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ABCD co-founder Georgina Mortimer on a field trip with day care children at one of BASR's six community centres

ABCD mourns the recent and untimely death in June of Georgina Mortimer, co-founder with Val Jourdan, MBE, in 1985 of the charity, and chair of trustees for eight years. Those who worked with her; the hundreds of friends, supporters and children with disabilities whose lives she touched throughout ABCD's 30 years, feel her loss deeply. Georgina worked tirelessly with ABCD over the years. Her wonderful personality, her vibrant and lively character together with her remarkably caring people skills have made ABCD the spirited, vigorous charity it is today. Georgina had a deep understanding for those less fortunate than herself, an inspiring humanitarian. Through her many field trips her name has become almost a household word in Palestine for care and compassion.

Many moving tributes have been received: *On behalf of BASR board staff, particularly those who worked with her directly, as well as beneficiaries who lives were touched by her kind gestures and the warmth of her genuine love. We shall all cherish memories of this marvellous lady! She will always be in our hearts and thoughts.* Edmund Shehadeh - Bethlehem Arab Society for Rehabilitation. See other contributors' comments on the website.

There will be a **Memorial Church Service** at St. James' Piccadilly on Saturday, 28 January, 2017 at 11.30, led by trustee Father Jonathan Goodall, Bishop of Ebbsfleet. More details are on the website or contact Alison at ABCD 48 Strickland Way, Green Street Green, Orpington, Kent BR6 9UE. 01689 822259

Contact us

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The Mortimer family and trustees, led by new chair Val Jourdan, have chosen to honour her memory via the **Georgina Mortimer Appeal** to create a sensory roof garden to the new children's ward under construction at the BASR hospital in Beit Jala and two sensory rooms for Jalazone and Nour Shams refugee camps ABCD works with. Our total target is £50,000. To donate, please use the form enclosed with this newsletter or via social media for the benefit to the children Georgina cared so deeply about. Further details can be found on the website.

Help us to fund Georgina's love of rehabilitation to enrich children's learning experiences.

ABCD & BASR

Bethlehem Arab Society for Rehabilitation



News from the Greater Bethlehem and Hebron area through our local partners, the BASR, nationally recognized for the comprehensive medical and rehabilitation services it renders to beneficiaries from different parts of Palestine.

There are some 75,000 people with some form of disability in the West Bank*

ABCD supports the BASR through our Individual Needs Programme whereby we make available £30,000 each year to cover the needs of individual cases on the BASR's register. During the past six months over a hundred children have been assessed by BASR's community outreach team who have referred and advised ABCD on vital equipment or treatment needs. The disabling conditions suffered by these children include cerebral palsy, developmental delay, sight impairment, hearing loss and in one case very early osteoporosis. ABCD is then able to help by providing medication, speech and therapy sessions, hearing aids, eyeglasses, walking aids and wheelchairs. The progress of these children is monitored by the outreach team who diligently send us monthly reports via Rima Canawati, BASR's Director of Programme Development. The outreach team and therefore ABCD through them take rehabilitation services to remote desert areas, many of whose families are overwhelmed with responsibilities and struggle to survive.

- The BASR community physiotherapist and occupational therapist provided services (assessment and rehabilitation sessions) to **43 (average) children per month**.
- **A total of 121 children** received home rehabilitation sessions.
- Every month the outreach team also provided an **average of 202.5 beneficiaries** (under the age of 18) with technical devices, vision assessment, referrals to the vocational training centre and training (for all family members) in home education and awareness-raising sessions.

Our future plans are to link our local partners in Jalazone and Nour Shams refugee camps with the BASR forming a relationship for diagnostic and intensive short term rehabilitative skills, proposing that the BASR make appropriate medical expertise and beds available in their children's ward which ABCD will fund for this purpose.

*Palestinian Central Bureau of Statistics (PCBS).



Abdallah wearing his essential hearing aids



Habib is able to be mobile thanks to his wheelchair



Nadia benefits from new glasses



International news – Rima is awarded for her remarkable work

Rima Canawati – BASR's Director of Programme Development and close friend of ABCD has been awarded the **International Award for Outstanding Services to Children and young Persons with Visual Impairment** by the International Council for Education for Persons with Visual Impairment - the ICEVI. ABCD and supporters who have met Rima send her our warmest congratulations.

