

# RED ALERT

YOUR SUPPORT, OUR WORK, REAL DIFFERENCE

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**redr**uk  
people and skills for disaster relief



# THANK YOU

## WELCOME

Dear Friends,

Spring is a time of transition, in all sorts of spheres.

On 28 February, I attended the memorial service of Kim Waterhouse (please see the note on this page).

He will be missed.

This issue of RedAlert tells you about many of the things we've been doing: Ebola training, first-hand accounts of how we have changed lives in Sudan and some of the great things RedR supporters did for Wear Red for RedR day.

On a personal note I am touched and humbled that on 13th February I was formally made a Fellow of the Institution of Civil Engineers. I feel almost a cheat as the vast majority of the hard work that led to me receiving this honour was done by others: RedR members in the field, staff giving training all around the world, supporters of RedR contributing to our Technical Support Service, or fundraising at their workplace.

As always, we make a difference with you.

**Martin McCann**  
Chief Executive

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RedAlert is produced twice yearly to keep our supporters informed about RedR's activities and achievements, and to encourage others to support our work. All RedR publications, including Red Alert, are printed on recycled stock.

Tell us what you think! We're always keen to hear your thoughts about issues raised in Red Alert. Letters to the editor should be sent to: [anne.bajorek@redr.org.uk](mailto:anne.bajorek@redr.org.uk)

Issue writer: Rory O'Keeffe

**RedR UK**  
250a Kennington Lane  
London SE11 5RD  
t +44 (0)20 7840 6000  
e [info@redr.org.uk](mailto:info@redr.org.uk)  
[www.redr.org.uk](http://www.redr.org.uk)

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## KIM WATERHOUSE

This edition is dedicated to Kim Waterhouse who died on 30 January 2015. Kim was a founding member of RedR and remained a staunch supporter for 35 years. As well as having a successful engineering career, he was dedicated to supporting engineers involved in international relief work. He gave his time and expertise extensively by arranging and hosting practical training courses at his home in Cambridgeshire. Kim was awarded an MBE in 1997 in recognition of his voluntary work for RedR.

## WATER WORKS: MEETING URBAN NEEDS



**Aid workers can now gain vital expertise in providing water, hygiene and sanitation to people following disasters in towns and cities, thanks to training run by RedR UK.**

*Urban WASH in Emergencies* – part of our *Ready to Respond* programme, developed with funding from Lloyd's Charities Trust – gives humanitarians the skills to respond to the needs of people in disaster-struck urban areas.

In 2010, for the first time, more than half the world's population lived in towns and cities. By 2050, it is anticipated that figure will be 70 per cent.

Because most aid workers learned their life-saving skills in rural settings, a skills-gap exists when it comes to the increasing need for urban response. ■

