

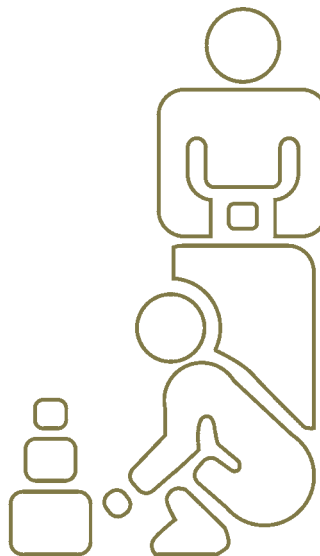
The Trust of Programs for Early Childhood
Family and Community Education

ANNUAL REPORT

2013–2014

Prepared and Edited by
Flavia Kamar

Jerusalem



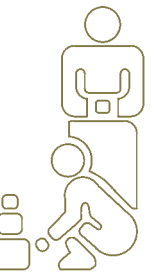
Contents

04	Foreword
09	About the Trust
14	Programs' Highlights
15	The Mother-to-Mother
17	The Young Women Empowerment Program
23	Combating Family Violence
25	The Learn-by-Play Program
29	The final conference
32	The Center for Training Research and Development
33	Pooling Resources
35	Special Thanks



The Trust of Programs
for Early Childhood, Family and Community Education
P.O.Box 51303, Main Street, Shu'fat – Jerusalem
Tel. 02-5829842, Fax: 02-6260837
e.mail: trust@trust-programs.org
web: trust-programs.org

Design & Print
Emerezian Est. Jerusalem, Tel: 02 2343420



Foreword



Greetings,

When we review the various programs and activities of the Trust we notice that they are dealing primarily with absolutely difficult social situations. These social problems require a lot of experience, efforts, persistence and knowledge.

Most of the Palestinian society's problems can be attributed to being socially underprivileged communities who suffer from poverty, lack of education, lack of social awareness and living in overpopulated areas.

As it is known in the rest of the world, such communities are deeply indulged in their own problems and are not able to initiate any kind of reform in order to improve their life conditions.

In such situations there is a great need for those who have the social awareness, the experience and financial abilities to join efforts in order to confront this humane challenge. If this does not happen the life conditions of these communities will become harder and harder. The reason for this is that the social – economic and

political conditions, in general, are not only not improving but rather continuously declining.

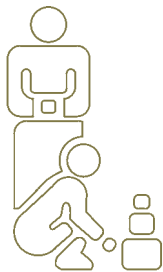
One must remember that we are dealing with old legacy of inappropriate social norms that are deeply rooted in such communities.

It is well-known to you that implementing such programs needs the will and readiness not only of those who are eager to make the changes, but also of those who are ready to give and support the Trust financially.

On behalf of the staff of the Trust, who does the hard work, and of myself, we are all grateful to all the international and local organizations who recognize our needs and give the Trust the generous financial support.

Thanks also go to all the dedicated staff of the Trust who does not save any effort in serving the local communities.

Dr. Awni Habash
Chairperson



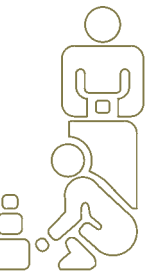
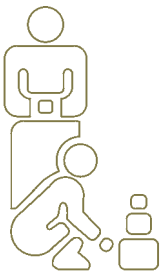
Dear Friends,



If these were normal days I would share with you my hope and optimism of a better tomorrow, and give you an overall review of our programs' challenges and achievements through this annual report. However, these are not normal days, there isn't one house in the world that has not heard of the war on Gaza and the big mess in the neighboring countries, therefore, I felt that today it is reasonable to share with you my insights and perceptions concerning the ongoing agony.

Over the past years we have shared together a common principle of contributing to the quality of life of children and we have celebrated together every smile we managed to draw on their faces as God's magnificent creations. We should all maintain our concern for all human beings, for all these children and women, and that each human life is sacred.

