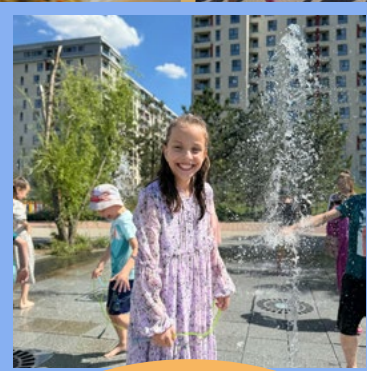


TIKVA Summer Update



TIKVAUK
A HOME FOR HOPE

Photos
From the
Summer



Our Mission Statement

Tikva provides a warm, compassionate home, essential social services and a quality education, and until just a few months ago was committed to revitalising the growing Jewish community in Odessa. However, in the wake of war, our scope has broadened significantly. We've undertaken the monumental task of rescuing both children and elderly individuals from the ravages of the conflict in Ukraine, while simultaneously providing ongoing care for those left behind. Our work also includes the support of our refugees in Bucharest and the continued care of our alumni in Israel. The future remains uncertain.



About Tikva

Only safe home for abandoned and abused Jewish children

Infants' Home
(newborn to six years old)

Boys' Home
(Seven – 17 years old)

Girls' Home
(Seven – 17 years old)

University Dorms
(18-22 years old)



Educating the wider community for over 900 children

Kindergarten | Elementary School | Boys' School
Girls' School | Technical School | University



A thriving Jewish Community of over 3000 with

Synagogue	Communal Festivals
Mikvah	Elderly Feeding Programme
Kosher Shop	Elderly Support and Social Programme
Kosher Restaurant	Youth Programme
Communal Shabbats	Newspaper

AND MUCH MORE



Evacuated over **4,700** people from war torn Ukraine, including children, alumni community the wider community and others.



1996
– FEB 2022

2024
– PRESENT

Caring for over **1100** people in Romania

Supporting **1,200** elderly and **200 school children** and their families who have remained in Odessa.

Preparing and serving **4200** hot kosher meals daily

Providing an education during war time in both Odessa and Romania for over **700 children**

Monthly evacuations from Ukraine

Our Tikva Ukraine War Story



Since December 2021 when the threat of Russian invasion became more real, Tikva began preparing for any number of scenarios and eventualities, stocking up on food and other basic supplies, general and specific medications – and the correct means to transport them, emergency equipment such as batteries, candles, torches, sleeping bags and so on. We were also advised by security consultants we engaged to have back up communications, two-way radios and satellite phones, cash reserves and so much more.

Knowing that Tikva is solely responsible for the safety and welfare of the Tikva children and community, it was clear that we could not rely on optimism or chance.

As mentioned, when the situation escalated, Tikva engaged the services of an international firm of security consultants and contractors, who provided guidance in all the preparations as well as physical security.

With months of preparation behind us, as soon as Russian troops invaded Ukraine, Tikva responded without hesitation, contacting the community via the multiple WhatsApp groups that had been set up, to tell them to be ready with a small suitcase of necessities by the front door, for evacuation. Tikva was leaving Odessa.

Evacuation Timeline

On 24th February 2022, Putin's forces invaded Ukraine and our worst fears were realised. Even though we had been meticulous in our planning for a worst-case scenario, we never expected to have to roll-out evacuations in the way that transpired. This timeline details the key moments from this period.



Week 1

250 University students and alumni couples were evacuated to Moldova

450 children, alumni couples and their children were evacuated to Western Ukraine

Week 2

Evacuated 500+ children, students and alumni to Romania for Shabbat together

20 alumni families stayed in Moldova

An additional **200 from Western Ukraine** were brought to Romania

Week 3

The **remaining 200** group of alumni families and their children brought to Romania

All groups **reunited** in Romania

On the 26th March, **19 buses, 7 minibuses** and many cars left Neptun to Bucharest where we are today