Visit [www.redr.org.uk](http://www.redr.org.uk) for more details

## MISSION READY: SECURITY TRAINING IN THE FIELD

**RedR UK is creating a new simulation to prepare aid workers for the security challenges they face in the field.**

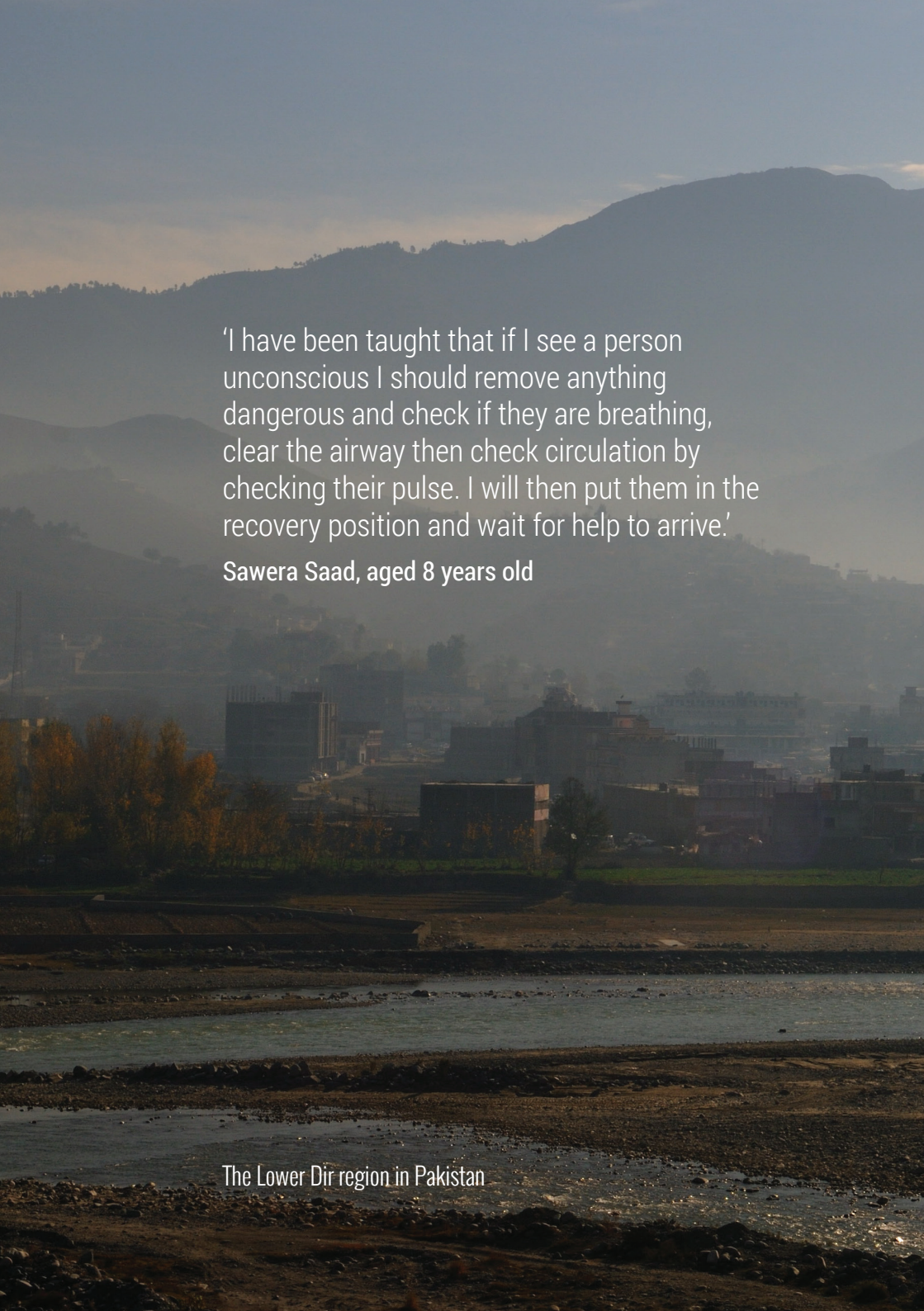
*Mission Ready* – an online interactive training course – will be designed to reach those who cannot afford the money, or the time, to travel to RedR's training centres for security training.

Jac Papini, RedR UK Programme Co-ordinator, said: 'The last couple of years have been the most dangerous on record for humanitarians, and situations in

Syria and South Sudan among others continue to threaten people's lives.

'Security training: learning how to be safe, and stay safe to do your job, is more important than ever. But many people in humanitarian aid organisations cannot travel from their roles in the field to attend a course at our training centres, or perhaps their organisations cannot afford to pay for a course. *Mission Ready* is the way to make sure they can receive the training they need.' ■





'I have been taught that if I see a person unconscious I should remove anything dangerous and check if they are breathing, clear the airway then check circulation by checking their pulse. I will then put them in the recovery position and wait for help to arrive.'

Sawera Saad, aged 8 years old

The Lower Dir region in Pakistan



# PUPIL POWER: SAFER SCHOOLS

**Sawera Saad is eight years old. She attends school in Pakistan's Lower Dir region, an area where natural and man-made disasters are a real risk.**

In her lifetime, she has already experienced flooding in her hometown, and also faces risk because she attends school, as militia groups in her region oppose the education of girls, as well as the employment of female teachers.

She, her classmates, and her community risk attack simply by attending school.