It was heart-warming to receive phone calls and emails of concern from our friends abroad since they were made in real time, in which the TV and social media were broadcasting the disturbing pictures of the war and the horrible loss of so many valuable lives. On top of that we had to face the fear and hatred that started controlling the lives of regular citizens and everyday relations between Arabs and Jews. Sometimes I feel we have gone back to some tribal era, where people are actually afraid to walk in the streets of Jerusalem because people are being attacked on the basis of their ethnicity. It is heartbreaking to see all the work we did with the Trust over the last four decades to support people's integrity, resilience and social change, aiming at reconciliation and social justice, becoming a challenge. How many years will we need to restore the "normal" life that we once had and to prevent behavioral disorders amongst the hundreds of thousands of traumatized children. Personally, I still see no other way forward than just to carry on, not without pain and confusion, because I know that there is more despair to come, but mainly because I cannot do anything else but swim against the tide, and build on my principles and beliefs that justice is an absolute value and blood has the same color in every human being, regardless of ethnicity, religion or gender. And no matter what happens, each and every one of God's creation, especially children, has the right to be treated with respect and dignity in order to fulfill his\her purpose in life.

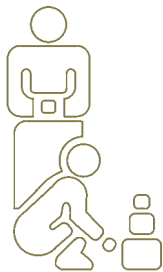


I may very well be just another Don Quixote. But probably Don Quixote's are needed too, to help traumatized families and children to lead –at least- semi-normal lives when the sun shines, even if it's again for just a short time.

But I can tell you, my worried friends that it is hard for everybody here to keep going with some belief in a better future. Reckless, heartless politicians control our lives and cause the deaths of so many! Creating a sense of emptiness and worthlessness, destroying within hours what took educators decades to establish. This is what happening in our neighborhood of the globalized village: every time the conflict escalates one wonders how much power will we need to keep our senses and be normal in this abnormal situation that has grown into a chronic emergency.

But I will continue to believe in the power of marginalized children, men and women to challenge this reality and who will eventually be able to change it to a better future with the help of the Trust's team and with your support and friendship.

Farid Abu Gosh
President

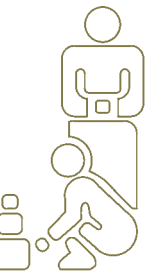


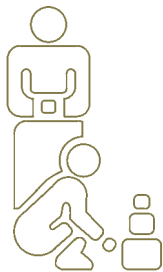
About the Trust

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 targeting Palestinians every where.

We are a nonprofit, nonreligious and nonpolitical organization that believes in social Justice, human rights conventions, equal access to resources, gender equality, human dignity, accepting others as they are, and not as they should be, regardless of their cultural, racial, or religious backgrounds. We believe in people's capacities which they can use to improve their lives towards social change.

The Trust has built up a range of effective programs that develop the capacities and improve the lives of children, young women, educators and mothers living in marginalized situations and aiming at transforming their sense of hopelessness and dependency into individual and collective feeling of hope and capabilities.





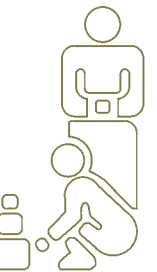
Our Mission:

- Contribute to the maintenance and development of Palestinian cultural identity.
- Improve the quality of life of the marginalised groups mainly women and children.
- Strengthen social responsibility through community empowerment

Our goals are to:

- Support the development of community coherence and integrity ;
- Enhance and facilitate empowerment of women, children and families;
- Provide a development basis for children and women towards a functional family;
- Create networks among organizations that share our values
- Promote and provide training for women leadership.

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 our target groups; ranging from service delivery to raising awareness and community empowerment. Being inclusive we make sure that the local target groups are involved in the planning through the evaluation, which ensure partnership towards long lasting effects.



The Trust leads different and diversified programs that are implemented at different sites over the country. Although our main office is situated in Jerusalem, we have been able to reach and serve the marginalized groups of the Palestinian communities in Israel and in the West Bank mainly in the villages North West Jerusalem, the Shufat Refugee Camp, Ramla, Lod and the Negev. All our programs are kept connected through the monthly meetings of the program and sites coordinators, the seminars and study-days. **These programs are:**



The Mother-to-Mother Program supports and strengthens the parenting skills of young mothers (and fathers) and empowers them individually and as a group. It empowers mothers and offers them the supervision and guidance to become more effective members of the society on the family and the community levels.



