



HELPING PALESTINIANS IN NEED



Assalamu Alaikum – Peace be upon you, and welcome to Interpal: Helping Palestinians In Need. One picture is worth a thousand words, so the saying goes, so I am not going to say too much. Suffice to point out that none of what you are about to see happening in refugee camps in the Middle East could happen without the fantastic loyalty and support of our donors. We aim to provide a degree of normality for our beneficiaries who are living under incredibly abnormal circumstances. In doing so we hope to turn your donations into vitally effective aid so that every single pound sent through Interpal makes a real and lasting difference to someone's life.

We welcome engagement with our donors and are always pleased to receive constructive comments from our friends and well-wishers. I hope that you will enjoy looking at how your help has made a difference and that we can count on your support – that the Palestinians can count on your support – for as long as it is needed, insha'Allah (God-willing).

Wassalam,

Ibrahim Hewitt,
Chair of Trustees.



You will never attain piety until you spend out of that which you love. And whatever good you spend, Allah knows it well."

The Holy Quran
Surah Al Imran, Verse 92



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ABOUT INTERPAL

INTERPAL'S programmes in the field provide varied, multi-dimensional aid that responds to the real needs on the ground.

As the needs grow and change, we continue to adapt and ensure that the support we provide is timely and appropriate. Through the generosity of our donors we have been able to implement projects that have had a long-standing, positive impact for individual beneficiaries and the wider community.

We focus our programmes in six main sectors:

Medical Aid

Humanitarian Relief

(including child sponsorships, Ramadan and Qurbani programmes)

Education Aid

Community Development

Advocacy and Awareness

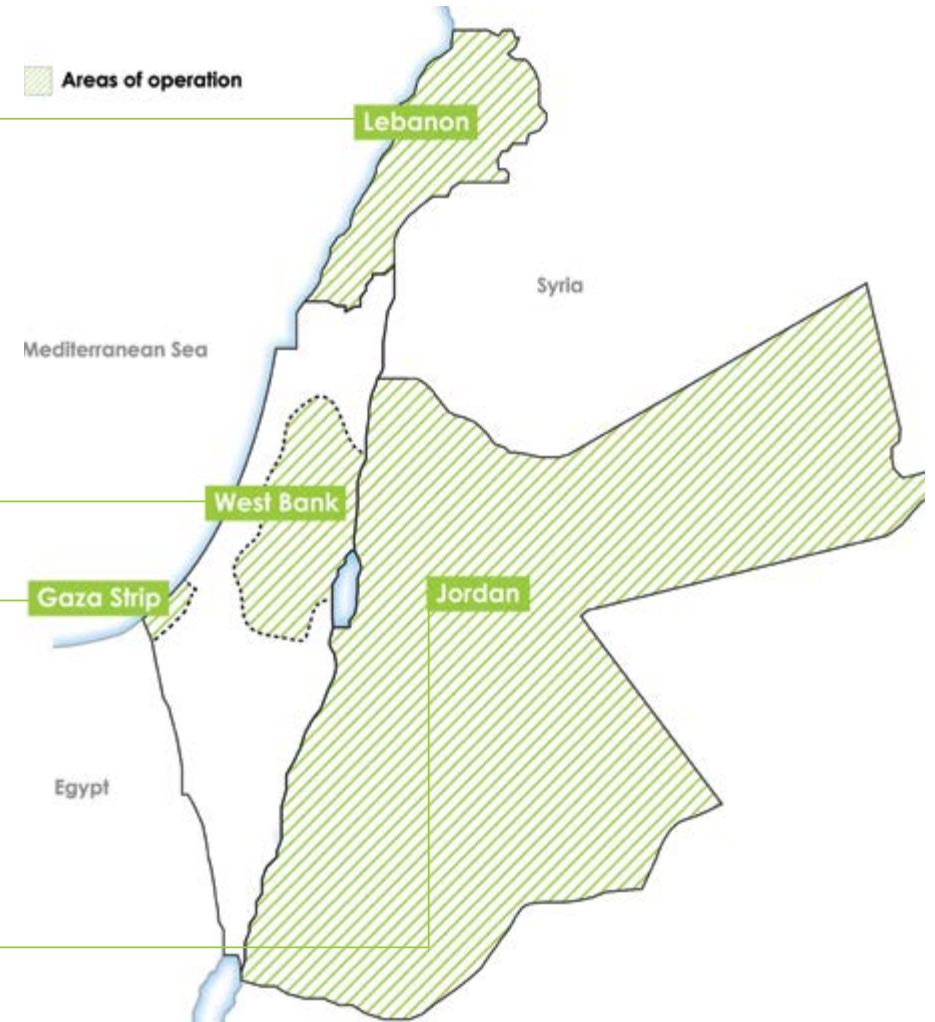
FR and Volunteering

There are over 400,000 Palestinian refugees in Lebanon, living in and around 12 squalid camps and denied social, civil, economic and political rights.

There are currently 4.29 million Palestinians living under Israeli occupation in the West Bank and Gaza Strip.

