

2018 EDITION

Annual Report



Helping Palestinians in Need

**Gaza:
Unliveable by
2020**

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'Faith, Hope & Charity' is released to mark Interpal's 25th year in operation. Available now in your local Interpal branch.

Look out for our new book in 2019



“ Interpal has been a vital voice in speaking out against the brutal oppression inflicted upon Palestinians... (and) plays a vital role in the struggle for justice to which we should all be committed.”

Peter Bourne, MA, MD

“ ...Interpal reaches the parts of the Palestinian Territories that other charities don't seem to be able to and is providing the support, equipment, help that Palestinians need...”

Philip Hollobone, MP

“ A heroic little charity trusted in equal measure by donors and the Palestinians who rely so heavily on the humanitarian aid it provides.”

Yvonne Ridley

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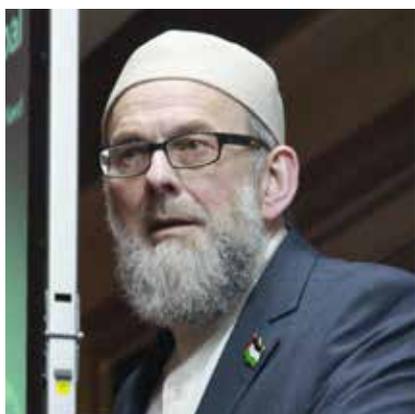
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A message from our chairman



Ibrahim Hewitt

Chairman of the Trustees

This year has seen a worsening of the humanitarian crisis facing Palestinians across the Middle East, and it has also been a challenging year for Interpal and other aid agencies working to support Palestinian human rights. Palestinians remain vulnerable across the Middle East due to the refugee status which applies to 4 million in the region alone; all are living under conditions of ongoing conflict and political instability.

In the same year that Palestinians marked the 70th anniversary of Al Nakba, the Catastrophe of 1948, the US moved its embassy from Tel Aviv to Jerusalem and withdrew all funding from the UN

About Interpal

Interpal is a specialist charity founded in 1994 to provide humanitarian and development aid to Palestinians in need. Interpal is a British registered charity working on the ground in the occupied Palestinian territories and refugee camps in Lebanon and Jordan. The charity also provides support to refugees fleeing from violence in Syria.

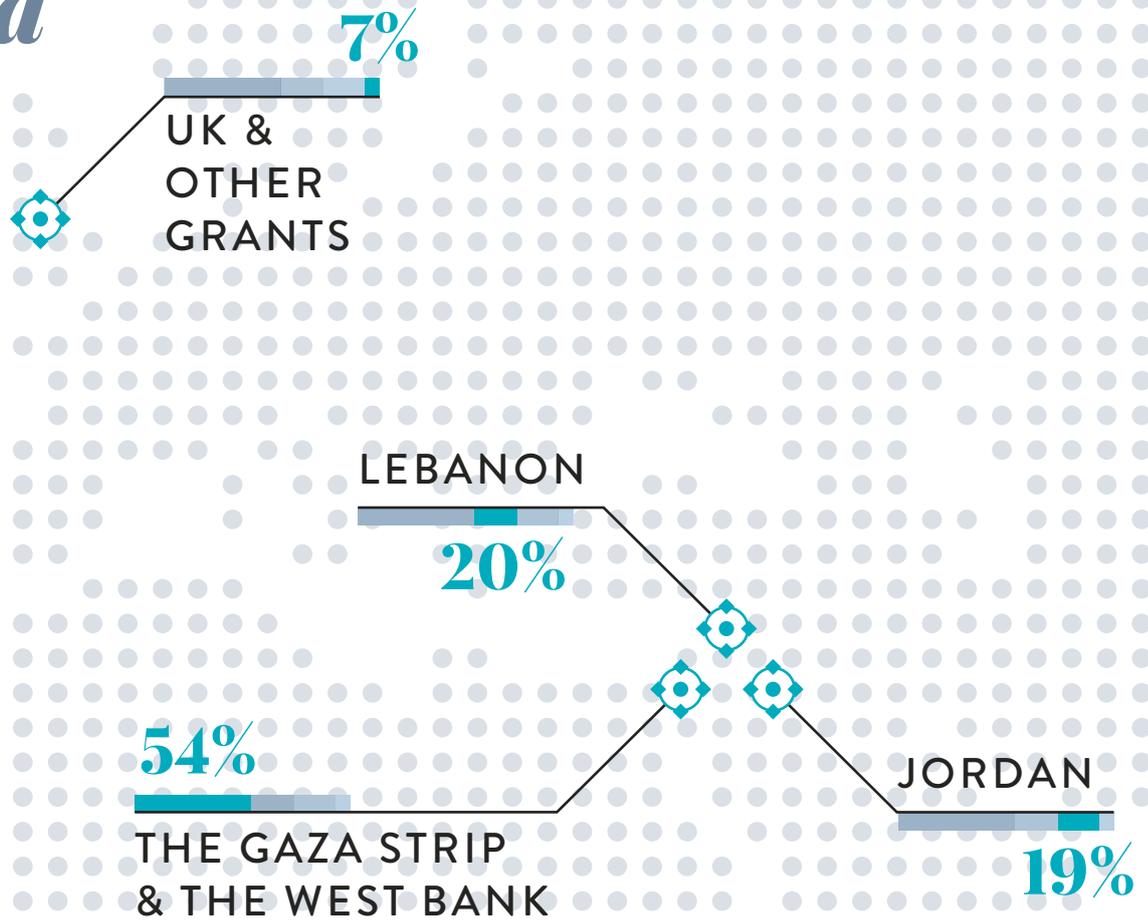
Interpal's aim is to alleviate the suffering and disadvantage faced by Palestinians through immediate relief and to support Palestinian society through long term development programmes. In 2019, it will mark its 25th year in operation.

Relief and Works Agency (UNRWA), which was established to provide essential services to "Palestine refugees". These acts not only suggest a total disregard for Palestinian self-determination and international law, but also signal that the US believes Palestinians are undeserving of basic human rights and dignity.

The UN warned years ago that Gaza would be "unliveable by 2020", and since then it has suffered the worst bombardment in the history of the Israeli occupation. Its residents have lived under siege for more than a decade.

During Ramadan, I was able to enter Gaza after five years and visited our ongoing projects; I also met with the family of Razan al Najjar, the young paramedic shot and killed by

Spending by area



an Israeli sniper whilst helping injured protesters during the Great March of Return protests. My time in Gaza was short, but it allowed me to witness the amazing work of our Gaza Field Office, as well as the inspiring resilience of the people of the enclave in the face of incredible hardship. The situation is untenable and unacceptable, and any attempt to prevent aid and support from going to the people of Gaza has to be seen by any reasonable person as immoral and callous.