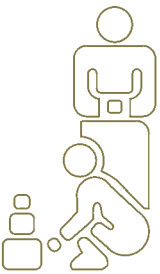
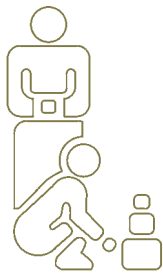
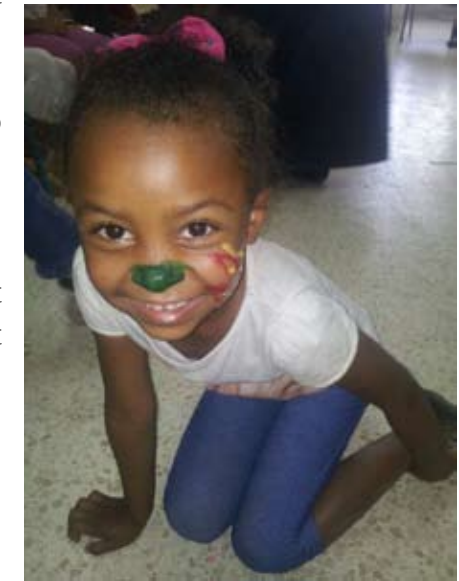
The Young women empowerment program aims at improving the quality of life of young women and teen-age girls towards inclusion and community involvement. In addition to involving their parents towards building better relations within the family and preventing early marriages.

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 teachers inborn potential to interact with the children following the life-oriented approach in a safe and supportive environment.



Combating Family Violence Program aims at engaging in the fight against violence in families, developing new capacities and equips them with the necessary skills and technical know-how to face the challenges of family violence. The need for skills is ever increasing.

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.



The Trust's CTRD "Center for Training, Research and Development"

which seeks to contribute to early childhood, family and community education by conducting action research, feasibility and planning studies, program evaluation and training.

Networking also takes a big part in the Trust's strategy where we organize regular seminars, study days and workshops for the stakeholders and for local organizations; this encourages mutual learning and increases the outreach capacity that help move the programs to scale.

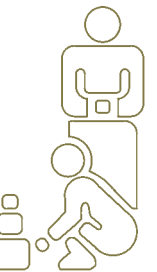
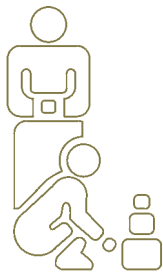


The Mother-to-Mother program

The Mother-to-Mother program has evolved remarkably over the past years to address the different needs of mothers and children in parenting, family constructive communication and women empowerment. The program continued to develop and consolidate the mothers' involvement in the family practices both as social change agents and as partners in their children's education, helping them to lead a happier life.

It hasn't been easy to maintain all the program's achievements, considering the difficult socio-political and economical conditions our target groups are living in. Nevertheless, the program has continued with all its components in all sites of implementation in Jerusalem, the Negev, Lod, Ramla and in the villages North-West of Jerusalem.

With the motivation and determination of 30 paraprofessional mothers the program was taken into successful results through its three main domains: training, home counselling and mothers' groups. These women have proved their ability to develop themselves, to learn new skills and even to pass it on to other mothers from their neighbourhood. The paraprofessionals have become a model for other mothers, by giving them hope that they too can develop and take control of their life and be constructive members in their children and husband's life.



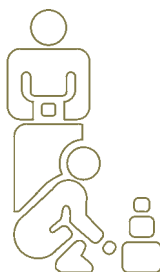


The home counselling reached over 170 families from all sites, the subjects varied from one family to the other based on the needs according to the assessment form of each family. The program had a positive impact on the husbands too who interacted to the distributed pamphlets where many mothers reported that there has become better communication between the family members and that the husband is cooperating more in the children's education and development.

*Quote by mother:
"I sing to my child and I even talk to her although I know she's still a baby but I feel that she understands me and it makes me happy. This is something that I've never done with my older child".*

The group counselling reached over 90 mothers and this year we will upgrade the role of the paraprofessional mothers by building on their potentials and training them on group counselling which up to date was done by the coordinators.

One of the significant achievements this year was the establishing of the mother-child centers in Shufat Refugee Camp and in the villages of Biddo and Qatanna that started running several activities for mothers and children similar to the work in our center in Ramla.