In the Gaza Strip alone there are 1.7 million in 360 sq km. Gaza was described by David Cameron as "a prison camp".

It has been 65 years since the Nakba - the first mass displacement of Palestinians and the beginning of the ongoing Palestine refugee crisis.



INTERPAL was founded in 1994 to provide humanitarian and development aid to Palestinians in need.

We are a British registered non-political charity working on the ground in the occupied territories of the West Bank and Gaza, as well as the refugee camps in Lebanon and Jordan. The latter include support given to refugees fleeing from the violence in neighbouring Syria.

Our aim is to alleviate the

suffering and disadvantage faced by Palestinian people through immediate relief and also to support Palestinian society through long term development programmes.

We have worked tirelessly for almost 20 years, ensuring Interpal is a well established and trusted development agency working with and for the people of Palestine.

Our Mission:

To be the leading charity of choice for donors wanting to support Palestinians in need.

Our Values:

We believe in the individual's right to live in peace, justice and dignity.

We are non-partisan in the distribution of our aid.

We are conscious of the trust placed in us to care for and use donations responsibly.

We are ethical, effective and efficient.

We operate with full transparency and accountability.

WE have been able to support Palestinians in need through the dedication of our staff in our head office in London and our committed field offices in Lebanon, Jordan and Gaza as well as our representatives in the West Bank.

We also have regional fundraising branches in the UK to support our work and raise our profile across Britain. These are located in Manchester, Glasgow,

Cardiff, Bolton, Bradford, Leicester and Birmingham.

Our volunteers also play a crucial role and have worked with us tirelessly in campaigns, events, delegations to the field, office administration and fundraising activities.



A patient is examined at a clinic in Jordan.

MEDICAL AID

The right to health is an inalienable human right and one that cannot be achieved without access to adequate healthcare.

MANY Palestinians struggle to achieve this right, and the health sector in the occupied territories and in the refugee camps of Lebanon and Jordan continues to be woefully inadequate and unable to cope with demands. Doctors in the refugee camps see up to 107 patients per day, whilst mass poverty means many Palestinians are unable to afford basic treatment.

Due to the occupation, Gaza and the West Bank face a critical shortage of medicines and essential disposables including syringes and dressings. Life-saving medicines are at zero stock level, including anti-cancer drugs and antibiotics.

Checkpoints and permits hinder patients seeking treatment whilst direct conflict has caused destruction to the health sector. Fifteen of Gaza's twenty seven health facilities were damaged in 2008/2009 and continue to struggle to operate to maximum efficiency due to fuel shortages and power cuts.

In line with our commitment to ensuring better health and quality of life for Palestinians, Interpal's Medical Aid Fund supports individuals and the Palestinian health sector under the very difficult circumstances within which it must operate.

Recently our Medical Aid Fund has achieved the following:

Supported over 30,000 people through the provision of an X-ray machine to a hospital in Khan Younis, Gaza.

Provided ultrasound machines for clinics in refugee camps in Jordan, serving over 90 women per week.

Provided dental chairs to clinics in Gaza which will serve thousands of refugees per month.

Provided ophthalmology, physiotherapy and ultrasound devices to clinics in refugee camps in Lebanon, benefiting over 55,000 residents.

Supported an occupational therapist and psychosocial support to hundreds of children and families in the Gaza Strip.

Helped establish a specialist burns unit in south Gaza, supporting 100 people per month.

The Poor Patient Fund

Our 'Poor Patient Fund' subsidises essential surgery and treatment for non-terminal health conditions for disadvantaged patients. Many vulnerable Palestinians live with debilitating conditions, which could be treated easily, due to their being unable to afford the cost of the surgery or health insurance.

The Fund has supported over 2,500 patients per year, allowing them to get much-needed treatment and allowing them to return to work or studies, improve their quality of life and achieve better health. It has also improved the health sector in general, providing experience to health staff and income for struggling hospitals and clinics.

Better Doctors, Better Health

We have supported various projects across the occupied territories aimed at improving the health sector. One such project funded training for doctors in child psychiatry, to ensure that effective expertise was available for Palestinian children suffering due to the occupation.

Dr Alawie was a beneficiary of this project and he visited the UK to study and train with doctors in Cardiff and Dundee. The experience was an eye opening one for Dr Alawie, who spent time with patients and doctors, learning more about eating disorders, self harming, depression and medications.

His training and ongoing professional development will mean that expertise will be passed along, and that he will be a champion for the future of mental health services for children. The experience is also a



A child receives an eye exam in one of many clinics funded by Interpal.

great opportunity for Dr Alawie to develop his knowledge and skills, something the occupation makes difficult.

"My time there was very helpful to understand the general concept of child psychiatry, and to see how doctors manage the children and their families."

Looking After Our Elders

El Wafa Hospital and Nursing Home is the only hospital of its kind in the Gaza Strip, specialising in helping patients with physical injuries, disabilities and neurological conditions.

Located close to the Eastern

border with Israel the hospital treats many of those injured by violence, and itself has come under attack in the past.