Despite facing ongoing hostility from anti-Palestinian groups and the impact of the US “terrorist entity” designation, Interpal’s commitment to its beneficiaries is unshakeable. The impact of our programmes in the field on families and communities is significant and vital. Through your support, we are strong and resolute in the work we do, and we continue to

make a difference to thousands of lives every year.

Next year, Interpal will be marking its 25th anniversary. We will take a look back at our work and the contributions our donors have made to help Palestinian families stay resilient for over a quarter of a century. We will also be holding a number of events aimed at various groups, including NGOs, students, donors and everyone else who has helped us to make a real difference to the lives of the Palestinians.

We invite you to take a look back through 2018 to see how your donations have helped thousands of Palestinians in desperate need.

Thank you so much for your support.

Meet our staff

We recently spoke to staff across our areas of operation to learn more about the work they do for Palestinians in urgent need.



“ I recently rejoined Interpal as a Campaigns Manager. Previously, I was the Fundraising Manager in the London region.

The most rewarding aspect of working for Interpal is seeing the direct link between our work and the impact it has on our beneficiaries. I've had the privilege of visiting my sponsored child, Malek, who suffers from complete paralysis, muscular atrophy and blindness, twice in the refugee camp where he lives in Lebanon. The work that Interpal does to help him is incredible.

I'd like to thank donors for placing their trust in Interpal and standing by us through thick and thin. I ask Allah to replace your hardships with ease just as you have helped ease the hardships of so many. Jazakum Allahu khairan.”

Yasmin
Campaigns Manager

📍 LONDON,
UK

“ I have been working for Interpal since 2014 in Mia Mia refugee camp and the areas around it.

The work I do is very interesting due to the help and support we try to provide to needy Palestinian children and their families. We also try to empower them to face challenges and hardships during difficult circumstances, while trying to make them smiles.

I want to thank our donors for helping Palestinians in need, and I hope that they continue to send their support.”



Fatheih
Social Worker

📍 MIA MIA CAMP,
LEBANON

“ I live in Gaza and I am a social worker at Interpal’s Gaza office. My job was very difficult for me at first, I was overwhelmed by the amount of people in need. I would try to hide my tears when I witnessed people’s suffering, but this motivated me to want to alleviate their burdens as much as possible.

Living conditions in Gaza are severe, more so than anyone could imagine. People face so many burdens here; accumulated debts, serious illnesses without available treatment, a lack of food and a general feeling of insecurity.

What I enjoy about my job is to travel around and visit beneficiaries in places that I have never seen before in the Gaza Strip. My greatest achievement is seeing the smiles of impoverished and needy children when providing them with assistance. I get along well with my colleagues, who give me the strength to get through the toughest days.”

Sahar

Social Worker

📍 GAZA STRIP,
OCCUPIED PALESTINIAN TERRITORIES



“ I started working for Interpal in 2014, and it was my first experience in charity work. I carry out my work with love and patience because I work with the neediest people in the community.

We work as a team to alleviate the difficulties that refugees are facing and to provide them with a decent living. I believe that my role is very important as a link between donors and needy people, to show the real situation on the ground and help as much as possible.

I’m very happy in my job; I love it- the team has become my second family. I’d like all our donors to know that all our beneficiaries pray for them, and wish them health and wealth. May God bless you.”



Aya

Social Worker

📍 EIN AL HILWEH CAMP,
LEBANON

Gaza Unliveable

12 years of siege in Gaza has created a humanitarian crisis so severe that the territory is projected to be uninhabitable by 2020.

90 million litres of untreated sewage is discharged in to the sea every day

1 in 3 households in Gaza are facing food insecurity



12 YEARS

The siege on Gaza is the longest in modern history



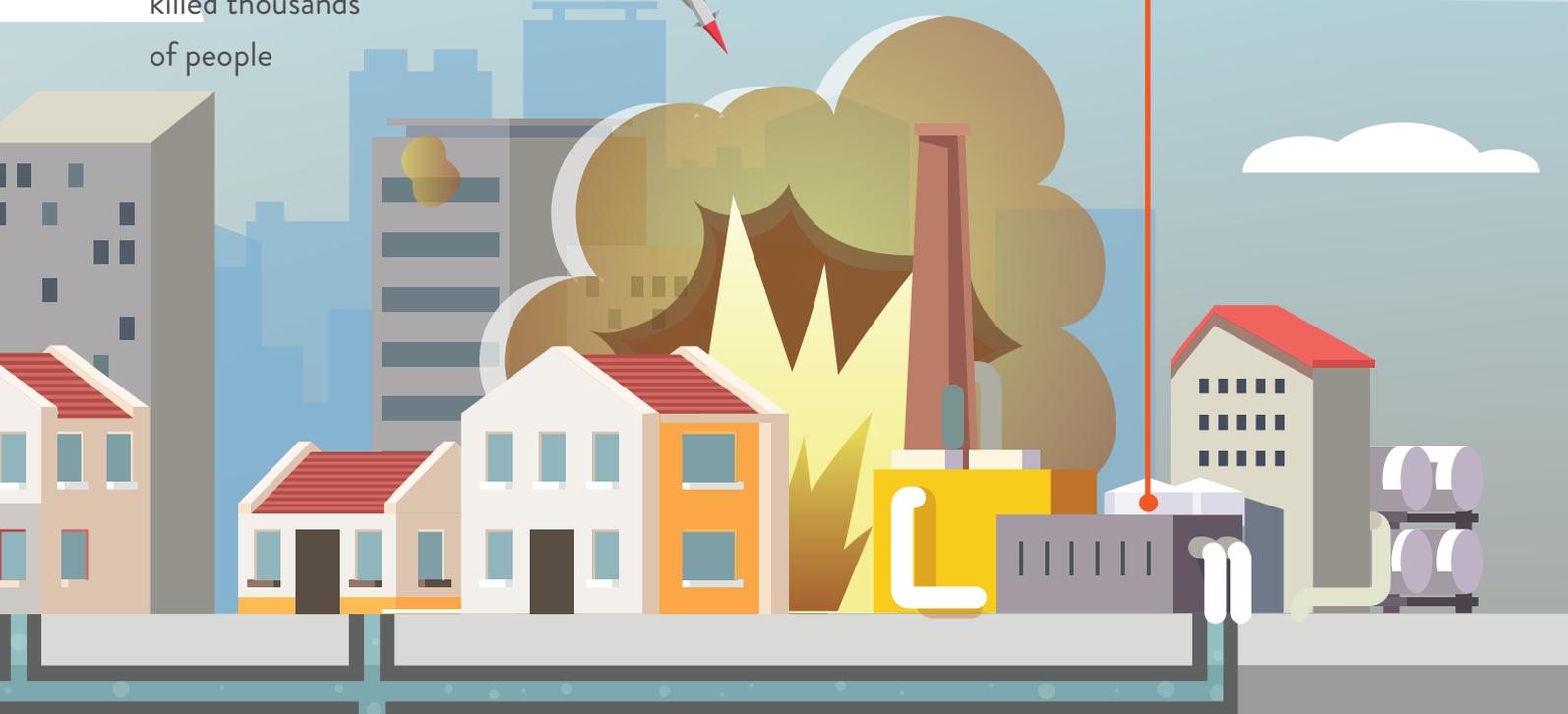
Several large scale

Israeli offensives in the last decade have killed thousands of people



The Gaza Strip has suffered a fuel crisis since mid-2006 following an Israeli airstrike on the coastal enclave's only power plant. Since then, Palestinians in Gaza experience power outages for up to

