



SPRING 2021

WITNESS

YOUR IMPACT:

**HOW YOUR
SUPPORT MADE
A DIFFERENCE
IN 2020**

GAZA

Advancing disability rights

WEST BANK

Bringing a lifeline to communities
living on the edge

LEBANON

Being there for young Palestinian
refugees amid the pandemic

MAP
MEDICAL AID FOR PALESTINIANS

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DEAR READER

It has been another incredibly tough year for the Palestinian people. While we are all far too familiar with the injustices facing Palestinians living under military occupation and forced exile, the additional impact of a global pandemic is not something any of us foresaw.

As communities and their healthcare systems struggle to cope with COVID-19, MAP has had to respond to simultaneous emergencies in all our areas of operation for the first time in our 36-year history. The growing number of infections and deaths across Gaza, the West Bank and the Palestinian refugee camps of Lebanon are only the tip of the iceberg in terms of the pandemic's humanitarian impact. Countless families are affected by rising unemployment and higher levels of poverty and food insecurity, and the pandemic has already triggered a surge in cases of childhood malnutrition.

But thanks to your support, MAP has once again proved itself able to respond rapidly and robustly at this time of crisis. In this edition of *Witness*, you can read about how you have helped make a real impact on the lives of Palestinians. You can hear from Palestinian doctors and nurses about how you have supported their battle against the pandemic by helping us provide the personal protective equipment, disinfectants, and vital medicines and equipment to treat those who have fallen ill from COVID-19.

You can also read how you are helping to tackle the secondary effects of the pandemic on mental health and ensuring the continuation of essential women and children's health. We also highlight the vital work of people with disabilities in Gaza, advocating their rights and those of their broader communities with your support.

In addition to medicines, equipment and health services, you helped us provide Palestinian communities one other resource that was in short supply around the world in 2020: hope.

When the time comes to switch focus from COVID-19 response to recovery, your continued support will ensure MAP is ready to help Palestinians build back stronger. All of us at MAP hope that time will come soon.

Thank you, as ever, for your care and support.

Aimee Shalan

AIMEE SHALAN
Chief Executive Officer
Medical Aid for Palestinians

COVER IMAGE:
A Palestinian waits to leave the Palestinian
Rafah crossing in southern Gaza.

Photo credit: ZREUTERS / Alamy Stock Photo

Photo credit: ZUMA Press, Inc./Alamy Live News

SITUATION UPDATE



GAZA



SURGE IN CHILDHOOD MALNUTRITION

With rising unemployment and higher levels of poverty and food insecurity, COVID-19 has triggered a surge in childhood malnutrition. A needs assessment surveying over 600 households in Gaza to look at the impact of COVID-19 on vulnerable children and their families, found that 90% reported not having enough food.

UNRWA FACES UNPRECEDENTED FUNDING CRISIS



The UN agency responsible for humanitarian support to Palestinian refugees, UNRWA, is facing an unprecedented funding crisis. In November, UNRWA announced that it had run out of money to pay that month's salaries for its 28,000 staff.



LEBANON



WORLD BANK WARNS OF PROLONGED ECONOMIC DEPRESSION

The World Bank has warned that Lebanon's GDP is projected to drop by nearly 20%. Poverty is likely to further increase in 2021, impacting more than half the population and hitting marginalised communities such as Palestinian refugees particularly hard.



WEST BANK



HIGHEST NUMBER OF DEMOLITIONS IN YEARS

In 2020, Israeli authorities demolished 273 Palestinians homes, leaving more than 1,000 Palestinians – including over 500 children – homeless. This marked the second highest number of Palestinians displaced by demolitions since UN OCHA began documenting the issue in 2009.



BEING THERE FOR YOUNG PALESTINIAN REFUGEES AMID THE PANDEMIC

Around the world, the COVID-19 pandemic has turned people's lives upside-down, creating unprecedented stress and uncertainty, and increasing the need for mental health and psychosocial support. Thanks to the generosity of MAP's supporters, we have continued to work hard to mitigate the negative impact of the crisis on Palestinians living under occupation and as refugees.