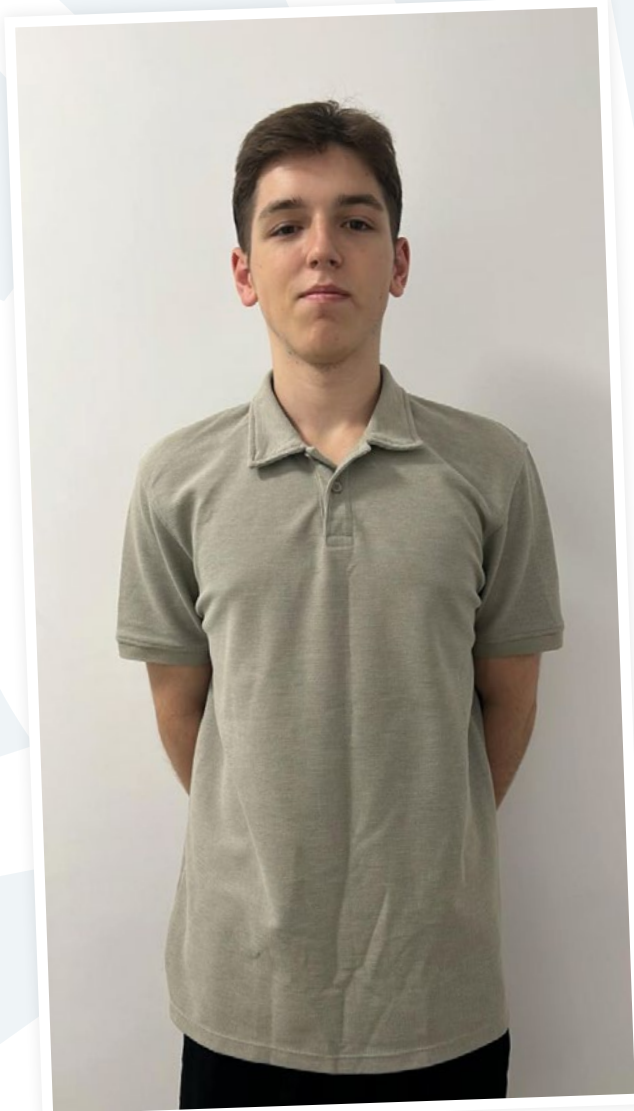
Over the course of 2023, the number of refugees in our care rose slowly throughout the year and we are now caring for just over **1,100 refugees**

Our objective has been and remains keeping our community together as a family. Our orphans look up to our community alumni as older brothers, sisters, aunts or uncles. Our hope is that in the absence of the familiar physical facilities we can at least maintain the psychological cohesiveness and comfort that unity provides.

Child War Story

Even during the most difficult times, our team at Tikva will do everything in our power to ensure the safety and security of our community. With a country in the midst of war, children have lost their parents, caregivers have lost their jobs and are unable to provide for children and the tension of war has seen an increase in alcohol and domestic abuse. This means that, in addition to rescuing children from unimaginably challenging backgrounds, we are also bringing as many of them as possible across the border to our new community in Romania.

One child that has been rescued, is a teenage boy called Ivan.



Originally from Odessa, Ivan joined the Tikva family after his mother had unfortunately passed away and his father turned to drink, disappearing completely from Ivan's life.

Following the outbreak of war Tikva responded instantaneously, bringing hundreds of members of our community out of Ukraine and to safety in Bucharest. However, upon arriving in Romania, the authorities threatened to take Ivan to a state orphanage unless Tikva could prove legal guardianship. Tikva reached out to Ivan's father, who would be able to grant permission for his son to be taken over the border, however they sadly dismissed with disdain. We did not stop there. Tikva left no stone unturned in finding ways to keep Ivan with us – from lawyers to notaries – until eventually we were successful in bringing Ivan to his new home in Romania.

Today, Ivan is safe and happy in the Tikva community in Bucharest. Once a child joins Tikva, they will be part of our family for life.

Evacuations



**40 ALUMNI
FAMILIES**
made Aliyah



4,700 PEOPLE
have been evacuated by Tikva

On the first day of the war, 250 of our young Alumni families and University Students crossed the border from Ukraine to Moldova. This emotionally charged evacuation saw husbands and fathers ripped away from their families, due to Martial law, not knowing if they would be reunited with their loved ones.