Our *Safer Schools* initiative is training teachers who have taught pupils like Sawera, other teachers, and community members, to reduce risk and perform first aid: potentially life-saving skills.

Asma, an English teacher at a nearby school who has been trained under the programme, said: 'First Aid saves life. I have taught the children and other teachers how to stop bleeding, deal with burns and poisoning.

'We learned how to stop fires, and what to do if the school comes under attack.'

Murtaza Ali, aged nine, adds: In the case of firing, we have been told to lie down on the ground, or go inside a room. If we are outside, we have been told to get behind a big rock, a tree or a pit in the ground to save ourselves.'

*Safer Schools* training was given to 16 teachers in Lower Dir. They have already trained 551 pupils, and 46 more teachers (who will in turn train further students).

And the skills they have learned will be taught to each new intake of pupils, meaning many thousands of children will have the skills necessary to reduce risk and save lives.

Sawera herself has already passed on some of her newly learned skills: 'My mother learned how to tie a bandage from me,' she said. 'She was very happy that she could do it all by herself.' ■





# TRAINING TO TACKLE EBOLA

**'Remember, the idea of the suits is to allow human contact.'**

Watching eight white-suited medics, clad from head to foot in PPE suits and resembling sketches of yetis more than human beings silhouetted against the surfaces of Ebola 'treatment centre' tents, the point seems counter-intuitive: for that reason, it is worth making.

The 'treatment centre' in question is not in Sierra Leone, but the UK.

The people in it are NHS staff being trained by RedR UK to help tackle the West African Ebola crisis.

During the last 'set piece' in the training centre, one man had put his hand on a patient's shoulder and criticised himself for 'increasing the risk of infection'.

Their trainer paused, and addressed the trainees: 'Everything we're learning is designed to minimise the risk of cross-infection, the risk to yourself. But remember you're wearing two layers of protective clothing. The idea of the suits is to allow human contact, as well as to protect.'

On Monday 1st December, RedR UK began training NHS staff to prepare them to work in Sierra Leone, one of the three states at the centre of the worst ever outbreak of the Ebola virus.

Since then, we have trained 266 people in 11 courses – funded by UK Aid, an arm of Department for International Development. At a recent session, which ran from 2-6 February, medical staff explained why they volunteered to help.

Dr Ben Shandro, 30, from Croydon University Hospital, explained: 'This is a health-related humanitarian crisis, so I can be useful. I was also inspired by the poppy exhibition at the Tower of London. I visited that, and was watching documentaries about young men going to play their part, and it made me want to help mitigate one of the disasters of our time. I'm lucky to be able to.'

Dr James Meiring, from the Department of Infectious Diseases, Royal Hallam Hospital, Sheffield, said: 'Our duty is to help where we can. And this outbreak is a situation where my skills match what's needed. I have a two-year old. People have asked me, how can you leave your child to do this? But there's a huge number of two year-olds whose parents will never return, because of Ebola. That's why I must go.'

Lawrence Kargobai, a Sierra Leonean nurse who works in the Emergency Department at Portsmouth's Queen

Alexandra Hospital, revealed a personal reason for volunteering: 'My auntie passed away,' he said. 'She was a children's ward sister at a hospital in Sierra Leone, and she caught Ebola from one of the children there at the very height of the crisis. It was too late when she realised. This made up my mind'

Our training delivers humanitarian skills, as well as cultural pointers. But its main focus is practical, including how to correctly put on and remove ('don' and 'doff') the PPE suits designed to shield them from Ebola, and enable them to care for the patients they work with.

The training in donning the suits – in which the volunteers help one another dress in sequence: gloves; suit; mask; hood; apron; goggles; second pair of gloves – followed by the opposite, doffing, sequence, is repeated several times through the week.

It's learned by rote to become second-nature – to enable the staff to focus on applying their expertise.

Dr Shandro said: 'I'd be lying if I said I wasn't a little worried. But the PPE training is helping with that. It makes me feel better to know there's a process, and get used to it now.'

Their nerves are understandable. The current outbreak of the Ebola virus, which began in December 2013, has killed around six times as many people

as every other outbreak combined (by 18th February, 23,406 people had contracted the virus, 9,457 had died).