YOUR IMPACT:

HOW YOU HELPED MAP'S MENTAL HEALTH AND PSYCHOSOCIAL WORK IN 2020:



BRINGING VITAL MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES TO:

27,353 Palestinian refugees in Lebanon, including 18,985 children, through 14 child friendly spaces, 7 women and girls' safe spaces and 2 multidisciplinary child development centres

12,464 Palestinians in blockaded Gaza based on principles of justice, equality and respect

3,000 children growing up in occupied East Jerusalem through the safe and welcoming environment of the Saraya Centre in the heart of the Old City

PROVIDING TRAINING AND DEVELOPMENT OPPORTUNITIES TO:



85 local NGO staff and **70 young volunteers** delivering psychosocial support activities in Palestinian refugee camps in Lebanon

111 service providers and **community leaders** in Gaza

5 Palestinian psychiatry residents in the West Bank, through bi-monthly online supervision sessions with specialist psychiatrist volunteers from the US and UK

Photo credit: Abed Rahim Khatib, Shutterstock



PSYCHOTHERAPIST DUNIA: "COVID-19 THREATENS YOUNG PALESTINIANS' FUTURES"

Dunia, a psychotherapist working with the National Institution of Social Care and Vocational Training (NISCVT), one of our partners in Lebanon, explains the impact of COVID-19 on young Palestinians' mental health and how she and her team are providing them with essential support.

"COVID-19 has threatened young people's sense of safety and security and the way they see their future. This is particularly true for Palestinian youth in Lebanon who already had many uncertainties, such as whether they will be able to continue their education, be able to work after they graduate, or even if their families can afford food the next day. The COVID-19 crisis intensified these fears. Young Palestinians started thinking about their future prospects and the inequalities and injustices that deprived them from opportunities that other youth have in Lebanon. Some became more frustrated or experienced increased feelings of hopelessness."

"Though the pandemic has affected everyone in Lebanon, it has a larger impact on Palestinian refugees because it has exacerbated existing vulnerabilities and inequalities. The economic impacts are very harsh on Palestinians, with many families having lost the scarce income-generating opportunities that were previously available to them. Families were already struggling to secure the basic needs for their children before the crisis. Now the situation is far worse with many Palestinians not working and having to spend all their days in overcrowded houses. Sadly, increasing domestic violence and social problems are not unexpected."

"Following the lockdown, the need for us to work on stress and anger management increased. Youth have been exposed to a major disturbance in their lives that has put them under pressure and in a state of uncertainty where they don't always understand what is happening or what will happen next."

"At NISCVT we are working remotely with our young people to keep them engaged and with access to professional support when needed. We are preparing videos on the topics that we used to discuss with them in person at our centre, and are supporting them to deal with confinement-related stress and offering ideas on how to spend this time productively."

"We often hear that our activities are helping young Palestinians feel that there is one thing that has not been interrupted by the pandemic. That there is someone thinking of them."



Working remotely to bring psychosocial support to young Palestinian refugees

"THEY CARE ABOUT ME, LISTEN TO ME, AND ARE BY MY SIDE DURING THIS DIFFICULT TIME"

Thirteen-year-old Palestinian refugee Farah* explains the impact that COVID-19 has had on her life, and how the support she has been receiving through MAP's 'Adolescents Health and Life Skills Education' programme, run in partnership with local NGO Association Najdeh, has helped her.

"COVID-19 has had a big impact on my life. I can't go outside as much as I used to, which makes me feel stressed, sad, and scared."

"Najdeh's support has helped me a lot. They give me confidence and help to reduce my boredom. I can talk with my friends through video calls. I feel very happy and I laugh from my heart when we do activities together online. The support from the centre's staff makes me feel that someone cares. They listen to me and are by my side through this difficult time."

MAP has only been able to continue our vital mental health and psychosocial support for Palestinians thanks to your dedication and support.



