

HELP US HELP

2023 NEWSLETTER 



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*This issue was written and prepared by
Zoriana Jacyla and Anka Wrzesnewskyj*

A NOTE FROM OUR CHIEF EXECUTIVE OFFICER

Dear friends and supporters of Help Us Help,

Russia's assault on Ukraine has created the largest humanitarian crisis in Europe since WWII.

In response to the 2022 Russian full scale invasion of Ukraine, Help Us Help has been providing immediate aid to over 40,000 victims of war including Ukrainian institutionalized children, injured civilians, and refugees who fled their homes with few resources.

After four years of redirected focus, we are proud to announce the relaunch of our cornerstone project, Summer Camp. The camp will take place in the beautiful Carpathian Mountains with a focus on teaching Ukrainian children transferable life skills that prove beneficial long into adulthood.

The children of Ukraine have been deprived of their childhood, the feeling of safety and freedom in their own land. Growing up in Canada, many of us were afforded the incredible opportunity of attending a summer camp. Summer camps are a place where memories are made and children are given various leadership opportunities in which they can learn and grow in a safe and inviting environment. Our goal this summer is to provide these children with these opportunities.

Our incredible staff and volunteers have been working hard to develop, organize and coordinate a memorable and engaging program that the children will be sure to remember for a lifetime.

It is the generosity of individuals like you that enables us to keep working and inspires us to achieve even more in our charitable initiatives. Help us to continue fighting to ensure a better and brighter future for Ukraine's most vulnerable individuals- the children. Thank you for your continued support.

FROM SOUTH TO NORTH, FROM WEST TO EAST
The World Stands with Ukraine, United for Peace!

Mark Brickell

Help Us Help, CEO



It costs \$600 to send a child to summer camp

**THERE IS NOTHING WE BELIEVE IN MORE,
THAN THE POWER OF**

HELP US HELP SUMMER CAMP

Help Us Help has been hosting Summer Camp programs in Ukraine for 30 years.

This summer, our goal is to invite 200 orphaned children from all over Ukraine to participate in a two-week-long educational summer camp experience. Now, more than ever the children need your support. Our camp provides the children with physical, psychological and social rehabilitation through fun and interactive activities and workshops. Ukraine is in a time of great need and our mission is to ensure that the children feel that they have not been forgotten.

This year's program aims to instill hope in the next generation of Ukraine's youth and children. This year's camp will take place in the Carpathian Mountains, from July 30th to August 12th, 2023.

It costs \$600.00 CDN to send one deserving child to participate in our program. This cost covers transportation, clothing, food, medical and dental assessments, hygiene products, fees associated with excursions and much more! Your generous support helps us to cover these costs. We thank you for helping us make this summer special and memorable for our campers!

This year's theme is...



Around the World in 14 Days!



**WE CAN'T DO THIS
WITHOUT YOUR HELP!**

**Why should you support
Help Us Help Summer Camp 2023?**

It is difficult to convey in words the immense gratitude that constantly radiates from the children who get the opportunity to participate in our program. A tremendous amount of effort and collaboration is necessary to successfully organize and run a Help Us Help Summer Camp.

However, nothing we do in Ukraine is possible without the support we receive from our communities in Canada and the United States. With your generosity, we are driven to ensure that each and every camper is given the chance to reach their full potential! We are extremely grateful for your continued support.

Baby Care Initiative

Children who grow up living in residential institutions did not reach developmental milestones in a family-oriented environment. In some cases, due to overcrowding, isolation, or feeling abandoned and unloved, many of these children have said that they feel great anxiety. After graduating (or aging out) from a residential institution or orphanage, many individuals felt inadequately prepared to start a family of their own due to their lack of exposure to a family dynamic, lack of access to information, and lack of knowledge about resources available to them, among other things.

As a result, in 2014, past program participants began to contact Help Us Help requesting assistance as they were starting their new families. At that time, Help Us Help began packaging and shipping gently used baby items donated in Canada to these families-in-need to help curb some of the expenses that come with having a child. Through word-of-mouth the requests and demand grew, and, in turn, Help Us Help started a pilot program called: The Baby Care Initiative. Help Us Help sees a need for this aid program as support for young parents from the Ukrainian Government is minimal.