The hospital treats up to 100 patients per day, as well as having 30-50 resident

as well vital supplies during emergencies. We have also provided assistive devices and subsidised treatment for patients.

El Wafa also manages an elderly care home and Interpal has provided daily disposables and continues to support the centre, which houses over 30 elderly residents. The residents were also beneficiaries of our food aid programme during Ramadan.

Doctors at the elderly care home say, "These men and women don't have children to look after them in their old age... so we are their children and it is our duty to care for them".

patients. It has 220 medical and administrative staff supporting their amazing work.

Interpal has a long-standing relationship with the hospital and we have provided them fuel for their generator so that it can cope with power cuts,

...it is our duty to care for them".

Provided over £250,000 worth of essential medicines and medical disposables. Supported a project to provide genetic testing in Gaza, which will benefit hundreds of patients.

Supported medical research into birth defects in the Gaza Strip.

Supported medical aid for suffering Palestinians during the November 2012 Israeli bombardment.

Supported the construction of the Jordanian Field Hospital and the Haifa Clinic in Gaza, which will benefit over 50,000 people.

Supported ambulances and medical clinics in the refugee camps of Lebanon, benefiting thousands of residents.

Provided educational and maintenance support for 200 children with cochlear implants.

Provided assistive devices such as wheelchairs and hearing aids for hundreds of disabled people in Gaza and Lebanon.

Supported medical training for surgery and mental health initiatives.

Repairing and updating various items of equipment in hospitals and clinics across all our areas of operation.



A girl fills a jerry can with water provided from one of Interpal's many water tankers in the Gaza Strip.

HUMANITARIAN AID

The situation in the occupied territories and the refugee camps is a humanitarian crisis, with basic needs and rights being denied to Palestinians.

POVERTY, displacement, discrimination, the siege, occupation and conflict all combine to make the situation facing Palestinians a humanitarian crisis. Unemployment across the occupied territories is shockingly high; at around 30% and rising. Now, according to the UN, over 1.3 million people across Palestine (that's 34% of households) suffer from food insecurity and are not sure where their next meal will come from.

Palestinians also suffer from acute water poverty, with many households unable to access clean water for their most basic of needs. With an estimated 800,000 registered Syrian refugees in Lebanon, and over 350,000 in Jordan, all this adds incredible strain to families that have already suffered trauma, loss of loved ones and their homes, as well as being forced to areas where there are few opportunities for jobs or adequate shelter.



A child receives an Eid gift during the festivities.

Seasonal Campaigns: Ramadan and Qurbani

Ramadan and Qurbani are two of our busiest periods and we work to help donors fulfil their religious obligations and also support their brothers and sisters in Palestine.

Our Ramadan projects benefit over 75,000 people annually and include a huge array of aid such as financial aid to poverty stricken families, food parcels, Qurbani meat, food vouchers, collective iftars (meals to break the fast of the day), including those in Al-Aqsa and Ibrahim Mosque; and Eid gifts (in kind or financial aid).

To mark the occasion of Eid ul Adha our Qurbani programmes in all our areas of operation provide fresh meat to over 5,000 families on the day of Eid, as well as frozen meat after the event (a rare luxury for many). We also provide Eid gifts for families in the form of financial aid. We source local produce, supporting local business and farms as well as ensuring that we can ease the burden of families during what are supposed to be joyous occasions.

Sponsorships

We support almost 9,000 orphaned, disabled and disadvantaged children and ensure that families can meet their basic needs by providing regular financial aid. Many of our sponsored children are linked to donors, whilst other children receive support via our Social Welfare Programme.

Our sponsorship programme has a positive impact on the lives of the children and families by providing an essential regular financial lifeline. With many children forced out of school and into the workplace, or unable to access basic needs, reliable financial aid means that families can mitigate some of the negative effects of their poverty.

With the funds provided a family can buy medicines, clothes or books and enhance the quality of life for their children whilst reducing the negative impact of poverty on their lives.

Supporting a child benefits the entire family and the wider Palestinian society; in line with our commitment to multi-dimensional aid we include sponsored children in other projects such as fun days, health events and education programmes.

It gives us some peace of mind that we have people working to help us."

Supporting refugees from Syria

In the poor district of Irbid in Jordan, the Zaatari family live in a run-down flat after fleeing from Yarmouk camp in Syria over 9 months ago. The family is made up of a mother, a father, an elderly grandmother and three children under the age of five. The father is deaf and sight impaired, leaving his wife and mother in law to work for a pittance and the family struggling to afford shelter and food.

Interpal's Jordan Field Office, in cooperation with local charities, became aware of their plight and has supported the family with financial assistance for rent, as well as food aid.

The family are vulnerable to exploitation and mistreatment, and Interpal's support ensures they have someone to ask for help and are not alone during these uncertain times.

The mother told us: "We worry... we have children. What can we do without help? It gives us some peace of mind that we have people working to help us."

Inspiring Palestinian children to have hope in their future

Our one to one sponsorship programme not only provides support for a young child, but supports an entire family and protects the next generation.

Bader, is a 17 year old boy from Gaza. His father died when he was just ten years old, leaving his mother to raise him and his sister alone. The family's economic situation is difficult and without the regular sponsorship they receive they would be destitute.