The next day, a Russian missile hit a building not far from our Girl's Home, and there was no doubt that the children had to be evacuated. On the Friday morning, our Tikva staff, spearheaded by Refael Kruskal, Tikva CEO and Jeremy Posen, Tikva CFO, took one last look at the Tikva Homes, schools, synagogue, and their own homes; everything that Tikva have worked so hard over the last 23 years to build, and turned off the lights, locked the doors and departed with heavy hearts, not knowing when they will be back. Gathering with them the Sefer Torah, and other important holy books, the staff, alumni couples, and Tikva's orphaned children, started a harrowing 28-hour journey through police and military blockades, with constant shelling in the background, to the safety of the Ukrainian mountains in Western Ukraine, only stopping to make Kiddush late on Friday night at a petrol station.

On Shabbat afternoon, around 450 children, alumni and their children finally reached their destination near the Carpathian Mountains, Ukraine and were greeted with a complete power outage in the village. With their first night as refugees plunged into cold and darkness, the Tikva staff were on hand to help the children find their way to their mattresses to get some well-earned rest.

After a week, and following daily security and intelligence meetings, it was decided that Tikva should, once again, pack up, this time heading to the Romanian border. After another intense 14 hours, the group which had now grown to 500+ who had been evacuated from Odessa to Western Ukraine, on that first day and over the course of the week, made it over the border to Romania just in time for Shabbat.

That same day over 250 people also moved from Moldova to Romania, in the meantime to a different location, with the two groups reunited after Shabbat.



Ongoing Evacuations



Following the outbreak of war, Tikva has become the 'go to' for anyone who want to escape from Ukraine. We have buses leaving every other day to Romania and Moldova where most of the people continue onward to either Israel or other destinations in Europe. These are not our core Tikva community members; they are people connected to the community, who have reached out to us to help them. Their calls for help and heart-breaking stories mean that Tikva will never turn its back on anyone who needs our life-saving support. With increased tensions, petrol in very short supply and, critically, the key bridge to Romania being bombed, the evacuation trips have become longer, more costly, and more dangerous.

In short, due to the constant appearance of new and varied challenges it is becoming increasingly difficult to take people out of Ukraine. However, we are dedicated to answering all cries for help and evacuating anyone who wants to flee.



As time goes on, more and more people have felt the terrible effects of the war and require our help to get to safety. As one of the most well-known and organised Jewish humanitarian organisations in Ukraine, Tikva has been receiving constant requests for assistance in escaping since the war broke out. None of these requests go unanswered! Until recently, many people were simply relocated to safer locations in Ukraine. However, others who didn't want to stay were rescued and brought either to our base in Romania or to another safe haven, where they are assisted in resettling. These life-saving rescue operations are often clandestine, hazardous, and very costly. Depending on demand, two or three buses leave the synagogue in Odessa every week and head to the Ukrainian border.

To date, Tikva has evacuated over 4,500 people from war-torn Ukraine. Over the course of 2023, the number of refugees in our care rose slowly. This is due to more refugees joining us from Ukraine, after we helped facilitate their escape.

Not long after our arrival in Neptun, Romania, we recognised that the living conditions there were not conducive to a long-term stay. Not only was the cost of accommodation high, but the instability of this new situation took a heavy mental toll on some of the refugees, especially children and young families. Neptun was always intended to be temporary, and so, in order to find a longer-term solution, we needed to find somewhere else where we could ensure the safety of as many refugees as possible.

On Sunday 26th March we moved over 960 people to Bucharest in one crazy day. Despite only being 160 miles from Neptun, these two living situations couldn't feel farther apart. The elevated living conditions and safety that Bucharest had to offer meant that, with the love and support of Tikva, the refugees could finally start rebuilding their lives.



Education

Providing a well-rounded and respected, free education for both the orphaned children in our Homes, and those of the wider community, is part of Tikva's core mission. Whether children opt for an academic or vocational pathway, education is vital to break out of the cycle of abuse and poverty, and become contributing members of the community. Our alumni are a great testament to this.

When we saw the war dragging on in the summer, we reopened our main kindergarten and school in Odessa, in order to care for the children from the broader community who were previously attending our schools. For us to be able to obtain the necessary permits we had to build bomb shelters under the building. We were the only private school who did so at the time in Odessa. This meant that

over 200 Jewish children could safely come back to school and continue their education at Tikva since last September. General studies are being held as usual with teachers physically in the room to ensure discipline and participation. Jewish studies are carried out over Zoom from Romania.

Most of the families of these children were already poor before the war and with their situation now more dire now, we are sending home each day hot meals for their families with over 200 of the children.

