



HOPE

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A MESSAGE FROM KAREN BODENSTEIN CEO, TIKVA UK

As we approach Chanukah, a time that reminds us of light in the face of darkness, we reflect on the resilience of those we serve and the strength of the community that stands behind them.

The challenges brought by conflict and displacement remain as urgent as ever. Yet throughout the past year, Tikva has continued to protect, support and empower the children and families who rely on us.

In Israel, our alumni are working to rebuild their lives with courage and determination. This year, we expanded our support programmes, placing particular focus on mental health services and community-building. These efforts help provide stability and connection at a time when so many are searching for belonging.

In Odessa, hundreds of vulnerable children, families and elderly individuals remain under our care. Despite the daily pressures of war, our dedicated team continues to provide food, education, psychological care and welfare services. For those still living in the heart of the conflict, Tikva is a source of daily support and stability, both a safety net and a symbol of hope.

In Romania, our programmes have grown to meet the evolving needs of those who fled. Through vocational training and employment support, we are helping adult refugees regain independence and rebuild their lives with dignity. Our focus on educational and psychological care for the children remains as strong as ever, creating a safe and nurturing environment for healing, growth and learning.

Our search and rescue efforts have remained a crucial part of our mission, enabling us to reach vulnerable children and secure their safety. Each life saved reminds us why we do this work and why we must continue.

As Chanukah approaches, we are inspired by the strength of those we serve and by the compassion of those who support us. Your generosity brings light into the darkest of places and allows us to keep responding, day after day, with care, hope and action.

Thank you for standing with us.



KAREN BODENSTEIN
CEO, TIKVA UK



THE SOROKA FAMILY

The Soroka family lived just meters from the front line in Bakhmut and, for a long time, refused to evacuate despite the growing danger. Both parents struggled with severe alcoholism, and during their first pregnancy, a rocket strike destroyed part of their home. The mother, who was home at the time, survived, but the attack left her deeply traumatised and caused her mental health to quickly deteriorate.

In March 2023, desperate and overwhelmed, the father reached out to Tikva for help. Soon after, their first son was welcomed into our Infants' Home in Odessa, where he finally found the safety, love, and stability every child deserves.

In May 2025, the mother gave birth to a second baby boy, Danylo. Knowing she could not care for him, Tikva immediately took him into their care. Tragically, just ten days later, the children's father died from complications of chronic alcoholism, and their mother suffered another severe mental breakdown, leaving both boys without parental care.

Today, Danylo and his brother are thriving in Tikva's care. Surrounded by devoted caregivers, they receive round-the-clock nurturing, stability, and the warmth of a true home. Though their early years were marked by trauma and loss, Tikva now helps them heal, build resilience, and grow with hope for a brighter future.

There are many more children with similar stories. Your support allows Tikva to continue rescuing children like Danylo Soroka and offer them a future filled with hope.

*Names have been changed to protect confidentiality.



BNEI MITZVAH TIKVA

PLANNING A BAR OR BAT MITZVAH IN 2026?

You can get involved in the following ways:

- Through a chosen fundraising activity
- By twinning your Bar/Bat Mitzvah with a child at Tikva whose Bar/Bat Mitzvah coincides with yours
- Through your school or community

For more information please visit tikva.org.uk/bnei-mitzvah

231

children in our school in Romania

16+

psychologists employed

110+

individuals have arrived in Israel since the war began

BNEI MITZVAH

for TIKVA

FROM OUR KITCHEN TO YOURS

Try Tikva's favourite winter recipe, crispy, golden **Ukrainian draniki** (potato latkes)! Here's how to make them:

Ingredients:

- 5 medium potatoes
- 1 small onion
- 1 egg
- 2 tablespoons of flour
- Salt and pepper to taste
- Vegetable oil for frying



Instructions:

1. Peel and grate the potatoes and onion on a fine grater.
2. Squeeze out the extra liquid from the mixture.
3. Add the egg, flour, salt, and pepper. Mix everything well.
4. Heat some oil in a frying pan.
5. Spoon small portions of the mixture onto the pan and flatten them slightly.
6. Fry on both sides until golden brown.
7. Serve hot, draniki taste amazing with sour cream!



A DAY IN THE LIFE AT TIKVA

Every day at Tikva is full of learning, friendship, and inspiration. We invite you to step into their world and see a day in the life of Vika, Sofia, and Alina Liora.

Hi! My name is Sofia, and I'm in the 11th grade. I'd like to share what a typical school day looks like for me!



Sofia

My morning starts when I wake up early, get dressed, and pack my school bag for the day ahead. After a quick breakfast, I head to school.

In class, I love working on different subjects. Today I got the chance to write on the whiteboard during maths as I was the only one who knew the answer to the teacher's questions. I always try to focus and do my best, especially this year as we prepare for our final exams.

After lessons, I finally get a little time to relax! I usually hang out with my friends, and sometimes we play video games together. It's so much fun after a busy school day.