18 hours a day



More than 95% of water

from the Coastal Aquifer, Gaza's only source of natural water, is unfit for human consumption, having been contaminated by sewage, chemicals and seawater (UNRWA)

A vital lifeline for families

One in three households in Gaza and the West Bank are facing food insecurity, while more than forty percent of Palestinian refugees in Jordan and Lebanon live below the poverty line. Palestinians also suffer from acute water poverty, with many households unable to access clean water for their most basic needs. Thanks to your support in 2018, we were able to provide a lifeline of support to thousands of families in urgent need.





Seasonal aid

By sourcing local produce and services in our fields of operation, we're able to ease the burdens of families facing poverty, while supporting local businesses, farmers and the wider community.

During Ramadan and Qurbani in 2018, we delivered food parcels, food vouchers and Eid gifts using locally-sourced goods and produce to more than 75,000 Palestinians.

We also held collective iftars during Ramadan and delivered fresh Qurbani meat from local farms to over 8,000 families during Eid Al Adha.

Out of the cold

The winter months always bring even more hardship for Palestinian refugees. Without adequate shelter to protect them from the cold, wind and rain, thousands of vulnerable lives are put at risk.

In 2017 and 2018, Interpal provided fuel, food parcels, financial aid for shelter, blankets and heaters to over 5,000 Palestinian families in urgent need of support. We also provided winter aid to hundreds of families displaced by the Syria crisis.





We provided financial aid to **5,000 families** in 2018 through our Children's Fund.



Our Shelter Support projects **helped dozens** of families in 2018.



We helped more than **500 elderly** Palestinian refugees in 2018.

Piping up for water equality

The water crisis in Palestine is deepening poverty and costing lives. Interpal has been working to ensure that Palestinians can achieve their right to water. In 2018, our water projects helped up to 100,000 Palestinians gain access to clean, safe drinking water.





Social welfare fund

CASE STUDY **LEBANON**

When Hoda's husband died in 2015, she was left as the sole provider for her four children, but with no source of income, she had no idea how they were going to make ends meet.

Hoda and her children live in Ein el-Hilweh refugee camp in Lebanon. Ein el-Hilweh is the largest Palestinian refugee camp in Lebanon, hosting over 100,000 Palestinians, despite only having the capacity for about 20,000 people. With poor infrastructure, overcrowding, a lack of clean, safe water and sub-standard sewage systems within the camp, poverty is rife.

Interpal began sponsoring Hoda's children two years

ago and the family is also part of the charity's Social Welfare Fund. Hoda told us: "I dream of living a good life with my children with a regular source of income. Your help brings happiness to my children, especially during Ramadan and Eid Al Adha. Your financial aid has helped us face our daily burdens and make some progress in our lives. Thank you, Interpal."

Interpal's Social Welfare Fund supports over 7,000 families every year. Thanks to the support of our donors, we are able to provide a regular lifeline of financial support to some of the most vulnerable Palestinian refugees in the region. The smallest donations here go a long way to help Palestinian families in urgent in need.

Meet our beneficiaries



Here are just some of the individuals that you helped in 2018.

← **Aya**
Rafah City, Gaza

“I am looking forward to finishing high school and joining university to study journalism. I thank Interpal’s donors for covering my educational fees. I hope that you can keep helping me till I realise my dream of becoming a journalist.”

Musa
Mahattah refugee camp, Jordan



“Without Interpal’s financial aid, I wouldn’t be able to buy Eid clothes for Musa, and I couldn’t pay for the specialist services that he desperately needs.”
- **Musa’s mother**



← **Afnan**
Gaza City

“If you’re not thankful for people, you’re not thankful for God. So I thank Interpal’s donors for their generous support for people with disabilities. I especially thank the drivers for their efforts to transport us to university on time.”

Hoda

Ein el-Helweh refugee camp, Lebanon →

“I dream of living a good life with my children, with a regular source of income. Until then, I thank Interpal’s donors for helping us cover our daily needs.”



Saud

← *Gaza City*

“My health condition prevents me from doing hard labour, so Interpal bought me a Tok Tok car to transport goods. I’d like to thank Interpal’s donors for helping me. I am grateful for your generosity. Thanks for providing me with this wonderful opportunity.”

Sama

El Buss refugee camp, Lebanon →

“My daughter has cerebral palsy, which has caused problems with her legs, hands and speech. Interpal helped her get physiotherapy and swimming lessons. Thank you to everyone for their help.”

- Sama’s mother



Layla

← *Gaza City*

“I wish that Allah (swt) would recover my son; I wish I could provide more for him. Thank you Interpal’s donors for looking after us, may Allah (swt) prolong your life and reward you for your good deeds.”

THE ZERO STOCK LIST



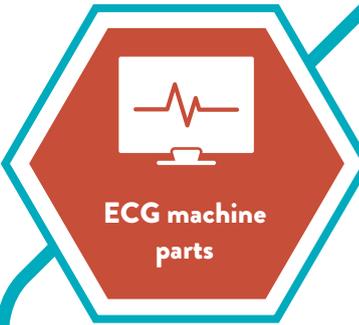
The chronic shortage of up-to-date medical supplies forces doctors and surgeons to reuse broken and damaged surgical tools, or go without basic but life-saving medical equipment altogether. There are very few functioning mammogram machines in Gaza for example, and even basic equipment like stethoscopes are in short supply.



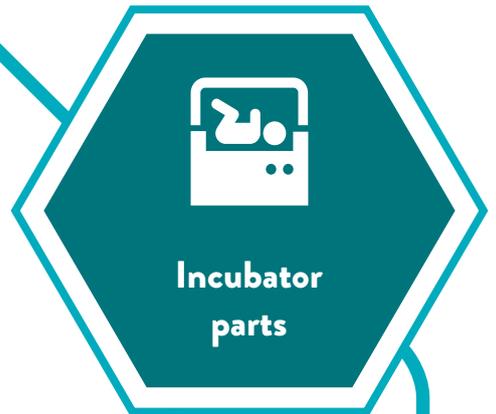
The health crisis has been caused by more than a decade of siege, including three large-scale Israeli offensives that have pushed the health sector to the brink of collapse.

