



Feed a Child – Rabson’s Story

“We mainly ate pumpkin leaves and maize, but it was lacking nutrition. My grandchild was underweight and malnourished.”

Rabson lives in rural Zambia with his wife, children, and two-year old grandchild, Emmanuel*. Rabson is a farmer, but he struggled to produce enough crops to provide for his family. They ate what they could grow, limiting their diet to maize and pumpkin leaves.

“My grandchild was diagnosed with malnutrition at the local health centre,” says Rabson.

“Each time I took Emmanuel to the health clinic,

he was constantly weighing less than he should,” says Adnas, Rabson’s wife. “I asked why my child was not improving in weight and why his legs, hands, and face were swelling.”

The health clinic told Rabson and Adnas that their grandchild was suffering from malnutrition due to their limited diet. They were told to feed Emmanuel with foods that were rich in protein to help encourage growth.

“We were advised to feed Emmanuel beans and eggs, but we could not afford to buy them,” Rabson says.

CEO Message



In March, I had the opportunity to attend the ADRA Annual Council in Türkiye.

The conference gathers representatives from all the ADRA offices around the world for a week of learning, reflection, and planning. It was the first time we have been able to meet face-to-face as an ADRA network since COVID-19, and what a blessing it was!

It's at conferences like this where I truly get to appreciate the global impact that ADRA is making, thanks to the generosity of people like you.

One of the most moving presentations was from Artem, the Country Director of ADRA Ukraine. Artem shared how your support has been impacting the lives of millions of people affected by the conflict in Ukraine.

It is a blessing he was given permission to attend, as men are not currently permitted to leave the country.

He shared that over seven million people in Ukraine have been helped so far through ADRA's response, and every single person who has made a request has been assisted. Not one person in need has been turned away thanks to the generosity of supporters like you.

I came back inspired from the ADRA Annual Council to better serve my neighbour, whether quite literally next door or inside my house, at the workplace or outside, in Australia or overseas.

I believe we can all experience the 'Good Samaritan' story in our daily actions, and I pray that God will give us a new heart and put a new spirit in us so that we can meaningfully serve those around us.

Serving humanity is indeed a privilege, and I thank you for the part you play in this mission!

A handwritten signature in blue ink that reads "DGrellmann." The signature is written in a cursive style with a horizontal line underneath.

Denison Grellmann
CEO, ADRA Australia



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Rabson worked odd jobs and sold any leftover crops to earn income for the family. But this was never enough to cover their expenses.

“We struggled to provide food for our children,” says Adnas. “That kind of hunger, it affects your children. We used to go to sleep hungry, and the children would cry with hunger. Our children stopped going to school because we could not afford to buy pencils, books, pens and shoes.”

When ADRA came to Rabson’s village, he was eager to participate. The FARMS Project, which is supported by the Australian Government through the Australian NGO Cooperation Program (ANCP), taught best farming practices, like how to use fertiliser, compost, and pesticides to get the most out of their yield.

It also helped farmers like Rabson to best utilise their land. The project also introduced black-eyed peas (known locally as cowpeas) to participants. Crucially, the cowpeas provided the nutritional requirements Emmanuel needed to grow and flourish.

“Since we didn’t have beans and eggs, we fed the child on cowpeas since they are in the same food group as beans,” Rabson says. “We have since seen his health improving.”

“We’ve seen a great improvement in Emmanuel’s weight,” says Adnas. “He has been weighing above 6kg, then 7kg, and last month he weighed 10kg. The cowpeas saved my grandchild’s life.”

Not only did the cowpeas provide Emmanuel with the nutrition he needs to flourish, but they have also provided Rabson and his family with a steady and reliable source of income.

“Before joining ADRA, we only grew maize and pumpkin leaves, but now we have a variety of crops we can grow for both eating and selling,” says Rabson. “I was able to send the children back to school with the money I earned from selling cowpeas.”

Since introducing cowpeas to his crops and applying the farmer training he received from



ADRA, Rabson is earning three times what he was previously making. For the first time, Rabson and Adnas don’t have to worry about how they are going to provide three meals per day and send their children to school. Now, Rabson can look towards a better future for him and his family.

“My dream has always been to have a better life for my family and build a nice house,” Rabson says. “Thanks to the money I earned from selling cowpeas, I was able to buy iron sheets and bricks to build a modern house in a better settlement.”

“Our life has improved significantly,” says Adnas. “Our house is much better than the one we lived in before, and our grandchild’s health has improved after switching to a more nutritious diet with cowpeas. Had it not been for the cowpeas we received from ADRA, my grandchild would have died by now.