*Name changed to protect identity



Delivering primary health care to vulnerable communities in Hebron

Photo credit: MAP

BRINGING A LIFELINE TO COMMUNITIES LIVING ON THE EDGE

In 2020, Medical Aid for Palestinians began a new partnership with the Palestinian Medical Relief Society to provide mobile clinic services for marginalised communities in Area C of the Hebron governorate, one of the regions of the West Bank hardest hit by the COVID-19 pandemic.

Even before the outbreak of COVID-19, these communities were extremely isolated and marginalised. They have long been the target of violence, home demolitions, and land confiscation by Israeli authorities and settlers.

"THIS MAKES A CONSTANT PARADOX. HOME SHOULD BE WHERE YOU FEEL MOST SECURE, BUT FOR US IN BEREN IT IS WHAT WE MAY LOSE AT ANY MOMENT."

The village of Beren, east of Hebron, is one of the communities visited by the clinic. Duaa, one of its 600 villagers, described how these challenges affect their daily lives. She is a mother of five children and pregnant with her sixth.

"We live around 20km away from Hebron, but it feels like we live in the middle of nowhere. We have no roads, no grocery store, no public transportation and no permanent health clinic. Above all, our houses are in Area C, were built without a permit and are under the constant threat of being demolished."

"I love my house, but we have no option of expanding it or making any changes as it could be

demolished at any moment. I live under constant fear of being homeless. This makes a constant paradox. Home should be where you feel most secure, but for us in Beren it is what we may lose at any moment."

As she is pregnant, Duaa needs to visit the doctor monthly, but the only specialised clinic is in Hebron, and the only way is by taxi. *"It is very expensive to go every month to Hebron for a regular check-up, and many taxis refuse to drive to Beren as the roads are not paved. It is not easy to be pregnant in a place where the nearest health clinic is a 40 NIS (£9) taxi ride away."*

"We are lucky to be visited by the mobile clinic now."

With no local healthcare infrastructure or public transport in these areas, mobile clinics such as the one supported by MAP are a literal lifeline to communities like Beren.

MAP's support for this mobile clinic, and the communities it serves, is only made possible thanks to your generosity.



THE MOBILE CLINIC PROVIDES THESE ESSENTIAL SERVICES TO COMMUNITIES:

- Consultations with a doctor
- Medicine prescriptions
- Health awareness sessions, including how to keep safe during the pandemic
- Protective COVID-19 items, including masks and disinfectants
- Breast cancer screening
- Laboratory test for comprehensive diagnoses
- Referrals to nearby hospitals or health centres
- Annual examinations and eye tests for children



THE UN REPORTS that there are around 356,000 Israelis living in 135 settlements and some 100 settlement 'outposts' in Area C, which represents 60% of the West Bank and is under full Israeli civil and military control.

All violate international law. The discriminatory planning and zoning regime applied by the Israeli authorities makes it virtually impossible for Palestinians to obtain building permits in most of Area C.

"The mobile clinic serves as a lifeline to at least 4,430 people living in isolated communities in the South Hebron Hills. There are no permanent healthcare facilities here as the Palestinian Authority is not allowed to build them and there is no regular public transport to take residents to cities to access healthcare."

Dr Suhail Aqabna, Clinic Supervisor



"During the first weeks of our visits many people thought COVID-19 was a myth and did not take the precautionary measures seriously. We now see a big change, with people asking for hand sanitising gel and masks. We are providing home visits to several people with disabilities who have chronic diseases and are the only medical provider able to reach these communities due to the spike in cases of coronavirus here."

Hosam, the Clinic's Rehabilitation Specialist



YOUR IMPACT:

PROMOTING WOMEN AND CHILDREN'S HEALTH AND DIGNITY



Recognising the disproportionate impact of health crises in Palestine and Lebanon on women and children, MAP works with partners on the ground to provide integrated projects in women's cancer support, malnutrition management, intensive care for vulnerable new-borns, and protection and empowerment services for women.