Based on past experience and data collected, family units have a better chance of positive outcomes if their basic needs are met. The Baby Care Initiative was formally accepted as a formal project by Help Us Help's Board of Directors in 2020. It is our hope to help curb the cycle of the next generation of children being placed into Ukraine's orphanages and residential institutions.

This year, Help Us Help sent 46 parcels weighing a total of 1030.8kg, to 21 families with 30 children.

Would you like to support the Baby Care Initiative?

Email our Help Us Help Donations Coordinator,

Danusia Wysochanskyj

at: donations@helpushelp.charity for a pick-up or to schedule a drop-off of your baby items.

Meet the Families



Halyna Rabtsun & Dmytro Katkov
Program recipients since 2017



Snizhana Kovernik & Vasyl Hymba
Program recipients since 2018



Victoria Rosypko & Oleksandr Lutsky
Program recipients since 2019

Humanitarian Aid

Since February 24th 2022, Help Us Help reevaluated and paused its regular programming to focus on providing direct life-saving humanitarian aid to victims of war in Ukraine. In total, we delivered over 15,000 kg of medical and humanitarian aid from Canada to Ukraine during 3 phases of our supply drives.

In addition, Help Us Help supplied 20 duffle bags and suitcases of additional IFAK donations / medical aid.

We partnered with a volunteer organization in Poland to source and deliver humanitarian aid from Europe. With this organization, we managed to coordinate 9 deliveries containing food, medication, fire extinguishers, fire retardant protective uniforms, and mobility devices.

Alongside the humanitarian aid sourced in Canada and Europe, HUH-UA was able to secure and deliver essential items such as generators, refrigerators, and life-saving OTC medication.



Bundle Up Ukraine

On November 17th, 2022, Help Us Help hosted the "Bundle Up Ukraine" fundraising event, where we raised over \$300,000. This money was used to purchase sleeping bags and mattresses for victims of war living without heat or electricity in the Kharkiv oblast in eastern Ukraine.

In addition, the Canada-Ukraine Foundation provided us with 2600 food boxes from CUF's Ukraine Humanitarian Relief Fund that were delivered alongside the donations.



Over the past few months, our partners in Ukraine, Dobri Vchynky Razom, have been working hard to distribute these sleeping bags around various locations in the Kharkiv Oblast.

So far, we have distributed 2,250 sleeping bags, mattresses, and 2,480 food boxes. We are awaiting the final shipment shortly.

Help Us Help graciously thanks all the wonderful volunteers and supporters who contributed to the Bundle Up Ukraine Fundraiser! Thank you for your continued support for the past 30 years!

NaplichnychOK

In early September, Help Us Help-UA launched a sub-project called "NaplichnychOK", where children of all ages received educational supplies and materials for the school year. In total, we were able to distribute 1000 backpacks to children in regions all over Ukraine.



Remember, no act of kindness, however small, is ever wasted. Donate to Help Us Help today, and together, we CAN make a difference!



The Mental Health Hub

*Providing Mental Health and
Psycho-Social Support services*

Over the past year, Help Us Help has encountered many new challenges – one of those being the mental health crisis of Ukrainians affected by the war.

The ongoing conflict has caused significant mental trauma to the people of Ukraine. For nine years, Ukrainians have endured the unimaginable, they have experienced their loved ones killed or injured, their homes and cities being destroyed, and their lives completely altered and forever changed.

According to the World Health Organization, one in five people has experienced conflict-related trauma and is suffering from mental health issues.

The most vulnerable populations – the children – are particularly at a higher risk of being affected and more prone to mental health conditions that cause distress, suffering, and impairment of functioning and achieving developmental milestones. Girls, boys, and youth have to cope with loss, grief, anxiety, fear, not knowing the whereabouts of loved ones, having to leave their homes and schools, witnessing or being subjects of violence and isolation.

The number of Ukrainians who need psychological support and assistance is constantly growing, as are the risks of serious consequences from traumatic events.

The Mental Health Hub began in 2021 in response to the COVID-19 Pandemic. This initiative aimed to provide Help Us Help scholars and alumni with mental health support throughout the pandemic.

