



ETHIOPIAID

— CELEBRATING 30 YEARS —

**BEHEBRET
TOGETHER**

Welcome

At Ethiopiaid one of our criteria for selecting local partners is excellent leadership. I have seen first hand how dynamic, strong leaders ensure the work we fund is carried out at the highest possible level, often in hostile environments.

An impressive young leader who has supported our fundraising efforts recently is eleven year old Hester Poole. Registered blind at birth, Hester has never let her visual impairment hold her back. She loves school and sport and hopes to represent Team GB in the Paralympics in the future. Hester is aware these opportunities are not available for visually impaired children in Ethiopia and wanted to raise funds for the Mekelle School for the Blind. In March, Hester travelled to Addis Ababa to take part in the WOMEN FIRST 5km run and spent time at the school. It was a life-changing visit and both Hester and the students gained so much from exchanging ideas and experiences. Thank you to everyone who has sponsored Hester. She has raised over £27,000.



But it doesn't end there – Hester is determined to raise even more to improve educational standards. We have been so impressed by Hester's leadership that we have asked her to become a youth ambassador for Ethiopiaid, and we are delighted that she has agreed.

Another great leader I would like to celebrate is Freweini Mebrahtu of Dignity Period, who has been named a CNN Hero. This award celebrates "everyday people changing the world". Freweini has spent years challenging the cultural stigma around girl's periods and helping them reach their potential. Menstruation is a taboo in Ethiopia, and girls drop out of school because of their periods. Freweini designed a solution and founded the Mariam Seba Sanitary Pad Factory where she employs dozens of women to manufacture reusable, washable pads. Together with our partner Dignity Period, over 145,000 girls and women have benefitted (read more about Dignity Period on page 6).

In April we were sad to lose one of our leaders to cancer, Ato Gebremedhin Bekele, CEO of Cheshire Services Ethiopia (Cheshire Services) since the 1970s. Gebremedhin led the organisation through challenging times (including the Derg regime and the famine of the 1980s) into the modern era - ensuring that services were not disrupted and professional standards maintained.

Thanks to Gebremedhin and his team at Cheshire Services hundreds of thousands of patients with disabilities have received reconstructive surgery, rehabilitation, mobility aids and livelihood support. An exceptional and progressive leader with a great sense of humour, he was loved by colleagues and patients alike. He will be greatly missed, but what an incredible legacy he leaves behind (read about Cheshire Services Ethiopia and Gebremedhin on page 11 & 14)!

None of these achievements would be possible without the generous support of Ethiopiaid donors like yourself. It is your ongoing commitment that enables us to fund partners led by inspiring Ethiopian leaders working hard to help their country develop and flourish. I would like to personally thank you for your support. It is together that we make the biggest difference.

Alex Chapman

INSPIRING FUNDRAISING

We are halfway through our 30th anniversary year of celebrations, and there are already so many people to thank.

Hundreds of guests came to our **Open Garden event at The Manor, Little Compton** at the end of June. It was a joy to meet so many of our supporters as well as inspiring new people to become a part of the Ethiopiaid community.



In November we will be travelling to Ethiopia for our 30th anniversary challenge trip - it promises to be one to remember! We have had a wonderful response and the trip is now full. Everyone is excited at the prospect of seeing the work they are helping to fund. If you're interested in joining a future trip do let us know.

A huge thank you to **Reed Recruitment** who organised Ethiopian Coffee Ceremonies during May, raising **£595!**



MORE INSPIRING FUNDRAISING!



Hester

- **Bath school girl Hester**, who was diagnosed blind as a baby, proved that her visual impairment is not a barrier. In March, Hester pushed her limits and completed the WOMEN FIRST 5km run through the streets of Addis Ababa raising over £27,000 for the Mekelle School for the Blind. Thank you to those who supported Hester - keep an eye on social media or your inbox for a film of how she got on.



A delighted recipient of knitwear



Thriplow Daffodils

- A date for your diary: the brilliant **Thriplow Daffodil weekend** (www.thriplowdaffodils.org.uk) on the 28th & 29th of March 2020, just outside Cambridge. This sleepy, picturesque village wakes up once a year to celebrate the daffodil!

If you live locally, and would like to help out the Ethiopiaid community and make friends at the same time by manning a stall or by explaining the work of our charity to visitors, then please get in touch – support@ethiopiaid.org.uk

GET INVOLVED

Ethiopian Coffee Ceremony – An Ethiopian coffee ceremony is so simple to organise and a great way to bring together family, friends or colleagues to raise funds. Get in touch to receive our free fundraising pack or visit our website.