WITH YOUR SUPPORT, IN 2020 MAP:

Delivered lifesaving neonatal medicines, infection control supplies and neonatal care equipment worth \$256,761 to 6 neonatal intensive care units (ICUs) in Gaza, supporting life-saving care for **7,500 babies**

Assessed **2,500 children** in Gaza for malnutrition, successfully diagnosing and treating **618 children**

Screened **2,316 Palestinian women** for early detection of breast cancer

Provided more than **3,000 visits** to pregnant Palestinian women, new mothers and their babies regular home visits by our team of community midwives in Lebanon



Photo credit: MAP

EMERGENCY RESPONSE

RESPONDING TO MULTIPLE CRISES

Ongoing military occupation and the forced exile of refugees have been a constant challenge to the health and rights of Palestinian communities for decades. But the global pandemic has now added to the humanitarian crisis facing Palestinians across the region.

In the occupied Palestinian territory and the Palestinian refugee camps of Lebanon cases of COVID-19 are continuing to spread at an alarming rate, placing lives and livelihoods at increased risk. For the first time in 36 years of operation, MAP is simultaneously responding to a healthcare emergency across all three regional areas in which we work. As first responders, our ongoing emergency response is helping to save lives and slow the spread of the disease among Palestinian communities.

Thanks to your support, we have been able to respond quickly and at scale. Since the crisis began, we have been working tirelessly to provide vital equipment and medical supplies to support infection control efforts and ensure health workers like Ibrahim, Thaer and Wael can provide the best possible care to their patients.

YOUR IMPACT:

MAP'S 2020 EMERGENCY RESPONSE

During emergencies our ability to act fast and get vital aid to Palestinians in need is possible only thanks to the generosity of people like you.

WITH YOUR HELP, IN 2020 WE:

Delivered **PPE and infection control supplies** to Palestine Red Crescent Society hospitals in Lebanon

Provided **hygiene kits, PPE, COVID-19 PCR testing kits and antiseptics** to help slow the spread of coronavirus in Palestine

Delivered **essential medicines and disposables** to Gaza's hospitals

Facilitated **83 online meetings** with local medical teams in Gaza and medical specialists in the UK

Conducted Palestine's first community research on **burns injuries** with partners, helping to improve local understanding on the causes and treatment of burns

Supported the **first oncology course** in partnership with a multidisciplinary team of UK specialists for medical students in Gaza

Brought life-saving surgeries and diagnostic tests to **250 highly vulnerable double-displaced Palestinian refugees** from Syria living in Lebanon



NURSE THAER: SAVING LIVES WITH MAP SUPPORTED RESPIRATORS

Thaer is a nurse working at the National Hospital in Nablus and has been using Continuous Positive Airway Pressure (CPAP) respirators provided by MAP to help save lives amid the COVID-19 pandemic. These highly effective respirators deliver oxygen under pressure, enabling many patients to recover without intrusive ventilation. This allows ventilators to be used for the most critically ill patients.

MAP partnered with the International Medical Education Trust 2000 and the British Consulate in Jerusalem to bring these CPAP devices to Gaza and the West Bank and provide training on their use to local health workers like Thaer.

"I am happy to be able to use this simple, yet complex medical tool. CPAP can be a very helpful alternative amid the shortages of the expensive and complicated ventilators. The machines are much-needed and will save many lives. They need no electricity to operate, and can be used outside the ICU units if we have access to an oxygen pump."

INFECTION CONTROL SPECIALIST WAEI: ENSURING HEALTH WORKERS HAVE THE PROTECTIVE EQUIPMENT THEY DESPERATELY NEED

Wael is the Head of the Infection Control Unit at Gaza's dedicated COVID-19 hospital. He has been making sure health workers there have the protective equipment they need:

"Medical personnel are crucial to keeping health services running amid the pandemic and Personal Protective Equipment (PPE) is key to protecting these individuals. Without adequate PPE, health professionals would be at significant risk, endangering the whole health system and population in Gaza. Thanks to MAP and their supporters, here at the European Gaza Hospital we can provide our frontline workers with gloves, masks, gowns, suits and face shields and make sure that they wear and regularly replace these. We are so grateful for this vital support."