Bader was having trouble with his subjects at school and felt that he should quit and get a job. However, his generous sponsor sent money for extra tutoring and Bader regained his confidence

I couldn't make it without your help and support."

and passed his exams.

Having Interpal and a kind sponsor to support him made a world of difference to Bader. It gave him the ability to conquer the obstacles facing him and be reminded that people believe in him even when he doubts himself.

Bader told us that he will continue with his studies and wishes to become a PE teacher to support his family in the future. In a recent message to his sponsor, Bader says: "...I couldn't make it without your help and support."

In line with our commitment to aid Palestinians in achieving an acceptable quality of life, our Humanitarian Aid Fund provides:

Food aid (in kind and coupons) to over 75,000 people per year.

Water tanks or coolers (plus refills) across our areas of operation to hundreds of homes and public institutions every year.

Improving the water network in Gaza via the provision of water tankers.

Winter aid in the form of heaters and blankets for over 3,000 families across our areas of operation.

Shelter support (through financial aid).

Regular and emergency financial aid to thousands of families via our Social Welfare Programme.

Emergency aid which includes medicines, food, psychosocial trauma care and supplies during the November 2012 bombardment for hundreds of people in Gaza.



Children at the Nour El Marifa School take part in a social activity.

EDUCATION AID

Article 26 of the Universal Declaration of Human Rights states that everyone has a right to an education; however, an adequate and beneficial education is often denied to Palestinian children.

THE age demographic of the Palestinian population across our areas of operation is very young and 50% of the population of the occupied territories is under 18. The continuing siege and occupation make education more difficult for young Palestinians. Children must cope with poverty, huge classroom sizes, violence and a lack of resources whilst studying.

In Lebanon and Jordan, poorly funded schools and a lack of opportunities outside the camps are taking their toll on the motivation of refugee children.

Such stresses and obstacles hinder aspirations and achievement, meaning that many children are unable to reach their full potential, whilst others miss out on the normalising effect and psychosocial benefits of attending school.

Interpal's Education Aid Fund provides for projects that respond to the needs on the ground. Alongside our long-running programmes we respond to new circumstances and are committed to protecting the right to education for all Palestinians.

Our Education Aid fund:

Provides almost 8,000 disadvantaged children with school kits and uniforms annually to prepare them for the new academic year.

Supports over 1,000 students per year with their university fees and to obtain their graduation certificates.

Works with educational institutions to provide generators, water tanks and other supplies and resources.

Has recently supported the Islamic University of Gaza with scientific equipment and a generator.

Is providing other universities in Gaza with equipment that will benefit hundreds of students and faculty members.

Has funded buses, toys and outdoor playground equipment for schools and education centres

Nour El Marifa School

Nour El Marifa is the only school of its kind in Gaza and caters for 250 children with special educational needs. Interpal has worked with the school since 2005 and we continue to ensure that its invaluable work continues. The school charges only nominal fees from the students but provides tailor-made education, special needs therapy and also other types of support for children often traumatised by violence or poverty.

We have provided the school with a generator to cope with the frequent power cuts across Gaza, and new classrooms have been built.

Many of the students are also recipients of our school kits and uniforms programme and we have funded psychosocial support for them in the aftermath of violence.

The school also offers speech and audiology therapy; to ensure that more children across the area benefit, we have funded the construction of a separate clinic which will support up to 600 children per month.

Helping Palestinian Refugees to Higher Education

Samar is a Palestinian refugee living in Jordan with her family. Her father is unemployed and Samar's brother supported the family but recently lost his job. The family live in hardship and poverty, and despite being a high achieving student, Samar was unable to complete her nursing degree.

We supported Samar with her university fees, to ensure her years of hard work were not

wasted and she could complete her studies. Her diligence and ambition mean that she will work hard and be able to support her family, whilst also working in a career that will benefit society.

Without your help, I would not finish my studies and I could not support my family."

To all donors who supported her, Samar said, "I want to say thank you for supporting me. Without your help, I would not finish my studies and I could not support my family. It has made such a huge difference... it is one less worry and it gives me the opportunity to improve my life."

The Nabil Badran Centre

In the refugee camps, poverty and a lack of services often mean that the most vulnerable are left isolated and disadvantaged. The Nabil Badran Centre in Lebanon offers an invaluable service in an area with over 60,000 Palestinian refugees. The centre supports 17 regular students with disabilities, providing education and recreation. This helps to break the isolation and lack of opportunities refugee children with disabilities often face.

The impact of the centre on the lives of these children is incredible and we recognise the value of the centre and of these amazing children. We have supported the centre through the provision of a generator so that it can continue to teach during the frequent power cuts and sponsored the students attending. We have also provided



the centre with essential running costs for the academic year of 2013-2014, ensuring its capacity to continue its work.

Supporting Disadvantaged Children

Jalal dropped out of school at a very young age. His father's salary was not enough to cover the expenses of the family and he wanted to find work to help his family.

...being barred from 70 professions means many young students have lost motivation.

