



FUNDRAISING PACK

PALESTINIAN LUNCHES



www.abcdbethlehem.org

ab cd
Action around Bethlehem Children with Disabilities

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1. INTRODUCTION & BACKGROUND TO THE CHARITY

ABCD BETHLEHEM IS A UK-BASED HUMANITARIAN CHARITY IMPROVING THE LIVES OF CHILDREN WITH DISABILITIES ACROSS PALESTINE REGARDLESS OF FAITH, RACE OR GENDER.

Guided by the principles of humanity, neutrality, independence and impartiality, the charity supports health centres in the West Bank to deliver high-quality, child-centred care to children living with disabilities and their families.

It was originally set up by Founder and former Chair of Trustees, Val Jourdan MBE after she spent a year in Bethlehem as a Paediatric Physiotherapist. ABCD Bethlehem was officially registered as a charity in 1986.

Initially, this started with a partnership with the Bethlehem Arab Society for Rehabilitation (BASR), one of the two main rehabilitation hospitals in the West Bank. The charity continues to support the BASR via an outreach programme, as well as providing a grant to the Sheepfold, a children's centre in Beit Sahour.

The charity has also established five comprehensive rehab Centres in refugee camps across the West Bank, each supporting disabled children and their families in the most challenging of circumstances. The charity's structured rehab programmes include physio, cognitive and family support and can only continue with your generous donations.



Follow this link for an update on how the charity has responded to the current situation in the region – releasing £75,000 to date in emergency funds <https://www.abcdbethlehem.org/abcd-news/emergency-funding-update>. Sadly, there have been continued raids on the centres in refugee camps, rendering some services untenable.

2.

ABCD PALESTINIAN LUNCH EVENT: A SEAT AT OUR TABLE

Palestinian Lunches is a long-running fundraising campaign for the charity, with many of our supporters coming together over the years to celebrate the incredible flavours and rich cultural traditions of the Palestinian cuisine. This year, we have a new name for the campaign “A Seat At Our Table: Palestinian Lunch” and a fresh logo – see attached, which anyone is able to use on social media, on invites etc.

This year, we’re hoping that supporters will once again pull up a seat at the table and gather round to raise awareness of the plight of disabled children in the West Bank and help raise funds for ABCD Bethlehem to continue providing much-needed rehabilitation services. Anyone is welcome to host a fundraising meal, whether that’s for 2 people or 500! Many people hold lunches within their family or with friends at home, whilst some group together in a community, school setting or faith centre for a real feast.

It can be a wonderful opportunity to experience recipes from Palestinian culture – but to make life easier, you can always host a “bring and share” event.

ABCD Bethlehem is at the centre of the community providing hope to families through support, expert care and understanding. Family is intrinsic to Palestinian culture and identity, and we aim to harness this, bringing together mothers and families in vulnerable and isolated communities.



3.

HOW TO GET PEOPLE INVOLVED AND WAYS TO DONATE

There's no 'fixed' or formal way to host an event – whatever you think works best. To ensure you have some participation, it can help to reach out to a small group of family and friends and get a 'date in the diary' first. If you're hosting a lunch at home, space will be a key factor – so keep it small if that suits you, or fling open the doors if you have a larger house and garden. If you want to raise wider awareness of your event, you could also share it on your social media channels (like Facebook and Instagram) or post on local forums and community groups – or even contact the local media (most newspapers – online and in print - and radio stations will have an email address that you can reach out to.)

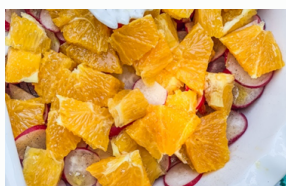
To make sure that your guests are clear on event details, you could jot down the details for a Whats App message or email – you could include a link to the Fundraising page on ABCD Bethlehem's website. People will be reassured of the organisation's official charity status and can read about the charity's work in their own time.

You could also use a free platform like Canva to design an invite. Whatever your approach to invites, it's a good opportunity to gently remind people of the fundraising "call to action". You could either suggest people bring a donation to the lunch or ask guests to donate directly online <https://www.abcdbethlehem.org/donate>



4.

