

HELPING-HAND 2026

WOMEN AND GIRLS

salvationist.org.uk/helpinghand

Everyone has the right to live a life free from harm.

Yet, worldwide, one in three women will experience violence in her lifetime.

Gender-based violence takes many forms and is most often perpetrated by men against women and girls. It is not confined to one country, culture, class or generation, but women living in poverty are disproportionately affected.

When girls are forced into child marriage and pregnancy before their bodies are ready, they face life-threatening risks.

When women are treated as inferior, dehumanised or controlled, the truth of who they are is denied. Every person is created in God's image - equally loved and valued.

Violence against women and girls has always existed. But it doesn't have to be this way.



PATHWAYS TO FREEDOM

In the heart of Jashore, Bangladesh, lies the city's brothel district - a place where exploitation is a daily reality for many women and children. The paths that lead here are many: debt, deception, abandonment. But choice is not one of them.

For more than 30 years The Salvation Army has been present in this community. From its Health Care and Counselling Centre, a dedicated team runs a programme that helps women find freedom from exploitation and build safe and sustainable livelihoods, and it provides a sanctuary for the children who call the brothel home.



International
Development
UK



Family
Ministries
Having faith in the family

This quiet, radical work is rooted in compassion. Women share their stories and work with The Salvation Army to find a way out. Through skills training, literacy classes and income-generating opportunities, they are discovering new ways to support themselves and their families.

The challenges are complex. There is no single, simple solution. That's why this project weaves together many strands - practical support, advocacy, education - to drive social change and address the root causes of exploitation.

Every day a Salvation Army chaplain walks the lanes of the brothel, meeting women in their homes to listen, advise and offer hope.

Children growing up in the brothels are vulnerable to abuse and neglect. At the centre they have a safe space to learn, play and grow.

Community organisers travel to neighbouring villages to raise awareness of child marriage, gender discrimination and human trafficking.

At its heart, women are listened to. Their experiences and insights shape the project's priorities, ensuring it is community-led, effective and sustainable.

Around the world, The Salvation Army is walking alongside women and girls as they claim their rights, expand their opportunities and find the freedom to flourish.

Find out more about this work by visiting www.salvationist.org.uk/helping-hand

HOW CAN I HELP?

Money raised for the 2026 Helping-Hand Appeal will support international Women and Girls projects.

- £75 could help establish and train a community-based Child Marriage Prevention Committee.
- £180 could fund a human rights seminar for women experiencing sexual exploitation.
- £450 could provide educational support for twenty-five children.
- £1,125 could run the Children's Drop-in Centre for six months.
- £2,250 could run the Children's Drop-in Centre for an entire year.

HOW CAN I DONATE?

- Donate locally through a Salvation Army corps/centre
- Donate online at salvationist.org.uk/helpinghand
- Scan the code below



MEET RIMI

Rimi's marriage was arranged by her parents when she was 13. Her husband, who struggled with addiction, was violent and beat her every day. Eighteen months into the marriage, her first daughter was born.

With her parents divorced, Rimi moved in with her mother who was a street vendor. Money was scarce, so she took a casual hotel cleaning job, but it brought in little income. In desperation she became involved in sex work.

During this time her husband would visit, only to take her savings and leave. Pregnant with her second child, Rimi had no income and couldn't afford hospital costs when she went into labour. Having previously met staff from The Salvation Army, she received support to pay the bill and care for her newborn baby.



To build a steady income, the team helped Rimi start a home-based clothing business, and she later found work with a non-governmental organisation. Her elder daughter attends a government primary school, and her younger one joins The Salvation Army's drop-in sessions. Further training led to employment on a government HIV-prevention project.

Encouraged by the team from The Salvation Army, Rimi began studying at university. She is now working and studying - creating a safer future for herself and her daughters.

If you have been affected by any of the issues raised in the Helping-Hand materials, please reach out for help. Visit endviolenceagainstwomen.org.uk/find-help for more information.

VISIT THE WEBSITE



WATCH THE VIDEOS



The Helping-Hand Appeal is run in partnership between Family Ministries and the International Projects Office to support the international community development work of The Salvation Army United Kingdom and Ireland Territory. Every year groups across the UK and Ireland raise money through the appeal. The money raised through the 2026 Helping-Hand Appeal will be used by The Salvation Army to fund projects that support women and girls experiencing gender-based violence and exploitation.

The Salvation Army is a Christian church and registered charity No. 214779 in England and Wales, SC009359 in Scotland and CHY6399 in the Republic of Ireland.