

# A Voluntary Charity working in

# **Ukraine and Moldova**

with roots going back to 1990



# Voices from Ukraine - Summary

The air raid sirens have become a regular presence—especially at night. In the beginning, each one brought a rush of fear, a racing heart. But somehow, over time, the mind adapts. It's unsettling how quickly they become just part of the background, a sound you register but no longer react to in the same way. Even if in mid conversation the most will not falter, and the sirens do not even cause a pause. Survival, it seems, reshapes our instincts.

But then come the other sounds—the deep, thunderous roar of a missile overhead, the low, persistent growl of a drone engine. Those are different. They cut through everything. In those moments, all you can do is lie still and hope. Hope they pass. Hope they don't hit here.

And if they don't... there's relief, of course, but also a kind of guilt that settles in, quiet and heavy. Because if it wasn't you, then who? Where did it land? Was it a block of flats, a house? Was it someone's family—children asleep in their beds, now injured and screaming?



You are safe. This time. But the question lingers, every time: what about them?

### **Growing cemeteries**

Each flag that stands in the ground is more than just cloth in the wind — it is a life once lived. Each one was someone's son, someone's brother, a father, a friend. Now, they are memories held tightly in grieving hearts.

These are not just flags. They are silent witnesses to the lives lost — and to the sorrow left behind. With every fallen soldier, a family is broken: a child grows up without a parent, a partner carries the weight of absence, and a mother's heart shatters in quiet mourning.

These flags are not just symbols of war. They are symbols of love, loss, and the unimaginable cost of conflict.





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### Voices from Ukraine - What we can do

## Soup Kitchens/Social Centres - A Lifeline of Care and Hope

Although we frequently refer to them "Soup Kitchens," these centres are far more than a place to receive a meal. They have become safe havens where widows, orphans, families of the missing, and those living in deep poverty can find not only practical help, but also comfort, connection, and compassion.

The war in Ukraine has left behind a trail of heartbreak. Across the country, countless people remain missing; some are courageous soldiers whose fate is still unknown, perhaps lost in battle or held captive; others are men, women, and children from occupied regions, now under Russian control, whose whereabouts and wellbeing remain a mystery.

The tragedy of Ukraine's missing children is especially devastating. Estimates suggest that up to 30,000 children may still be unaccounted for, many believed to be in occupied territories or taken into Russia. Families search desperately, often at great personal risk, clinging to hope in the face of uncertainty.

Our Social Centres, supported by the generosity of donors, provide more than food and clothing. They are places where people can talk openly, share their burdens, and know they are not alone. Here, a lovely meal is served alongside a listening ear, and the quiet reassurance of a caring presence. Sometimes, it is the smallest gestures - a heartfelt conversation, a shared tear, a gentle hug - that offer

the greatest healing.

Children who come to the centres not only receive the care they need, but also have a chance to laugh, play games, and enjoy moments of joy in a safe space. Amid the shadows of war, these moments of light are precious.

We committed are to expanding these facilities to include more professional support - both practical and psychological - so that those who are hurting can find deeper healing. None of this would be without possible the extraordinary kindness of our



supporters, especially the Calleva Foundation, whose swift action in the early days of the war enabled us to establish these centres quickly, and help with the ongoing costs, bringing vital help to so many.

In the face of so much loss, our mission remains clear: to bring help, hope, and love to those who need it most.



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### Voices from Ukraine - What we can do

# **Summer Camps**

In the shadow of war, moments of peace become precious. Our Summer Camps offer families especially those of the wounded, fallen, and missing—a chance to step away from the daily weight of grief and uncertainty. For just a few days, they can rest, breathe, and feel the warmth of community.

For the children, these camps are a place to play freely, learn new crafts, and experience the simple joy of being children again. Yet, in quiet moments, many begin to open up—speaking of fathers serving on the front lines, or sharing the pain of loss when a father will not return. They speak with pride, but also with longing, anger, and questions no child should have to ask. Some talk about words they wish they had said, fears for their future, or the burden they see their mothers now carry-mothers who must be both parents, protectors, and providers.

For the wives and mothers, the camps offer something equally vital; rest. For a week, there is no cooking, no cleaning—only time to heal, join activities, and find strength in the company of others who understand their journey. Together, they share stories, worries, and hopes, finding comfort in knowing they are not alone.

These Summer Camps are more than a break—they are a lifeline. They nurture resilience, create safe spaces for difficult conversations, and remind families that there is still beauty, laughter, and connection in life. We are committed to growing this program, with the hope that one day we can offer such retreats not only in summer, but throughout the year.





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#### **Aid Lorries**

Every time our articulated lorry leaves for Ukraine, it carries more than supplies—it carries hope. Packed to the very roof with food, clothing, medical essentials, and other vital items, each journey is a lifeline for families of the wounded, the fallen, and for those living in hardship. We send these lorries as often as we can, whenever we have gathered enough humanitarian aid and the funds to make the trip possible.

Every trip begins long before the lorry leaves. Our wonderful team of volunteers work tirelessly sorting donations, checking every item for quality, and packing each bag and box with care. Every inch of space matters. If we can fit just one more bag inside, that means one more family fed, one more child kept warm, one more family receiving the help they so desperately need, one more life touched.

Sending an articulated lorry is the most costeffective way to reach the greatest number of people, but every journey depends on two things: enough aid to fill it, and the funds to send it. Without the kindness of our generous supporters, that lorry cannot leave.



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We are blessed to have a rent-free store in Exmouth thanks to our kind landlord, but fuel, paperwork, and transport costs still remain. Every pound you give turns into food on a family's table, warm clothes for the winter, and medical supplies for those in desperate need. Every penny saved here at home means more resources reaching those in need in Ukraine.

Each journey is a testament to kindness—the kindness of donors, volunteers, and everyone who believes that even in the darkest times, compassion can cross borders.