As well as the important educational aspect of having the schools, there's an equally important psychological element. Many of the children who come to Tikva suffer from delayed development, behavioural and sensory issues. A rigid routine provides focus and comfort to the children and has a positive impact on their learning, behaviour, development, and general mental health.



Support for Those Still in Odessa

Although we have evacuated most of our Tikva community, there are still 200 school children and their families who remain in Odessa relying on the support and infrastructure we provide. This might be due to an elderly grandparent or a father/brother of a certain age not being able to leave the country, and just like we want to keep our family together, they too want to keep theirs intact, wherever it maybe.

As well as this, we are also supporting 1,200 of our elderly community who also remain in Odessa. We are delivering aid, primarily food packages to both the families and elderly daily, which is being run by our Director of Search & Rescue, Sasha Zhechev, and being delivered by some of our wonderful university students who have stayed behind.

Tikva has always had programs to take care of the elderly. These programs included social clubs, visits with the children, soup kitchens and Meals on Wheels. During Covid, with many elderly people either unable or unwilling to leave home, and their limited mobility, we received more calls for assistance than ever, and our lists of recipients almost trebled. Now, during the war, we are assisting 1,200 elderly people. Those who cannot leave home are delivered hot meals by our staff and volunteers. Those who can, come to the synagogue and receive food parcels. Some take up these services every day, others ever other day, but everyone is receiving a meal or package at least three times a week.

In addition to food, we are also providing psychological support to those who remain in Odessa.

Housing and Search & Rescue

We are also housing and feeding elderly people in our vacant Girls Home. And, due to the war, we are unfortunately also taking in new orphans and social orphans whose parents have either been killed in the war, who have been abandoned or whose families are now destitute and unable to care for them. Sasha, the head of our Search & Rescue team insisted on staying in Ukraine throughout the war and he and his team continue to coordinate our efforts to rescue children from the most horrendous of circumstances. Some – those with paperwork and/or legal consent – have joined the Tikva community in Romania. Others are being taken care of in Odessa, in one of our facilities there, with staff members who are still in the city.

Humanitarian Support

As the situation deteriorates in Odessa, with increased missile strikes, no power, water, or heat for most of the day and the cold winters they experience, our humanitarian aid is in great demand. We have installed new generators in our facilities there to keep the children warm and with light, and most parents send their children to school with all their cell phones and emergency lights for the children to recharge during the school day. We are giving out more hot meals as well as emergency and winter supplies – blankets, torches, candles, hand warmers, thermoses and thermal underwear.

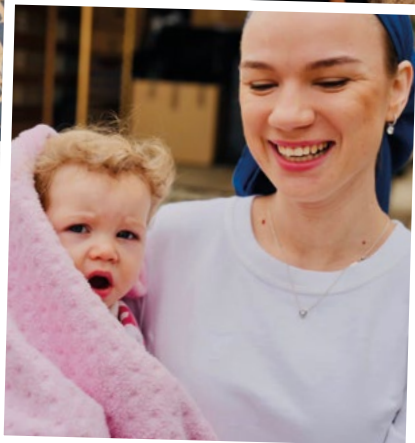


Our Work in *Israel*



When Tikva's children have reached at least 16 years of age, and are considered academically prepared and emotionally stable, Tikva assists them in considering the option to prepare for possible Aliya to Israel. Working with Tikva's professional team of social workers, counselors and psychologists in Israel, Tikva helps coordinate its graduates' adjustment to their new surroundings and effectively integrate into their new Israeli life.

Once in Israel, Tikva graduates are given access to the Tikva Israel Alumni Centre in Jerusalem, a communal hub where former Tikva residents connect with one another and with Tikva staff. Here they can participate in Jewish enrichment courses and a wide range of social and cultural activities. They also receive career guidance and a promising future in Israel. The centre offers all the comforts of home away from home – a kitchen, laundry facilities, study space, computer lab, and activity room. The centre serves over 200 Tikva alumni weekly from Sunday through Thursday and is open 13 hours each day.



With the support offered by Tikva in Israel, almost 900 alumni from Tikva in Odessa have successfully relocated to make Israel their home. Tikva graduates are enrolled in Israeli high schools, pursuing degrees at Israeli universities, colleges and religious institutions and participating in vocational training programs. Many have already entered the working world, and many have started families of their own.

