



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 (3:92)



In 2014, Interpal marked its twentieth vear of working across the occupied Palestinian territories and refugee camps in Jordan and Lebanon.

Last year also marked the sixty sixth year of the exile of millions of

Palestinian refugees; the people of Gaza endured their third major Israeli military offensive since the beginning of the on-going siege in 2006; and Palestinians in the West Bank faced their twelfth year of coping with the devastating repercussions of the "Separation Wall" and other restrictions imposed by Israeli occupation authorities.

In the middle of all of this, Maraseel, a young Palestinian beneficiary of an Interpal donor, wrote a letter to her benefactor. In it she spoke about the support she has received which helped her family to afford essential items such as food, water and clothing. It is hard not to think about the horrors that Palestinians have to endure while reading this little girl's letter. Despite this, she explained that the support she received helped to 'draw a smile' on her face.

It is within this context of the destruction of lives on one hand and the 'drawing' of smiles on the other that Interpal continues with its humanitarian efforts to make a real difference. All, of course, thanks to the generous support of our donors.

Indeed, despite major operational difficulties for humanitarian and development agencies at home and in the field, it is thanks to the material and moral support of our donors that we have been able to continue to benefit thousands of Palestinians every year.

We invite you to take a look back through 2014, to see how your donations have helped change lives and how your generosity has made a valuable contribution to Interpal's work helping Palestinians in desperate need. You have, for sure, 'drawn' many smiles on many faces.

Ibrahim Hewitt Chairman of the Trustees

I Brahim Henrid



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ABOUT INTERPAL

Interpal's programmes in the field provide varied, multi-dimensional aid that responds to the urgent needs on the ground. As the needs grow and change, we continue to adapt, ensuring 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 longstanding, positive impact for individual beneficiaries and the wider community.

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

We are a British registered 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 includes support given to refugees fleeing from the violence in neighbouring Syria.

Our aim is to alleviate the suffering and disadvantage faced by the Palestinian people through immediate relief and to support Palestinian society through long term development programmes.

In November 2014, we marked twenty years of working in the occupied Palestinian territories, Lebanon and Jordan. Over two decades, Interpal has developed into a well-established and trusted development agency.

OUR GUIDING PRINCIPLES

Empowerment

Through multidimensional aid, we ensure that every stage of project delivery involves empowering the Palestinian people to encourage ownership, employment and enterprise within communities. Here in the UK, we empower donors and citizens to engage in events that raise awareness and funds across the country for Palestinians in need.

Our continued commitment to transparency in our work provides a voice to stakeholders in order to affect positive change in all our areas of operation.

Security

We work to provide humanitarian assistance in the form of food, water, shelter and warmth in order to help Palestinians gain economic and social security.

Equality

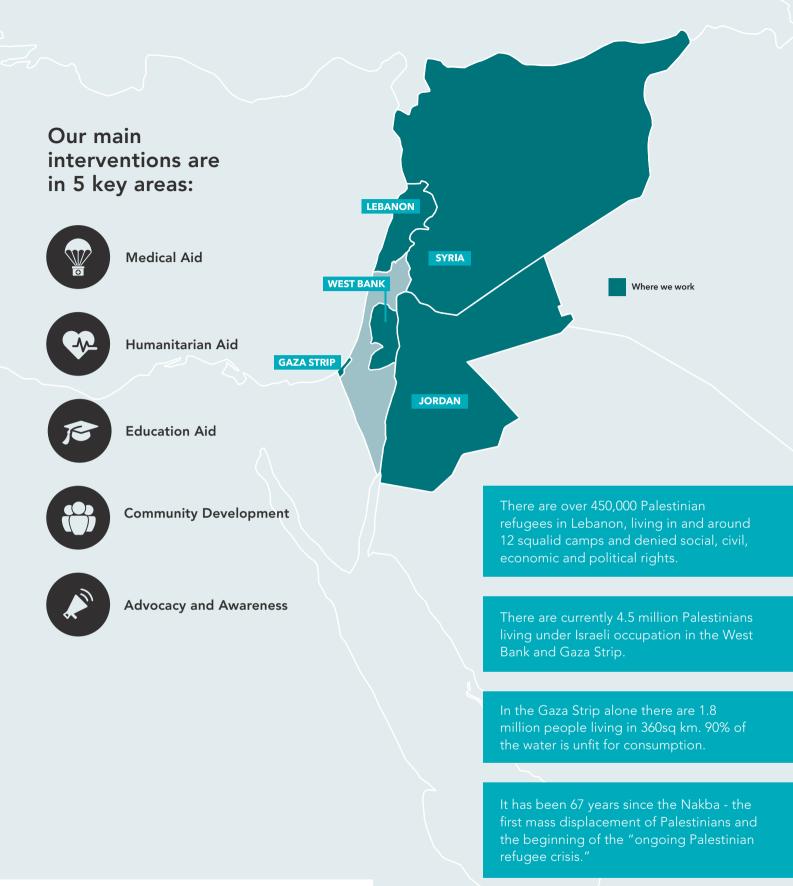
Equality is our core guiding principle that underscores both our operations abroad and activities in the UK, regardless of race, gender, age, religious belief or sexuality.