“Thank you for your support.”



*Name changed to protect identity.

Your gift by 30 June can provide families like Rabson’s with access to a wider range of nutritious foods. Donate today at adra.org.au/feedachild to help feed a child and grow a family’s future.

Jim's Testimony

ADRA Blacktown



In the space of a year, Jim's life was turned upside down. "I'd lost my health, job, wife, kids, house, and freedom."

Jim worked in the liquor industry for more than 20 years, but after choosing to give up his drinking and recreational drugs habits, cracks in his marriage started to appear.

The pair started free counselling sessions at the ADRA Community Centre in Blacktown to try to save their marriage.

Through individual and group counselling, food parcels, crisis relief, emergency housing and other tailored programs, the centre not only provides a safety net, but helps build stronger individuals and families for more resilient communities.

These services are provided free of charge thanks to the numerous volunteers who give their time and energy.

"We were looking for someone to help us recommunicate and reconnect," Jim says. "I was very much in love with my wife and loved my two little girls. I wanted my family to succeed."



Unfortunately, the marriage didn't survive. Jim found himself on a downward spiral, struggling for the right to spend time with his children and restart his life.

After an altercation with his former father-in-law about seeing his young daughters, Jim spent seven months in jail.

But rather than spiralling further, his time in jail gave him a new perspective. "I'd never been in trouble with the law before," he shares. Pastor Eddy Johnson, the qualified counsellor he'd seen at the ADRA Community Centre in Blacktown, kept in touch with Jim and encouraged him



Jim with Pastor Eddy Johnson

throughout his time behind bars.

"Pastor Eddy wrote me letters constantly while I was in jail, and the letters he wrote changed my life," says Jim. "He gave me verses in the Bible to

read, especially Job. I felt I was unjustly in there, but it was good for me. It straightened me out completely and humbled me.”

While in jail, Jim started attending Alcoholics Anonymous (AA) meetings and decided to study counselling himself. Now, he's two years away from becoming a drug and alcohol counsellor.

“I've been involved in the AA and Narcotics Anonymous fellowship for more than 10 years now because of my recovery,” Jim shares.

“I always had an interest in helping others, but my life used to be about getting excited when a big deal came across.

“Now I get excited when I get a call from a mother saying that I've helped her son overcome addiction. That high is better than any drug I've ever had. I want my life to be more about service than getting served.”

Although his path was tough, Jim is thankful for the experiences. “I found myself through the process,” he says.

When he was released, the judge strongly recommended that Jim continue counselling,



Jim with his two daughters

Used with permission.

so Jim returned to the ADRA Community Centre to continue his counselling with Eddy.

“[This is] ongoing sponsoring in the sense of having someone reliable to turn to,” Eddy shares.

“The benefit of being a sponsor is the joy of seeing concrete, positive change occurring over time.”

Jim also attends the Saturday afternoon bible study group that meets at ADRA Blacktown offices. Eddy hosts the gathering, which begins with a bible study and ends with a

potluck supper and socialising. The group has become a second family to Jim and other participants.

“Before, I was an angry man,” Jim recalls.

“I would hit challenges head on with an angry attitude. But now, I hit them with the understanding that God gives you certain challenges so you can grow as a human being.

“If you embrace that and work through it, you can become a better person.”

ADRA operates over 100 community projects around Australia. From counselling to food pantries and emergency relief, these services help people who are facing hardship. If you need assistance, please call 1800 242 372 or visit adra.org.au/get-help to find the nearest project.

ADRA's Ukraine Response – One Year On



It has been over a year since the conflict in Ukraine escalated on 24 February 2022.

ADRA launched a global response to assist the millions of women, children, families, and individuals who have fled their homes to escape shelling and seek refuge in neighbouring countries.

According to the United Nations, over 8 million people have been forced to flee Ukraine in the last year, and another 18 million require humanitarian assistance within the country.

ADRA has provided nearly \$40 million in humanitarian assistance over the past year to support emergency response operations and development initiatives in communities impacted by the ongoing crisis. It has also activated over 5,000 church volunteers, mobilised dozens of emergency response teams, and deployed multiple convoys to evacuate and transport over 60,000 people from the war-torn region, as well as deliver food and life-saving supplies.

“ADRA was there before the crisis and will be there after this crisis,” says Mario Oliveira, director of emergency response management for ADRA International. “It has been an enormously complex relief operation. Our response has been possible because of the huge willingness to help from everyone in our ADRA global network, our church community and supporters, and the thousands of volunteers who stepped up. Unlike other disasters such as earthquakes and hurricanes, this emergency is still ongoing and changing on a daily basis. As a result, we tailor



our response to the needs in Ukraine and border countries.”