From an item as basic as a bandage, to more vital commodities like antibiotic medication, the Zero Stock List details all the medical items that are currently at zero stock level, with less than one month's supply available across all hospitals and health clinics in Gaza and the West Bank.



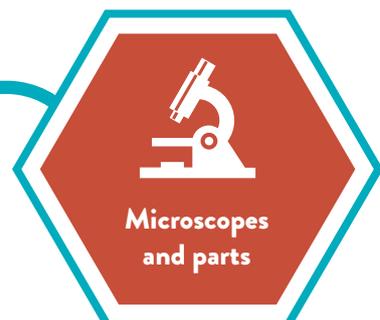


The shortage is putting lives at risk. Patients are already at an increased risk of infection, life-threatening diagnoses are delayed, and life-saving treatment is either curtailed or prevented completely.



Patients in Gaza urgently need support. Find out how you can help to restock Gaza by visiting www.interpal.org.

Nearly 50% of Gaza's medical equipment is outdated and the average wait for spare parts is approximately 6 months (WHO)



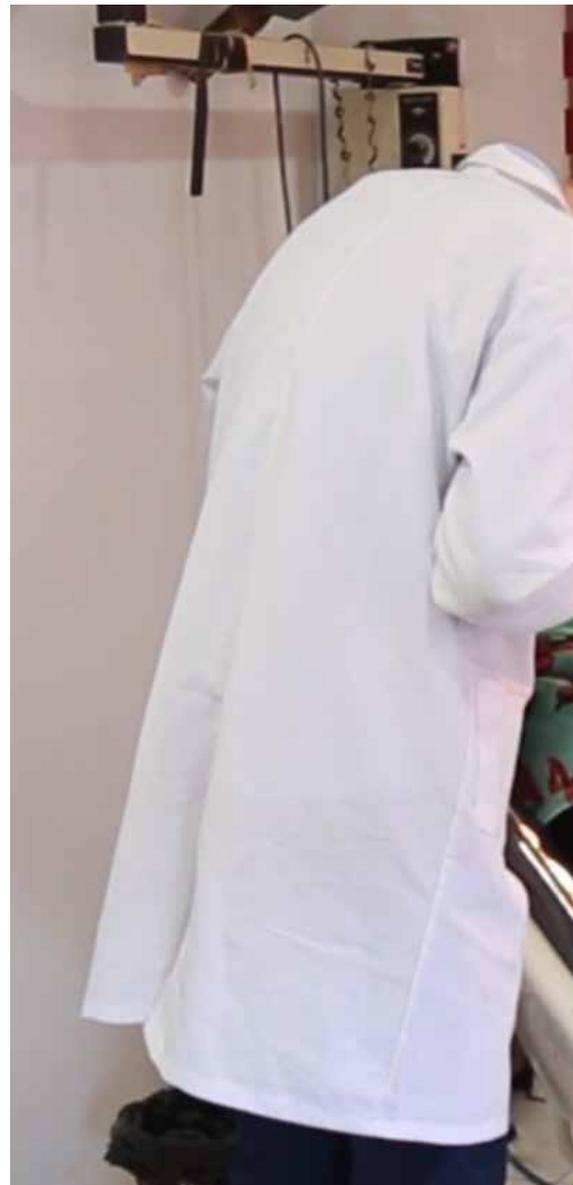
Providing life-saving support

More than a decade of siege in the Gaza Strip has left impoverished families unable to access medical treatment, while hospitals and health clinics are unable to fully provide lifesaving care to the majority of its population. In the refugee camps in Lebanon and Jordan, overcrowding and a shortage of services mean that medical supplies and many forms of treatment are limited. Some of the most vulnerable groups- including the elderly, children, pregnant women and people with disabilities- are facing a life of hardship and uncertainty, with no end in sight.

Find out more about our **Medical Aid** projects by visiting www.interpal.org

Helping to cover medical fees

Interpal's Medical Aid Fund supports various projects aimed at improving Palestinians' access to medical care. Over the last year, Interpal's Poor Patient Fund has subsidised medical costs for up to 1,000 individuals.



Training health professionals

Interpal has continued to provide vital training for health professionals in various specialties, including transplant surgery, anesthesiology and psychiatry. This includes supporting the running costs of IMET2000, a specialist medical charity that supports the health sector in West Bank.

Supporting people with special needs

Supporting individuals with special needs is a vital part of Interpal's work. In 2018, we provided assistive devices and medical support to more than 1,500 people with disabilities.

Restocking Gaza

In 2018, we delivered essential medical disposables and urgent supplies to hospitals across Gaza, benefiting thousands of patients each month.



“

You have arrived to help us during our darkest time, I can't express my son's happiness about your arrival. May Allah give you health and remove all bad things from you”

”

The mother of 15-year-old cancer patient, Ahmed, from Gaza. Interpal is currently covering his medical fees for cancer treatment.



The Greatest Gift: Helping children build their futures

There's an old proverb that says it takes a village to raise a child; that it takes mothers, grandmothers, aunts and neighbours to come together, share their knowledge, and play a role in a child's development. Through one-to-one sponsorships, the support given to a Palestinian child can extend as far as the UK, where donors are able to play a role in a child's health, wellbeing and

educational development, as well as helping them have a little fun during the festive seasons.

One such child is Issa, who is 8 years old and lives in the besieged Gaza Strip. His favourite TV programme is 'Tom and Jerry' and he wants to be an Arabic teacher like his father when he grows up. His father passed away from kidney failure four years ago, and his mother

has struggled to support the family ever since.