Voice

Due to the disproportionately small share of the voice that Palestinians have, we empower all beneficiaries and stakeholders involved in development to ensure we are an organisation that is representative of the change we wish to see.

Community

Through equality and engagement, we build communities of supporters, volunteers, donors, and advocates with a shared commitment to raising awareness and fundraising for Palestinians in need.



OUR MISSION:

To empower Palestinians to face their challenges and hardships in our principal areas of operation: the West Bank, Gaza Strip and the refugee camps in Jordan and Lebanon.

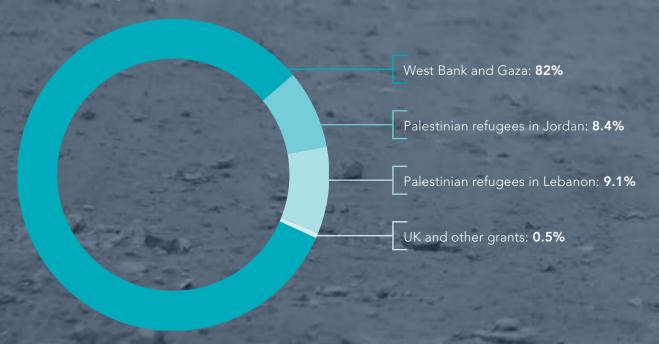
There are at least 280,000 Palestinians internally displaced in Syria. 95% have no income and struggle to survive.

FINANCIAL **SUMMARY**

For every £1 you give, we spend...



Spending by area of operation









INTERPAL'S **EMERGENCY RESPONSE**

Thousands of Palestinians were unable to access urgent support and medical treatment due to safety concerns.

In response to this, Interpal's Gaza Field Office visited the most vulnerable families across the Gaza Strip to directly deliver aid.

OUR SUPPORT INCLUDED:

- Delivering medicines and basic supplies to over 500 wounded and vulnerable Palestinians.
- Supporting hundreds of internally displaced Palestinians in refugee camps by setting up local medical points.
- Delivering hygiene kits containing washing soap, floor washing liquid, toothpaste, toothbrushes, toilet paper and sponges to over 1000 displaced families across the Gaza strip.

- Delivering food and non-food items (including diapers and baby milk) to hundreds of internally displaced families.
- Providing financial aid to thousands affected families before and after the conflict
- Distributing canned food and blankets to over 2000 Palestinians.
- Providing food vouchers, food
 Providing fresh, clean water parcels and iftar meals (to break fast during Ramadan) to over 5000 Palestinians across the Gaza Strip.
 - and a stainless steel water tank to dozens of vulnerable families seeking refuge in Al-Maghazi refugee camp.

Interpal staff brought me a food parcel during the assault, I was scared to death to go out... It really was one of the most difficult times.

Majid, Nuseirat refugee camp, Gaza



With Interpal's Gaza Field Office already established on the ground, we were able to directly contact hospitals and medical centres across Gaza, within hours of the emergency taking place, to provide essential medical items.

INTERPAL PROVIDED:

- Assistive tools and disposables such as walkers, wheelchairs, mattresses, artificial eyes and aural devices for over
 100 of the most vulnerable Palestinians wounded by the assault.
- Vital life-saving medicine including antibiotics and painkillers for hospitals across Gaza.
- Medical equipment such as infusion pumps, a suction machine and beds to be used in wards and operating theatres struggling to cope with the influx of injured patients.