Palestinian refugees in Lebanon suffer daily discrimination. Facing mass poverty and being barred from 70 professions means many young students have lost motivation.

Those who drop out of school often end up exploited in the labour market or working as child labourers.

Interpal has supported Jalal via a specialist vocational centre in south Lebanon. The centre ensures that children like Jalal can be given an education, provided with vocational skills and instilled with confidence and choices for their future.

Jalal will graduate this year as a skilled electrician and the centre will continue to support him with advice and guidance. The support of our donors ensures that the potential of children like Jalal is realised and their hope in their own future is protected.

When asked about his course Jalal told us, "I really enjoyed my time here, and I feel I will be able to help my family and take some of the burden from my father."

in refugee camps in Lebanon, Jordan and the West Bank, benefiting hundreds of children and their families.

Has funded computer labs for schools and education centres in Jordan and the West Bank, benefitting over 2,500 young people and the local community.

Provided a computer lab for the Education Forum in Gaza to aid university students in their study and skills training. The Forum supports over 400 students.

Is focused on supporting special needs education projects such as a speech therapy clinic in Gaza, which will help over 600 children a month and employs 6 staff members.

Funded the setting up and running costs for special needs and specialist vocational centres in Lebanon.

Funded annual school fees for Palestinian and Syrian refugee children in south Lebanon.



Interpal funds many farms in its area of operations as part of its community development projects.

COMMUNITY DEVELOPMENT

In the absence of a political solution, there is a need to ensure that Palestinians are supported in the development of their communities, the preservation of their heritage and to improve how they cope with the current crises facing them.

WITH 90% of ground water in Gaza too contaminated to drink, the water situation is a humanitarian crisis. Agricultural activity has fallen sharply in Gaza, affecting livelihoods, food security and the environment. According to the UN if solutions are not found soon, Gaza will be unliveable by 2020.

Unemployment is shockingly high in the occupied territories, rising as high as 40%, and is also a main concern in the refugee camps of Lebanon and Jordan. Direct conflict and occupation policies have meant that over 12,000 are currently displaced in Palestine and unable to reconstruct their homes. The general lack of services and poverty means refugee camps are cramped and unsafe.

Disability further compounds economic independence and over 87% of people with disabilities in Palestine are not in work and up to 75% over the age of 18 do not use public transport due to access concerns.

The incidence of Palestinian children suffering from trauma, depression and anxiety continues to increase due to violence, harassment, poverty and displacement. This has a hugely negative impact on the future of Palestinian society and as well as the individual lives of children.

Interpal's community development projects are varied and focus on providing long term development and support for the local community. We use local expertise and listen to our beneficiaries, investing in projects that look to the future for Palestinians whilst tackling today's problems. Our Community Development Fund has recently supported the following projects:

Providing water pumps for farmland in Gaza and supporting livelihoods for over 60 families.

Job creation programme for hundreds of young graduates in Gaza.

Supporting cultural and religious institutions through maintenance and generators.

Supporting maintenance in Al Aqsa Mosque sanctuary.

Construction of three water desalination plants, which serve over 100,000 people.

Providing fuel for hospitals and public institutions in the Gaza Strip.

Planting trees in Gaza, and supporting local farms as well

Palestine Trauma Centre

From occupation to siege to the daily violence they face, trauma and stress are commonplace for those in Palestine. After the bombardment of Gaza in 2008/2009 which killed over a thousand people and left thousands more scarred, the Palestine Trauma Centre was set up to provide emergency and long-term trauma therapy.

This essential service ensures that children and their families are given the tools to deal with trauma through various therapeutic techniques. The centre also has a rapid response team to go out into the field during times of conflict.

Serving over 30,000 people, the value of the centre cannot be stressed too much, and Interpal is supporting the centre with essential running costs, as well as having provided funding for psychosocial programmes and a computer lab.

In line with our commitment to aiding Palestinians to develop their communities, ensuring the centre continues its work ensures better mental health and supports resilience within the community in Gaza.

Lazarus Home for Girls

We have supported the construction of a special home for destitute and orphan girls in the West Bank. The home is located just outside of Jerusalem and it has provided a home and safe place for vulnerable Palestinian girls. The location of the home is close to an Israeli settlement and is in a poor and deprived area cut off from Jerusalem due to the Separation Wall. The



Children at the Palestine Trauma Centre take part in a group activity.

home supports 76 girls and full-time staff who look after them, providing them with stability, encouragement in education and above all, love and care.

Supporting aspirations and improving lives

Twenty five year old Nesma is blind and lives in eastern Gaza with twelve other members of her family. Nesma is from a poor background, and her father suffers from a serious heart condition, making him unable to work. Getting around Gaza to continue her studies or to find a job was extremely difficult, but Nesma is capable

and determined and Interpal has supported her through our job creation programme as well as our outreach van. The outreach van ensures she has a safe and convenient way to travel, so she does not face isolation and restrictions in movement. As part of our job creation programme we have aided her in finding a job role as a coordinator at the Assistive Technology Centre in Gaza.