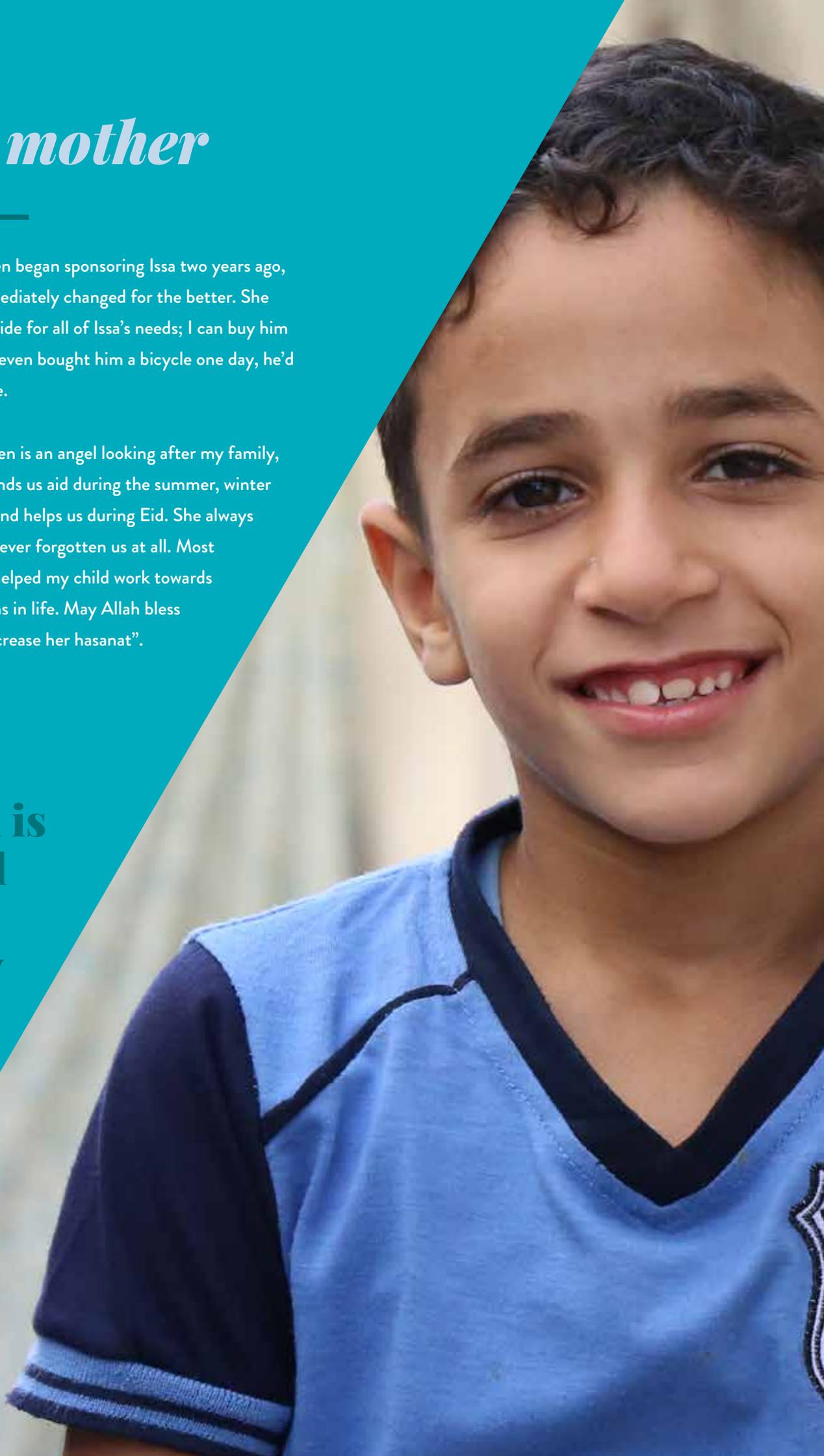
Parveen from London began sponsoring Issa in 2016. We recently spoke to Parveen and her daughter Sadia, who is also a sponsor, about their sponsorship journey. We also spoke to Issa's mother about hers.

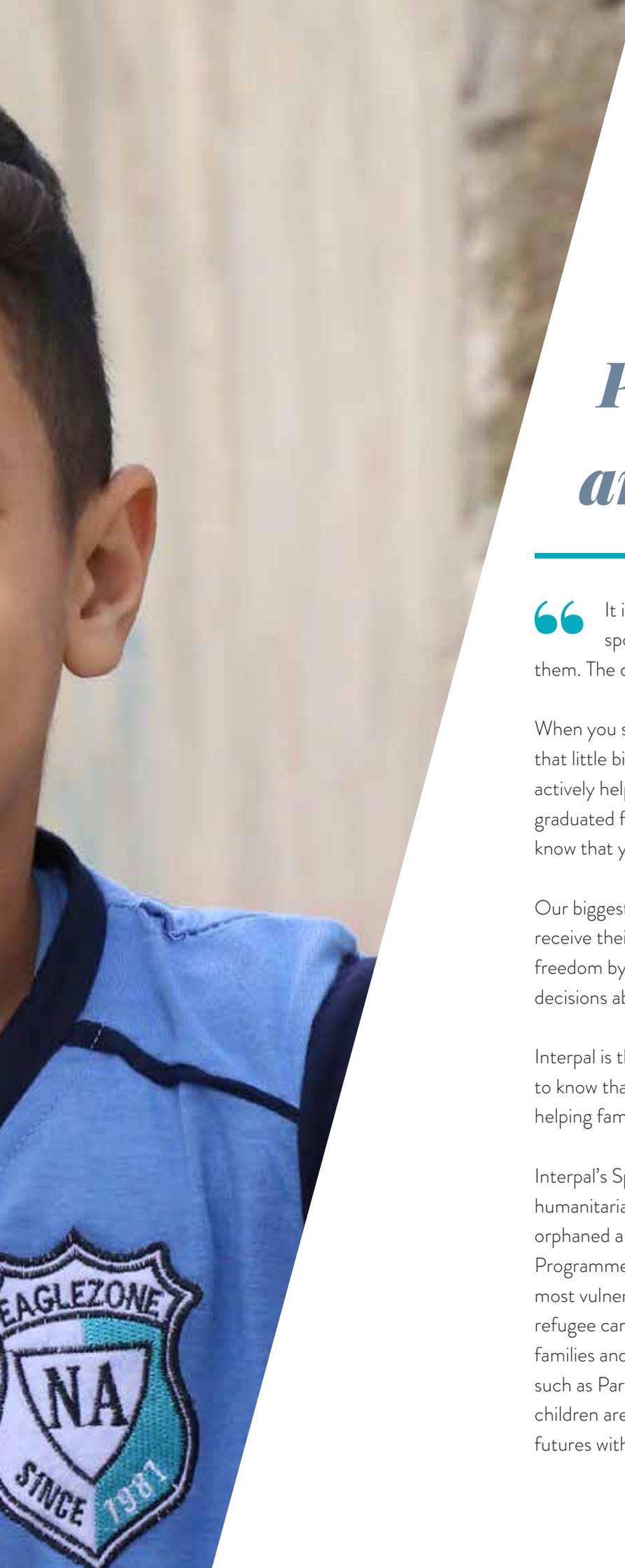
Issa's mother

“ When Parveen began sponsoring Issa two years ago, our lives immediately changed for the better. She has helped me to provide for all of Issa's needs; I can buy him food and drink now, I even bought him a bicycle one day, he'd wanted one for a while.

I feel as though Parveen is an angel looking after my family, especially Issa. She sends us aid during the summer, winter aid when it gets cold and helps us during Eid. She always helps us and she has never forgotten us at all. Most importantly, she has helped my child work towards achieving his ambitions in life. May Allah bless her, and may Allah increase her hasanat”.

