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Hello dear friends,  
Normally we would send a newsletter during the run up to Christmas, but with the economic downturn and people not knowing how the situation would unfold, we decided to hold back our newsletter until now. The Russian invasion of Ukraine is now just over one year old and the situation in Ukraine is really dire.

I have only just returned from taking my van and trailer to Switzerland, loading up from Hyga, a company that manufacture pampers, st's and inco pads. The owner, Lizabet Giloman is a truly lovely lady who lets us have as many sanitary items as we need. The second company I visit is Motorex. Like Hyga, it is owned by another delightful lady, Monique Regensass, She organised a collection of warm winter clothing, jackets, scarves, gloves etc from her generous workforce, including liquid soap, batteries, and power banks, enabling those with mobile phones to connect with loved ones, especially those with husbands defending the Ukraine in Eastern Ukraine. The journey from Switzerland to Ukraine was a long and arduous one, with snow and ice for most of the trip, especially around the Dresden/Kassel region. I duly arrived in Ukraine and every single item was delivered safely to 'Aratta' our sister charity in Chernihiv. It was an absolute joy meeting up with Victoria again, who I have not seen for over 6 years, before the covid epidemic took hold. So all in all, a wonderful trip and it's also nice to be safely back home again.



A new born. God's statement that life goes on.



Victoria and her wonderful team at Aratta, our sister charity in Ukraine, manages to supply the basic needs for the poorest families in Chernihiv on a daily basis. How they manage this with constant sirens going off, heralding the arrival of deadly missiles, is beyond our comprehension. But manage it, they do.



Dear Nina, Aratta's bookkeeper, who has only one leg, pushed into the path of a train many years ago, has been with us since we set up Aratta back in 1992. She is an absolute gem, working tirelessly to ensure all the documentation is up to standard.



The daily needs of life.

One of the biggest problems for Aratta, is the care of those families with handicapped children, teenagers and adults to care for, but through thick and thin, they manage it.



Thus far this year, BHA has already sent 3 truck loads of humanitarian aid to Aratta and we as a charity are a lifeline to these people. Organising the vehicles is all done by Philip Edmonds, BHA's other director, plus Reg and Mick, two stalwart volunteers. Between them they do a terrific job.

Bless you all for your continued support. Tony

**We have decided to join the 21st Century, inasmuch as we now have a professionally created website. If you're interested in our work, then just click on the link below:-**

<http://www.britishhumanitarianaid.com>

We are able to claim 'gift aid' on all donations made to the charity (at a rate of 25p in the £) as long as income tax or capital gains tax had been paid to the Inland Revenue equal to the amount of tax deducted from the donation. For the charity to claim the tax refund please complete the declaration below.

Name.....  
Address.....  
.....  
Postcode.....

Declaration:

I am a UK taxpayer and I would like tax to be reclaimed on the enclosed donation through the 'gift aid' scheme.

I would like the charity to treat all donations I make from the date of this declaration as 'gift aid' donations and to claim the tax on them until I notify you otherwise.

Signature.....Date.....

If your declaration covers donations you may make in the future:-

Please notify the charity if you change your name and address while the declaration is still in force.

If you no longer pay tax, you can cancel the declaration at any time by notifying the charity – it will then not apply to donations you make on or after the date of cancellation or such later date as you specify.

**Donations (cheques payable) to:  
British Humanitarian Aid or  
Humanitarian Aid Ltd only please.  
Registered Charity 1031547**