

There are some things they can't go without...

Lent Appeal

Your donation
doubled
£1 = £2

The difference you're making

Over the last two years, in fragile countries across the world:



320 people have been trained in peacebuilding



17,790 people have been directly supported through livelihoods programmes



30,984 people have received financial assistance in terms of cash grants or vouchers



Safety

To stay alive, Abeer and her family had to run from their home in Iraq. They took nothing but their IDs, any money they had and the clothes they wore. 'We couldn't take our things with us because we were fleeing,' Abeer shared. 'At that time, ISIS was taking over our village and we were scared of being killed. We just fled for our survival.'

Health

Abeer's family has struggled because of the lack of healthcare. The cramped conditions make the threat of coronavirus and other diseases even more frightening.

'My children get sick because it is too cold. Their temperature gets so high, and so we take them to the clinic. I fear for my children more than anything. But what can I do or where can I go?'

£35 doubled could give six families a vital hygiene kit containing soap, antiseptic, toothpaste, sanitary towels, shampoo and washing powder.

Warmth

Although Abeer's family found safety in the tent they now live in, it's flimsy, and the extremes in temperature have been hard to cope with. 'In the winter, it's too cold. We cannot breathe. In Arabic, we say the cold is to the bone. These tents get so wet and smell so bad, and we have to keep our children inside. There is a lot of mud. The situation in winter is so hard.'

£68 doubled could give five children like Abeer's warm clothing for next winter.




Peace

The memory of the explosions has stayed with Abeer's family. 'We were just crying and afraid at that time. There was lots of fear.'

With your help, families like Abeer's can receive vital emotional support from a clinical psychologist, helping them to process the trauma they carry.

tearfund.org

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This Lent, your gift is needed urgently



Around **168m** people are in need around the world¹



79.5m people worldwide have been forced to flee their homes²



9.2% of the world's population live in extreme poverty, surviving on less than £1.50 a day³

Your generosity has enabled Tearfund to help families around the world. However, there's so much more that's needed. The time is now. You can help provide the essentials people need to live the lives that God intended for them.

1 United Nations' Global Humanitarian Overview

2 UNHCR, 2019

3 World Vision

A prayer for families like Abeer's

Father God,

We pray for peace to return to the Middle East. We lift up those who are grieving the loss of loved ones, and people who have lost their homes, businesses and communities.




Would you heal the hearts and minds of those who have been traumatised.

In Jesus' name we pray,

Amen.

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