With the escalation of the war, Help Us Help decided to expand its regular Mental Health Hub services from scholars to also include Internally Displaced Persons (IDPs) and victims of the war.

Mental Health Matters.



MENTAL HEALTH HUB

Help Us Help delivered mental health services to our Scholars, Internally Displaced Persons (IDPs), and victims of the war. A group of 8 psychologists in 5 regions of Ukraine conducted:

- 2,371 hours** of group therapy sessions
- 842 hours** of individual counselling
- 137 hours** of training caretakers and relocation centre volunteers,



Follow us on social media and sign up for our e-mail newsletters to learn more about the project outcomes!

Financial Support



Since February 24, 2022, Help Us Help has been providing one-time financial assistance to children and families affected by the war.

The Help Us Help-UA team has received thousands of requests for help from different regions of Ukraine and developed an evaluation system to determine the families in most need of financial support.

Over 500 individuals in the past year have received financial help to cover relocation and living costs that have been incurred due to the loss of jobs during the war.

Я, Єщенко Наталія Анатоліївна, звертаюсь до Вас, щоб висловити свою вдячність за надану Вашою благодійною організацією фінансову підтримку для моєї сім'ї.

Так сталося, що я виховую, крім свого рідного сина, ще одну дитину, яка позбавлена батьківського піклування. Війна застала мене з моїми дітьми на малій Батьківщині – Донбасі. Після того, як російська ракета влучила в наш город, я збрала дітей, покинула рідну домівку і поїхала в невідомість на захід. Першим пунктом призначення був Львів, пізніше тимчасовим прихистком для моєї сім'ї стала Стрільківська територіальна громада Самбірського району Львівської області. Нас заселили в гуртожиток, що належить загальноосвітній середній школі – лицю с.Стрільки, забезпечили всім необхідним, також харчували. Місцева служба у справах дітей запропонувала мені звернутися до Вашої організації «Гелп ас гелп юа» з проханням про фінансову підтримку, оскільки фінансове становище моєї сім'ї було вкрай складним.

Вже перебуваючи у Львівській області, я змушена була зробити операцію, бо ще до війни мала проблеми зі здоров'ям, якихось значних фінансових запасів не було, оскільки до війни я проживала в селі, працюючи в місцевого фермера, заробітки були невеликими.

Хочу щиро подякувати Вам за надану допомогу. Війна – це не тільки страждання, страх, сльози та смерть, війна – це ще й людська самопожертва, вчасно простягнута рука допомоги, гостинний поріг чужого дому... Я це зрозуміла завдяки Вам. Хай Бог береже Вас, допомагає і даліше робити добрі справи. Все буде Україна!



Independent Fundraisers

Do you have any skills or hobbies? Do you want to make your own mark on the world? Start your own independent fundraiser! Help Us Help is so grateful to all independent fundraisers who have donated their funds to our cause. Don't have any ideas?

Check out a few below, or visit our website at <https://helpushelp.charity/independent-fundraisers>

- Pub Night or Partner with a Local Restaurant
- Silent Auction
- Athletic Competition
- Art Show & Paint Nights /Sale
- Bake Sale or Selling Goods

STEPPE UP for Ukraine 2023

Do you like cycling? Take part in this years "STEPPE UP for Ukraine" cycling event!

Last year, the STEPPE UP for Ukraine team raised almost \$100,000 for Help Us Help. This year, they are back to do the same. YOU can help reach their goal.

Participate in a scenic, *self-guided* tour of the Niagara region. Starting with a brief ceremony and blessing at St. Mary's Ukrainian Church in Niagara Falls, stopping by notable Ukrainian sites along the way, and ending your ride with some nourishing homemade Ukrainian food! Route options include a 20km loop, a 60km loop, and a 120km loop for those looking for a challenge!



Scan this QR code to sign up or donate!



