

The Trust of Programs for Early Childhood
Family and Community Education

ANNUAL REPORT **2018 - 2019**

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Jerusalem





YEARS AND THE JOURNEY CONTINUES



The Trust of Programs
for Early Childhood, Family and Community Education

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Foreword

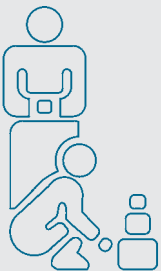
I would like to greet all our supporters and friends who are concerned about the accomplishment of the goals the Trust has put forward for a better future for our society mainly the new generations.

At this time of the year the world commemorates the International Day for the Elimination of Violence against Women. On this occasion I would like to emphasize some issues about this ugly phenomenon which has spread in our Arab society.

As it is known violence can be demonstrated in different forms and not limited to physical aspects only as perceived by most people. Violence can be sexual, psychological, verbal and mal treatment as well as any other actions or lack of actions that would negatively affect women. There are several groups that are vulnerable to violence. However, in this context I would like to discuss violence against women who compose the largest group of victims.

My words are directed to all men who deal with women whether they are wives, mothers, daughters, sisters, relatives or any other women. We should always remember that women are half the society and have had the main role in raising generations throughout the ages. This is sufficient for everyone to recognize her value and contributions in order to grant her all respect and appreciation.

In my opinion degrading women is not an indication that women are of low standard but it rather points out the low level and misconduct of men who deal



with violence, in all its forms, against women. When this phenomenon extends, as it is at the present state, it reflects decline of values of males in the society. In such societies men become accustomed to abuse women so as to cover their failures in all aspects of their lives.

We should never forget the proverb that says “Behind every great man is a woman”. Women are main motivators of their family male members, whether they are their husbands, sons, brother or even fathers, when overcoming difficulties and encouraging success and progress instead of submitting to negative emotions that one feels during times of failure.

It is an unfortunate fact that the phenomenon of violence has stretched throughout the Arab society and has reached dangerous levels, as we almost daily hear about the murder of a person or more for worthless reasons.

As it is known the Trust, long ago, has set programs to fight this disastrous problem and to spread awareness in the society against domestic violence in all its types. We wish all our workers in this domain the best of luck and success in achieving all the goals they strive to accomplish. We would also like to express our gratitude to those who support us morally and financially in this program and all the other important programs which provide important services to the Arab society.

I wish everyone a happy and peaceful new year.

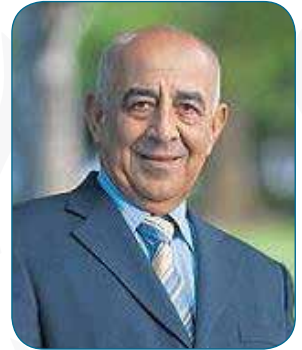
Dr. Awni Habash
Chairperson



Introduction

Dear Friends and Partners,

First of all, I would like to thank you all for your extremely important support to improve lives of the marginalized communities at this part of the world. As you will read in the pages of this report our programs were successful to meet the planned objectives and address all levels: individual, family, and community. Two of our five domain programs have moved up to scale from the micro to the macro level.



The central point I want to make in this letter is the latest challenge that we are facing as a social change grassroots organization which targets the marginalized Palestinian communities in Israel and P.N.A areas. The main challenge is the phenomena of family and community violence. The former has been addressed by the Trust for more than ten years by combating family violence through workshops for families, schools and cooperation with formal and informal stakeholders, although we succeeded on many level, yet we still have a long way ahead. While the current emergency situation at hand lies in what we call community violence, which terrifies the families, men and women, boys and girls. This situation has intensified in the Arab communities in Israel in the last months. The Arab Israeli citizens have suffered from the almost weekly killings and have been terrified by the everyday news and videos on the social media, knowing that in 2019 alone there were 80 killings. I am one of these citizens, and so are my colleagues who brought to my attention that at least five out of seven of them are directly affected; meaning one of their family members was killed, and almost all families are indirectly affected. There isn't a clear reason that one can point out as a cause of this tragic phenomena and those who claim that it is rooted in the culture are either naïve or unfamiliar with the Arab culture to say the least.