ADRA continues to lead relief efforts to assist refugees, displaced families, men, women, children, the elderly, and people with disabilities both inside and outside Ukraine, providing:

- Food, water, essential supplies, multipurpose cash assistance, and vouchers for immediate needs
- Shelter and basic reconstruction of accommodations
- Humanitarian evacuations and transports
- Water trucking services and hygiene kits
- Winterisation projects that can provide heat and energy, as well as generators to displaced communities
- Psychosocial and mental health support for adults and children
- Children's camps, art therapy programs, and education initiatives
- Protection for women and children in conflict zones
- Medical check-ups for refugees and internally displaced persons
- Medical equipment, medications, and supplies for hospitals, and clinics
- Rental assistance and legal advice
- Language classes to help refugees integrate into new communities
- Centres that help refugees find work in new labour markets
- Joint partnerships and collaboration with multiple partners including the Seventh-day Adventist Church, United Nations offices, government agencies, and faith-based organisations



"We pray for those who have been separated from the people they love and the lives they know," says ADRA President Michael Kruger.

"We pray for those who have sought safety in bomb shelters and across foreign borders. We pray for those who have lost their homes and their sense of safety. We pray for those who hurt and those who serve. We pray for peace. Even as we pray for the end of this conflict, ADRA reaffirms its commitment to the people affected by it.

"Our dedicated staff in Ukraine and across Europe have been providing urgent support since the earliest days of this crisis, and we are grateful for the partners, donors, and supporters who have helped make it possible to continue serving."

To find out more about ADRA's Ukraine response, or to donate, visit adra.org.au/adras-ukraine-response



Disaster Updates



Türkiye and Syria



In the early hours of Monday 6 February, two powerful earthquakes struck south-eastern Türkiye (formerly Turkey) and northern Syria. ADRA is responding to the crisis in both countries.

In Syria, ADRA has helped a total of 26,535* people who have been affected by the earthquakes. A total of 49,575 meals have been provided by ADRA in 24 different areas of Aleppo and Latakia.

With so many buildings and homes destroyed, hundreds of thousands of people have been displaced, forcing them to take refuge in collective shelters like repurposed schools. Some of these shelters are hosting up to 1,000 people.

However, these emergency shelters are not equipped to meet the needs of so many people with limited water and sanitation facilities. ADRA has provided 31 cleaning kits to seven collective shelters to meet hygiene needs.

Ten of the cleaning kits went to the Sport City Centre which is hosting over 2,000 individuals. ADRA is also supplying collective shelters with hygiene kits and blankets.

ADRA is also supporting water supply rehabilitation work which will restore the water network for up to 12,000 people in the Alasalyeh neighbourhood. And the rehabilitation work in Dahr Al Siryane is now complete, benefitting up to 150,000 individuals.

In Türkiye, ADRA's response has supported almost 9,500 people from 16 cities. ADRA has been working with other local organisations on the ground to coordinate relief efforts.

The response has included the distribution of

food, tents, winter clothing, hygiene kits, cash vouchers, solar lamps, and cleaning supplies.

Just two weeks after the initial earthquakes, a 6.3 magnitude earthquake struck southern Türkiye near the Syrian border. ADRA's response was unaffected, and we continue to provide support to the affected areas.

*Numbers accurate at time of publication.

Vanuatu



Severe tropical cyclones Judy and Kevin made landfall in Vanuatu within 48 hours of each other in early March.

The category 4 storms destroyed buildings, water systems, and crops, affecting over 80% of the population.

From the beginning, ADRA has been on the ground in Efate and Santo, assisting families in evacuation centres with food rations and providing temporary shelter for those who completely lost their homes.

Many are not sure how long they will remain at the evacuation centres as they are not financially able to rebuild their lives.

ADRA's Elang Family Support Services Centre in Etas has become a place of refuge for families affected by the cyclones. One such family was Loma's.

Loma, her children, and grandchildren remained at home because they thought their house would withstand Cyclone Judy. However, as the winds grew stronger, it destroyed their kitchen and lifted the roof off their house.

Loma gathered her children and grandchildren, and they ran through the dangerous winds to ADRA's Elang Family Support Services Centre. They took shelter until the winds died down and remained there when Cyclone Kevin struck.



216 tarpaulins were donated by Bunnings Warehouse



Loma and her family

After the cyclones passed, ADRA's Blossom team carried out self-care activities for some families who were taking shelter at Fokona Seventh-day Adventist Primary School.

