

Spring 2026

action times

YOUR KINDNESS IS TRANSFORMING
LIVES FOR **WOMEN AND GIRLS**.

act!onaid

Zamia and Celia
Photography: ActionAid

Changing the landscape for women at work.

Your kindness supports women like Zaima learn new skills in countries severely impacted by conflict and extreme climate events.

"When a tap breaks in the neighbourhood, or if the water meter isn't working, they call me, and I go and fix it"

– Zaima

inside

Bringing hope to Haiti.

New opportunities in work and education.

Empowering women around the world.

Your support urgently needed in Palestine.

Women and Girls

Unstoppable leaders for a fairer world.



A message from our CEO

Hi and welcome to this edition of **Action Times**. As we're all too aware, these are difficult times, and everywhere we look we see crisis and conflict threatening the safety and livelihoods of women, girls, families and communities. But there's good news too – thanks to your powerful support.

All over the world, incredible women are getting the help they need to survive and thrive as powerful leaders and change-makers. And that's all down to you! So, thank you for your support and for being such a cherished member of this amazing community.

Karol Balfe

Karol Balfe
CEO ActionAid Ireland



Zamia and her friends – full of hope and confidence.
Photography: ActionAid

(Cover page story continued...)

Changing the landscape for women at work

When the home of Zamia's friend was destroyed by a cyclone, she took in her whole family. With your help they retrained as plumbers, a workplace traditionally dominated by men.

***"When a tap breaks in the neighbourhood, they used to call a man. Now they call me and I fix it."* – Zaima**

They are now part of a nationwide project training 800 women in Mozambique to take on male dominated roles in their communities. With the money Zamia earns she buys clothes and work tools, helping her to enjoy a feeling of independence she never had before.

This is just one of the ways you are empowering women and girls to survive climate crisis, conflict and violence all over the world. **Thank you!**



YOU BRING HOPE TO DARK PLACES

Régine had dreams. She ran her own business, lived happily with her family, and loved to dance. But the terrifying reality of gang conflict in Haiti changed everything for her.

"I dreamed of being a great dancer. I won prizes and gifts, and danced at the Palais Municipal."

One day, while Régine was selling goods in her home town, panic broke out. Armed men were on the streets. She ran for safety and found herself on a deserted street. Six young men with guns appeared and blocked her way.

Women in Haiti are suffering hunger, displacement, and a surge in gender-based violence.

"One said, 'Let's kill her!' Another said, No, let's rape her instead.' They raped me right there in the

street. Only an armoured car passing by saved me. My mother bathed me and cleaned me. I just kept crying".

Her old community has been ruined by violence, and her old family home lies burnt out and abandoned. Régine took her children to a displacement camp where poverty, fear and hunger cast a dark shadow.

Over 1.3 million people are internally displaced, and 50% of the population face acute food insecurity.

Régine no longer dreams of being a dancer. Instead, she longs for clean blankets

to keep her children warm, and for the food parcels that keep hunger at bay. It's thanks to incredible supporters like you that ActionAid can get these vital supports to Régine through our partner agencies on the ground, and to the thousands of other women who have suffered similar violence.

Thank you for giving them hope for a better future.

GAZA UNDER SIEGE

Your incredible support has never been more crucial.

The situation in Gaza remains critical. Severe shortages of shelter materials, food, blankets, and winter clothing are putting lives at risk and causing heartrending pain and suffering.

YOUR SUPPORT HELPED
ACTIONAID REACH

70,315

PEOPLE IN 2025.

LAST YEAR YOU HELPED

10,396

PEOPLE RECEIVE
SHELTER SUPPORT.

YOUR KINDNESS MEANT

40,155

RECEIVED VITAL FOOD
SUPPLIES.



Freezing Rain and Floods

Jamil Sawalmeh on the devastating impact of the bitter Gazan winter.

"Children are sleeping in flooded tents, parents are burning scraps of plastic to stay warm, and entire communities are being washed into the mud. We are watching shelters collapse in the rain, no one in Gaza is safe from this storm".

Jamil Sawalmeh, Country Director of ActionAid Palestine

Despite restrictions, your support continues to reach the people who need it most.

Women's Health Crisis

Farah Al-Shafei, a nurse in Al-Awda Hospital in Nuseirat, on the crisis in female health care in Gaza.

"A huge increase in displaced people this winter, has placed immense pressure on Al-Awda Hospital – the only facility providing delivery and gynaecological surgery services in the Middle Area. Pressures on maternal and reproductive health are intense, particularly among pregnant and lactating women. But we continue to treat women and girls with critical health needs, despite the appalling situation".



Women you're supporting around the world

Celvina in Mozambique

Celvina was just 14 years old when she was forcibly displaced during the armed conflict in her home province of Cabo Delgado in Mozambique.

Your support helped Celvina retrain as an electrician, transforming her family's income and helping to redefine the roles of women and girls in her community.

You're helping displaced women and girls access vital new economic opportunities.

Monica in Uganda

Monica was 21 when she fled the deadly violence in South Sudan. Her journey to the Imvepi refugee camp in Uganda was brutal and exhausting. But your support helped her rebuild her life.

You helped Monica find a Women's support group which promotes women's rights, and helps women and girls protect themselves from economic hardship and gender-based violence.