Rima, who previously won the International Service Human Rights Award for The Defense Of The Human Rights Of Persons with Disability, has dedicated her professional life to the needs of disabled people in her community and throughout Palestine. She lost her own sight completely in her late teenage years, but has overcome this disability to rise to the top of her profession.

Dedicated to improving the quality of life of disabled children in the West Bank.
The Child First and Always. 93% of funds raised goes directly to their care.



ABCD trustee and music therapist Canon Claire Tillotson tunes us in on the successful therapy within ABCD.



Music therapy at work by ABCD funding

ABCD: WHAT IS MUSIC THERAPY?

This successful therapy within ABCD is bearing fruit.

Music therapy is an interactive, primarily non-verbal intervention which provides a process for children to express themselves, become aware of their feelings and interact more easily. Music therapy can provide insights into a child's functioning.

Music therapy can help in all areas including:

- Communication disorders
- Learning disabilities
- Mental health problems
- Physical difficulties
- Emotional problem
- Challenging behaviour
- The effects of trauma

Music is a powerful medium which can affect us all deeply. In music therapy sessions, interactive music is spontaneously created by the child and therapist. The child does not need any musical training or experience in order to make use of music therapy. The therapist seeks to establish contact with the child through the shared use of sound, either by vocal sounds, movements or facial expressions, leading to development and change. Music Therapy is a relatively new initiative for ABCD and one which I was delighted to take on board.

In 2015 ABCD formed a link with the University of South Wales, to provide an 8-week music therapy placement in BASR. Eleni Tsolka, who has just been shortlisted for the USW Alumni Awards 2016 for 'Inspiring the Next Generation', was the first music therapist to take on this placement and it was hugely successful. In 2016 we repeated this huge success with Nick Wilsdon, a student music therapist who has just completed his eight-week placement. Follow his blog here: <https://nickwilsdonblog.wordpress.com/>

Future Plans: At ABCD we hope to develop this placement at BASR and plans are in place to implement music therapy in Jalazone and Nour Shams camps. Exciting times ahead and ones which will benefit greatly the children of Palestine. Watch this space.



Nick with helper Saussan

Mary Rewers celebrates the 25th anniversary of Sheepfold, Christian centre for disadvantaged children and young people in the Bethlehem area in partnership with BASR:

Sheepfold's work in humanitarian, medical and rehabilitation aid, reaches out to children with severely disturbed behaviour or profound disabilities and who would otherwise never leave their homes or have any form of rehabilitation, education or stimulation. Mary Rewers has been part of this initiative since its inception, working alongside staff, two teachers, two care workers and the driver.

Prayer Update Autumn 2016. Praise and thanksgiving for all the progress made by the children and young people and for all the answers to prayer for them.

- Ghazal had only a few words of speech and is now talking fluently and progressed so much that I needed to find a place for her in a school for slow learners.
- We welcome newcomers, both girls, Layal (Cerebral Palsy) and Soraia (Retts syndrome and in a wheelchair), both with severe developmental delay.
- We've been able to provide specially adapted wheelchairs for five children/young people and foot and ankle splints for two children; and medicines and diapers

for five children monthly - as well as physiotherapy to three children weekly.

- We have also carried out much-needed building renovations and also upgrade the IT equipment in classrooms.

The Lord Jesus may be seen in and through the children's work and that it may bear witness to Him.



Children reap the benefits at playtime at Sheepfold

Take a Closer Look



Firas Sarhan outlines ABCD's changes in the neediest refugee camps in the West Bank

As a Palestinian who spent fourteen years as a child in one camp, Firas, a Registered General Nurse specialising in spinal cord injury nursing, is well equipped to establish needs in Jalazone, north of Ramallah and Nour Shams, north of Nablus, two camps ABCD works with. New readers: see potted history and camp outline below after Firas Sarhan's report.

Firas gives us an update on current ABCD work at the two camps:

Since I joined ABCD three years ago as a trustee and field project manager we have proudly established rehabilitation facilities providing vital equipment and staff training, in both **Jalazone and Nour Shams refugee camps**, none of which would simply be possible without the charity's help. ABCD now funds both the physiotherapists and occupational therapists in both camps who also have the following specialties of play therapy; speech and language therapy and psychology available on a part time basis. Sadly, the camps are no longer fully funded by the UN as they increasingly have had to cut their costs by 65%. The life in the camps is harsh as the actual environment is not suitable for people with disabilities.