ADRA also coordinated the delivery of 216 tarpaulins donated by Bunnings Warehouse. The tarpaulins arrived in Vanuatu by RAAF flight and provided much-needed shelter to those whose homes have been damaged.

You can help us be prepared for the next disaster by giving to our Disaster Fund at adra.org.au/disaster

Volunteer Profile



“Dorolyn had a burden on her heart about the increasing number of discarded babies being found dead in the Port Vila area.”

Louise Ginn met Pastor Dorolyn Laloyer through a friend, Jenny Wigglesworth, in 2011. At the time, Dorolyn was the Director of Women’s Ministries at the Vanuatu Adventist Mission.

“Dorolyn visited some of the young mothers in prison who had discarded their babies,” said Louise, “and they talked of how they felt they had no other option than to do what they did.”

That was all the information Louise needed. Her heart was stirred into action and she knew she had to do something to help in whatever way God led her.

“As a mum, I just couldn’t believe young women felt they had no other options than to abandon their children,” Louise said. “We had this idea of buying this property and setting up a refuge ourselves, but in reality I couldn’t take that on. It was a blessing that ADRA took it on. I realised my role was to raise awareness of this issue and fundraise money to help.”

Louise began a series of fundraising events that eventually led to the big one: a 1,000km tandem bike ride with her son Nathaniel to raise funds for their cause, which evolved into ADRA’s Blossom Project. The ride ended up raising \$70,000 and kicked off what is now known as the annual Ride4Rescue event.

Earlier this year, ADRA Australia held an afternoon tea to commemorate Louise and the incredible work she has done to support young women and mothers in Vanuatu. Since its inception, the project has grown to enhance the wellbeing of women and girls by addressing



Louise Ginn with ADRA CEO Denison Grellmann

issues such as domestic violence, sexual abuse and teenage pregnancy. The project has also established the Elang Family Care Centre, a family counselling centre in Etas. The centre caters to the social, physical, mental and spiritual needs of victims of violence, especially crimes, within a family setting.

“As I look back on the journey now, I can see how God has been leading the whole way through,” Louise says. “It is good that He can see the big picture and impresses us to act even when we don’t see as clearly as He does.”

To date, Ride4Rescue has raised approximately \$220,000.

If you would like to volunteer for ADRA Australia, register your interest online at adra.org.au/volunteer, or call us on 1800 242 372.

Princess Mary Visits ADRA Family Centre



On Monday 24 April 2023, ADRA Vanuatu were honoured to have Her Royal Highness Princess Mary of Denmark and her delegate visit the Elang Family Support Services Centre at Etas, which is a component of ADRA Australia's Blossom Project.

Princess Mary is interested in women's empowerment and climate change, and wanted to learn how local women in Vanuatu are adapting to the changes posed by the impacts of climate change.

"The Elang Family Support Services Centre offers life skills training," said Danielle Masoe, the Project Manager for ADRA's Blossom Project.

"The women learn how to sew dresses, shirts, and children's clothes for themselves and also to sell. The women also tend gardens and sell their produce at the market. It helps them

generate income for the family."

The women who have been empowered through the centre's life skills training had the once in a lifetime opportunity to showcase the items they produce to Her Royal Highness.

With the impacts of climate change affecting people in Vanuatu, especially women and children, Etas community had the opportunity to share their story of how they are adapting to the changes.

"Vanuatu, like other small island developing nations, is

prone to the impacts of climate change," said Lynffer Wini Maltungtung, the acting Country Director for ADRA Vanuatu, in her official welcoming address for Princess Mary and her delegate.

"ADRA also acknowledges that climate change is not just an environmental issue, but a social and economic issue as well. It disproportionately affects vulnerable populations, particularly women and children. We believe that by empowering women, we can create stronger, more resilient communities that are better equipped to face the challenges of climate change."

ADRA Vanuatu hopes that the visit will provide valuable insights into the challenges women in Vanuatu face and that it will inspire further action towards creating a more sustainable, equitable, and resilient future for all.

ADRA has integrated climate adaptation into our programs by integrating nature-based solutions in all development and disaster risk reduction programs.

The Elang Family Support Services Centre is run as part of the Blossom project, which enhances the wellbeing of women and girls by addressing issues such as domestic violence, sexual abuse and teenage pregnancy.



FEED A CHILD

grow a family's future

Rabson's grandchild was malnourished and not putting on weight, but then Rabson received cowpeas and farmer training from ADRA.

"Had it not been for the cowpeas, my grandchild would have died by now. Thank you for your support."

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