But the trainees also learned from people who had experienced the crisis directly – members of previous RedR-trained cohorts, including Dr Dan Cooper.

He explained: 'Coming back is a good chance for me to help. It's therapeutic, too, to talk about what I saw and did and know that talking about it is helping other people prepare to work out there.'

'Sierra Leone was challenging. Most of the babies and children we worked with died. I struggled with that.'

'But there were positive things. Many Sierra Leoneans volunteered to battle the outbreak, which was inspiring, and we had a great team relationship, helped by RedR's training.'

'The PPE training was vital, but learning about the humanitarian sector was really useful, helping us understand what we were doing in the context of responses around the world.'

Dr Cooper has returned to Sierra Leone with IMC, to run two health centres.

He said: 'My life has changed. The RedR training started that. Half the doctors in Sierra Leone have been killed by Ebola. We must work to restaff the state's hospitals, get the right people in, and train them.' ■



# SUDAN: CHANGING LIVES



**ABDAL MAGGD**

More than 12 years after conflict began in Darfur, 2.85 million people remain displaced.

The UN estimates 6.1m people urgently need food, water, clothing and shelter. From our offices in Sudan's capital Khartoum and El Fasher, North Darfur's capital, RedR is giving Sudanese aid workers the skills to meet this ongoing need: training people, literally, to save lives.



**ISSAM HAMID**

In El Fasher, three young men and women explain how RedR's work is changing, saving and improving lives.

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**Abdal Maggd is 19 years old, but seems younger. Tall and slim, he speaks softly, stopping several times, as if unsure if he should continue.**

'In 2009, Hashawha, my village, was destroyed by militias.

They came early in the morning. We were sleeping. They killed most people, including my brother Fakhire. He was 16.

We ran to El Fasher, where I lived in a camp. Life there was very bad. There was not enough water, or shelter. There were thousands of people there.

I felt weak and low. We had lost our



**AIDA MOHAMMED**

house, our things. We were ashamed.

An agency called El Abassy came, gave me advice and support, encouraged me to make a better life.

They helped me become a student, gave me support, told me this was not the end, I can get a better life.

I and many others would be without hopes and ambitions and would not have overcome our crises if it had not been for El Abassy.

Today, I study English at University. I am learning, working hard.

I appreciate El Abassy and RedR's help. I hope they continue working in El Fasher.

**Ten years ago, Issam Hamid's father was killed and he and his family forced into Internally-Displaced People's camps near El Fasher.**

Today, thanks to RedR training, he is Programme Manager for El Abassy, helping tens of thousands of people who have, like him, experienced terror and chaos, to rebuild their lives.

'We heard helicopters. Soldiers came. We ran. Me and my friends were children. Women and children were killed. We carried those who were killed. We lost everything.

I am a displaced person. I lost my father and brother. An organisation gave us a tent. We lived in it for five years.

We did not want to stay in camps, but we had no possessions or transport. We couldn't escape.

At the camps people arrive, then more come, or children are born. But there is no more space, so they are crammed in.

There is no healthcare. There is not enough water. Food came every two months. More people live in camps, but get less help. They feel abandoned.

But at a camp, I heard about RedR. El Abassy, found me, helped me improve my life. I trained with RedR, because all El Abassy staff are trained by them. I joined El Abassy. It gave me purpose.

We help vulnerable people help themselves. We improve their thoughts and skills, so they can get an income. We run workshops and vocational training, so people can make things, and get money so their children can go to school, get medicine and water.

We worked with a 16 year-old. She had been raped and was pregnant. Her family wanted to throw her out and throw the child away. They thought she had shamed them. We showed them it was not her fault, or her son's.

Today, the boy is at school. He and his mother live with their family. And she contributes. She makes and sells hats and bags. I bought one of her hats. I'm proud to wear it.

In Darfur people are hopeless. There are few jobs. Hate and illiteracy have increased. There is a lack of guidance and leadership. People who depended on local produce have no job or income.

But there is light at the end of the tunnel: RedR.

RedR is showing us how to live. We don't need the future made for us, we need the skills to make it ourselves.