I feel as though Parveen is an angel looking after my family





Parveen and Sadia

“ It is always a tearful experience when a child that we are sponsoring writes to us, it helps us feel connected to them. The duas they give you touches your heart.

When you see awful reports about Palestine, it makes you feel that little bit better to say that you are actually doing something to actively help. When you see that a child you have sponsored has graduated from school or is now in university, it is so satisfying to know that you have played a part in that process.

Our biggest hope for the children of Palestine is for them to receive their freedom, and for them to be prepared for their freedom by gaining an education to help them make informed decisions about their country.

Interpal is the only charity that we can trust. It is so satisfying to know that our sponsorship is not just helping individuals, it is helping families too.”

Interpal’s Sponsorship Programme is our largest on-going humanitarian project, supporting over 8,000 Palestinian needy, orphaned and disabled children every year. Our Sponsorship Programme provides a vital, regular financial lifeline to some of the most vulnerable families in the occupied Palestinian territories and refugee camps in Jordan and Lebanon. By working closely with families and communities, and with the help of generous donors such as Parveen and Sadia, we are able to ensure that Palestinian children are given the support they need to the build their own futures with confidence.



The art of breaking barriers in Gaza

Art can provide a new medium through which people with disabilities can express their experiences. The creative process involved in making art has shown to be hugely beneficial to physical and emotional wellbeing; it reduces stress, increases self-confidence and helps to improve interpersonal skills.

In the besieged Gaza Strip, poor access to public infrastructure and specialised services leave people with disabilities isolated and marginalised; more than 80% of people with disabilities are unemployed and a large proportion have never been to school.

23-year-old Mohammad Al Dalou from the occupied Gaza Strip was born with muscular dystrophy and faced

this very problem, having also left school at a young age. It was at this point that he discovered the huge benefits of art as a means of expression. He spent much of his youth developing his passion, eventually becoming widely known for his artistic talent.

Mohammed visited Interpal's Gaza office last year and presented our staff with a beautifully drawn Interpal logo. We learned about his work, ambitions and desire to showcase his art to the world. Drawing with a pencil had become difficult with his condition, so our team provided him with a tablet to develop his skills further. Watch this space- we are sure Mohammad will continue to use his creative process to break down the barriers that people with disabilities in Gaza face. We are so pleased to have been part of the process.

We all live in Gaza

The 'We all live in Gaza' project began as a commemoration of the 2014 assault on Gaza, known as "Operation Protective Edge" and developed into a cross-media project and arts installation that chronicled conditions on the ground from the perspective of artists in Gaza living under siege.

Artwork by Malak Matter (below) and Laila Kassab (right)



The exhibition used original paintings, words, photography and video as a means to involving viewers in the story, appealing to our senses to truly understand the difficulties the people in Gaza continue to face. In a world where Palestinians' human rights are too often framed in the language of Israeli security, changing the narrative through Palestinian art has never been more vital- and these paintings are certainly paving the way.



LEENA'S FASOULIA

Fasoulia, or bean stew, is a traditional Palestinian dish that is cheap, nutritious and easy to make. Mother of two, Leena, from Gaza, prepares this for her children, and it is one of their favourite dishes.

INGREDIENTS

- 2 cups of dry white beans soaked in warm water overnight
- 2 medium onions chopped
- 2 tbsp tomato paste
- 1 tsp salt
- 2 cloves of garlic

METHOD

"This is so easy to prepare," Leena tells us, "I usually make this without meat, because it's expensive to buy. What I do is soak the beans the night before cooking, then the next day I'll boil them in a few inches of water. I then add tomato sauce, chopped onions and salt. Once the beans are almost cooked, I add garlic." Simple, easy and very popular in Gaza.



Culinary resilience

In Palestine, mothers are often seen as the heart of the home. Even after decades of refugeehood, they continue to sacrifice their own needs to build strong, resilient families in the face of ongoing poverty. 'While many mothers facing poverty are known to go without food in order to ensure their children are well-fed, they can still whip up healthy, nutritious meals out of next to nothing for their children. We recently spoke to Palestinian mothers to learn about some of the everyday food and drink that they make for their families.





TEA *with* MERAMIYEH

For all the tea lovers out there, this refreshing and soothing sage tea will be a great way to get your tea fix to start off your day.



INGREDIENTS

240ml water

1 teabag

1 tbsp dried Palestinian meramiyeh

1 Lemon wedge

Honey or sugar to taste

METHOD

- 1) Bring your water to the boil and add your tea bag
- 2) Remove from the boil and add the Meramiyeh to the tea and let it steep for a couple of minutes
- 3) Drain the tea and add the lemon or honey to taste





Death and destruction in the classroom:

TEACHING AND LEARNING UNDER OCCUPATION

By Sara Habib, Project Officer at Interpal

The lasting impact of schooling doesn't just stem from what we were taught in the classroom; it comes from the experiences we gain from spending time with peers in an educational environment. Schools and universities should be safe spaces for young people, but for children in areas of conflict

such as Palestine, this is not always the case. Successive generations of Palestinian children have learned that their classrooms and homes are not safe places, and they have come to learn that their school uniforms will not shield them from bullets, bombs or harassment.

The besieged Gaza Strip

Schools in Gaza have been used as shelters during every bombardment that Gaza has faced since the siege began in 2007. They have also been mercilessly attacked; during the 2014 assault on Gaza known as “Operation Protective Edge”, 232 schools were damaged and 29 were totally destroyed.

“

They returned to find the empty seats of many of their friends and teachers who had not survived the violence.

”

Although the schools had been touted as a safe space, for the young children that sought shelter in them, they became a place of death and violence. When children returned for the new academic year, they were in unfamiliar schools, or bombed classrooms. They returned to find the empty seats of many of their friends and teachers who had not survived the violence.

The occupied West Bank

In the West Bank, the occupation is ever present for children and students within their classrooms. Their windows look out over the Separation Wall or watchtowers, and many pass checkpoints to and from school. Many students are arrested or harassed by soldiers or settlers and children in certain areas need foreign volunteers to accompany them to ensure their safety.

Teaching and learning under occupation

Having spent a lot of time in Palestinian classrooms both in the occupied Palestinian territories and in the refugee camps of Lebanon, it is obvious that teachers and students try to overcome the weight of fear, refugeehood and insecurity through education. Classes on human rights raise the issue of why they, as children, do not have the rights that they learn about, and the occupation weighs heavily on their minds.

When visiting Gaza for Interpal, I spoke with teachers who discussed the very real administrative difficulties they have teaching in under-resourced schools. Schools and classrooms need to be made safe spaces again where Palestinian children can learn and develop. They should not feel the weight of their poverty or disadvantage when they are at school, and this is why supporting Palestinian schools and ensuring students get to school is so important.