In the past, in the cynically called “normal times” each of these cultures or big families had a reference leader or a gate keeper to whom they can refer in case of trouble or disagreements. In the past two decades it was noticed that these leaders no longer have the same respect or authority, they almost have no role, and even talking about the issue puts them in great risk. Although the Arabs are 21% of the population in Israel, but the killings among them are five times more than Jews, and only 5% of these killings are revealed while 85% of the killings among Jews are revealed.

“Why don’t they go to the police!” you might ask. Sadly, even the authorities explicitly don’t act to stop violence. The families in Ramla and Lod are facing the tragic events intensively. There was this family whose son got killed, they had to leave the country and move to Canada because the Police told them that they cannot protect them. Regardless that if this is rooted in the community dynamics or in the authority handless, this “Mafia culture” can be identified as terror, and it should be addressed that way; this terror is targeting the families regardless to age, religion, or ethnicity. It is our role to take action; we will start by forming a steering committee to work on three basic intervention points:

- Community education: through pamphlets, workshops at schools for parents, educators, and for students, and also raising awareness during the Friday prayers and Sunday mass by the religious figures.
- Campaigns and study days.
- Orientation workshops for formal stakeholders including the police and the city respective departments.

Farid Abu Gosh
President



35 Years Journey in Community Work

Walking in the streets of Jerusalem a young man approaches you, or a women with a child greets you, “Don’t you remember me?!” she says, “I used to be in the learn-by-play program fifteen years ago”. Or “I used to be in the young women empowerment program and I finished college two years ago, I am now married, this is my son, can I join the mother-to-mother program?” This is what usually happens when one of the Trust’s beneficiaries meets the pillars of the Trust.

It is no secret that the name of the Trust is connected to Farid and Nabil, although they humbly try not to take credit for the accomplishments that the Trust made, but these two names will always represent the Trust. They have literally put their blood and sweat in serving the community for almost four decades.

I am one of hundreds who had the privilege of following their steps in this journey, small steps that allowed me to observe the evolution of real people’s lives over the years from rags to riches. And by riches I mean enriching the minds and lightening the hearts of women, children, and families. “It is all about empowering people,” Farid said, “they don’t need our charity, they are not helpless”. For me, it was remarkable, the number of success stories I witnessed over the years, and how the Trust saw the potential of all those women and children, mothers, and educators, it is simply a “saving lives” mission.

35 years and the journey continues. One can only imagine the number of lessons learned and the positive impact of the programs. Numbers and digits are always required to prove that the programs achieved the plan, and so I thought, until I got the chance to meet the beneficiaries in person, talk to the mothers closely and see the smiles on the faces of children and young women. Yes we can take credit but nonetheless it is the heart and motivation in each one who was determined to improve and to give a meaning to her life.





What's new! The future perspective for the next three years carries many challenges. Transition to scale, the Trust is now operating on the national level, mobilizing local stakeholders to contribute in the social change through committees and campaigns. The community educational centers will have a more active role in offering a safe educational space and services for women and children. The issue of violence in the families and the community still haunts us and will be addressed in all the running programs. Proud is what we are of all the volunteering activities initiated by mothers and young women through the Trust.

Each year new faces join the programs' activities and with each new face you can see a new hope for a better future. This is why I am proud to be part of the Trust's family, where the journey never ceases to amaze you, and where new challenges are continuously explored to move to scale and meet the changing world and technologies.

By: Flavia Kamar



About Us

The Trust is an indigenous developmental agency established in 1984 in Jerusalem and registered as a non-profit NGO to empower members of the Arab Palestinian community through education and leadership developmental programs that are currently running in Jerusalem in the Shufat Refugee Camp, Ramla, Lod, the villages North West Jerusalem and Rahat.

Vision

A society where social justice and human dignity is achieved.

Mission

To contribute in improving the quality of life of the individuals and families within the marginalized communities through the Trust's different and diversified programs that enhance social awareness and community involvement.

Monitoring

All the projects are regularly monitored and evaluated by the programs coordinators through:

- Using pre-post evaluation forms that show the significant development on the personal, family, and community levels.