In the evening, we have a class about the Jewish commandments. It's one of my favorite lessons because it helps me think about how to be a good person and stay connected to our traditions.

When the day ends, I set my alarm for the next day, put my phone away, and look forward for what the next day will bring.

My day as a teacher begins with morning prayers, a quiet moment that helps me prepare for the day ahead. Then I get dressed, pack my bag with my students' favorite books, and make myself a warm coffee to take with me.

When I arrive at Beit Yaakov, the best part of the day happens right away, my 2nd grade girls run up for our morning hugs, filling the hallway with excitement. Soon after, I head to my 1st grade class, where we practice letters and phonics together. I love seeing their faces light up when something suddenly "clicks."

Later, I meet my chavruta, Ayala, and together we prepare a special Rosh Chodesh lunch, today it was homemade sushi, which was delicious!

In the afternoon, I join my Beit Midrash students to learn Pirkei Avot. Their thoughtful questions always inspire me and remind me why I love teaching.

When the school day finishes, I go home and connect with my girls for our evening "STARS" lesson. Even after a long day, they greet me with energy and warmth, and we always end our learning with a feeling of joy and purpose.

Every day is busy, meaningful, and truly fun. I feel blessed to be part of the children's lives.

Hi! My name is Vika, and I'm in the first grade. Today, I want to show you what my day looks like!



Vika

I start my morning by waking up and getting ready for school. After a delicious breakfast with my friends, I head to class. Our first lessons are Hebrew and Traditions, followed by English. I love learning new words!

After school, I love to play games and build things with my toys and friends. We always have so much fun together. Later in the afternoon, I go to my art club, where I can draw and paint colorful pictures, that's my favorite part of the day!

Finally, I sit down to do my homework before bedtime. It's been a happy, busy day!



Alina Liora

FESTIVALS THROUGH THE YEAR



CHANUKAH



TU BISHVAT



PURIM



PESACH



SHAVUOT



ROSH HASHANAH 2025



SUCCOT 2025



SHEMINI ATZERET +
SIMCHAT TORAH 2025

HOW TO GET INVOLVED

How You Can Get Involved with Tikva

There are different ways that you can get involved to support us!



Join Our Community of Supporters

Whether you're fundraising as an individual or part of a group, we welcome you to be a part of the Tikva family. Our team is here to support you every step of the way.



Take on a Challenge or Event

You can get involved through exciting events and projects. You could run a marathon, participate in a skydive or organise a bake sale. Or why not take on a challenge with your office, school, youth movement, or synagogue?



Through the Bnei Mitzvah for Tikva programme

The perfect opportunity for your child to engage in a meaningful philanthropic initiative, while fostering a sense of responsibility and compassion within our young Jewish community.



Your Support Makes a Difference

Without your support, we wouldn't be able to continue the work that we do. Every effort counts!



Get In Touch

For more information about how to get involved, please visit tikva.org.uk/get-involved, contact the office on 0208 209 9100 or email info@tikva.org.uk.



ELI AND ARI: FINDING SAFETY AND HOPE

At Tikva, our mission is rooted in offering safety, stability, and hope to children facing profound hardship. Each child's journey to security reminds us exactly why our work must continue, and why your support truly changes lives.

Eli* and Ari*, born in 2011, grew up in the small town of Aleksandria in Ukraine's Kirovograd region. From early childhood, life was far from simple. Their father abandoned the family, leaving their mother to shoulder the weight of poverty while caring for the boys and their seriously ill grandmother.

Their older sister once lived in Tikva's orphanage, growing up under our care. Today, she thrives in Israel with a family of her own. For Eli and Ari, however, circumstances became increasingly severe. The family struggled to meet even basic needs, especially as their town came under the constant threat of drone and rocket attacks. Life became a daily battle. Each day brought new fear, each night the sounds of sirens and explosions.

*Names have been changed to protect confidentiality.

When Tikva learned of the boys' situation and saw how urgent their needs had become, we stepped in immediately. No child should face such hardship alone.

Today, Eli and Ari are safe within our community, cared for, supported, and surrounded by people who help them rebuild their sense of security. With dedicated caregivers, a warm home, and the chance to learn and grow, they are finally experiencing the stability every child deserves.



733

marriages have
taken place

4760+

people have been
evacuated by Tikva

8 WAYS TO SUPPORT TIKVA THIS CHANUKAH



Our work at Tikva is only possible with your support. This Chanukah, your generosity can bring warmth, comfort, and joy to children who need it most. Every gift, whether it's a cosy coat, a winter wellbeing pack, or a school set, makes a real difference.

To donate visit tikva.org.uk/donate
or scan the QR code



Be the spark that changes a life this Chanukah.

LIGHTING UP THEIR WINTER

This winter, our Tikva children wanted to share a special message of thanks. Each drawing is their heartfelt way of saying **thank you** for bringing light into their lives and helping Tikva remain a place they call home.



1,052
children have been born
from Tikva graduates



Charity No: 1151993

STAY IN TOUCH WITH US

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