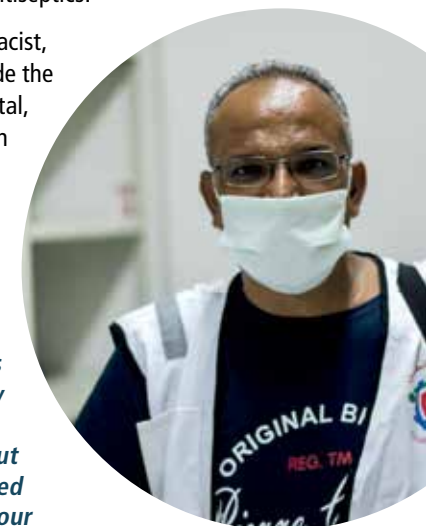
PHARMACIST IBRAHIM: TREATING THOSE INJURED BY THE BEIRUT BLAST

MAP's team in Lebanon responded swiftly to healthcare needs following the explosion in Beirut in August, which devastated much of the capital and left more than 220 people dead and over 6,500 people injured.

We helped our local partner, the Palestine Red Crescent Society (PRCS), treat the injured, providing essential medical supplies to PRCS hospitals including surgical, anaesthetic and X-ray supplies, lifesaving fluids and antibiotics, flumazine (for burns) and antiseptics.

Ibrahim, a pharmacist, was working inside the PRCS Haifa Hospital, in Burj al Barajneh refugee camp in Lebanon, on the day of the explosion:

"I was called to the hospital as the emergency room stock was running out and they needed supplies from our reserves. Some of the wounds were simple but others were complicated, such as one which needed five different threads to stitch. Thanks to everyone who helped us secure medicines and medical supplies."



Delivering hygiene kits in Gaza to help slow the spread of coronavirus

The difference MAP's supporters help to make is vital and helps to save lives.



DISABILITY RIGHTS

LEADING BY EXAMPLE: ADVANCING DISABILITY RIGHTS IN GAZA

By Haitham Al Saqqa, MAP's Community Programme Assistant in Gaza



Photo credit: Mageda Farjallah

"I went to the beach and enjoyed the view, but I really had a hard time to reach it as it is inaccessible for my wheelchair."



The COVID-19 pandemic has increased the marginalisation of people with disabilities in Gaza. Sadly, the barriers we face are not new, but the virus has exacerbated the isolation many people now feel.

In Palestine there is little awareness in our communities about the rights of people with disabilities, and many continue to look down on us. Many public spaces are still not accessible. Without the needed adaptations and laws to enforce this, people with disabilities are prevented from accessing essential services and opportunities, including education and employment. In 2019, MAP supported a participatory photography project in Gaza and one woman's photo powerfully captured this (see right).



"THE LABOUR LAW DID ME JUSTICE, BUT THEIR OFFICE DID NOT"

To see more photos from the project visit:
map.org.uk/disabilityright

This environment makes it difficult for people with disabilities to participate in society. I have a disability myself; restricted growth. Through my work at MAP, I advocate for the rights of people with disabilities and ensure that they are involved in all our projects. I try to send the message to people with disabilities that they too can be empowered and leaders in their communities.

MAP partners with two organisations in Gaza – the Nuseirat Rehabilitation and Social Training Association and the Social Developmental Forum (SDF) – who provide rights-based and digital training and support to people with disabilities. It is amazing to see the difference that the training makes to those involved. One person, Naji, recently set up Palestine's first national football team for people with physical disabilities. Before attending the sessions, he was unaware of his own rights. Now he is one of Gaza's most active disability rights advocates, sitting on the Steering Committee of the General Union for People with Disabilities.

An important part of our partners' training is equipping people with the skills to influence decision-makers to help bring about change. When COVID-19 first broke out in Gaza, there was a lack of accessible information about the virus. Naji joined some youth in our project to campaign for this, successfully getting a sign language interpreter included in the Ministry of Health's daily updates.

Thanks to funding from MAP, our partner SDF have also delivered information on how to keep safe during the pandemic to the public, ensuring it is accessible to all. Their 'Fight Corona' campaign has reached more than a million and a half people on social media. It is run by people with and without disabilities working together, which sends an important message that people with disabilities play an integral role in society, and one not only limited to advocating for their own rights.