"Interpal has changed my life totally. I have a job, and despite being disabled I am the one that can provide for my family and the van enables me to do this. For the first time, I am really happy!"

The impact of our development programmes on Nesma's life is hugely positive, giving her the chance to mitigate her disability and the poverty she

Interpal has totally changed my life. I have a job, and despite being disabled I am the one that can provide for my family... for the first time, I am really happy!"

faced. Giving her a sense of independence has ensured her talent is not wasted and she contributes to her family and Palestinian society. Once Nesma had limited choices, and now her future is brighter and she is planning to continue onto higher education.

as preserving the Palestinian farming heritage.

Supporting Palestinian farmers via our Yaffa brand produce sold in the UK.

Purchasing of charitable farmland to develop into long-term agricultural aid projects.

The Dignity Housing project: reconstruction and repair of hundreds of homes.

The Ailabon Tower: Housing project for up to forty homeless families in Gaza.

Building the Khaled Bin Waleed Mosque in the deprived Deir al Balah area of Gaza.

Supporting local municipalities with equipment to serve hundreds of thousands of local residents.

Aiding construction and programme support for community centres in Gaza, the West Bank and Jordan and aiding thousands of orphans, widows and disadvantaged people. Livelihood Support for Persons with Disabilities and their families in the West Bank.

NGO support programme in Gaza – aiding local civil society.



Lauren Booth, activist and advocate for Palestinian human rights, speaks at "Palestine Journey Through the Ages"

ADVOCACY AND AWARENESS

Despite having lasted over 65 years, the issue of Palestine is often poorly understood and Palestinian voices are rarely listened to.

As one of the leading British charities working on the Palestine issue, we recognise the importance of increasing awareness of the injustice suffered by Palestinians, promoting Palestinian voices and supporting advocacy that benefits people on the ground.

Interpal has supported an array of projects that highlight various issues in the past, and this year has been no different; from supporting campaigns tackling ethnic cleansing to funding school competitions, Interpal has been at the heart of raising awareness for the plight of the Palestinian people.



Bearing Witness in The Gaza Strip - MP Delegation

In February 2013, a cross party delegation of MPs and staff visited the Gaza Strip to bear witness to the situation on the ground.

Jeremy Corbyn MP, Philip Hollobone MP and Sarah Teather MP visited Interpal projects, met with beneficiaries and spoke to our field office about the needs and interventions carried out by Interpal.

We organised the visit to highlight the dire situation caused by the ongoing siege and violence, as well as to allow British MPs to speak directly with Palestinians and hear about their lives.

Of his visit, and the work he saw, Jeremy Corbyn MP said: "The work that Interpal has done and the totally unfair criticisms that have been made of the charity, and all the tough times past; now we can see why all those battles are worthwhile because Interpal has been doing good for the people of Palestine."



Top: Sarah Teather MP meets with a student Nour El Marifa School.

Bottom: The MPs meet students at the Islamic University of Gaza.

...Interpal has been doing good for the people of Palestine."

Jeremy Corbyn MP



Palestinian Women's Exchange

With so many human rights violations faced daily by Palestinians in the West Bank, the Palestinian women's exchange was an opportunity for young women to travel outside of Palestine, raise awareness of their situation and above all, have their voices heard.

A project organised by CADFA (Camden Abu Dis Friendship Association) in March 2013, 12 young women from Palestine travelled to the UK;

partnering with young British women, they took part in cultural exchange activities and created a short film: 'A Day in My Life'.

The group also spoke at public meetings and held a final showcase event to discuss what the visit had meant to them. The Palestinian women were able to discuss the difficulties of living under occupation whilst also celebrating and sharing their culture.



Interpal supports projects that highlight various issues and over the last year this has included:

Contributing towards an advocacy campaign aimed at tackling the ethnic cleansing and home demolitions happening in Silwan, occupied East Jerusalem.

Supporting twinning activities and cultural exchange visits to strengthen links between places in the occupied Palestinian territories and Britain.

Funding the Annual Al-Ouds Forum Schools' Competition in Jordan, which aims to raise awareness and promote a better understanding of the position of Jerusalem from cultural and human rights perspectives.

Contributed to the Russell Tribunal which was set up to raise awareness of the situation in Palestine and advocate for the respect of human rights and international law by Israel.

Supporting greater understanding through our 'Bearing Witness Programme' to encourage visits to the field and view the situation first hand for interested parties.



A volunteer takes part in the world record breaking "Gaza 100" run.

FUNDRAISING AND VOLUNTEERING

Aside from our fundraising team in London, we also have fundraising branches in Bradford, Cardiff, Manchester, Bolton, Leicester, Birmingham and Glasgow.

FROM bustling bazaars to school assemblies, annual conferences to charity dinners, live appeals and even bungee jumping – there was just about everything happening all in the name of helping Palestinians in need. These raise funds and awareness, and engage with local communities on the issue of Palestine.