Clubs and Workplaces – Get creative and fundraise together. You could have a cake sale, office quiz, dress down day or maybe a plant growing competition.

Get sponsored – Could you do a sponsored walk or run? Perhaps you could abstain from sweet treats for a month or maybe take on a challenge like a 10k run, the Three Peaks Challenge or a Boxing Day Dip.



Gift – Give a donation in lieu of a special occasion or birthday. Or perhaps, if you are planning your wedding, you could consider making donations to Ethiopiaid instead of favours.

Explore your networks – Think about who you could approach within your community to get involved in fundraising. These might include: schools, lunch clubs or coffee mornings, sports clubs, church, choirs, book clubs, children's clubs or other community groups.





OUR PARTNERS VISITED

Spending time with our partners in Ethiopia is important. Every year we visit them to monitor the impact of your donations and to see the work in action.



Tigray & Afar region

DIGNITY PERIOD

Area visited: Tigray & Afar region

Met with: Shewaye Belay, Project Director & Freweini Mubrahtu, Founder of the Mariam Saba Factory

In Ethiopia talking about menstruation is a taboo. Girls are left unprepared for puberty and as a result school is missed, education suffers and girls will often drop out altogether.

Our partner Dignity Period transforms the futures of rural impoverished girls in the Tigray and Afar regions. Thanks to your donations this partnership has been an inspiring story of change with over 145,000 girls reached so far.

But the successes have not come without challenges. The extreme climate and lack of roads in rural areas pose significant problems and it is only due to the sheer determination of Dignity Period's small team that these isolated girls are reached.

Vehicles travel as far as they can to deliver menstruation packs – through bush, river valleys and sand dunes – with the remaining kilometres covered on foot or by donkey. Mobile phones malfunction in the heat, tyres burst and finding overnight accommodation and food is difficult.

During our visit we witnessed how effective Dignity Period's approach really is. Men, women, girls and boys gathered together for education workshops. Girls spoke openly in front of everyone to share how, thanks to the menstruation packs, they no longer feared missing out on school and felt positive about their futures.

The reusable menstruation packs, coupled with the education workshops challenge attitudes, change behaviours and give girls an opportunity for a better life.

We hope you will stay with us on our journey to reach a further 85,333 girls this year.



£3

will provide a sanitary pack for one girl



LAST YEAR YOUR FUNDING HELPED

- Reach 175 schools
- Deliver 66,000 menstruation packs
- Decrease school absences among girls by 24%





ASSOCIATION FOR WOMEN'S SANCTUARY AND DEVELOPMENT (AWSAD) - A BEACON OF HOPE

Area visited: Hawassa, Southern Nations, Nationalities, and People's Region (SNNPR)

Met with: Maria Munir, Executive Director & Founder

The Hawassa safe house is one of five run by AWSAD. Maria Munir, AWSAD's founder and director, told us that there is a particularly large number of young girls supported here and that every girl and woman at the safe house is a survivor of rape.

The youngest survivor is just 5 years old. Police found her wandering the streets having been brutally raped and beaten. The perpetrator has never been identified and her family's whereabouts are unknown. AWSAD suspect she may have been kidnapped or trafficked to the area: a common story. Despite what she has been through, she laughs and plays happily.

For the 30 women and 18 children here, AWSAD is more than just a safe place to sleep. It is a place of sanctuary and belonging where everyone is supported to heal emotionally and psychologically. The staff

guide them through the legal system to help bring perpetrators to justice. Counsellors help mothers to bond with babies born as a result of rape. Young girls continue their education and women receive skills training so they can support themselves and their children when they leave.

AWSAD work tirelessly to address gender based violence: training police, the judicial system, educators and communities. With safe houses in four regions of Ethiopia, AWSAD is a beacon of hope to those experiencing violence and abuse. Maria tells us that no woman is ever turned away, even if that means laying extra mattresses on the floor.