The context we face in Gaza – prolonged occupation, blockade and closure – also exacerbates the difficulties that many Palestinians with disabilities face. Last Autumn I joined a virtual briefing with the UN Committee on the Rights of Persons with Disabilities to raise these issues in its review of Israel's implementation of the Convention on the Rights of Persons with Disabilities. Alongside two disability rights advocates from our project, Shahd* and Mohammed*, and my colleagues in the West Bank and UK, we shared how Israel's policies and practices as an occupying power obstruct the rights of Palestinians with disabilities.

Mohammed explained how the humanitarian and economic crisis caused by the blockade and closure of Gaza affects people with disabilities disproportionately. He explained: "we have one of the highest unemployment rates in the world, reaching 90% amongst people with disabilities."



Photo credit: Alayan Abu Sabra

Together, we shared how barriers to freedom of movement, imposed by Israel, prevent disabled athletes from attending international competitions. Shahd explained how Israel's permit regime had prevented her from accessing potentially sight-saving eye surgery in Jerusalem. "I would probably be able to see if I lived somewhere else", she told the Committee.

As we enter 2021, my focus will be making sure our projects are accessible for people with learning disabilities. I hope this year will be as successful as last and look forward to reporting on how we are getting on.

"Football has always been the game that gives me strength."

YOUR IMPACT:

HOW YOU HAVE HELPED TO IMPROVE THE LIVES OF PEOPLE WITH DISABILITIES IN PALESTINE AND LEBANON



MAP supports Palestinians with disabilities to promote and demand their right to full inclusion and participation in society, in addition to providing inclusive projects for children and adults with disabilities.

THANKS TO YOU, WE:

Supported the **Palestine Circus School**, our partner in the West Bank, to host Palestine's first international "Social Circus" conference, promoting equal rights and community inclusion in Palestinian society

Delivered **specialised services – including physiotherapy, speech therapy and occupational therapy** – to **360 Palestinian children** with disabilities in Lebanon

Trained **30 Palestinians** in Gaza to become local disability rights advocates, to help bring about change and challenge public perceptions of disability



#ISOLATEDBUTTOGETHER:

SUPPORTERS STAND WITH PALESTINIAN HEALTH WORKERS TACKLING COVID-19



Across the world, health workers have spent the year risking their health on the frontline against the coronavirus pandemic. In the occupied Palestinian territory, they are doing their duty but in the harshest of circumstances: a context of perpetual military occupation and, in Gaza, under an illegal closure and blockade that frustrates access to essential medical resources and isolates them from the rest of the world.



More than 160 people in the UK, Palestine and around the world took part in our #IsolatedButTogether campaign, sharing selfies and messages of support to show solidarity with these Palestinian health heroes. We took these selfies to Palestine, placing them on billboards in Gaza and the West Bank to share them directly with those who have spent many exhausting months giving their all to save lives. The billboards also shared essential COVID-related health messages with the wider local communities.

Thank you to everyone who was able to take part. Though the pandemic has isolated us all at times – from friends, family and loved ones – you have helped ensure that Palestinian health workers know they are in our thoughts and hearts.



SOLIDARITY FROM THE UK'S FRONTLINE

Health professionals and key workers from the frontline in the UK sent messages of support to their counterparts in Palestine.

MAP MEDICAL VOLUNTEER JANE SENDS MESSAGE OF SUPPORT TO PALESTINIAN COLLEAGUES

"Solidarity from Scotland, my thoughts with colleagues and friends in Palestine."

Dr Jane Macaskill, a Consultant Oncoplastic Breast Surgeon from Scotland, joined the campaign. For the past four years, Jane has been travelling to the West Bank with MAP to support the development of Palestinian breast cancer care.

FROM GAZA TO THE UK

"To medical workers worldwide keeping us healthy as we battle coronavirus, thank you. And to Gazan and Palestinian health workers especially, despite it all, you haven't wavered in your commitment."

Our partners in Gaza, the Social Developmental Forum, got involved, sending messages of solidarity from Palestine to the UK.

