would like to support the work of All We Can with a regular donation of

£  a month starting on:  1st or  15th of  /

Name a full address of your Bank or Building Society

To the manager: \_\_\_\_\_ Bank / Building Society \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Names of account holder: \_\_\_\_\_

Bank/Building Society Account No

Branch Sort Code

### Instruction to Bank/Building Society

Please pay All We Can Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with All We Can and, if so, details will be passed electronically to my Bank/Building Society.

Signature: \_\_\_\_\_ Date: / / \_\_\_\_\_

Banks and Building Societies may not accept Direct Debit Instructions from some types of account. All We Can Direct Debits are administered by the Charities Aid Foundation (CAF). Your donations will appear on your bank statement with the reference 'Charity Donation'.

## My details

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

If you would like to receive updates by email about our work and how you can support us, please enter your email above (you can unsubscribe at any time).

Would you like your donation to be acknowledged? Yes  No

We promise to never sell or swap your details and you can change your preferences at any time. All We Can holds your details to thank you for your gift, process Gift Aid, to send you occasional updates about our work and how you can support us. If you would prefer **not** to receive these updates by post, please tick here

### Gift Aid. Make your gift give more.

*giftaid it*

I am a UK taxpayer and would like All We Can to treat all donations I have made for the four years prior to this year and all donations from the date of this declaration as Gift Aid donations unless I notify you otherwise. I understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature: \_\_\_\_\_ Date: / / \_\_\_\_\_

Please do not gift aid your donation if you are giving on behalf of a church or organisation.

To start your regular gift today, complete this form and return it using the envelope attached to:  
All We Can, 25 Tavistock Place, London, WC1H 9SF, UK Alternatively, you can start your gift online at  
[allwecan.org.uk/walkingtogether](http://allwecan.org.uk/walkingtogether)