In April 2016, new trustee Anthony Glaister and I visited the camps and, in Nour Shams and were moved to tears when

Adnan, who has never been able to stand or walk, finally walked in his teens thanks to the physio and equipment. It touched our hearts.

- Nour Shams' specialists treat up to **twelve children per month** with cerebral palsy, spinal injury and other physical and learning disability.
- In Jalazone we treat up to **20 children** with cerebral palsy or other physical and learning difficulties.
- Individuals can live a more normal life and can integrate into regular schools too due to this help. **ABCD is making a huge impact on these children** in terms of support and introducing quality to their life through offering a comprehensive rehabilitation programmes. This abolishes barriers, helping to remove the taboos surrounding disabled children.



Physiotherapy treatment at camps



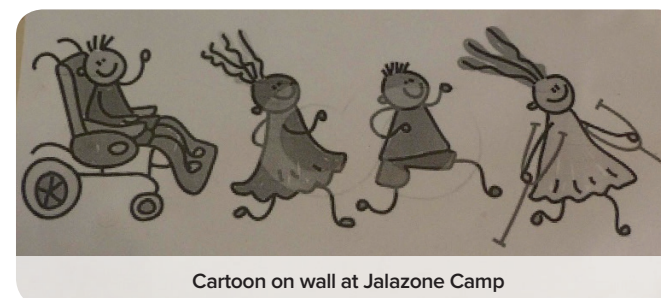
Physiotherapist Nabil with Ahmed



Specialists at work with Jalazone children

- ABCD's field advisory team has been working on a **specialist training programme** which will be put into action with Dr Lesley Dawson ABCD field advisory team member. The **Training Programme for Therapists and Health Workers in the Management of Children with Cerebral Palsy** will run from 22nd November to 2nd December for the medical staff of Jalazone and Nour Shams refugee camps. This will be for a maximum of **20 participants, 10 from each community**. Therapists from other local organisations in the wider local area will also be invited to take part for a fee.
- Lesley and I have enlisted the help of fellow professional Lesley Gillon, an Independent Physiotherapist and Manual Handling Practitioner MSc. PG Cert (HE) MCSP HPCP who will lead the course at no cost to ABCD and for which she will receive an honorarium and the charity's grateful thanks.
- **Jane Lavers, Trustee, Physiotherapist** and field trip visitor, adds: The two projects we have been able to fund in the Camps, setting up Physiotherapy units, are functioning well and children's needs are being met, some of them for the first time ever in their lives. This is exciting work, which we hope to build on with further funding thus reaching more children with their varying disabilities.

“children's needs are being met, some of them for the first time ever in their lives.”



Cartoon on wall at Jalazone Camp

Camp backstory for new readers:

- Palestine refugees are defined as “persons whose normal place of residence was Palestine during the period 1 June 1946 to 15 May 1948, and who lost both home and means of livelihood as a result of the 1948 conflict. A Palestine refugee camp is defined as a plot of land placed at the disposal of UNRWA (United Nations Relief and Works Agency for Palestine) by the host government to accommodate Palestine refugees and set up facilities to cater to their needs.” The United Nations set up refugee camps in 1949, numbers increasing substantially after the 1967 Six Day War.
- **Jalazone camp** is located north of Ramallah and directly borders Beit El (an Israeli settlement illegal under international law) to the east. Extensive population growth since the camp was established, is home to 12,000, originally suited only to 5,000. There are 2 schools and one health centre. Two schools serve almost 2,000 students. One health centre provides primary health care including reproductive health, infant and child care, immunizations, screening and medical check-ups and treatment.
- **Nour Shams camp** is located in the northern part of the West Bank and is roughly three kilometres east of Tulkarm City. The first refugees of the camp took shelter in the Jenin area until a snowstorm destroyed their tents and forced them to relocate to the Tulkarm area. From this incident, Nour Shams camp was established in 1952. It now houses 10,000, up from 3,100. Like Jalazone, there are two UNRWA schools in the camp, one for girls and one for boys for more than 1,700 students. There is a health centre as at Jalazone.

Other News:
Buy ABCD's specially designed Christmas Cards now! See the back page to order cards.