RECIPES AND INSPIRATION



We may be biased, but Palestinian cuisine has to be one of the best in the world! It's the perfect food to share with family and friends and incredibly easy to make. Palestinian food is an extremely seasonal cuisine, with little imported produce which means that ingredients such as Medjool dates, Freekah (green wheat), aubergines and courgettes are fresh and hyper local.



To give you a “flavour” of the traditional tastes and ingredients of the region, here are some examples of dishes that form the basis of many Palestinian menus:

- Za'atar – a Middle Eastern Herb Blend that can be added to dishes such as stews or curries or to add to a marinade for vegetables, fish and meat
- Taboon (Flatbread)
- Maftoul (like giant couscous)
- Ka'ak al Quds (Jerusalem Sesame Bread)
- Salata Falahiyeh (Farmers Salad)
- Maqlubeh ("Upside Down" Meat, Vegetables, and Rice)
- Hashweh (Spiced Rice and Meat)
- Dawali (Stuffed Grape Leaves)
- Kafta bi Bandora (Ground Meat Patties in Tomato Sauce)



Many chefs champion the Palestinian table from Nigella Lawson (@nigellalawson) to Palestinian-British chef Sami Tamimi (@sami_tamimi) and Fadi Katton (@fadi.f.katton) of the acclaimed Fawda restaurant in Bethlehem. Inspiration for menus for your 'A Seat At Our Table: Palestinian Lunch' is plentiful, with many recipes shared free online or on social media channels such as Instagram and Facebook. For example, the BBC has a useful guide to key ingredients from the region – follow the link [here](#). A plethora of recipe books are also available including Fadi Katton's new book, *Bethlehem*, launched in May this year, which gives an intimate insight into Palestinian food and culture, sharing recipes from the author and chef's family heritage.

4. CONTINUED

HOLY LAND CAKE

This recipe comes to us courtesy of a very dear friend of ABCD and is from his family's book of recipes going back over the decades. They are a Palestinian Christian family, having roots in West Jerusalem.

It deliciously combines dates, walnuts, oranges and spices – tastes indicative of the rich culinary heritage of Palestine.

Ingredients (cake):

½ cup (100 grams) Butter
 1 cup (200 grams) Granulated sugar
 2/3 cup (150 grams)
 Sour milk or full fat natural plain yoghurt *
 2 cups (250 grams) Plain flour, sifted
 1 tsp. Bicarbonate of soda *
 ¼ tsp. Salt
 2 tsp. Grated orange rind
 1 cup (150 grams) Chopped dates
 ½ cup (50 grams) Chopped walnuts

Ingredients (orange syrup):

1 cup (200 grams) Granulated sugar
 2 tsp. Grated orange rind
 ½ Cup Orange juice

1. Preheat oven to 180C (Fan 160C).
2. Line and grease an 8 inch square cake tin, or something of a similar capacity.
3. Combine the above ingredients in the order given. Mix very well.
4. Pour into the tin, and put into the oven immediately. Check the cake after 40mins, as it may need a little more!
5. Whilst the cake is baking, combine the ingredients for the orange syrup. Allow to stand for a while so the sugar melts into the juice.
6. Remove the cake from the oven when a knife comes out clean. Put the cake, in its tin, onto a plate, baking tray, or something to catch the excess syrup as it seeps through.
7. Pour over the syrup immediately. Allow to cool slightly before eating.

*It is important to use full fat natural yoghurt (not Greek style) and bicarbonate of soda (not baking powder). The soda acts with the yoghurt to produce the required leavening effect.

We made this cake using Jericho's finest Medjoul dates. These, and other ingredients from Palestine, including Palestinian Organic Extra Virgin Olive Oil, are imported by Zaytoun – visit their website to find your nearest retailer or to buy directly from them on-line at www.zaytoun.org.