£21

a month will provide a safe home for a survivor of Gender Based Violence



LAST YEAR YOUR FUNDING HELPED

- 438 survivors of violence and 215 children to be kept safe
- 17 girls in the Addis safe house to stay in school - 2 students to graduate with degrees in engineering and medicine
- A new safe house to open in Amhara, where there is great need for support

SMALL GRANTS PROGRAMME SHAPETHIOPIA

Area visited: Hawassa and Humbo, SNNPR

Met with: Desalegn Deka, Executive Director & Founder

SHAPE supports 900 orphaned and vulnerable children (OVCs) across five centres in the SNNPR region. We visited the Humbo centre, which you helped to fund through our small grants programme.

Here 150 children and young people are supported, each from a single mother household, living with a grandparent or with a foster family.

Desalegn told us that every child deserves an opportunity to fulfil their potential. For SHAPE this means that support continues from kindergarten right through to vocational training, university and into employment. They provide nutritious daily meals, a monthly sack of maize and cover the costs of school fees, uniforms, equipment, medicines and paediatric checks.

The children understand that education is the only way to change their future, and spoke of their dreams to be successful in life.

We met Birke (pictured), a mother of 3 children, who works as a labourer. Her son is 10 year old Tewodos and he is a bright and enthusiastic student, with a deep passion for Manchester City football club. Before, Birke was unable to send all of her children to school as it was too expensive. Now that SHAPE pay for Tewodos' school fees, uniform and equipment, it means that this is now possible. The food support has also improved the diet of the whole family.

There is high unemployment in Humbo and boys in particular are at risk of disengagement and addiction to the drug Khat. It was very encouraging to see so many boys and young men at each centre, and to hear of Desalegn's ambitions to open more centres in the future.



Birke and Tewodos





HOSPICE ETHIOPIA



Azeb at her home



Area visited: Addis Ababa

Met with: Ephrem Abathun,
Nurse & Executive Director

Ephrem calls what they do 'taking away the pain'. By this he means the psychological pain of impending death; the social pain of not being able to afford medicines; rent or food; the spiritual pain of feeling you have been cursed to suffer; and lastly the pain of the body, which is so severe that sleep and speech is impossible.

LAST YEAR YOUR FUNDING HELPED

- Support 165 patients with end of life care
- 116 patients to receive outpatient care
- 48 patients that are bed bound

- Delivering end of life care costs approximately £500 per person
- £4,300 will pay for the day care programme for one year

We met Azeb (pictured), a 40 year old mother of 4, who has advanced cervical cancer. Ephrem's team found her in severe pain, unable to even sit up or walk and with a maggot infestation at the site of her tumour. She told us of how she has been treated with dignity and compassion. With a smile on her face she said that her pain had been reduced and that she is now able to sit up and help her children with their homework.

It is common in Ethiopia to see people with advanced cancer, as there is no routine screening. Ephrem and his team work in destitute communities providing medical support in the home and at outpatient clinics. Hospice Ethiopia volunteers help to identify new patients and offer support with simple tasks like shopping, preparing food and being a friend. For those who do not have family these volunteers are of great comfort.





DENEBA &
ENEWARI

CHESHIRE SERVICES

Area visited: Deneba and Enewari, Amhara

Met with: Fasil Ayele, the new Executive Director

Cheshire Services supports adults and children with disabilities to participate inclusively in all aspects of life. In a country where the disabled are frequently isolated and shunned, Cheshire Services is a lifeline.

Bespoke prosthetic limbs, specialist shoes, mobility aids and rough-rider wheelchairs are manufactured and provided free of charge. Children access corrective surgery, residential rehabilitation and physiotherapy. Rural impoverished patients are identified through an outreach service - an important part of Cheshire Services' work.

In 2018 there was a new pilot programme set up for 140 disabled households. Each received livelihood training to encourage self-sufficiency and support to develop meaningful roles in their communities. Within just a few months of starting the project, the wellbeing of these households

had improved. We were privileged to be invited to meet beneficiaries in their homes.

Elefachew (pictured right) is 24 years old and lives at home with his parents. He uses a rough-rider wheelchair given to him by Cheshire Services. His chicken enclosure was impressive, housing 35 plump chickens that looked very well-cared for and were laying a good number of delicious eggs. His business is prospering, and at Easter he was able to sell 7 male chickens: earning a good sum to reinvest. His mother told us that Elefachew's confidence and sense of self-worth has grown.

Whether through rearing chickens, sheep, or starting a trade, the project has enabled a sense of empowerment and inclusion. Everyone we met proudly showed us their savings books.