The Young Women Empowerment Program

This program involved approximately 485 young women from different age groups in the target sites towards becoming active members in the family and the community. We worked with three groups of young women whose ages varied between 13-25 years. Although the program is a continuation of previous years yet each year presents a new challenge especially for the new groups of young women and their mothers. Not only the level of awareness has increased among the young women and their families but the program has also left a positive impact on the local stakeholders, for example we got the approval and encouragement of the Lod Municipality and great support of the schools in the villages.

The program's activities have given the young women a sense of belonging and enhanced their self-esteem and involvement in the community. The preventing school drop-out component was very successful since the reports



show that there was no drop out from school following our program, and all of the teen age girls will continue to the next grade and we will consolidate our role in helping them develop their life skills and self-empowerment.

Many of the young women discussed real cases from their family on sexual harassment and showed sympathy with each other. They said that they now understand the situation they are living in and are more aware of their rights and roles in the community and in the family.

The older group of young women became active on the family level by sharing in decision making and negotiating. This is only a first step, as we offer another training course that empowered them and allowed them

to gain skills to become active members in the family and the society. Some of them started working, and others are looking forward to continue their studies. Furthermore, some of them joined our learn-by-play program for tutoring elementary pupils which allowed them to become active in the society, and enhanced their self-esteem. Quote by tutor: “the program has improved my self-confidence, I never imagined that I would be a tutor for a group of children who look up to me and learn from me.”

The mothers’ groups reached approximately 157 mothers and focused this year on the negative effects of school drop-out and early marriages. Some of the meetings were joint with their daughters which was very emotional since many of the daughters heard their mothers share their stories and experience for the first time. The meetings included



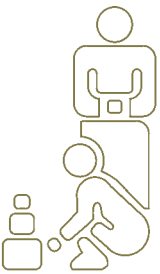
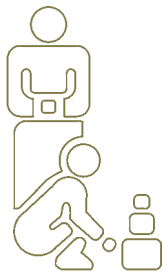
short films, open discussions, sitting in circle, brain-storming, role-play, newsletters, feedback... which have all given a sense of interaction and active participation. The mothers were able to express themselves freely and showed support and understanding to one another.

A new initiative was the new group which started in Ramla since the end of 2013 with 15 young women through a group called: The interreligious dialogue group which aims at strengthening dialogue between Moslem and Christian young women. We have conducted bi-monthly meetings for this group who have started understanding their differences and at the same time enhanced their social values as sisters living in one community. In April 2014 the group organized together and conducted a volunteering visit to “Tal Hashomer” hospital near Ramla where they visited sick children and gave them small gifts regardless to their gender, religion or origin. For the rest of the year we will deepen the program and encourage the young women to organize more volunteering visits.

The study days allow the young women to share experiences and discuss the challenges they face in the field.

On 5th June 2014 we conducted a big study day on “Surfing the Internet” conducted by four lecturers from outside the organization (such as the Palestinian community police and the Social studies from Bir-Zeit University) and the lectures were supported by short film that was discussed by one of the young women. 68 participants from different schools and organizations from the different sites participated in the study-day from: The villages, Lod, Ramla, Rahat, and Shufat refugee Camp.

The study day discussed the effect of the internet on the social and personal level,



the safe surfing of the net and the risks of addiction to the net. The subject was of big interest to all the participants who are concerned about the children and adolescents who are becoming anti-social and need serious awareness on this issue. As a result they all agreed to further discuss this issue through their other activities and to conduct workshops to raise more awareness at schools and homes.

Community Based Preschool Education Program

This program was previously known as “Preschools Teachers Training” but was shifted in 2014 from the conservative approach of training preschool teachers to the life oriented approach where we started working with the preschool as the unit of intervention, developing the preschools’ setting and training the preschool teachers to acquire skills of the life oriented approach towards developing a curriculum based on the real lives of the children and their families.

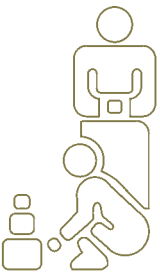
The program addresses the physical and educational environment in the preschools based on last year’s progress in improving the teachers’ skills through the



basic and advanced course, most of the preschool teachers and directors have gained skills in adopting the life oriented approach and started working as a team to address the components that support the child’s optimal development and meet the different key situations in each area.