4. CONTINUED

TAHINIA ROAST AUBERGINES

This recipe is generously extracted from
Bethlehem: A Celebration of Palestinian Food, by
Fadi Kattan

Ingredients (serves 4)

4 large aubergines
Olive oil
95g tahinia (AKA tahini)
4 garlic cloves, peeled
Juice of 2 lemons
2 chillies, finely chopped
½ tsp fine salt
1 bunch dill, picked and coarsely chopped
1 bunch flat-leaf parsley, picked and coarsely
chopped
1 tsp nigella seeds
1 tsp coriander seeds
2 tbsp pomegranate seeds
2 tbsp toasted pine nuts



1. Heat the oven to 200C (180C fan)/390F/gas 6.
2. Rub the aubergines all over with olive oil, put them on an oven tray and roast for about 45 minutes, turning them every 10 minutes, so they cook evenly.
3. Meanwhile, make the sauce. Put the tahinia, two and a half tablespoons of olive oil, two of the garlic cloves, the lemon juice, chillies and salt in a food processor, then blitz. With the motor running, slowly incorporate six tablespoons of cold water, blending until the sauce is smooth.
4. Put the roast aubergines on a serving dish and press down on them so the skins split and crack. Drizzle over the tahinia sauce, then sprinkle the dill, parsley, nigella seeds and coriander seeds on top.
5. Sprinkle on the pomegranate seeds and pine nuts.
6. Thinly slice the remaining two garlic cloves. Put a little oil in a small pan on a medium heat, then fry the garlic for about two minutes, until golden.
7. Drizzle the oil and garlic all over the top of the aubergines and serve.

5.

SOCIAL MEDIA ASSETS

We want this year's campaign to be a significant fundraising event to mark a coming together of our supporters during these challenging times and to recognise the culture and cuisine of Palestine.

So, we're encouraging as many people as possible to share recipes with us or photos from Palestinian Lunches by tagging us on social media **@abcd_bethlehem**.

We have created a number of resources to help you promote your event and bring the concept of the 'A Seat At Our Table' theme to life. This includes photography of typical Palestinian dishes, images of recent fundraising lunches, a campaign logo and social media graphics on 'Where Your Money Goes'.

Please feel free to use these resources which can be downloaded [here](#).

If you'd like to promote your Palestinian Lunch and encourage other people to 'pull up a seat at the table', via a post on social media (e.g. Instagram, Facebook or LinkedIn) you could use the following copy as a template:

"Fundraising lunches are a long-standing tradition for ABCD. To support the charity, I recently hosted a Palestinian Lunch (add in date + time if required) bringing together family and friends to celebrate Palestinian cuisine, as well as raising awareness of the plight of disabled children in the West Bank. Anyone is welcome to host a fundraising meal whether that's for 2 people or 200! There's no fixed way to host an event – whatever works best for you. You could suggest people bring a donation, or ask people to donate online. You can also run it as a 'bring and share', asking people to try out some classic Palestinian dishes. For recipe inspo, visit abcdbethlehem.org."

#westbank #palestiniancuisine #giveachildhope #palestiniancuisine #fundraising #charity #childrenwith disabilities

WWW.ABCDBETHLEHEM.ORG



**It would be great if you could follow us on
Instagram / Facebook**

@ABCD_BETHLEHEM

6.

WHERE DOES YOUR MONEY GO WHEN YOU DONATE TO ABCD BETHLEHEM?

Living with disability is challenging in any environment but is exacerbated by living in a refugee camp. ABCD Bethlehem therapists provide rehabilitation for a wide range of cognitive, physical or learning problems as a result of birth or conflict including short-term rehabilitation therapy sessions, trauma counselling, medication, corrective surgery and home modifications. The earlier the intervention, the more positive the outcome.

We also provide essential technical assistance for disabled children such as hearing aids, walking frames, wheelchairs, medical boots, made to measure supports for backs (orthotics) , as well as spectacles.



- **£10 for 1 session of: physiotherapy or occupational speech**
- **£15 for an orthopaedic consultation**
- **£60 provides a walking aid or spectacles**
- **£250 provides a hearing aid**
- **£450 provides a basic wheelchair**