- Regular staff meetings once a month on program level and twice a year on organization staff level. These regular meetings involves the staff in the planning and evaluation of the progress and data collection from a variety of sources including weekly visits and observations of the progress, focus group discussions, periodical reports, attendance records, recommendations resulting of study-days and minutes of the meetings.
- Summative evaluation of each project every three to five years.



The Trust's Current Programs

All our programs contribute to social change through targeting the family in a holistic, integrative and inclusive approach, constantly developing to meet the local needs of the target groups; ranging from service delivery to raising awareness and community empowerment.

The Mother-to-Mother Program supports and strengthens the parenting skills of young mothers (and fathers) through building the capacities of mothers to become paraprofessionals and in turn support other mothers from their neighborhood.

The Young women empowerment program aims at improving the quality of life of young women and teen-age girls towards inclusion and community involvement. In addition to involving their parents towards building better relations within the family and preventing early marriages.



Community based preschool education program which addresses the preschools as the unit of intervention towards developing both a physical and educational friendly environment for the children. The program develops the educators' inborn potential to interact with the children following the Life-Oriented Approach with certification of the Palestinian Ministry of Education and with the support of Caritas Germany.

The Learn-by-Play program which aims at limiting illiteracy and decreasing the dropout rate from schools by operating on three levels: parents, teachers, pupils. College students and young adults are engaged as volunteers.

Volunteering: young women and mothers from the above mentioned programs volunteer in the local community through the Trust's activities or other initiatives to help mothers and children by spreading joy and moral support.

Combating Family Violence Program aims at limiting and preventing violence in families, it is integrated into the running programs of the Trust as part of the holistic and integrative approach.



Programs' Highlights

The Mother-to-Mother program

The family is the major factor in the child's emotional and physical development. It is the first direct environment where the child feels loved, nourished and accepted. Therefore, the mother-to-mother program is one of the Trust's major programs where the family is the key of entry to achieve a healthy and safe environment for the child's growth.

The Mother-to-Mother program is based on building capacities and empowering women from the local community. The paraprofessional mothers in the program are qualified through a procedure of intensive training that includes theoretical material, prework training and on the job training. This training strategy allows the mothers to gain skills and comprehend them in order to counsel other mothers from their neighborhood. 29 women finished the paraprofessional training course conducted in Lod and Ramla, the villages and in Rahat. They improved on the professional and the personal level as active members in their family and community.

The program involves the whole family; the mothers through home counseling 228 families visited by 36 paraprofessionals. The fathers through the couples groups and informative pamphlets, and the extended family, mainly the grandmothers. In addition, the program involves the local community, senior paraprofessionals and women activists who in the coming years will advocate the rights of women and take part in decision making on the local level.



Quote by one of the mothers: “I joined this training to be able to change my children and my husband, but I didn’t know that it will change me. I learned that to change things I must improve myself first, and after my husband saw this improvement he became more supportive”.





The paraprofessionals reported that the children, whose mothers joined the program, have developed better communication, better vocabulary and curiosity that was in the long run noticed by the teachers in the preschools.

The couples groups reached 30 fathers through regular couples' workshops and more than 100 fathers through the pamphlets.

Storytelling was given focus, mainly for the mothers during the home visits. The mothers learned interesting methods on reading a story to their child, and how to link it to the subject of the counselling session. Story books were lent to the mothers

Programs Highlights



that are suitable for the child's age and the purpose she wishes to accomplish. For example: The story "where do I go when I'm angry" was given with pamphlet on physical violence. The story "learning with the fruits" was given during the counselling on child healthy nutrition.

- On 20 February 2019 a study day on the senses development of children. 30 paraprofessional mothers participated and discussed the children's senses development according to their age group. A special kit "cards on senses" that was previously developed by the team, was distributed and discussed during the study day.

- On 11th June 2019 a study day on the types and methods of developing child's intellect. The day was given by the drama specialist Sister Mona Totah for 28 paraprofessionals who were impressed by her methods of facilitating the day and using practical materials and activities that can be used with the children and develop their skills.