Anthony Glaister, ABCD's new trustee, adds to Firas' report on their field trip in April, 2016



My first task as a new trustee was to see what we do, and my co-trustee Firas and my wife, Lucy, went out last April. For a child growing up in camps like

Jalazone and Nour Shams, life is doubly difficult. Overcrowding, poor housing, zero pavements and rubbish collection, intermittent electricity and water, and little access to specialist rehabilitation. Gloom apart, the bright and well equipped disabled centres were havens of peace. We saw wonderful staff making life so much better for the children treated and always with great humour and dedication despite the privations of daily life under occupation. My special moment was seeing an after school class of boys with single parents learning to control their emotions. It brought home to us that so many children are traumatised and psychologically disabled by the situation knowing that third of the West Bank population have at some stage been arrested or worse. Our visit to the BASR hospital in Bethlehem and two surrounding camps showed us both the great outsourcing work we do there and the enormous need in areas without disabled centres. It's really gratifying to see the priority given by the charity to staff training in sponsoring courses

and in expanding multi-sensory facilities showing a real commitment to providing the best possible care. Going out there opens your eyes to both the challenges of the present and the opportunities for the future, transforming the lives and offering hope to our children and their families.

Anthony took on the Three Peaks Challenge in Yorkshire to raise funds. Read about his success under Fundraising by Lara Madge.



Street scene in Nour Shams Camp

"We saw wonderful staff making life so much better for the children treated and always with great humour and dedication despite the privations of daily life under occupation."



Anthony Glaister with a child at one of the camps



Wall Mural in Jalazone Camp featuring disability inclusion

Administrator Alison Driscoll's Church and Greenbelt Report

Part of my remit is to liaise with churches – either leading Sunday morning worship and/or speaking to midweek groups. This year I've visited several churches of different denominations; some are new ABCD followers, others supporting our work, financially and prayerfully, for many years. My husband René (ABCD Hon. Treasurer) and I presented some items of jewellery to the congregation at St. Columba's URC, Oxford who have regularly been sending us an average of £400.00 per annum for over 20 years. My programme for visits for the rest of 2016 is fully booked but please do invite me to come to your church next year so you can learn more about our work. I can also bring various items

made by the disabled young people in Greater Bethlehem or embroidered by the women in the recently established Co-operative in Jalazone Refugee Camp – all proceeds on sales to ABCD. See how to contact me on via alison.driscoll@talktalk.net

Greenbelt is an arts, faith and justice festival with a long and rich history. ABCD was back at this year's festival sharing a tent with the Living Stones of the Holy Land Trust which proved mutually positive. The variety of merchandise on display attracted many festival-goers (people who would not otherwise have heard of ABCD) into the tent where we were able to engage in conversation. We gained new supporters for our data base too, some of whom offered to help us at Greenbelt 2017.



Firas Sarhan of ABCD (second left) at Greenbelt



Social Media gets us places

Lara Madge, ABCD's social media organiser, rightly declares: 'The

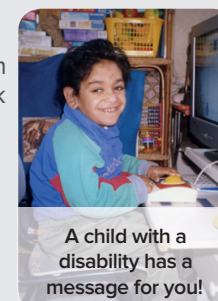
power of a photograph portraying life for these children and their families speaks volumes and shows their day-to-day struggle with disability.'

What an exciting year it has been for ABCD and social media. We posted our first post and tweeted our first tweet on the 1st February and haven't looked back. ABCD now has a presence on Facebook, Twitter, LinkedIn and Instagram and has managed to accumulate a swell of supporters who are following our journey and cheering us on along the way. So, why was it so necessary for ABCD to join the throng of online communication? Social media has many benefits for ABCD for four reasons. Firstly, there is no denying that social media is a fantastic tool for communicating and engaging with our supporters. It is a way to inform people of our work, how our projects are progressing and to keep in touch regularly and with updates. Our daily snippets of information enhance our newsletters and enable supporters to feel in touch with projects and fundraising events within our charity and give them an opportunity to engage in conversations with us so we can hear their views too. Since February's first postings we've been able to promote cake sales, sponsored walks and barn dances for groups of people who go the extra mile for our children in the West Bank. The sky's the limit. These sorts of events contribute so much to our annual fundraising and mean so much to ABCD, and help promote

our grass roots supporters. It's a way to thank them for their hard work and dedication that also makes social media a fantastic asset. For the children we help, life is more challenging than you and I find

imaginable. The power of a photograph portraying life for these children and their families speaks volumes and shows their day-to-day struggle with disability. It is important for ABCD to be able to show why we need your help and to be able to communicate the hardships in a way that only a picture can. You can see for yourself how crucial it is to help and support these children. Lastly, social media can help us raise funds. Our article on Fundraising in this issue will tell you more about how you can get involved but linking social media and fundraising is an exceptional, instantaneous way of creating a new fundraising avenue. Through initiatives such as Give As You Live (details under Fundraising), ABCD is able to raise more money to improve the lives of so many children with disabilities. If you haven't already, please follow us on our social media journey. We'd love to have you with us.

www.facebook.com/abcbdethlehem
www.twitter.com/abcd_bethlehem
www.linkedin.com/abcbdethlehem
www.instagram.com/abcbdethlehem5414



A child with a disability has a message for you!

