

## Short versions of Project Compassion Stories



### 1st Sunday of Lent

Farid is from Bangladesh. Only nine years ago his village struggled to grow enough food to eat. Many people suffered from malnutrition.

Caritas provided technical advice, training on how to establish fish ponds and vegetable gardens and established a local hatchery where baby fish could be purchased. Villagers now enjoy home grown fish and a variety of vegetables all year round. Savings groups have also been established to support income generating activities.

*Your donation to Project Compassion will allow communities like Farid's to gain access to food security, providing self-reliance and hope for the future.*

Luisa is from Dili in East Timor. During the struggle for independence in 1999 her husband was killed and her home was burnt to the ground by militia.

Caritas has provided training in trauma counseling to support survivors of violence and sexual assault. In addition, Caritas Australia, in partnership with PRADET Timor Lorosae, have built a safe room at Dili National Hospital. This is a place where survivors of domestic and sexual violence can go to undertake medical and forensic examinations in privacy. Caritas also develops and distributes brochures in the local language to promote the service.

Luisa now works as a counsellor at the safe room. She conducts trainings for the community and provides information on how communities and individuals can assist survivors of violence.

*Your donation to Project Compassion will allow Caritas Australia to continue to provide support for the people of East Timor as they rebuild their lives.*

### 2nd Sunday of Lent



### 3rd Sunday of Lent

Selinah is from Mmakau in South Africa. Five years ago her daughter died from an AIDS related illness, leaving her the primary carer for her three teenage grandchildren.

Selinah works with a program run by Caritas South Africa and supported by Caritas Australia.

The program has provided training in organic farming, trauma counseling and the availability of government grants, as well as access to safe drinking water, community housing schemes and exemption from school fees. So far, more than 500 volunteers have been trained to provide home-based care to people living with HIV and AIDS.

*Your donation to Project Compassion will ensure the continuation of this practical care and support for families and communities affected by HIV/AIDS.*

### Caritas website

For emergencies updates and general information on the work of Caritas Australia check out our NEW look website at [www.caritas.org.au](http://www.caritas.org.au)