Community Based Preschool Education Program

Providing a conducive learning environment for children and adequate preschool services can prepare the children for a better future. It is a known fact that the performance of children enrolled in preschools is much better at later stages than that of those who don't.

This program addresses the child's cognitive, physical, social and emotional development. It has been successful over the past years not only by involving the preschool educators, principals, the parents and the children but also through networking with the local community stakeholders and Ministries in order to achieve a larger impact. It is important to carry on with the successful experience after integrating the Life Oriented Approach (LOA) in the national curriculum where learning is based on the real life of children.

The Community based preschool education program will enter its third phase in 2020. In its first phase, the program disseminated the Life Oriented Approach into the training of the preschools teachers. They were able to enhance a safe and supportive environment for the children. In the second phase, the curriculum was launched in a big study day after six key situations were documented, edited, and printed based on the LOA. The program addressed both the micro and meso levels, by building a strong partnership with the Ministry of Education and publishing the preschools' curriculum based on LOA. For the next phase the program will deepen and consolidate its success and enter the macro level disseminating the program on



Programs Highlights

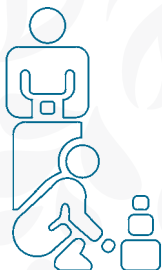
the regional level and influencing national policies, setting the criteria of preschools and preschools' educators, and disseminating the curriculum.



In November 2018 a participatory evaluation took place. It was conducted by Ms. Dorsi Germann, in participation of the Trust's team and based on the successful



cooperation with Caritas Germany. The evaluation confirmed the success of the project and recommended the consolidation of achievements, dissemination of LOA, and influence national policies, setting the criteria of preschools and preschools' educators, and disseminating the curriculum that was published in the current phase.



Programs Highlights

In January 2019, The launching of the preschool's curriculum took place, which included the six key situations: "Healthy nutrition", "Hygiene", "Coping with stress", "my family and I", "we like plants and animals" and "my preschool and I". During that day 80 educators received certificates for finishing the training course on the LOA. The next challenge is the Training of Trainers (ToT) for preschool educators to become trainers of educators.



The Young Women Empowerment Program



The project is implemented in Ramla and Lod, Shufat Refugee Camp and in the villages Northwest of Jerusalem. These are marginalized communities that suffer from limited and limiting conditions, poverty, unemployment, drug abuse and lack of fundamental services. They share basic social customs mainly of a patriarchal society where gender discrimination is seen in most of the life dimensions like violence, killings, early marriages and women abuse.

Programs Highlights

One of the young women said: “the training helped me to express myself and lead a constructive discussion, before I was very emotional and aggressive, now I can express my opinion without offending anybody”.

The program targets young women from three age groups, this year it reached 290 adolescents ages 13-17 years, 160 young women ages 18-25, 50 young women in the learn-by-play program and 65 mothers of the adolescents.

There was continuous follow-up between the coordinators and the schools’ counselors on weekly basis. The feedback from the schools indicated that the young women have improved on the personal and behavioral level, and there was no school dropout among them, for which the project can take credit since it

opened their eyes to their opportunities in life when they finish school. 80% of the girls involved showed more self-confidence and better self-esteem, they participate in the school’s activities and stand out for their rights.

The young women gained emotional, professional and economical support from the program. The program has given them a big push to become integrated at other programs in the community by giving them knowledge and experience that also helped them in finding a job.

Quote by one of the young women: “This is my second year in this group, I am now able to set my goals and know my capacities, I am aware that each one of us is unique and I should respect their differences.”



A significant activity on stopping violence took place in Ramla and Lod, the girls initiated a campaign at three schools against abuse and women killings, they painted their faces with red color that resembles bruises, and held banners that read stop violence against women.

Safe use of the internet and social media was given a special focus; it helped in raising the awareness of all young women, and contributed in saving many of them from being victims of cyber abuse that targets innocent young women, adolescents and even children. They also received awareness on the shapes of violence, reproductive health, social involvement and on volunteering.