Past Independent Fundraisers



Laurier Helps Ukraine Benefit Concert



Our Home Refillery Candle



"Gourmae" Cupcakes



Janina Soup Company



Pysanky For Ukraine - Ukrainian Arts TO

Help Us Help **UKRAINE**
Raffle Fundraiser

www.justgiving.com/Ukraine-Raffle-Fundraiser

Raising Money for Help Us Help Charity



Raffle Fundraiser - UkieDesign

Veterans and Their Families

In response to the consequences of the 2014 Ukrainian Revolution of Dignity, Euromaidan, Help Us Help expanded its charitable initiatives to include humanitarian support to the victims of the conflict. Each program is run jointly by Help Us Help, the Ukrainian Public Union of Veterans, Побратими and the Veteran Hub in Ukraine.



"Women Who Are Waiting" Project

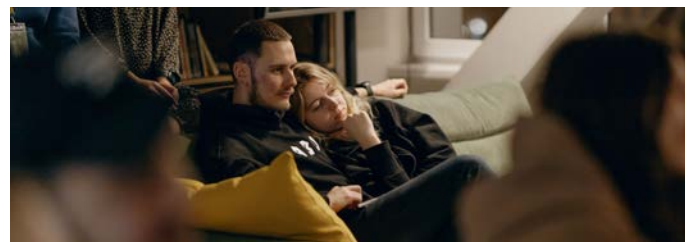
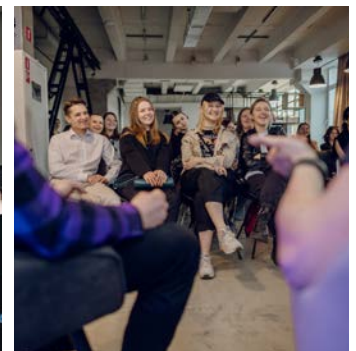
Earlier last year, Veteran Hub launched the "Women Who Are Waiting" project, which provides psychological support groups for veterans, wives and partners of Ukrainian military personnel. These support groups meet weekly in an online format.

"Women Waiting" support groups are focused on supporting and sharing the experiences of women waiting for loved ones from the front, captured or missing. An important aspect of these groups is that the participants, trainers and co-trainers all have similar experiences. Creating such a community helps women avoid the feeling of social isolation, helps to cope with emotions, find support and share experiences with people who are going through a similar stage in their lives. Each support group works with a trainer and a co-trainer.



Support Groups for Bereaved Families

In February, Veteran Hub started implementing support groups for the families of servicemen killed in the Russian-Ukrainian war in cooperation with NGO "Free Choice". These support groups take place in two formats: online and in-person meetings in the Kyiv and Vinnytsia Veteran Hub Offices.



Support groups for bereaved families are focused on helping participants cope with grief and loss, creating a community that can support each other. This work mainly uses methods of cognitive-behavioural therapy and trauma-focused therapy. Participants receive psychoeducation about the grieving process and are provided with self-help tools. The participants also receive emotional support both from coaches and co-coaches and from other group members.

Meet our Scholars!

Help Us Help has had the wonderful opportunity to provide scholarships to 30 talented youth this school year.

Spring Retreat

Help Us Help UA hosted a retreat titled "I Can Achieve Anything!".

Tucked away in the Carpathian Mountains of Ukraine, almost 50 individuals attended the event both online and in person. Participants had the opportunity to take part in informative seminars, psychological workshops and team bonding exercises. The Scholars also had the chance to explore the Carpathian mountains and roast some marshmallows at a campfire.

Two members of our Canadian staff - CEO Mark Brickell and Senior Program Coordinator Anka Wrzesnewskij had the opportunity to attend the retreat and meet our 2022-2023 Scholars in person.

Additionally, our Scholars had the opportunity to meet and chat with the Temerty family, as well as the remaining Canadian staff through an online meet and greet.

During this meeting, select Scholars pitched various small business proposals to obtain a grant from Help Us Help.



Alina Hiba
Amelia Nebesna
Anastasia Neznanova
Ayrika Nikulina
Beata Kurdyban
Diana Kit
Emilia Basha
Karyna Dereło

Kateryna Chyrva
Lazar Kuzentsov
Liliya Hnatyo
Maryna Kovaliuk
Oleh Turkov
Oleksandr Hlibka
Oleksandr Lysak
Oleksiy Hashenko

Oleksiy Vdovych
Olha Bohomol
Pavlo Shapovalenko
Piotr (Yevhen) Papa
Ruslana Roy
Sandy Lokotosh
Solomiya Kravetz
Stanislav Lavoshyk

Taras Odenko
Tetyana Perevezentseva
Valeriy Kosmach
Viktor Shepkiv
Viktoria Redkina
Viktoria Yaremchuk



In Loving Memory Of...