Through the great efforts of our branches, who visited mosques, community centres and schools, we were able to raise over 3 million during our Ramadan campaigns from 2010-2012. Our Glasgow branch organised a '3 peaks challenge' as well as charity dinners to raising over £100,000 for humanitarian aid to Gaza whilst our Bradford branch raised over £170,000 for a number of special charity dinners over 2012.



IN 2013, the branches have increased their engagement with the local community, by visiting schools and giving presentations on Palestine and charitable aid. Our London branch's 'Palestine: A Journey Through the Ages' event was attended by almost 500 people; with art exhibitions, informative speakers and fun activities for families it raised over £160,000 in donations and pledges.

Our branch staff have also led aid convoys to Gaza, taking volunteers who have fundraised and delivering aid directly to those who need it. During the bombardment of Gaza in November 2012, our Bolton branch raised thousands to

help with recovery and then accompanied over 20 young volunteers to Gaza on a special convoy to deliver aid and show solidarity in the aftermath of the violence.

Our fundraising activities are essential in ensuring we can continue our aid programmes, but also highlight the humanitarian crisis facing Palestinians to our own local communities in the UK. They also bring Interpal closer to our donors, bringing about great collaborations and commitment from our supporters.



From top to bottom: Palestinian singer Nizar Issa performs at "Palestine Journey Through the Ages"; volunteers at a charity dinner in Bradford; a participant in the Miles of Smiles Convoy enters Gaza.

Volunteers

OUR volunteers arrange fundraising and awareness events, fundraise within their networks, help us with our administrative and campaign duties and are an invaluable part of Interpal's team.

We are hugely appreciative of all of our volunteers across Britain who have taken the time to attend live appeals, get involved in fundraising activities, support our office administration and champion Interpal in their local

communities.

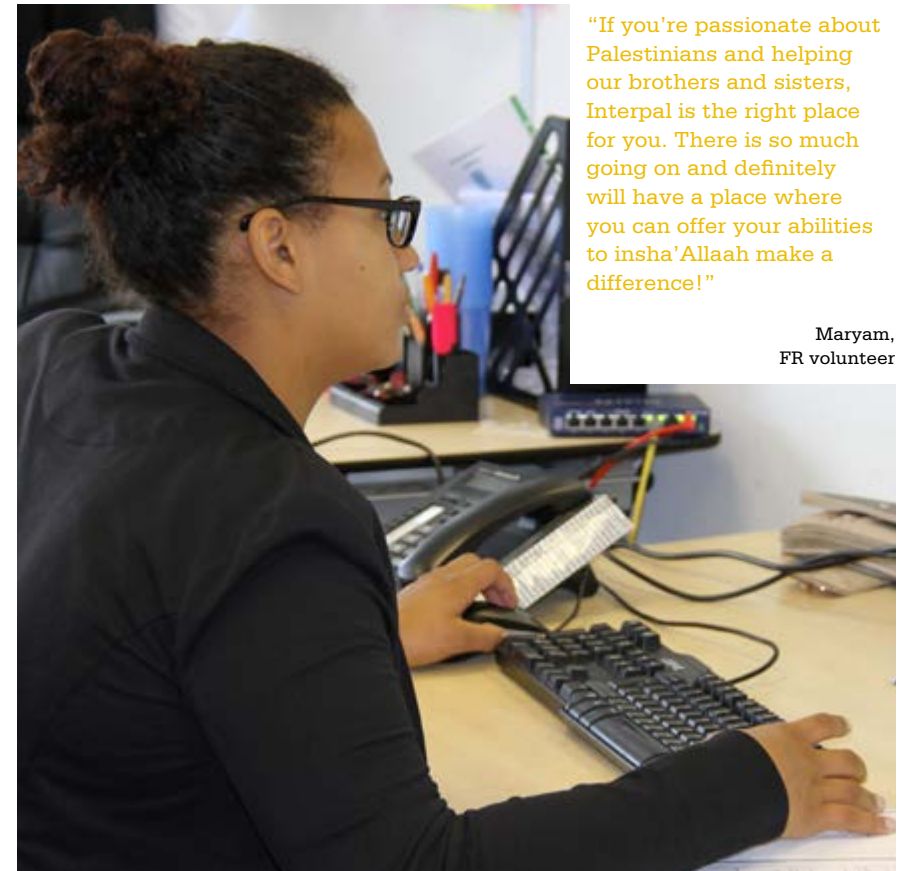
Interpal has utilised over 300 volunteers to support us in daily work, as well as over 1500 volunteers across the UK that have helped us in special events and campaigns during 2010-2013. We aim to make volunteering with us beneficial to our volunteers, as well as making them part of the Interpal family and are always happy to welcome new people to be part of helping Palestinians in need!

"It is nice to come in and volunteer with such great people, and for such an important cause."

Khadija,
Office volunteer

"I really enjoyed being a part of the live appeal, the atmosphere was great and it felt good knowing we were helping Interpal raise money for the really amazing projects."

Hamza,
Live appeal volunteer



"If you're passionate about Palestinians and helping our brothers and sisters, Interpal is the right place for you. There is so much going on and definitely will have a place where you can offer your abilities to insha'Allaah make a difference!"