Providing access to quality education

Students in the occupied Palestinian territories are forced to cope with poverty, huge classroom sizes, violence and a severe lack of resources. 504,000 school children in the occupied Palestinian territories require humanitarian assistance to access quality education in a safe, child friendly environment. In Lebanon and Jordan, poorly funded schools and few opportunities are hindering aspirations and achievement.

Interpal's Education Aid projects improve access to education, the quality of education and the educational sector as a whole for Palestinians. The importance of education, both as a route out of poverty and as a way to help resilience cannot be underestimated. Palestine's young people deserve opportunities and ways to expand their minds and talents.





250

students were supported at the Al Insaani school in Lebanon, which educates and helps refugees from Syria, and the Nabil Badran Centre which educates children with special needs.

5,000

children received school kits and uniforms across Palestine, Lebanon and Jordan in 2018.



25,000+

students have benefitted this year from the provision of educational equipment across our areas of operation.

750+

university students in 2018 had their tuition fees covered.



1,600+

students in the West Bank were provided with education support in 2018.



On the road to inclusion

A DAY IN THE LIFE OF AN OUTREACH BUS DRIVER

Ahmed is on his way to his first pick up. He began his day early, leaving his home in the Tufah area of the occupied Gaza Strip where he lives with his wife and two young children. It's a journey he's taken many times before, having been a driver for Interpal's Outreach Bus Programme now for five years. His bus route varies from day to day; some days he's taking children with cerebral palsy and intellectual disabilities to a special needs school, other days he takes deaf, blind or physically disabled students to and from university.

Ahmed enjoys his work, but this isn't a job he'd anticipated having as a young adult. He'd been to university for two years after high school, but his father struggled to pay his tuition fees and he was forced to drop out. This isn't uncommon in Gaza, where young adults' hopes and dreams for the future are often curtailed by the 12-year siege.

Ahmed is on his university route today. His first stop is to pick up 18-year old Taymaa who lives in Bait Lahia, in the north of the Gaza Strip. Taymaa is deaf and mute. Her family has no source of income, and so finding assisted travel support was impossible before Taymaa joined the Outreach Bus Programme. This is why the project is so special: by

“

In Gaza, blind people like us can't simply travel from one place to another. This project helps us so much.”

”

improving mobility, some of the most vulnerable young adults in society can avoid a life of isolation; they are reconnected with their peers and they are given the opportunity to pursue their dreams. Taymaa boards the bus with a huge smile, ready to take on another day at university where she studies Design.

As Ahmed sets off for another pick up, he speaks to us about some of the challenges he faces as an Outreach Bus Driver. For him, the hardest part is driving autistic children to and from school, as they



need special care during the journey. “These children affect me the most” he says, “I recognize how difficult it is to deal with them, but I am blessed to be able to help them. This service is so important, it provides a vital lifeline and gives people access to employment, education, healthcare and community life.”

As the bus winds its way through the streets of Gaza, we speak to another beneficiary, 20-year-old Khetam, who is on her way to the University College of Applied Science where she studies Education. Khetam is completely blind. Our project worker describes her as “fearless, strong and determined.” She is not afraid to get stuck into new experiences either, unapologetically using her hands to explore and enjoy her environment. “I heard about this service on the radio” she says, “I immediately applied, along with my two blind sisters. In Gaza, blind people like us can't simply travel from one place to another. This project helps us so much. I've been using the bus for two years now, it used to take me to school, now it takes me to university.”

conti. →

Most of the people that we spoke to on the bus had similar experiences. The ongoing siege on Gaza has left families in poverty, and people with disabilities are one of the worst affected groups, with many unable to afford specialised services. Poor accessibility has been compounded by numerous Israeli offensives on the Gaza Strip that have devastated Gaza's infrastructure. Without support, people with disabilities are left facing a life of exclusion and poverty, increasing their risk of depression and anxiety.

"Interpal is doing me a great favour" says Islam, another beneficiary we met on the bus, who has been paralysed since childhood. "I'm so grateful to Interpal's Outreach Programme for this help." This sentiment is echoed by Ahmed too, whose salary from working as an Outreach Bus Driver helps to cover many of his expenses. As the only breadwinner in his family, this makes a huge difference to their lives.

It is thanks to the support of our donors that the Outreach Bus Programme is changing lives for the better in Gaza. In 2018, more than 300 people with disabilities regularly used the service, and with your support, we endeavor to help even more.

The Tok-Tok livelihood project

“

I will sell an organ to secure a better home for my family, even if that means I die

”

Father-of-five, Ramadan Attar, from the besieged Gaza Strip appeared on Al-Quds TV last year making an emotional appeal for food and shelter in return for one of his kidneys.





The distraught 35-year-old was living in a derelict house with no furniture and earned just \$3 a day from selling mint, which did not meet the needs of his six family members. Two of his children were also living with serious medical conditions.

He told the television station: “There can be nothing worse than having to sell a kidney for shelter. I’ve done it to be able to build a home for my children. I will sell an organ to secure a better home for my family, even if that means I die”

Upon hearing about his appeal for help, Interpal’s Gaza team visited Ramadan to provide him with a fridge, washing machine and household furniture. Crucially, he is now part of our Tok-Tok livelihood project, which will help Ramadan build long term financial security for himself and his family.

Ramadan has already begun working, transporting

vegetables and mint to the local market with his new tok-tok car. The new car will improve his small business and give him more avenues to earn a living.

Palestinians in the Gaza Strip are at breaking point. More than fifty years of brutal occupation and 12 years of siege are taking their toll. The majority of residents are suffering from soaring levels of trauma and the ongoing indignity of poverty and displacement. Palestinians like Ramadan are in desperate need, but they are slowly losing hope.

It is thanks to the continued support and generosity of our donors that we are able to provide people like Ramadan with the means to gain financial independence, and ease at least some of the burdens they continue to face.

For more information about our community development projects, please visit interpal.org.

Helping to build lasting resilience

Work opportunities in the occupied Palestinian territories are hard to come by, and livelihoods are at constant risk as a result of ongoing violence and restrictions on movement. In Lebanon, Palestinian refugees are denied basic civil, political and economic



rights, and have been banned from working in over 20 professions.

Poverty and unemployment are having a devastating impact on some of the most vulnerable groups in Palestinian society. In the occupied Palestinian territories, three out of four people with disabilities who are 18 years old and above, say they do not use public transportation due to the lack of necessary adaptations to the infrastructure. Thousands of Palestinian women are targeted by the occupation with violence and policies specifically aimed at their disempowerment, while continuing to take on emotional and physical burdens for their families.