Psychologist Perspective

Psychologist report: How the children are dealing with their childhood trauma and secondary trauma of war.

For three years now, there has been a war in our country. Both adults and children need time to adapt not only to the city or country that they have been evacuated to, but also to their new life. It is necessary to accept what has been lost.

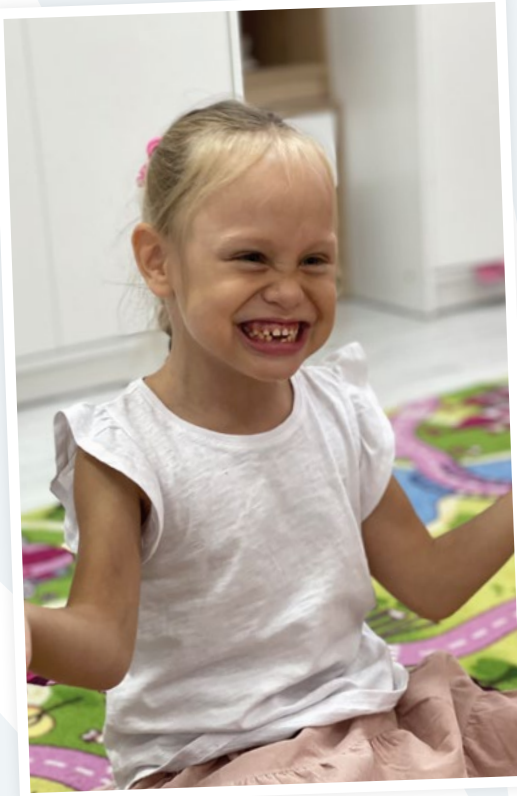
These children, for whom the ravages of war represent a secondary trauma layered upon the scars of their formative years. War has a negative impact on children, on their emotional state, and their ability to focus. Our children are sensitive and not always able to cope with their emotions. Therefore, it is our task to support them and teach them how to manage their feelings and emotions.

If a child is scared, anxious, or stressed, they cannot learn or live a normal life. That is why it is very good that our children have been in a safe city in Romania with Tikva for all this time. They don't hear explosions, the sound of sirens, or see bombings and rockets. Our organisation has done everything possible to make the children feel at home, as it was in Odessa.

Of course, children miss their home, want to see their parents, see a home without war. That's why it is very important to talk to them about their anxieties, experiences, and expectations of returning to Ukraine.



Bella's Story



Bella came to Tikva as a newborn baby, her sister was already living at Tikva. If Bella was taken to the state orphanage, she never would have survived.

Since Bella has been with Tikva, her mother has given birth once again and her new sibling is now living at Tikva as well.

Bella was born on 14th May 2018, and is now 5 years old. Bella has organic brain damage and at the start doctors said she will be severely mentally and physically impaired, and largely incapable of conscious responses or activity.

Her physical and mental state are years behind her age. Nevertheless, she is still showing activity and interest to the outer world.

She shows positive dynamics and starts to differentiate between shapes, can say her colours and can find an object in the room when asked. She knows animals and their sounds, and has even started to pronounce parts of poems, songs and dances. Her vocabulary has tremendously improved in the past year, and Bella has learnt how to eat and drink without the help of counsellors. She can count up to 10 with a little help.

One thing which changed dramatically is that Bella has started to coordinate moving her limbs and has started to walk on her own. Not just walk - she can also run and jump! Only just a few months ago Bella was crawling and needed to hold someone's hand in order to walk.

Bella still needs a lot more help to continue her development, and for this she needs a safe and positive environment around her.



Careers in Bucharest

Getting People Back to Work – Update

Since settling in Bucharest, our primary focus has been on assisting and encouraging our adult refugees to find employment and/or entrepreneurial opportunities. We are committed to assisting as many of our refugees as possible to once again become self-sufficient, primarily for their own emotional and physical wellbeing – almost all of them were employed or involved in commerce prior to the war, and are looking to help them regain that independence, job satisfaction and self-respect, – but also in order to reduce the financial burden on the organisation and its funders.

