

## EPISODE 6: SARAH AND THE GRANDMA THE PEOPLE WHO INSPIRED THE PODCAST

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 Save the Children

### Children tell us their stories. Cat listens and tries to find a way to help them.

Cat Carter, Head of the Humanitarian Information & Communications Unit at Save the Children, travels the world to meet children and families who have survived natural disasters and conflicts.

“I talk to children and their families,” she explains, “and I try to understand the emergency from their point of view”.

People tell Cat their stories. They share what has happened to them, what they have seen and heard, and how Save the Children can help.

Cat spent 18 months interviewing Syrian children and their families in Lebanon, working with children who had been the victims of abuse, torture and sexual violence. As the months went by the stories they told of the horror they had suffered began to take their toll on Cat.

On one trip, she met a Syrian grandmother who told her about her journeys to and from Syria bringing children to safety in Lebanon. Cat’s own experiences and the story of this Syrian grandmother inspired this episode.

### [Listen to Cat’s TedX talk about her work and the effect it had on her.](#)

She tells the story of five-year-old Nada, who she met in Gaza. A few weeks before, the family home had come under attack. Only Nada and her father survived.



“One of the overriding experiences of children, particularly in conflicts, is the utter loss of control,” says Cat. She goes on to explain how Save the Children counsellors have devised a unique therapy for Nada to help her take back control of her feelings. And how in turn this therapy helped Cat.



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