Lara Madge takes us through fundraising events and how you can help to engage in the charity's aims.

In common with all charities, fundraising is ABCD's biggest concern and remains our biggest drive.

"But we can really raise money in so many different ways from bake offs to 24 hour Zumba. Georgina's appeal should get us all motivated so watch this space."

Online Fundraising: With the inception of social media ABCD has opened up to many new possibilities. Give As You Live is free and an easy way to raise money

for ABCD just by shopping online. Once signed up you can browse the **Give As You Live** website for the store you want to shop with, click 'shop now' to take you to their website, then shop as normal. A small percentage of your purchase or purchases will go towards ABCD at no additional cost to you.

We continue with our **'Donate Now'** button on our website and our social media pages. All of these methods allow people to donate spontaneously in response to something they may have read about or a picture they have seen on our social media pages.

Events:

- One of our Trustees, Anthony Glaister, set about the **Yorkshire Three Peaks Challenge** in June. By walking the hills of Pen-y-ghent, Wharfedale and Ingleborough, 24 miles and 5,200ft of ascent, this is no mean feat! (Although he probably did have mean feet at the end.) Anthony took this task on with great gusto and enthusiasm and raised in excess of a jaw dropping £10,000 for ABCD. We are indebted to him for his determination and fervour. Deepest thanks, Anthony. *'Motivation enlivens the spirit and doing the Three Yorkshire Three Peaks Challenge for ABCD certainly did that. I was enormously grateful and not a little surprised for the extent of the support which with tax refunds tops £10,000. I can think of worse ways of getting sore feet. But we can really raise money in so many different ways from bake offs to 24 hour Zumba. Georgina's appeal should get us all motivated so watch this space.'* Anthony Glaister, ABCD Trustee.
- Watch this space quite rightly! Anthony is one such fundraiser for ABCD. Our great friend and supporter **Maureen Merrifield and St Augustine's Church in Downend, Bristol**, have held very successful events in support of ABCD including a sponsored walk amazing looking cakes at various cake sales.



- Our wholehearted thanks to all remarkable cake makers involved.

- And to **Lynne Al-Sad**, who with her daughter Hannah undertook a memorial walk for her husband Heidar and raised £750 for ABCD.



- In 2017, we're planning a major event: entering the **Bethlehem Marathon**, its fourth. We are hoping that at least two of our Trustees, our social media administrator and various supporters will take part in Bethlehem. The more the merrier. **To take part** in a full one or half a marathon or a 10K, or come to cheer us on, do get in touch.

For more information on fundraising events and ways you can help please visit our website or join us on Facebook, Twitter, LinkedIn or Instagram.

Christmas Cards 2016

Prices held!

- Christmas Cards -
**£5.00 per single pack
of 10 cards**
(one design) and envelopes
- You can save even
more by paying only -
£16.00 for FOUR packs
or for each multiple of four packs

- Our prices include all Postage and Packing
- 2nd Class Delivery
- The message inside each card reads **'Peace'**

This card is dedicated to Georgina Mortimer who chose this image, crafted in the Hebron Tile Factory for ABCD's partners, The Bethlehem Arab Society for Rehabilitation, and given as a Christmas gift to ABCD.

*ABCD Christmas card 2016
160mm x 116mm
Not shown actual size*



ABCD CHRISTMAS CARD 2016 ORDER FORM:

☐ Please send _____ pack(s) of ABCD 2016 Christmas Cards
at **£5.00 per single pack /**
£16.00 for each multiple of four packs (e.g. 8, 12 or 16 packs)

☐ I enclose a cheque for £ _____ payable to ABCD.

If you are a Tax Payer and do not already Gift Aid your donations and wish to do so, please tick ☐

Please complete your name and delivery address below. PLEASE PRINT

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FOR THE GEORGINA MORTIMER MEMORIAL APPEAL

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