The experiences of displacement and refugeehood span five generations. Despite mental health disorders related to poverty being one of the biggest concerns among Palestinian refugees, mental health services are severely under-resourced throughout Palestinian refugee camps.

Interpal's Community Development Fund helps to build lasting Palestinian resilience by helping to improve economic independence, the quality of local infrastructure, freedom of movement, access to housing and psychological well-being.



IN 2018:



500 individuals gained work placements, training and paid employment as part of our Job Creation Programme.

300 people with disabilities have benefited from our Disabled Outreach Bus Programme.

Interpal's Safe Housing projects have supported **hundreds of families** in Gaza made homeless by conflict.

More than **6,500 children** from the refugee camps of Gaza benefited from therapeutic recreational activities, and **260 mothers, fathers, and the elderly** benefited from psycho-education sessions.

To support the livelihoods of Palestinian farmers in Gaza, Interpal planted over **500 olive trees** as well as fig, guava, orange, and lemon trees.

Interpal provided financial assistance to over **3000 women** facing financial insecurity, as well as any unexpected costs arising from illness, disability or emergency medical needs.

We purchased **50 beehives** and the bees to house them for beekeepers across the Gaza Strip, helping **1,200 individuals**.

Being a Palestinian ally: A FUNDRAISER'S PERSPECTIVE

By Halema Khan,
Fundraising Manager at Interpal

From forced displacement to power outages, military assaults and arbitrary child arrests, it's easy to feel helpless when reading the latest news reports on developments in Palestine. That's why I became a fundraiser for Interpal; it has enabled me to make a difference, and work alongside others with the aim to relieve the hardships facing thousands of Palestinians who live in poverty every day.

Raising money for charity can be challenging, but it can be fun and creative too. Interpal has branches all across the country and we carry out dozens of fundraising events every month. From street



EDINBURGH

Interpal has 12 branches across the UK, each working with volunteers and supporters within communities to raise vital funds for Palestinians in need.



Interpal Skydive
Challenge, →
Cambridge





↑ Interpal's fundraisers
← visiting refugee
camps in Lebanon
earlier this year



and supermarket collections to barbecue fundraisers and charity dinners, getting involved with people in communities across the country is one of the best ways to raise awareness and funds for the Palestinian cause. It goes without saying that it is thanks to the tireless and selfless support of our many volunteers that our fundraising events are made possible. Our street and supermarket collections are regular activities across the country; the support and effort that our volunteers put into them is incredible, and the results make a huge difference to the lives of Palestinians.

“

Fundraising with Interpal was a great experience, seeing a large number of people donate towards the cause so selflessly makes you appreciate humanity.

”

**Volunteer,
Fundraising Team**



LEICESTER



GLOUCESTER



BIRMINGHAM

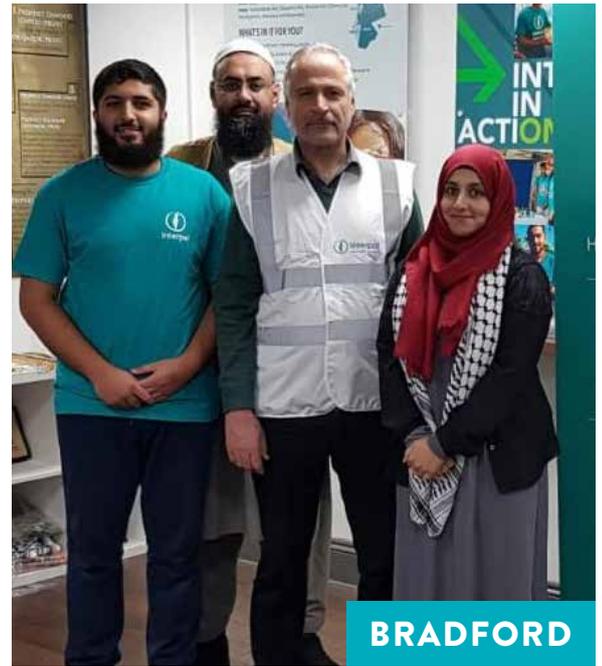
One of Interpal’s biggest events of the year was Nakba Narratives, which raised funds for our Refugee Relief Programme. Fundraisers across the country also held similar events in the lead up to Nakba Day, raising thousands of pounds for elderly Palestinian refugees, who are some of the most vulnerable members of Palestinian society.

Interpal’s fundraisers and volunteers spent 2018 working closely with local communities to raise vital funds for Palestinians in need, raising over £4 million

A huge part of raising funds for Palestine is talking to people about the worsening humanitarian conditions facing Palestinians. Our advocacy work often runs parallel to fundraising, and we will ask supporters to sign petitions and lobby the UK government to do more for Palestinian human rights.

To learn more about the situation on the ground, my colleagues and I recently visited Palestinian refugee camps in Lebanon and Jordan where we delivered aid, talked to beneficiaries and gained a deeper insight in to current living conditions in the camps. It was heart breaking to see just how much Palestinian refugees are suffering, and it has strengthened my resolve to continue to work for the Palestinian cause, in the hope that we can ease at least some of the burdens facing our Palestinian brothers and sisters.

As ever, Eid Al Adha in Palestine was marked by poverty and insecurity, so Interpal’s volunteers and fundraisers came together in support of Palestinian refugees. Our field office staff helped to complete over 1000 qurbanis, while distributing meat, food and financial aid to thousands of families.



Our fundraisers' recent visit to refugee camps in Jordan.

As a final note, I would like to thank Interpal's amazing supporters for their incredible generosity during all our TV and radio appeals that we hold throughout the year.

If you'd like to get involved in any of our fundraising events, please give us a call on 020 8961 9993, or email volunteers@interpal.org.



Walk for Palestine in Dovedale, Derbyshire, organised by Interpal Bradford



Snapshot of 2018

INTERPAL
IN NUMBERS



500

individuals gained from our job creation programme, helping them to support their families



1,200

individuals benefited from our beehive project



1,000

patients were provided with financial aid to cover their medical fees



1,600

students were provided with the means to go back to school in the West Bank



3,000

people with disabilities or special needs received specialist support



3,000

women facing financial insecurity were provided with financial assistance



5,000

families were provided with financial aid through our Social Welfare Fund



5,000

Palestinian families received fuel, shelter support, blankets or heaters during winter



5,000

children received school kits or uniform



6,000

children received ongoing financial support as part of our Sponsorship Programme



6,500

traumatised children from refugee camps in Gaza benefited from therapeutic recreational activities



25,000

students benefited from educational equipment provided to schools



75,000

people received food and financial aid during Ramadan and Eid al Adha 2018



100,000

Palestinians had access to clean water and sanitation

**Thank
you**

to all of our donors - without your help and support this would not have been possible.

GET IN TOUCH

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