Steps Taken

Recognizing that there are financial, cultural and social barriers that prevent our refugees from accessing more employment opportunities, in order to better assist those that we believe would be most suited to employment, we have established, or plan to establish the following programs and/or initiatives:

- ♦ **LANGUAGE COURSES** – Romanian and English, on-site at our Bucharest site (Romanian started, mandatory Basic English course started)
- ♦ **IT COURSES** – programming, QA and Web design (one about to be completed, one about to start)
- ♦ Professional Romanian assistance with **EDITING AND WRITING CV'S** for the local market (started)
- ♦ Professional Romanian assistance with **INTERVIEW TRAINING** (started)
- ♦ **SIGNING EVERYONE UP WITH THE LOCAL EMPLOYMENT CENTRE**, including transporting them there, helping them with the enrolment and forms, document translation and the interview, and following up with the Centre (completed)
- ♦ **CONTACTING LOCAL ORGANISATIONS** specifically helping Ukranian refugees to find employment (started)
- ♦ **SPEAKING TO ISRAELI BUSINESSMEN** with companies or businesses in Bucharest to see if they have openings (started)
- ♦ **TRANSPORTATION** to/from interviews (ongoing, ~£3,000)
- ♦ **FINANCIAL INCENTIVES** for those taking lower paying jobs (planned, ~£90,000)



Progress

To date over 50 people have already found employment outside of the community. This includes those now working long distance in IT, sales, accountancy, etc., those working in the service and/or hospitality industry and more.

This week all of our community members who are eligible and able to work were assessed by an international company that we hired to teach them English. English courses will be mandatory for all of those not currently employed. The company we have retained – Edventure – are performing the assessment and once that is completed, all of those assessed will be split into groups according to their current level of English. Classes will then be held for each group of between 6 and 14 people once every couple of days. The materials will be provided by the company and include great printed materials and books, audio practise sessions, homework and more. The initial courses will last for four months.

In addition, a course in basic Romanian is ongoing and a new IT course is about to start up. We continue to assist everyone in writing CV's, preparing for interviews and getting to and from said interviews.

Breakthrough

Around 4 months ago we had somewhat of a breakthrough. Through contacts in Israel we were connected with an Israeli businessman who was looking to build a Matza factory somewhere in Eastern Europe (- where labor is cheaper than elsewhere.) We met with him and over the course of several meetings,

convinced him to set up his factory in Bucharest, as close as possible to Aqua City, so that he could benefit from our local connections and know-how, as well as the Jewish labor we have available.

After concerted efforts by all involved, we managed to assist him in procuring a property a few minutes away from Aqua City. We also assisted with planning and permits, sourcing the equipment and builders that he needed and getting everything up and running. The factory will be producing the highest quality hand baked Matza for Pessach, with the strictest Kosher supervision. They will be operating for eleven months of the year and ALL of the employees will be provided by Tikva, including those handling supplies and logistics, the technicians, all of those involved in the mixing, kneading, rolling and baking, the Kosher supervisors and the packers. All in all, at the first stage over 52 people will be working there in shifts, both men and women. It is hoped that over time this will rise to 80 people. This is a wonderful joint project that provides dozens of people with employment, within minutes from the home, and tremendously reduces the financial burden on Tikva.

After working in the factory for the last few months, which included 3 weeks of intensive training, the employees are now able to bake the Matza in the precise conditions needed. Matza has to be made under very strict timings in order to achieve the ideal size and thickness: no more than 18 minutes can elapse between the time the flour and water are mixed until the Matza comes out of the oven. Orders were procured from Europe and the US.



Hope and Love

My Journey into the Heart of Tikva: A Glimpse into Hope and Love

In September 2023, I stepped into the role of Fundraising and Events Director at Tikva, eager to absorb all there was to know about this incredible organisation. It wasn't until March that I had the chance to explore Bucharest and witness firsthand how the words and stories I'd been immersed in turned into real-life. Only then did the profound impact of Tikva's life-saving work and the relentless efforts behind it truly sink in.

In Bucharest, Tikva is the largest refugee camp in the whole of Europe, the words refugees and orphans conjure negative images but stepping into Tikva, I was immediately struck by the stark contrast between societal perceptions and the vibrant reality on the ground. The staff had worked miracles, not just in providing shelter for orphans, but in crafting an entire world for the 1,100-strong refugee community. A world filled with love and hope permeated every corner, especially within the heart of Tikva – the children's home.

