



PALESTINIAN LUNCHES CAMPAIGN 2024

Host your own lunches in aid of ABCD. We can help you put together an appropriate sharing menu (think hummus, falafel, pitta bread, even za'atar mac 'n cheese! Mint tea, etc), plus publicity and make suggestions for the perfect event at your home, village or school hall, for many or few paying guests. For inspiration visit zaytoun.uk/recipes/. We might

even be able to come and help cook. ABCD is also roping in chefs, restaurateurs, nutritionists, journalists and influencers on this new campaign.

Help spread the word for the falafel event of the year!

For more help or advice, email: katie@abcbdethlehem.org



Trustee News

Lara Madge, long-time trustee, and unstinting supporter of the charity since childhood, is moving to Cornwall and has stepped down.

Lara, Val Jourdan's daughter, has helped to support the charity since its inception and will be sorely missed by us all. Lara, great good fortune in the next steps in your life. With all our fond love and memories.

New Trustees - ABCD is very grateful to all our trustees, two new ones joining us:



Jacqueline Norton – a warm welcome

Jacqueline works in academic publishing where she leads acquisitions editors in the Humanities disciplines. She visited Ramallah in the Occupied West Bank during the first Intifada and has kept a keen interest in Palestinian life since then. She welcomes the opportunity to contribute to the important work of ABCD Bethlehem.



Matthew Taylor – our continued thanks

Matthew was appointed honorary treasurer in 2021 and became a trustee in 2023. He has a degree in Arabic and long-standing interest in the Middle East, especially the Holy Land. He first encountered ABCD whilst serving as a trustee for the ecumenical charity Living Stones. He has visited Israel-Palestine several times, both on pilgrimage and to witness the great work of ABCD's partner health clinics.

LEGACIES: We appreciate that family and friends come first when you're planning for the future but would you consider leaving a share to ABCD? You will continue to give much-needed support to children with disabilities. Help us to help them. Contact us at info@abcbdethlehem.org



GIVE AS YOU LIVE raises free funds for charity by shopping online. You can support any of the 200,000+ charities in the UK and shop with over 4,000 leading stores - including eBay, John Lewis and Booking.com. The Give as you Live Donation Reminder makes it even easier to raise these free funds. Help ABCD with this method. www.giveasyoulive.com/join/abcbdethlehem

ABCD APPEAL

Due to the catastrophic war in Gaza which has also impinged on the West Bank and the cancellation of the Palestinian Marathon, ABCD has had a major shortfall of funding to continue its vital work for children with disabilities in Palestine.

I'd like to support ABCD in their vital work

To make your kind donation you can either:

- Make a one-off gift by cheque or CAF voucher made payable to ABCD using the freepost envelope.
- Make a regular or one-off gift online by scanning the QR code or heading to www.abcbdethlehem.org/donate.



Please PRINT below your name and delivery address.

Title: _____ First Name: _____ Surname: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

☐ I enclose a cheque/CAF voucher
Please keep me up to date with ABCD via: Post ☐ Email ☐ Phone ☐

We will not share your details with any third parties unless required to by law*
*See <http://www.abcbdethlehem.org/privacypolicy> for more information or to change your details.

...thank you for your generosity.

Please send your order form to (using the FREEPOST envelope provided):

**ABCD, c/o Dovecot House, Winchester Road,
Goodworth Clatford, Hants, SP11 7HN
Tel: 07593 546004. info@abcbdethlehem.org**

PLEASE HELP US TO HELP THEM

Even smaller amounts add to the provision of care as well as larger donations.



giftaid it

YOUR GIFT COULD SHINE EVEN BRIGHTER...
Make your gift go even further at no extra cost to you.

Gift Aid Declaration:
Please tick if you are a UK taxpayer and provide your address details below. For every £1 you give, we can claim back 25p at no extra cost to you. ☐

We would love to stay connected -

Your support makes an amazing difference - would you like to keep up to date with ABCD? If so, please fill in the form and send it to the address opposite, or find it on our website. You can change your mind at any time.



ISSUE 46 – SPRING 2024

abcbd
Action around Bethlehem Children with Disability

With your help we are determined to bring hope out of despair

In our autumn Newsletter, which came out before the shocking atrocities of October 7th, we wrote of our deep concern about the well-being of our Palestinian local West Bank partners who were being constantly challenged by hostile conditions, stretching them often beyond their limits. Little did we know then how much more their faith and sheer doggedness was to be further challenged.

Please read on the next page where Firas Sarhan much-loved Trustee, project manager and Palestinian who works at the Spinal injuries Centre in the UK, is in daily touch to support all our local partners. He writes about the heartbreak that is happening in Nur Shams refugee camp and how Nehayah, the Rehabilitation Centre's manager, is coping.



Thanks to your terrific generosity and encouraged by the increase numbers of people who now follow us, we were



able send out £25,000 extra emergency funds - £5,000 to each of the five centres - enabling them to provide food parcels, medication needs and nappies for families who have lost their livelihoods. We have now extended this Emergency funding for a further 3 months. This we will continue to do for as long as is necessary. Thanks are also due to an interview on BBC's Today Programme with Chair Rev. Daniel Burton.