Help Us Help has lost some family members over the past year. We would like to take a moment to recognize and commemorate these brave individuals.

IHOR KOSA

MYKOLA KOROBENKOV

NATALYA ALEKSEYENKO

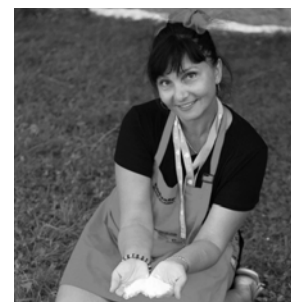
Ihor Kosa started his journey with Help Us Help as a young child participating in our summer and winter camps. As he grew older, Ihor became a scholarship student for our Scholars Program. When the war started, Ihor was delivering humanitarian aid to individuals with a volunteer organization in Eastern Ukraine, when he was struck down by Russian troops. He will forever rest in our hearts. Вічна Пам'ять.

Mykola Korobenko began volunteering at Help Us Help's summer camps as a first-aid trainer. Mykola was a volunteer from Patriot Defense, and ran training seminars for the children, volunteers and orphanage teachers. Mykola passed away on the front lines, defending the innocent lives of Ukrainians. We will never forget his bravery and his impact on the Help Us Help family and Ukraine. Вічна Пам'ять.

Natalya Alekseyenko was a child psychologist from Zaporizhzhia, who volunteered for at summer and winter camps for many years. Earlier in 2022, Natalie, unfortunately, lost her battle with lung cancer. Natalie was such a bright light and touched the hearts of many with her kindness and good-natured spirit. Вічна Пам'ять.

Ihor, Mykola, and Natalya have impacted the lives of thousands of children, staff and volunteers. Our hearts break to hear the passing of such kind and caring souls.

May they rest in eternal peace.



ВІЧНА І'М ПАМ'ЯТЬ

MEET OUR TEAM!

help us help u



Mark Brickell
Chief Executive Officer



Anka Wrzesnewskij
Senior Program Coordinator



Olha Sumina
Manager of Operations



Zoriana Jacyla
Office Administrator



Pavlo Nohovitsyn
Archivist



Stanislav Chornopyskyy
Project Administration Officer

Help Us Help is excited to welcome two new summer students to our team! Pavlo and Stanislav will be joining us for 8 weeks through the Canada Summer Jobs Program.

help us help UA



Vasyl Mudryk
President
Help Us Help UA



Viacheslav Povsha
Executive Director



Ihor Paterus
Program Coordinator



Kyrilo Nevdokha
Scholarship Coordinator



Kostiantyn Halak
Programs for Persons with Disabilities Coordinator



Yuliia Chekh
Humanitarian Aid Coordinator

WONDERING HOW TO DONATE?

Donate ONLINE RIGHT NOW!

Visit: www.helpushelp.charity/donate

***Consider signing up to be a monthly donor. For \$150/month you could sponsor a Scholars*

YOUR LASTING LEGACY

Leaving a designated gift in your Will is one of the most special gifts you can give to a charity.

Maximize your gift and reduce your tax liability with stocks, mutual funds, and RRSPs/RRIFs. Scan the QR code to learn more!



SEND CHEQUES TO:

Help Us Help (Memo: *Select project*)
PO BOX 84600 PRO Bloor West,
Toronto, ON.,
M6S 4Z7

We've rebranded as Help Us Help!

Memo:
Indicate WHICH project you are donating to



Donations over \$20 are eligible for a federal tax receipt.

MAILING ADDRESS:
PO Box 84600 RPO Bloor West
Toronto, ON M6S 9Z9

OFFICE:
2445 Bloor St W #201
Toronto, ON M6S 1P7

Phone: (647) 406-4228

Email: info@helpushelp.charity