The children's home, a three-level haven segregated for boys, girls, and the little ones, stands as a testament to Tikva's commitment. Around 300 children find refuge here. I approached with a mix of anticipation and apprehension, uncertain about the scenes that awaited me with so many children in one place, I know how hectic my house can be with just the 3 kids! Yet, what I encountered was a serene atmosphere, filled with laughter, singing, and an overwhelming sense of security and belonging. These children have come from the most horrific start in life, incomprehensible backgrounds and have run from war but despite this, these children were thriving, surrounded by love and hope, made possible by the generosity of our donors and the unwavering passion of the on-ground staff.



Meeting the children and hearing their stories, I was overwhelmed with the thought that if Tikva didn't exist, some of these children would not be alive today and those that were, would have no real future but instead they are living in a world of hope. Room after room, everything was immaculate, the beds beautifully made, each child having their own wardrobe, heating, toys, nourishment and the most amount of love. They were happy, content and being around them and seeing them the following day in school was like walking into any Jewish school and kindergarten, learning, and preparing to be their best future selves.

There is so much more that I came across during my visit, the minutia of the details that goes with running such a large community so smoothly, the community itself and the work going into helping the refuges become self-sufficient. The on-going efforts in Odessa, educating the 200 children and looking after its elderly community living in a war zone. I saw and understood the essential support and funding needed to keep our communities going and our children safe across Romania, Ukraine and Israel.

The Tikva family, at its core, relies on the collaborative efforts of donors, dedicated staff, teachers, and the everyday heroes schlepping water to all corners of the community.

I am truly excited to be a part of this remarkable family and eager to contribute to the incredible accomplishments we can achieve together.

Deanna Rosenthal

Fundraising and Events Director, Tikva UK

The Next Stop on Our Tikva Journey

Bucharest, Romania

Tikva in Romania is currently focused on finding employment for all able adult refugees. In doing so, Tikva has been able to reduce food costs by over 50%, as working adults can now provide breakfast and dinner for their families. Nonetheless, Tikva is still providing 1,500 hot meals a day.

Family life is getting closer and closer to what it was like before the war. Families can now sit around a kitchen table, eating self-prepared meals together, with children doing homework at desks and sleeping in their own bedrooms.

We have established an orphanage for just under 300 children. After a year of sharing a bed with several other children in our previous accommodation, each child now has one to call their own. We are also providing education to just under 500 children.

Psychologically, the children are responding well to this new way of life. Tikva originally brought in eight psychologists to work with the children and adults in Romania, and this team has now been expanded to twelve.

Nevertheless, it's a testament to the amazing things Tikva has accomplished when our children tell us that they now feel closer to one another than ever before, and that the close-knit community, despite relocation, gives them hope.

Odessa

In addition to our operation in Romania, we continue to take action in Odessa. We unfortunately are using both the generators and bomb shelters that we built under our school and kindergarten at the start of the war daily.

One of the many challenges we are facing is that the law states that children cannot leave school within an hour of the air raid sirens sounding. If there is a siren late in the school day, the children and teachers must stay behind in the shelters long after the timetabled day ends. If there is another siren during this period, they have to stay even longer, which puts a huge strain on resources.

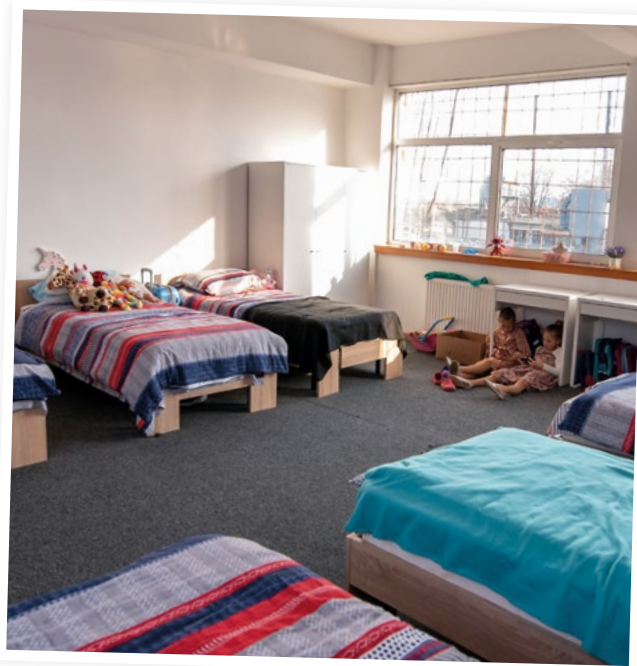
Many children in the school have fathers who have been at the front for months, homes that have been

damaged, and have lost many family members. Yet despite these challenges, over 200 children are attending school, receiving hot meals every day and taking home meals for their families.