Without El Abassy, and RedR's training, my life would be much worse. The lives of thousands of people in the camps would be worse.

I help thousands of people, I have a job, with meaning. If there was no RedR, I would not be here. I would live on handouts.

Maybe my stomach would be full, but my heart and soul would be empty.

**Aida Mohammed grew up in El Fasher, where Darfur's conflict has brought stagnation and unemployment.**

'At school, I wanted to be a Range Inspector. I studied Forestry and Range Science at university but when I graduated, there were no jobs. I was at home, severely stressed.

My mum asked me to go and study English, because it would help me find work. But I knew I would still have no job, and no money.

While I was taking the course, I met Abdul and Issam, who work for El Abassy. We became friends.

They asked me why I always looked sad. They helped me, even though I am not a displaced person.

They helped me to be positive. I took a volunteer job teaching. The school liked me, so they paid me and I had my own money. I helped my family.

Then I saw a Range Inspector vacancy. I was afraid. It was my dream job. But Abdul and Issam helped me. I have been a Range Inspector for the Ministry of Agriculture for two years.

I look after land and people who have animals, giving them medical support and awareness training so they can avoid their animals getting sick.

In Sudan, an animal is a great investment. It must be protected.

I help hundreds of people maintain their incomes. Without that help they may have to go to camps. So my work helps the thousands already at local camps.

In Sudan, some societies say women may not go outside to talk to men. But those men need my help. So they talk to me even though I am a woman.

I help people understand women can do what men can. Because of the support I received, I help thousands of people. ■

# A REDICULOUSLY GOOD TIME



On 6 February over 150 offices across the globe took part in Wear Red for RedR to raise funds for disaster relief. The enthusiasm and commitment from everyone involved this year was unparalleled, and we'd like to say a massive **THANK YOU** to everyone who joined us in wearing red this February.



We'll be busy over the next few weeks counting cash and calculating totals, and in the meantime, the Wear Red trophy will be up for grabs! On 4 March, the company that raised the most for Wear Red 2015 will be presented with the trophy by RedR President HRH The Princess Royal.

We'd like to thank every single person who joined us in wearing red this year. With your help, RedR can continue to provide vital training to aid workers around the world.

**IN SIERRA LEONE** even former RedR staff member Hilke, currently working with the WHO, wore red for RedR!



**RAMBOLL** staff in London wear 21 shades of red for RedR.



**MOTT MACDONALD MALAYSIA** Looks like everyone was having a great time!



**ARUP MONTREAL**  
With over 25 offices taking part this year, Arup staff were out in full force, especially these superstars in Montreal.  
Thank you to ALL the companies who wore red for RedR. ■



# WHY I SUPPORT REDR

**EMMA BOWES, RedR Champion & Graduate Structural Engineer, WSP**

When thinking about ways to do more with my engineering degree, I followed RedR's recommendation of attending the 'So You Think You Want To Be A Relief Worker?' course. I enjoyed it immensely and learnt so much that I knew I wanted to get more involved.

My company, WSP, has great support for individuals who want to volunteer, but at the time didn't have any corporate charities but I knew there was potential! I convinced my friend and colleague Emma to go to the Wear Red for RedR information evening. We began to work more with RedR: organising Wear Red day, volunteering at the BT Tower event and BCI Awards, abseiling the Lloyd's building and attending the Shelter Hands On Weekend. Interest in RedR grew within WSP and I worked with our Head of Sustainability to work out how WSP could better support RedR... and WSP became a Patron in January 2015. ■



### RUN THE ROYAL PARKS

Sunday 11 October sees 16,000 runners take on 13.1 miles through central London's beautiful Royal Parks. Join the RedR team for just £50, and raise £400 for our work – and you'll receive lots of support including a RedR running vest and cheering support on race day itself.

### BIKE TO BRIGHTON

The iconic 54 mile route from London to Brighton has challenged thousands of cyclists over the years – will you be next to take on the formidable Ditchling Beacon? Get a team together – family, friends or colleagues – and sign up to the RedR team for just £40 each.