MAP'S COMMUNITY MIDWIVES TAKE PART

In Lebanon, our community midwives also took part amid their busy schedules as they continue to provide essential care to expectant and new Palestinian mothers during the pandemic.



YOUR IMPACT:

HOW YOU HELPED TO SUPPORT THE RIGHTS OF PALESTINIANS IN 2020

CAMPAIGNING

Our supporters helped us press for action against new threats to Palestinians' rights to health and dignity.

More than 1,500 people sent emails to their MP calling for action against further annexation in the West Bank

RESEARCH AND REPORTING

We produced **seven new reports and briefing papers** on a range of topics, helping ensure MPs, policymakers and the public are well-informed on the contemporary issues affecting Palestinians' rights

ENGAGING UK PARLIAMENT

With our regular delegations to Palestine halted by the pandemic, we also **hosted and supported seven virtual briefing events** to update MPs on the humanitarian situation on the ground

SPEAKING OUT AT THE UN

MAP briefed diplomats and experts at the UN Human Rights Council, the World Health Assembly, and the UN Committee for the **Rights of Persons with Disabilities** to call for international action in support of Palestinians' rights

REACHING THE MEDIA

You helped us to raise the alarm over **growing humanitarian crises** across all areas of operation through UK and international media, securing coverage in the Guardian, Independent, New Statesman, Indy100, Middle East Eye, as well as many regional Arabic-language outlets



MAKING A DIFFERENCE FOR PALESTINIANS

As the pandemic meant we had fewer opportunities to meet our many fantastic fundraisers in person last year, we decided to use this edition of the *Witness* magazine to introduce you to MAP's Community and Challenge Events Team.

Alex and Zahra manage all activities related to the MAP community of supporters, including UK-based and overseas challenge events.

ALEX: Hi I'm Alex, the Community and Challenge Events Manager. I joined the MAP team in April 2020 (during lockdown!) and have loved my time here so far despite the challenges of last year. I've been so impressed by how MAP's supporters have found new and inventive ways to raise money despite the pandemic. Some of you may already recognise my name from emails or phone calls and I hope to meet many more of you in person in 2021.

ZAHRA: Hello! I'm Zahra, the Community and Challenge Events Fundraising Officer. I have been at MAP for nearly three years now and remain in awe of the incredible support we receive. Despite a tough year for many of us, the unwavering dedication is always a source of inspiration. I am here to help with any of your fundraising needs, so please get in touch. I hope to hear from you soon.



Zahra and Alex



Photo credit: Mahmoud Issa/Quds Net News/
ZUMA Wire/Alamy Live News

THANK YOU

As we all know, 2020 took an unexpected turn at the start of the year. The COVID-19 pandemic shocked the world and affected all of us. We know navigating the pandemic and everything that came with it has been extremely difficult, and we wanted to extend our best wishes to all of you involved with MAP.

With the reduced possibility of holding in-person events and challenges, we worked hard to come up with new and innovative ways to ensure everyone who still wanted to support us was able to, safely and in line with all the new restrictions. As a result of this, 2020 saw the introduction of a few new activities – from our virtual *Together2Palestine* (and back!) initiative, to the *Come Dine for Palestine* online cooking classes. We have been so grateful to see how many of you got involved to raise money for MAP despite the circumstances, and the amazing creativity of our supporters.

We are truly inspired by your personal commitments to making a difference and supporting the people of Palestine, so from all of us here, we want to say the biggest **THANK YOU** for your dedication and unwavering support.

OUR INTERNATIONAL CHALLENGES ARE BACK FOR 2021!

MAP's challenge events in Palestine were sadly put on hold last year due to the pandemic. We are therefore pleased to announce new dates for our challenges for 2021. We hope you will be able to join us. In the events calendar below you can see the new dates for UK-based and Palestine events in 2021. If you are interested in taking part you can either sign up on our website or email **Alexandra**. Provan@map.org.uk for more information.