Programs Highlights

The program empowered the marginalized groups of young women socially, personally and culturally through its different strategies that address their needs, situation and capacities. It also enhanced their volunteering spirit; they visit and help children at hospitals. The program has also strengthened the bond between the young women and their mothers, they approach their mothers for advice about their cloths, physical changes, personal issues. The mother daughter groups helped in bridging the gap between the mothers and their daughters. The mothers learned communication skills, listening and dialogue without violence. Most of the mothers showed better understanding of their daughters' needs and their surroundings. They also learned about risks of internet and how to create an open relation with their daughter to prevent them from falling victims of cyber abuse.

Part of the accumulated impact of the Trust's projects, was when the coordinator reported that forty of the adolescent girls' group in the villages were previously part of the learn-by-play group when they were younger. These girls have shown more confidence and knowledge of the group ethics than the rest of the group who were not part of the previous programs. Their participation was remarkable; they also showed more initiative and volunteer spirit.



The program operates in Jerusalem, Ramla, Lod and in five villages Northwest Jerusalem. It involves 44 young women as big sister who care for 450 pupils from 2nd, 3rd, and 4th grade in a total of 11 schools.

improved not only at school but also in their relations with their class-mates and their participation in class. This improvement is measured through follow up with the schools and the families, the teachers and the school principals' feedback, the parents' positive reactions to the program, and the pupils' grades



Programs Highlights



at school. The tutors fill an evaluation form for each pupil, pre-post evaluation which helped to measure the progress and the needs of the pupils.

The school administrators and the teachers request the assistance of the young women who work with the learn-by-play groups. They asked them





frequently to replace an absent teacher, or be teacher's assistant to help in the classroom and mostly in the activities and celebrations in the end of the school year, mothers' day, and national child's day. The schools are also requesting the permission to use the work-papers developed by the learn-by-play program, and ask for the young women's assistance in explaining them. The coordinators and the tutors used the assessment form to evaluate the progress of the pupils at each stage, pre and post. The form also helped to identify the comprehension of the pupils of the materials given. The coordinators, the tutors and the school teachers were impressed with the children's improvement and active participation. In the beginning of the learning session, the tutors utilize stress release activities which proved to be successful in giving the pupils a chance to express their feelings and fears through talks, role-play, arts, dancing... These activities

have become part of the tutor's plan especially before the exams period, in addition to the monthly fun days that take place at each of the schools to help the pupils release the accumulated stress after a long school day.

At the end of the school year, in June 2019, the Trust organized and conducted a closing festival for all the pupils of the Learn-by-Play program at the hall in village of Beit Anan where the mothers were also invited to participate. 260 pupils participated and enjoyed the day; the main activity was a play by Tantoura Theatre, in addition to singing, dancing, free play... Quote by one of the mothers: "I never saw my daughter so happy, I'm so grateful for such activities".

Quote by school teacher: "I noticed that the pupils who are in the Learn-by-Play program are more cooperative with their classmates, they participate and come prepared to class, it's a genuine improvement". One of the pupils stated

Programs Highlights

that her mother can't read or write and that she couldn't have succeeded without being in the learning group. Most of the pupils enjoyed the activities and expressed their feelings. Many of them had talents that neither the tutor nor

the mother knew about but which were revealed through the variable activities such as singing, folkloric dancing and arts. Most of the pupils showed self-confidence and good behavior during the activities and in the preparations.

Volunteering



*"Alone we can do so little; together we can do so much."
- Helen Keller*



Volunteering is one of the domains of community involvement. Young women and mothers from the above mentioned programs volunteer in the local community through the Trust's activities or other initiatives to help mothers and children.

The Trust addresses volunteering in a systematic approach that includes training and enrichment of the volunteers. There are currently 40 paraprofessional mothers and 45 young women volunteering in all sites of implementation: Ramla and Lod, Rahat, Shufat Refugee Camp and the villages northwest Jerusalem.

The young women and the mothers received training on volunteering and follow up, they showed initiative and happiness to be involved in the community based activities. They volunteer at the hospitals and at the mother-child centers, some of the young women worked either in the learn-by-play program or as teacher assistants



in kindergartens. Also, many of them volunteered in the Trust's community activities like helping in the child's national day festival and visiting the senior citizens' home. The program has given them a big push to become integrated at other programs in the community by giving them knowledge and experience that also helped them in finding a job. The Trust's volunteers have become well known to the local community, they are welcomed by the parents in the centers and the staff in the hospitals where they volunteer.