We conducted training on the life oriented approach and how to identify a key situation through observing children at the preschool and talking to them. This was made possible with the help of the educational counselor from Caritas Germany - Ms. Irene Berger. The training on the first key situation “healthy nutrition” was given to 25 preschool teachers who will continue with the second key situation “hygiene” where they learned how to plan and implement the educational activities according to the key situation and in consideration to the child’s direct environment. They also participated in arts workshops, regular follow-up, individual counseling and group sessions that have all contributed in deepening their experience and learning from each other’s mistakes. Each key situation addressed will be documented as part of the draft curriculum that will be developed at a later stage of the program. We started documentation of the first key situation “healthy nutrition” to become the first draft of the key situations that will be developed into early childhood curriculum.



This year we also stressed on the importance of parents involvement whether through the home visits or the PTA meetings where many active parents took part in the planning and implementation of the community activities at the preschools. The parents started to correspond to the life oriented approach and started to understand the importance of healthy food and are giving their children healthy snacks. The parents and teachers committees was a good initiative, the committees have helped in enrolling new children to the preschools and in planning and implementing the recreational days. They have found a way to communicate together over the social network.



We also encouraged the teachers to identify minor disabilities on the children in their classrooms who after check-ups by specialist 30 cases of children with minor disabilities were reported.

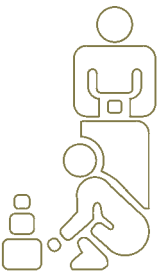
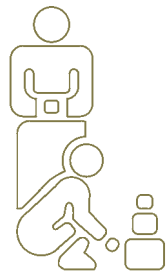


Both the teachers and the local stakeholders have contributed to the success of the program; the cooperation with the Ministry of health and the Ministry of education has encouraged the parents and the teachers to commit to the program and have trust in the material given on healthy nutrition.

Combating Family Violence

Different factors have long contributed in feeding the phenomenon of family violence in the Palestinian community such as the military occupation, lack of sufficient community and governmental services, restriction of movement, poverty, unemployment and economic deprivation. Adding to these factors the misuse of social norms mainly in a patriarchal community where violence and abuse have become regular behaviour accepted in silence by the victims.

The program had a good start in 2014 following the nine years of our intervention in the villages North West Jerusalem that was crowned with two main achievements: The level of awareness on family violence among the families has remarkably increased, it is considered a quantum leap in our work that what is considered a taboo is now discussed by the families in public and that they are actually seeking help and seeking methods of fighting it. In a research conducted in 2013 by the Trust on the women who participated in the project we had very promising results showing that the family interaction and atmosphere of the participants have improved due to



the program intervention.

Another achievement is the establishment of common grounds between us and the local ministries and stakeholders which bridged the gap that was faced nine years ago when the program started and helped us work together towards limiting and fighting the phenomenon of family violence.

Knowing that social change takes time and lots of effort, and that being where we are today is just a first step in a long process of achieving a community without violence. The program continued this year with deepening and consolidating our work in the villages. We continued with the open and closed groups, as for the home counseling it continued in synergy with the Mother-to-Mother program that is also supported by Caritas Germany. As for dealing with severe cases of sexual violence we started referring cases to the local police department and shelters.

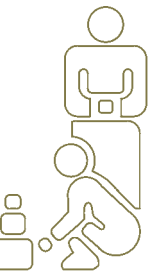
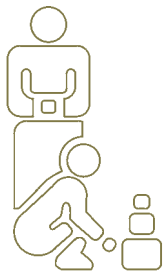


The Learn-by-Play Program

The learn-by-play program is considered to be one of the Trust's main programs it has succeeded over the past years to gain a good reputation in the schools for its effective and successful techniques in helping low achievement pupils improve their scholastic achievement, especially that they come from marginalized communities and most of them have become drop out candidates and victims of latent illiteracy.

Through the past years, the program has been leading a more systematic relation with the Ministry of Education, the UNRWA, the schools and the parents, promoting the active learning approach and encouraging the pupils to express themselves and to finally experience success as they improve their school achievement and their self-esteem.