Maryam,
FR volunteer

FINANCIAL SUMMARY

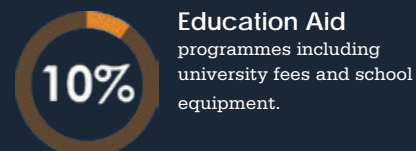
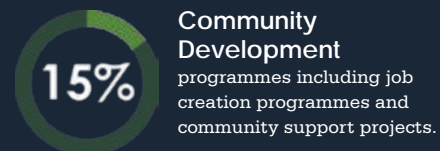
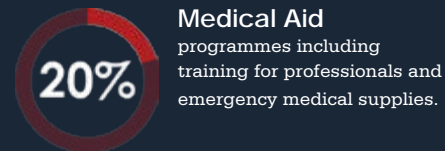
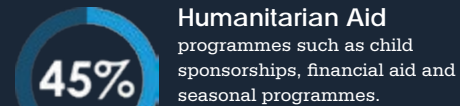
THROUGH your kind support, Interpal's total income for the 2010-2012 period has been over £15 million. This reflects the great trust our donors place in us, as well as highlighting the growing humanitarian crises facing our beneficiaries and the generosity and concern shown by people towards Palestinians in need.

In responding to the growing humanitarian crisis facing Palestinians in our areas of operation, your support has meant that we have been able to spend over £8 million towards our humanitarian programmes, including Ramadan, Qurbani and Sponsorships as well as over 2 million on community development programmes. Our education aid programmes have meant that almost £2 million has been spent to fund schools, teachers and students, serving over 8000 beneficiaries a year and our medical aid projects have benefitted hundreds of thousands of vulnerable people through the distribution of over £3 million. Due to the crisis in Syria, we have also supported Syrian refugees in our areas of operation.

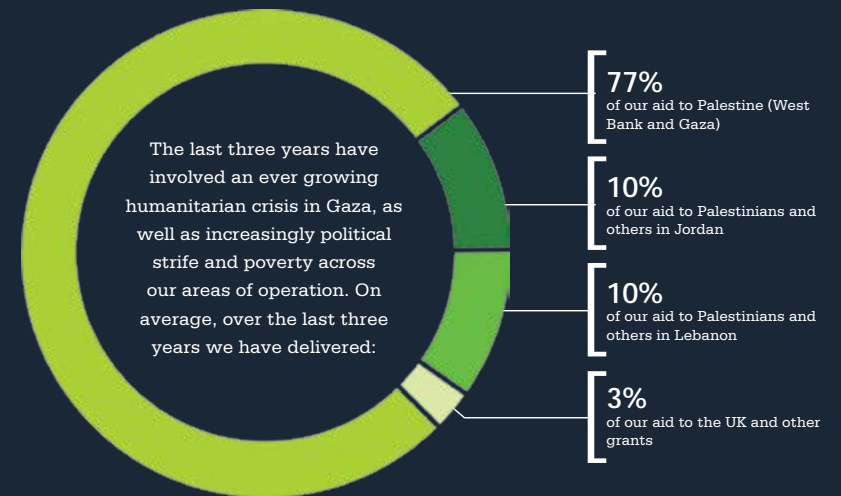
For further details please visit our website, where you can find our official trustees' reports as provided to the Charity Commission.

Impact of your aid per sector:

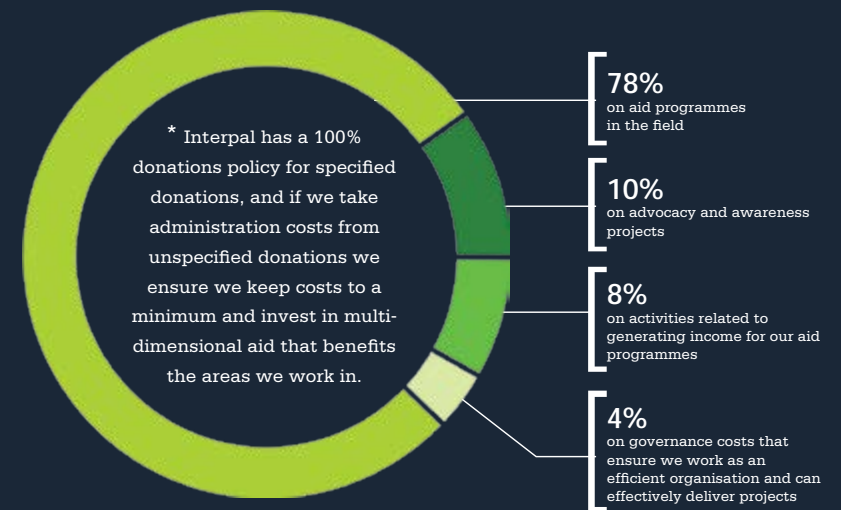
Interpal works across different sectors to ensure we contribute the type of aid and support that Palestinians need. Over the last three years, on average we have focused our aid in the following sectors:



Aid by Areas of Operation



For every £1 you donate we spend*:





**“The charity that
is a trifle to us
can be precious
to others.”**

Homer

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Helping Palestinians in Need

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