Programs Highlights



The volunteers have a big heart for spreading joy and sharing. They brought small gifts from their own pocket, hot meals, and some of them dressed puppets and danced with the children and the elderly. In addition, there were arts workshops for mothers who accompany their children at the hospital, to produce toys and decorations.

Quote by one of the volunteers: "I knew that I have in me the love of helping others, but I didn't imagine the satisfaction I would feel just by seeing the smiles of the children and mothers at the hospital when we talked to them and shared their worries."



Combating Family Violence

This program aims at limiting and preventing violence in families, it is integrated into the running programs of the Trust as part of the holistic and integrative approach.

The coordinator offers a listening ear and advice within her expertise, the subjects discussed varied from one mother to the other according to her needs. The counselling was useful mainly on the mothers' personal level that developed a remarkable relation with their children based on better communication, understanding and positive thinking. The husbands are involved through newsletters that contribute in limiting discrimination against women.

A new component was added in 2019 on "Computer literacy and internet awareness", they are important issues that have been raised by the program coordinators who reported that through their work with the mothers and young



women groups they found that they lack awareness of safe use of the internet and preventing cyber bullying.

One of the challenges for the coming year is combating community violence that has spread mainly in the Arab communities in Israel. The Trust sees a vital role in joining forces of the local stakeholders to address this issue.

Through the learn-by-play program, the Trust's team will lead campaigns to involve the parents of the children to



spread awareness on family violence and the false beliefs and superstitions.



In November, 2018, a study-day took place on the subject of “cyber abuse – the advantages and disadvantages of social media” with 43 participants, 38 women/mothers and 5 coordinators from the Trust’s team. In addition to the lecture, the women were divided into small discussion groups and at the end of the day they presented their conclusions as a group.

In January 2019 a big study-day took place through a unique cooperation with Haruv institute, from the Hebrew University, on the symptoms of trauma and coping with it. The subject was most needed in these difficult times with the spread of killing of women in Ramla and Lod. It was eye opening to all the participants, around 100 professional and paraprofessional and we will continue this cooperation aiming to deepen the knowledge on this subject. The cooperation continued with a training on trauma for the paraprofessional mothers, and later another study day in March 2019 with 60 participants including mothers, teachers and professional staff.

In March 2019 a study day on the subject “psychological first aid” was given with the participation of 37 young women from all sites. Due to the difficult situation the Young women live in, it was





important to discuss with them how to cope with stress and posttrauma, that form a barrier in the way of the Young women's success in life. The Lecturer stressed on the importance of giving moral support

and a listening ear to help the victims of abuse to heal and lead normal lives. It was recommended to elaborate on this subject during the monthly enrichment for the Young women.

Future Perspective

As a learning organization, the Trust is always open to new challenges. In the coming three years, the main focus is on transition to scale, the idea started with the preschools program but it will be carried out for all the Trust's programs. The Trust works on individual empowerment of women and families, at this stage the programs will work on both the local and national levels by mobilizing local leaders and decision makers to address the needs of the vulnerable groups.

An ongoing challenge is combating violence in every possible way, through raising awareness and empowerment of women. Both family and community violence will be addressed through the Trust's different programs and through campaigns. It is important to spread the positive norms and traditions of the Arab community in order to transform the negative behavior and beliefs in

superstitions within the marginalized communities.

Another challenge is cyber bullying and misuse of the internet that was recently tackled within the young women groups and the mother-to-mother home visits, group counseling and pamphlets. It is important to raise their awareness to the different shapes of abuse that they can be exposed to while using the internet and social media.



Special Thanks

Special Thanks and appreciation to each of the Trust's supporters for their generosity and kindness that made it possible to carry out our community based programs as planned:

- Deutscher Caritasverband - Germany
- Federal Ministry for Economic Cooperation and Development Germany BMZ (through Deutscher Caritasverband)
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