- Medical supplies such as syringes, solutions, oxygen tubes, needles and surgical blades for hospitals across Gaza, including Al Shifa Hospital.
- Medicine, medical supplies, beds and medical equipment for patients who were affected by the destruction of Al Wafa Hospital.

#ZeroStockList

To find out what's on the list, visit www.zerostocklist.org



The shortage of qualified medical practitioners in Gaza left hospitals and health care centres dangerously overwhelmed by the large influx of injured patients needing treatment.

Interpal filled the gap in manpower by hiring qualified staff to help care for the wounded during the crisis.

WE WERE ABLE TO:

- Provide our Outreach Buses for hospitals needing help with urgent errands.
- Hire a qualified ambulance services team to support Al Shifa Hospital and ensure that more Rapid Response Units were available to reach the injured.
- Aid the entry of a team of British doctors into Gaza via the Rafah border to provide much needed expertise and support to Gaza's **overwhelmed** doctors.

- Recruit pharmacists and nurses to help hospital staff cope with the overwhelming number of injured patients.
- Work with **local hospitals** and the Ministry of Health to directly respond to their requests for those injured and hurt.

The assault on Gaza left thousands of Palestinians with post-traumatic stress disorder (PTSD) affecting up to 88% of Palestinian children.

Interpal's emergency activities included trauma support during and after the assault. In the aftermath of the devastation, we helped children attempt to feel secure by preparing them for the new school year.

WE PROVIDED:

- Access to psycho-social care services for thousands of traumatised children and adults in the Gaza Strip.
- Tuition fees for almost 200 university students who had lost their homes and were struggling to find normality after the violence.
- Education aid to students, such as school kits and uniforms to aid their transition back into life after conflict and restore some of the material items they may have lost.
- Shelter support to hundreds of displaced and vulnerable families during and after the assault.

For updates from the field, visit us at:



f facebook.com/InterpalUK







A doctor in a refugee camp health clinic usually sees, on average, 117 patients per day.



Palestinian women die in childbirth - in cases that are nearly all preventable - at a rate that is 4 times greater than Israeli women.



Medical supplies in Gaza are at zero stock levels.



Palestinians across the occupied territories and refugee camps in Jordan and Lebanon are frequently denied access to health care.

As a result of the siege and on-going attacks in Gaza, medical supplies are at **critically low levels** and medical facilities are **severely understaffed.**

More generally, inadequate funding in the medical sector, poor infrastructure and on-going movement restrictions have contributed to a **health care crisis** that is affecting thousands of Palestinians.





IN 2014, OUR ACTIVITIES INCLUDED:

- Supporting up to 2,000 individuals with health care costs via our Poor Patient Fund.
 - Training hundreds of health professionals in the West Bank.
- Supporting nephrology and kidney transplant training.
- Improving accessibility for the Supporting genetics testing for Providing an echo machine and vulnerable, including hundreds of disabled individuals in Gaza.
 - patients in Gaza.
- other equipment to a medical centre in El Bas refugee camp in Lebanon.

- disabled Palestinian refugees in Lebanon.
- Providing assistive devices to
 Rehabilitating a hydrotherapy **tub** at the Jordanian Field Hospital in Gaza.
- Providing a portable x-ray machine to a medical centre in Gaza.

HOW IS INTERPAL HELPING?

Access to adequate medical care is a fundamental right that has been systematically denied to Palestinians. Interpal is dedicated to addressing gaps in health services across its areas of operation to help improve the quality of life for Palestinians.

Interpal's Medical Aid Fund continues to support the Palestinian health sector by delivering medical equipment and supplies, supporting research and training among medical professionals and providing medical assistance to Palestinians suffering from injuries and long-term illnesses.

IN FOCUS

HIGHER QUALITY MEDICAL CARE IN GAZA

In 2014, Interpal supported a group of eleven doctors and nursing staff from Gaza to receive specialist medical training in kidney transplantation and nephrology.

The group travelled to Liverpool for two months, where they shadowed doctors and learnt about medical protocols and procedures.

Due to the blockade on Gaza, the team were forced to wait for months in order to gain clearance out of the Gaza Strip, which is just one of many challenges facing health service providers in the occupied territories.