Cheshire Services is about so much more than providing wheelchairs and prosthetic limbs. It is about people living with disabilities having a purpose, increased independence and hope of a better future. Everything that the late CEO, Ato Gebremedhin Bekele, worked so hard to achieve; what a wonderful legacy!



Elefachew
with his chickens

LAST YEAR YOUR FUNDING HELPED

- 6,151 disabled people supported in the community
- 155 children receive physiotherapy each week
- 2,357 amputees received prosthetic limbs

- £15 will provide counselling to parents of children with learning disabilities
- £127 will pay for one rough rider wheelchair
- £225 will pay for post-operative residential support for one child

SMALL GRANTS PROGRAMME TACKLING PODOCONIOSIS

Area visited: Addis Ababa



Podoconiosis (lower-leg Elephantiasis) afflicts an estimated 1.6 million people across Ethiopia. It is caused by long-term exposure of bare feet to specific types of soil which enters the feet through cracks and fissures, leading to chronic inflammation, lymphedema, fibrosis and infection. It is debilitating, robbing people of the ability to walk, work and be self-sufficient.

Your generosity has enabled us to provide small grants to prevent and treat podoconiosis through projects delivered by two organisations – the National Podoconiosis Action Network (NaPan), and Action on Podoconiosis and Integrated Development Organisation (APIDO).

These grants will help strengthen community response, set up self-help groups, provide

homebased care, train shoe makers and establish a special shoe manufacturing operation that will produce and distribute 3,900 pairs of oversized shoes.

In the farming communities of the SNNPR region (where these projects are based), there is a high prevalence of the disease. Sufferers are taught self care so that they can maintain the best quality of life, with the highest possible degree of independence and dignity. We look forward to reporting back at the end of the year on the impact of these grants.



THIS APRIL WE LOST A DEAR FRIEND AND COLLEAGUE ATO. GEBREMEDHIN BEKELE, CEO OF CHESHIRE SERVICES ETHIOPIA.

Since the 1970s, Gebremedhin had dedicated his life to supporting individuals and families living with disabilities. A warm-hearted, down to earth, kind man his mission in life was to help others and to change the status of people living with disability in Ethiopia. Gebremedhin touched the lives of tens of thousands of people – several thousand people attended his funeral, demonstrating how highly regarded he really was.

He guided Cheshire Services through many decades and many challenges – learning to adapt in the face of political unrest in the 1980s – to be the organisation it is today: providing rehabilitation, mobile outreach, wheelchair and prosthetic workshops, hydrotherapy and more recently, donkey therapy.

Gebremedhin believed in more than just providing support for those living with disabilities. He was a visionary, who longed to see individuals with disabilities and disabled-headed households thriving and leading meaningful lives within communities. As we mourn his loss and celebrate his life of service and humility, it was a joy to be able to visit Cheshire Services in May and see his vision coming to life through the Livelihoods Project.



By empowering individuals and households to become self-sustaining business owners and essential contributors to communities, this project continues Gebremedhin's legacy. A legacy that with your support we hope to continue for many generations to come.

We hope you will help our partners to continue to transform lives for generations to come. If

you are considering leaving a legacy to Ethiopiaid please get in touch to receive our free gifts in Wills information pack: The Greatest Gift. We hope that you will continue to be inspired by the work we do, and that once you have looked after your friends and family, you will consider including Ethiopiaid in your Will.



To receive a free information pack on how to leave a legacy to Ethiopiaid please telephone **01225 476 385** or email **mylegacy@ethiopiaid.org.uk**.

MAKE A DONATION



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Send a cheque or postal order



Make a credit or debit card donation



Make a fast and secure online payment at ethiopiaid.org.uk



Give over the phone on: 01225 476 385

**Regular gifts are so important to us and simple to set up. Knowing that we have a guaranteed income each month helps us to plan ahead with confidence.*

MAJOR DONORS & LEGACIES

Philanthropy and legacies enable opportunities for significant change. If you are considering giving in this way please contact Lisa Cousins, to discuss how you can engage with our work. Lisa can be contacted at lisa@ethiopiaid.org.uk or by calling: 01225 476 385



Anna



Becki



Christina



Francesca



George



Lisa




Mim


FUNDRAISE FOR US


We have lots of ideas - donations as wedding or birthday gifts or taking on a challenge. Take a look at 'How you can help' on our website.

TELL OTHERS

Share this newsletter with friends and family and encourage others to support us in whatever way they can.

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It's quick and simple to renew your gift aid declaration, simply get in touch with us.



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