We are also still providing over 1,200 elderly and/or disadvantaged people with food packages or hot meals, which are either delivered or collected from our office. As with the children and their families, we also provide psychological services to these elderly people.

Furthermore, our Search & Rescue team have brought 34 new orphans into Tikva's care in Odessa. Arranging the requisite paperwork for these children is extremely difficult, but each child will be brought to our community in Romania as soon as possible. In the meantime they are being taken care of in one of our orphanage Homes in Odessa by our dedicated staff.

All of our facilities in Odessa remain under 24/7 armed guard by the security company we employ. Two of our facilities are still being used by the security services and the girls' student dorm suffered some significant blast damage, but the buildings are otherwise in good shape and are being maintained ready for our return.



Since the outbreak of war in Ukraine, Tikva has evolved and adapted. However, at our core, we remain true to our founding principle, caring for those most at risk.

Photos From The Year



Hello Magazine!

EXCLUSIVE INTERVIEW AND PHOTOS

AS WE ACCOMPANY HER ON A HEARTWARMING TRIP SARAH, DUCHESS OF YORK OFFERS INSPIRING WORDS OF HOPE AS SHE MEETS UKRAINIAN ORPHANS IN BUCHAREST



As she reads a bedtime story to a group of young children gathered around her, Sarah, Duchess of York's maternal nature shines through.

Smiling, she shares a warm hug with one little boy, who sits on her lap and shows her his toy sword, while he and the other youngsters listen, captivated, as she reads them *The Princess and the Pea* and her own book *A Gift of Kindness*.

During a two-day visit to Romania – accompanied every step of the way by **HELLO!** – Sarah is meeting Ukrainian refugees as she tours a children's home run by the charity Tikva, which looks after Jewish orphans from Ukraine and the neighbouring regions of the former Soviet Union.

Eleven years on from her first visit to the charity at its base in Odessa, the community has experienced the trauma of leaving its home country – fleeing Russia's invasion of Ukraine on a perilous journey across the border – to set up a new home in the Romanian capital, Bucharest.

And as Sarah looks around its new children's home, school and housing for alumni orphans, she tells us why she feels such sympathy for the plight of refugees.

STARTING AGAIN

"None of us can know what it's like to have to leave the life you've had, with your belongings in a plastic bag, and start a new life as a refugee, depending on the support of others."

"I've worked with displaced people for more than 30 years, starting with the Bosnian war in 1992. I came to the Ukrainian border three times last year with my charity Sarah's Trust, bringing items of aid."

"I'm humbled by the bravery, love and determination I encounter among refugee communities."

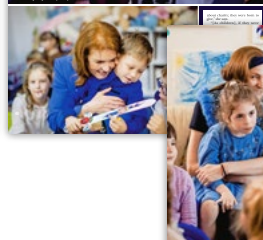
"And although I would never compare myself with anyone in that situation, I feel I have a sliver of understanding of what it's like to lose your world, my mother having left the family when I was 11."

Sarah, who wears a bracelet bearing the names of her daughters, Princesses Beatrice and Eugenie, also tells how she instilled a sense of empathy and compassion in her girls from a young age.

They were born to learn



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TIKVAUK

THE BATTLE FOR HOPE

DO YOU HAVE WHAT IT TAKES?

WEDNESDAY 5TH MARCH 2025

For more information please contact Samantha Landesberg
Samantha@tikva.org.uk ♦ 020 8209 9106

How You Can *Get Involved*

Each year, there are different ways that you can get involved to support us!

There are countless individuals and groups that have committed themselves to raise money for our work and the Tikva team are there to support you along the way.

We have a host of challenges, events and projects that you can take on as an individual or as a group, together with your friends, your office, school, youth movement or synagogue.

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

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



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