Thank you for the hope you bring to women and girls everywhere.

Rejina in Nepal

Rejina is 11 years old and her parents face huge financial challenges which put Rejina in danger of joining the 32% of Nepalese children who drop out of school at secondary level.

But kind support like yours funded a Children's Club at Rejina's school. The club organises fun events and also encourages Rejina in her dream of one day becoming a nurse.

120million girls worldwide are out of school.

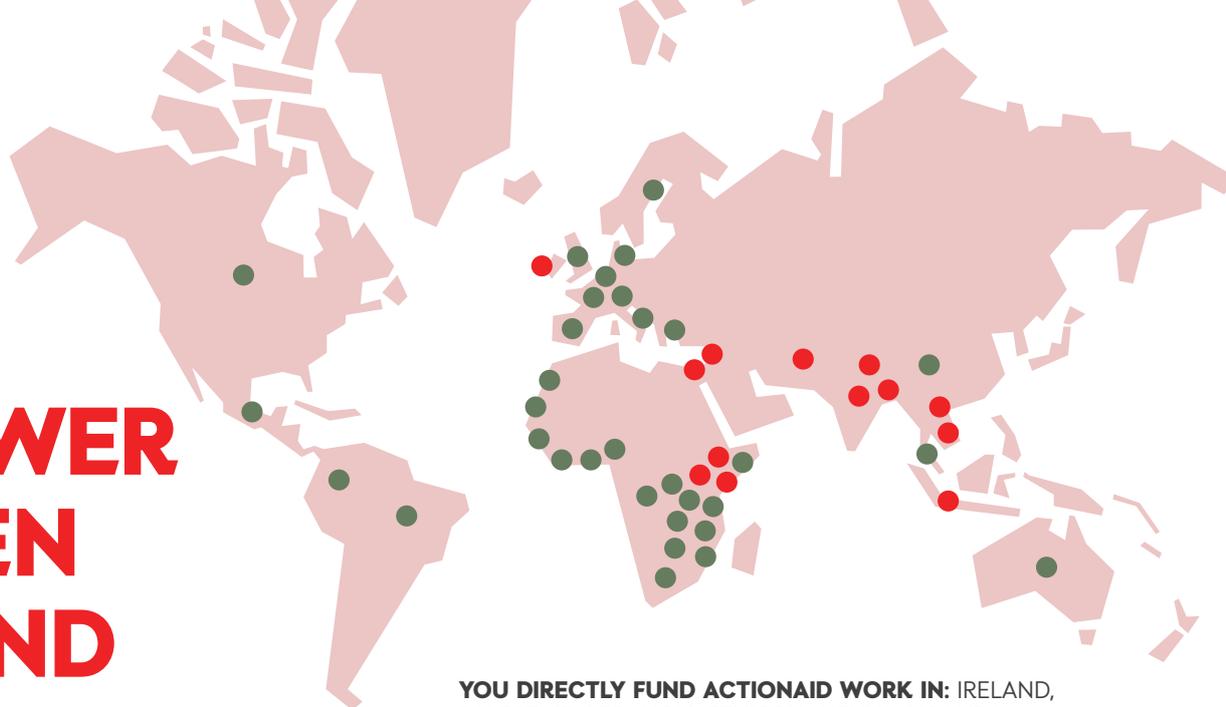


Your incredible Christmas spirit

Just a quick word of thanks for your phenomenal support during our recent Christmas Appeal. Thanks to you, we raised more than €43k – a phenomenal achievement, that will help women like Ann survive gender-based violence and to thrive in confidence and safety.

THANK YOU!

YOU EMPOWER WOMEN AROUND THE GLOBE



YOU DIRECTLY FUND ACTIONAID WORK IN: IRELAND, PALESTINE, LEBANON, ETHIOPIA, KENYA, UGANDA, AFGHANISTAN, BANGLADESH, MYANMAR, CAMBODIA, INDIA, NEPAL AND VIETNAM.

Right now, your amazing support for ActionAid means you are directly funding vital work in **thirteen different countries** around the world. You also support a global federation of **71 member countries** across Africa, Asia, Europe and the Americas.

- **ACTIONAID**
IRELAND DIRECTLY
FUNDED WORK
- **ACTIONAID**
GLOBAL WORK

You are empowering women and girls to...

- protect themselves from gender-based violence in Kenya and Uganda.
- retrain women taking on male dominated trades in Mozambique and Myanmar.
- receive vital trauma counselling and leadership training in Kenya and Nepal.
- bringing positive change to women, girls and their communities all around the world.

Thank you for making your kindness a global traveller!

Make your kindness a legacy

Would you like to keep empowering women and girls long into the future?

Making a gift in your Will to ActionAid Ireland is one incredible way to ensure that your kind support for women and girls threatened by poverty and violence lives on.

If you'd like a friendly chat about making a legacy gift, contact Niamh at Niamh.Curran@actionaid.org or phone her at **(01) 878 7911** today.

Make a gift today

If you would like to support women and girls surviving conflict, poverty and gender-based violence right now, you can make a powerful donation by filling in the enclosed form, or visiting actionaid.ie/donate

THANK YOU!

CHY6888

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Women and Girls
Unstoppable leaders for a fairer world.