### JOIN REDR ATOP THE ICONIC BT TOWER!

In autumn 2015, RedR will be hosting an evening of 'flights' to BT's famous revolving 34th floor. The Tower is normally closed to the general public but thanks our newest Patron BT we are offering you the chance to experience spectacular 360 degree views of the London skyline.

For more details visit [www.redr.org.uk](http://www.redr.org.uk)  
 or contact the fundraising team on [fundraising@redr.org.uk](mailto:fundraising@redr.org.uk)  
 or +44(0)207 840 6000.



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# Q & A: MIDDLE EAST



**In Syria, there are now 12.2m people regarded as 'in need' of humanitarian aid by the United Nations. Within the country, 7.6m have been internally-displaced, fleeing their homes to avoid bombings, gunfire, fire and conflict.**

**There are also 3.2m refugees, almost all in the five closest states, Turkey, Lebanon, Jordan, Egypt and Iraq.**

**RedR UK's Middle East Manager Martin Fisher talks about RedR's response to the vast humanitarian need.**

**What is the situation in the Middle East region now?**

The Syrian conflict has created a vast humanitarian need. There are huge numbers of people in need of urgent assistance. There are international NGOs, national NGOs and government ministries working to help, but the needs are so great, and the numbers so staggering, they really need assistance.

**What sort of assistance?**

In many cases, we have government employees and newcomers to the humanitarian sector. They are dedicated and they are working very hard, but they need training to help them stay safe and most efficiently help the highest number of people. Even the humanitarian workers in Syria, Jordan, Turkey and

Lebanon who have been in the sector for some time need training on things like humanitarian values and principles, designing projects, M&E, staff safety.

**How is RedR UK working to meet those needs?**

We are already training people across the region, in safety, project management, WASH, shelter and disaster management. We're uniquely positioned to do so, as experts in training humanitarian workers, so we're in a very good position to meet that need. But there is more we need to do.

**What else do we plan to do?**

It's very much a matter of being there. We have to be there to find out more about exactly what the challenges are and how we can help. At the moment, we are sharing office space in Amman with World Vision, while we register with the Jordanian government. But in the longer-term, we need our own office. It's vitally important that we develop closer links to the smaller NGOs. We are discovering needs within Lebanon and Jordan, relating to native communities, as well as refugees from Palestine as well as Syria. We are working hard to raise funds to continue to provide the right training to meet the immense need here in the Middle East. ■



**Dr Emily Bayne was part of the first cohort of NHS staff who volunteered to respond to the Ebola crisis in West Africa trained by RedR UK. She was team leader at Makeni Health Centre, central Sierra Leone, from 6 December-18 January.**

“ All I really wanted was to do something: help people survive where we could, and make people more comfortable in their last days and hours.

‘We trained together with RedR and 17 of us then travelled together to Makeni. When we arrived, the Royal Engineers were still at work completing the centre. We spent the first couple of days carrying boxes, building beds, and then we spent time training staff. We were raring to go, but the time we spent training with RedR and then preparing the centre and staff really helped us bond.

‘We worked in four shift teams. It seemed we were a little unlucky, as we dealt with most of the deaths.

‘On that, the WASH teams were vital. Most of them were Sierra Leonean nationals (as were many of the medical workers) and they really kept us safe, doing difficult jobs with high exposure. They cleaned wards and dealt with dead bodies. They were vital to everything we did.

‘There were some very frustrating and upsetting things. One of the first patients I met was a 15 year-old girl. She was told by her community that she would be poisoned at the centre. She refused to eat or drink we could only talk and try to make her comfortable as she slowly died.

‘Mary, a five month-old was admitted with her mother. Her mother died, but Mary was allowed to leave after being found free of the virus. It was a lovely moment. We had become very engaged by her. But within the 21-day monitoring period, she was tested, and brought back after testing positive. When she died, we were incredibly sad.

‘But people did survive. It was always a big occasion, with music, singing and dancing. We were delighted to see people leave the centre well.

‘It was also heartening to see the new admissions numbers falling before we left. I plan to return with IMC. I will be helping local health facilities re-open, identifying potential Ebola cases.

‘RedR’s training was really helpful. It helped us stay safe, and process and deal with what happened day to day. ■