The program continued this year in the villages Northwest Jerusalem, in Ramla and in Shufat Refugee Camp reaching up to 480 pupils and providing them with the necessary support on both academic and behavioral levels. The pupils' groups continued through regular afterschool meetings and activities that were conducted by 45 of our tutors who finished special training in training groups



following the Learn-by-Play approach. Most of the pupils showed improvement and progress, in Arabic language, Arithmetic, and English language, their school grades started improving and their teachers' gave us positive feedback about both the pupils' behavior and their studies.



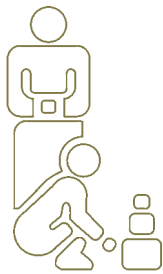
Our strategy of focusing on learning rather than teaching has proved to be effective, not only for the children but also to the system as the schools are more open to the program's approach and the Ministry of education has shown remarkable cooperation that was seen when they approved our first educational kit as an effective educational tool. According to a survey that we conducted in 2013, almost 65% of the children who suffer from violence have low school achievement or behavioral problems. Therefore, as part of our mission statement that all children deserve to live in a peaceful and non-violent environment as one of their basic human rights; we started in January 2014 special group and individual

Quote by mother: "I used to think that hitting my child was the only way to discipline him, but now, after the meetings I learned to talk to him and he responds better to me".

Quote by mother: "I don't usually allow my daughter to go on trips, but when I heard that the Trust is organizing it I sent her".

counseling in the villages to raise the parents' awareness to the negative impact of violence and physical punishment on the children and transforming their attitude by using debriefing techniques and alternative discipline methods.

We have a saying that a healthy brain is in a healthy body, therefore, we insist on giving the children some free time to express themselves and share their talents, some of them have athletic talents and others have artistic talents. This is considered a good way to release the stress resulting from a long school day and from the difficult situation that the pupils are living in. In addition we conduct monthly fun days for each school over the school year which the pupils look forward to the activity where they can interact with their friends in the different activities conducted by the tutors of the program and in cooperation with the



schools and with local organizations such as the Palestinian Red Crescent association.

The activities varied in those days, some were competitive and others were group activities, such as: Pull the Rope, Parachute, balloons, face painting, jumping bags,...

One of the things that encouraged the pupils was that we welcomed their parents involvement who participated actively in many activities with their children.

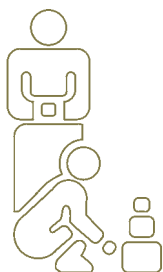
The Trust organized and conducted a festival at the end of the school year for the members of the Learn-by-Play program on 4th June 2014 at the pool-park in Bir-Nabala village. Pupils from seven villages participated and also some parents and



representatives of local institutions. The day included many activities and a speech by the program director on the importance of the program and of extra-curriculum activities. Several activities took place such as: singing and dancing, swimming, free play...

At the end of the festival, certificates of appreciation were distributed to the tutors. A similar day was conducted in the Shufat Refugee Camp.

Quote by another mother: "when I volunteered to help in the fun days I didn't know that I will enjoy my time too and also spend quality time with my children".



The Final conference

"Combating Family Violence – Achievements and Challenges" took place in Ramallah/ Palestine Territory between 6 and 7 of November 2013.

The Conference was organized as a culmination of three years (part of nine) of the Trust's Program of combating family violence and six workshops on the subject. The conference Theme and spirit was "Life without Violence is the basis for community development." It was attended by close to 200 participants, representing governmental, municipal, nongovernmental and civil society offices and organizations.

Prior to the conference we prepared a short film that presented the program and its components, highlighting how the women involved benefited from our intervention both as paraprofessionals and as families. This film was presented in the first day of the conference.

Three PA ministers: the Minister of Women Affairs, the Minister of Welfare Affairs and the Minister of Jerusalem Affairs, spoke at the opening of the conference. They praised the program's achievements pointing out the difficulties and successes that the program went through over the past years with them as local partners.

The conference lasted two days during which 14 papers covering a broad variety of

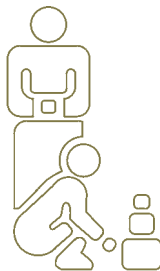




subjects and issues related to family violence including field studies policy analysis, legal aspects, evaluation of services, shortages of professional workers and more. During the conference two entertainment presentations were performed by children of the families participating in Trust's Program.