Thank you so very much again for your help – please join us in praying for the work of our local partners and for an enduring peace with justice for all. Hope and commitment are our bywords for all our centres, their staff and families.

Val Jourdan,
Founder of ABCD

Tel: (+44) 07593 546004 • www.abcbdethlehem.org • info@abcbdethlehem.org

✂ @abcd_bethlehem f @abcbdethlehem @abcd_bethlehem

UK Registered Charity 1097623 • Company Number 04383155

Tel: (+44) 07593 546004 • www.abcbdethlehem.org • info@abcbdethlehem.org

✂ @abcd_bethlehem f @abcbdethlehem @abcd_bethlehem

UK Registered Charity 1097623 • Company Number 04383155

Story and heartbreak of Nur Shams



Physiotherapist with child at Nur Shams

Nur Shams Refugee Camp was established in 1952, the camp now has 13,519 refugees registered with the United Nations Relief and Works Agency (UNWRA) living in 0.21 sq. Kilometres.

ABCD started working with the Nur Shams Rehabilitation committee in 2014 – funding the refurbishment of the existing inadequate rehabilitation facilities, creating well equipped new treatment areas and a state of the art sensory room creating a centre of excellence in the region bringing



Nehayah

hope and help to over 250 children with disabilities and their families. The centre is run by the wonderful Nehayah, an inspiration to so many families, calm, gentle, unflappable, unstinting, she is much loved by all.

On January 3rd Nur Shams camp was raided by the IDF, causing considerable damage our centre. Firas, our project manager, was able to call Nehayah who provided a live interpretation of the horrendous destruction that took place over a 40-hour raid of the Camp.

‘They ransacked the building, destroying equipment, damaging all the rooms including the new sensory room,’ Nehayah reports. Essential paperwork for the 250 children who receive treatment was destroyed with walking frames, mattresses and beds thrown out on the street.



IDF troops in Nur Shams Photograph: Alaa Badarneh/EPA

Windows were peppered with shots. She continues: “Thank God no one was injured at the Centre. I helped to build the Centre from zero, my own soul has been broken.”



Distressingly, there was a further raid on the camp in late April, leaving the centre without power, water, sewage pipes or telecommunications. The entrance way and road leading up to the Centre have been left in rubble, access by wheelchair users or walking aids is now impossible.

Work has already begun to make the centre a safe haven again to welcome children and their families back as best we can,

WE WILL REPAIR AND RETURN THE CENTRE TO ITS FORMER GLORY



Community of parents and children at centre



Planting seeds of hope

Deir Ammar – new vision of hope

Firas first visited the rehabilitation centre in Deir Ammar refugee camp west of Ramallah in March last year following an approach for help. They were in dire need of help with two drab rooms with no equipment with unqualified helpers doing their best. Although we realised it would be seriously stretching our resources we simply could not walk away. We were really impressed by the local committee’s determination that given financial support they could make the centre the very core of the community...and so they have! Firas worked with them on a development plan and recommended we give a budget of 15k max to establish a functional centre. Would this be a waste of our resources? It certainly has not been – and we are so proud to welcome them as the fifth refugee rehabilitation centre in the ABCD family.



ABCD’s other centres in our family includes Jalazone, Al Arroub, Ain Beit Al Maa continue to progress well despite the current situation.

Tel: (+44) 07593 546004 • www.abcdbethlehem.org • info@abcdbethlehem.org

✂ @abcd_bethlehem f @abcdbethlehem @abcd_bethlehem

Fundraising events (past, present & future)

MARCH 2024:



A trio of runners for RAMADAN MARATHON, Liverpool University students Kenaan, Mustafa and Harrison raised a stunning £4,100 and ran 100 miles between them over the month of Ramadan.

MARCH: LENT LUNCHES in Hampshire on Friday 8th March, Friday 22nd March, raising over £1,000.

MARCH: Launch Good’s ZAKAT (Muslim almsgiving) appeal raised over £400, for which thanks to all donors.

MARCH: London: Celebrating St. Patrick’s Day fundraiser with Live Music with Seán Brady, Irish Dance Display, Open Buffet, Guinness and good Craic. Funds raised are via The Holy Land Trust for which heartfelt thanks.



AUGUST 2024: Greenbelt 23 – 25 August. ABCD will be flying the flag at this much-loved family festival of the arts, faith and justice. Come and join us and say hello. Boughton House, near Kettering, Northants.

SPONSORED WALKS:

- **31 August in Yorkshire**
- **29 September in Hampshire.**

Join us! See details on www.abcdbethlehem.org under Events.

11 DECEMBER: CAROL CONCERT at 6.30 pm at St. George’s Church, Bloomsbury, London, with festive singing, Palestinian nibbles and drinks.

APRIL 21: London Marathon

George Lenon, General Manager, Specialist Medicine and Cardiovascular Division, St George’s University Hospitals NHS Foundation Trust. George raised over £3,000 by 67 Donors

‘After running the Palestine Marathon in 2022, I was delighted to come across ABCD Bethlehem having seen through my work in the NHS how transformative high-quality rehabilitation and therapy can be for children with disabilities. I’m constantly impressed by what ABCD can achieve for families across Palestine with very limited resources and hope to raise as much as possible to support their work in 2024!’

Thank you, George, from all at ABCD.