CHALLENGE EVENTS CALENDAR 2021



Hackney Half Marathon: 16 May

London 10k: 25 July

Cycle Palestine: 5 June – 13 June

Trek Palestine: September TBC

London Marathon: 3 October

Royal Parks Half Marathon: 10 October

Please note that all dates are subject to change. Check our website for the latest updates and additional events.
www.map.org.uk



Photo credit: Joudie Kalla

Chef Joudie Kalla dish (Fattet Betinjan) from our first cooking class

COME DINE FOR PALESTINE ONLINE!

One of our biggest successes last year was taking *Come Dine for Palestine* online.

Over the course of the year we held three virtual cooking classes, with participants learning to cook unique Palestinian dishes with some incredible Palestinian chefs, all whilst raising money for MAP. Thank you to everyone who was involved.

We loved hosting these classes so much that we have decided to bring them with us into 2021! Please check our website for announcements of future classes.



GIFT CARDS

MAP Gift Cards are now available for purchase on the MAP website.

This means that you can donate a gift card to your friends and loved ones, and the lucky recipient will receive the gift and story about someone they have helped.

You can find our gift cards by visiting our website at www.map.org.uk/giftcards



DONATING YOUR BIRTHDAYS!

We are so grateful to all of you who donated the equivalent cost of a cake, card, drink or present to MAP last year– thank you so much! If you're interested in pledging your birthday to Palestine this year, you can head to our website for more information or set up a Facebook Birthday Fundraiser here www.facebook.com/fund/MedicalAidforPalestinians/



CONTACT US

If you would like to get involved and help support Palestinians in need, please contact our fundraising team by emailing fundraising@map.org.uk or call us on 020 7226 4114.

OUR NEWS

MAP'S BREAST CANCER VOLUNTEERS FINALISTS 2020 SCOTTISH HEALTH AWARDS

MAP would like to congratulate our Scotland-based breast cancer medical volunteers for being finalists in the 2020 Scottish Health Awards, in recognition of their hard work and dedication in helping to develop Palestinian breast cancer care.

"I am proud that we were chosen to be among three finalists for the Global Citizenship Award and among 48 finalists across all categories from almost 900 nominees."

I am immensely proud of what has been achieved by the MAP project, the commitment of my Scottish Colleagues, but particularly by the Palestinian teams who have transformed the way they work. The MAP project has had a profound effect on the treatment and care available to Palestinian women with breast cancer."

Dr Philippa Whitford, breast cancer surgeon and member of the UK parliament



TRIBUTE TO TOMO BRODY

The MAP team are deeply saddened to hear of the passing of Tomo Brody – a young documentary filmmaker who made many films for MAP. Tomo visited Gaza, the West Bank and Lebanon with MAP and made a series of outstanding films in order to promote our work. His last film for MAP, on the 2014 military offensive on Gaza, was narrated by Bill Bailey.

Tomo was a very talented filmmaker, he gave his heart to MAP's work, fervently supported the people of Palestine, and leaves a legacy at MAP that continues to shine through his films. He is sorely missed. Our thoughts are with his family.

PALESTINE'S FIRST COMMUNITY RESEARCH ON BURNS

MAP has been participating in Palestine's first large-scale community-based research on burns injuries. The research has already taught us a great deal, providing valuable information on the risk factors for burns in urban, rural, refugee and Bedouin community settings. It has also helped to deepen our understanding about communities' knowledge, attitudes and practices around burn prevention and treatment.

To read more, go to map.org.uk/burnsresearch



SOCIAL MEDIA NEWS

 **Oxfam Shop Castle Street**
@OxfamCastleSt

Well done to Kerry for swimming at #Caswell today to mark #PalestineDay... and raising so much money for @MedicalAidPal



 **Will Ricketts**
@tb_doc

Looking forward to today's #Covid19 Training Day for @MedicalAidPal Thank you so much to all our brilliant speakers #IsolatedButTogether



Donate online at
www.map.org.uk

Or call today on
020 7226 4114



Follow MAP on Twitter @MedicalAidPal, Instagram @medicalaidpal and Facebook www.facebook.com/MedicalAidforPalestinians

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