The conference was concluded with a list of recommendations based on Trust experience and future outlook. We have already started working on these recommendations, some of them were:

- The importance of training local capacities and professional cadre on dealing professionally with cases of family violence
- Encouraging the media, both the newspapers and television, to present and discuss the different sides of violence.
- Continue the fruitful network and cooperation with the local councils, Ministries, schools and stakeholders in a deeper approach.



- We have already discussed, planned and started working on these recommendations, we conducted two training courses: one for social workers and another for journalists and members of the media.
- The first training course started in the beginning of April 2014 with 20 social workers from the different districts of Ramallah, Bethlehem and Al-Bireh in cooperation with the Ministry of Social Welfare who has shown great cooperation and commitment of attendance, seven of the participants will continue to work at the villages next year as part of the program's sustainability.
- The second training was for Journalists where 20 journalists joined the course that mainly discussed the impact of emotional and sexual abuse on the victim. Quote by one journalist: "this training has changed the way I see the victim and I can relate to why some of them stay silent".



The Center for Training, Research and Development

The CTRD has been active this year on many levels:

- In August 2014, one of our program directors “Yusra Mohamad” and the director of Al-Jeeb community school participated in the conference of IFLA in Leon and presented a paper on “Community Libraries & Combating Illiteracy as a lever to Community Development”.
- In October 2014, following our president’s “Farid Abu Gosh” participation in the 7th International LitCam Conference “Literacy and Active Citizenship” has established contact with Minister of Education of Malta and future plans of conducting training to the minority group from Arab background on our community based programs.
- Following our constructive relation with RAA and the city of Essen and based on our successful experience with them in empowering women’s groups, this year “Farid Abu Gosh” conducted two trainings: one for the mother-to-mother group of paraprofessionals and the other with board of Kurdish family union in German.



Pooling Resources

Over the years the Trust has succeeded to build a range of network among other local organizations who share, in a way, the same mission and vision to offer comprehensive and complementary services that would benefit the target community.



Our coordinators have worked on consolidating and deepening this network;

- In Shu’fat Refugee Camp, with the women’s centre, the Medical Relief services, The Red-Crescent association, Al-Qattan Foundation, YMCA and the UNRWA preschools. We have also activated the Mother-Child Center and forming the Parents Teachers committees.



- In Ramla, the Trust networks with the five associations in which the women start their voluntary work: Kshatot, Al-Huda Association, the Ministry of social affairs, and the Community Centre. The associations are now more supportive to our programs and the Municipality has acknowledged our Mother-to-Mother program.
- In the Negev our relationships with our partners is seen in their active participation in our programs. We will start this year a new cooperation in Hurra mainly with the community Center, the social affairs office, the Ministry of education.
- In Biddo and the villages: We continued our networking with five local representatives of the villages and with other stakeholders such as the local police, school directors, and social activists. More significant was our cooperation with the Ministry of Education who acknowledged the educational kit. And our cooperation with the Ministry of Welfare and changing their perspective of emotional violence. Also the activation of the Child Center and forming the parents-teachers committees.



Special Thanks..

Special Thanks and appreciation to all our supporters who were kind and generous enough to allow our programs to continue to serve the local community:

- Deutcher Caritas Verband - Germany
- Federal Ministry for Economic Cooperation and Development Germany BMZ
- The Swiss Friends of Kirjat Jearim in Israel - Switzerland
- Misereor – Germany
- Kindermissionswerk - Germany
- Stella and Charles Guttman Foundation Inc. - USA
- The Harris Foundation - USA
- The Leo Model Foundation - USA
- Stichting Kinderpostzegels – Netherlands
- Kinderhelfe Bethlehem - Switzerland
- The Linden Stiftung - Germany
- Evangelischer Arbeitskreis kirche und Israel in hessen und Nassau Bischoefliches Hilfswerk Misereor E.V. – Germany
- Caritas Italiana – Italy
- The International Child Development Initiatives (ICDI) – Netherlands
- UN Fund on Modern Slavery
- The Trust Germany