The successful training programme benefited the medical team from Gaza, and as a result, their experience and knowledge will have a hugely positive impact on the health sector in the Strip overall.



EQUIPPING CLINICS IN PALESTINIAN REFUGEE CAMPS

Palestinians in El Bas refugee camp in southern Lebanon suffer from poor access to healthcare and find it difficult to receive medical treatment.

In early 2014, the only ultrasound machine available to the camp stopped working.

Residents of the camps were forced to travel far distances for treatment or pay for expensive health services in the Lebanese health sector.

Interpal was able to provide the camp with a new machine to ease the patients' financial burdens.

LIFE-SAVING MEDICAL TRAINING IN THE WEST BANK

Interpal supported a special training programme which enabled expert anaesthetists to visit the West Bank and work with local hospitals on pain management.

The programme provided 45 physicians, 60 nurses and 30 anaesthetic or surgical technicians with face to face experience in the operating room. The exchange also included up to 8 visits by world experts and specialists.

With anaesthesiology being vital to supporting the treatment and survival of patients, this programme is having a major impact on health services and the development of healthcare in the West Bank.





IN 2014, ACTIVITIES INCLUDED:

- Our One to One Sponsorships Programme, which supports over 8,000 Palestinian children.
- Our Eid Al Adha Programme, which provided Qurbani meat, Eid gifts and food parcels to over 5000 families
 - Our Social Welfare Fund, which provides families in dire need with help paying for medical bills, rent, education fees and home improvements.
- Our Ramadan Programme, which Our Winter Aid Programme, provided food parcels, iftar meals, financial aid and basic goods to up to 10,000 Palestinian and fuel to 5000 families.
 - which provided, warm clothes, blankets, heaters, shelter support Palestinian and Syrian refugees
- The provision of financial and food aid to hundreds of fleeing Syria.

IN LIGHT OF THE RECENT CONFLICT IN SYRIA, INTERPAL ALSO PROVIDED:

- Urgent relief to Palestinian-Syrian Financial assistance and Qurbani Winter clothes to refugees in refugees in Gaza
 - meat to Palestinian refugees in Syria
- Syria

HOW IS INTERPAL HELPING?

Interpal focuses on humanitarian aid to help alleviate food insecurity and poverty among Palestinians. We provide on-going financial assistance to families who are unable to meet their daily basic needs, as well as any unexpected costs arising from illness, disability or emergency medical needs.

We also provide support to thousands of Palestinians who have been forcibly displaced due to the destruction or demolition of their homes.

In 2014, Interpal's humanitarian projects were implemented across Gaza, the West Bank, Lebanon and Jordan.

IN FOCUS

SEASONAL PROGRAMMES: RAMADAN, QURBANI AND **WINTER AID**

Our seasonal campaigns support thousands of Palestinians. Every year, we provide vouchers and cash for families to buy essential food and supplies, deliver parcels with staple food items, arrange collective Iftars for special groups during Ramadan and organise Qurbanis for poor families during Eid Al Adha.

As part of Interpal's mission to provide multidimensional aid, we always ensure that products are locally sourced to support the local economy, including Palestinian businesses and farmers.

In 2014, we were able to support between 5,000 and 10,000 families for each seasonal campaign. Providing essential supplies is crucial to mitigating vulnerability and easing the burdens facing the most disadvantaged and vulnerable families.



CASE STUDY

It is hard to imagine what life is like for children who have lost one or both parents, or whose parents do not have the financial means to support their family.

Maraseel, a nine year old Palestinian girl living in Gaza, experienced extreme loss and trauma from a young age after her father passed away. After her father's death, her mother and seven siblings were left with no income to support themselves and no means to survive.

Maraseel is now a beneficiary of our Sponsorship Programme whose family, as with all beneficiaries in the programme, receive funds in order to pay for medicine, food, clothes, educational costs and many more essentials.

INTERPAL'S ONE TO ONE SPONSORSHIP PROGRAMME

Interpal's Sponsorship Programme is our largest ongoing humanitarian project.

Financial aid is provided to over 8,000 Palestinian children, including orphans and those with disabilities.

It also provides psychological and moral support to some of the most vulnerable individuals in Palestinian society.

SUPPORTING THOSE AFFECTED BY THE SYRIAN CRISIS

The conflict in Syria has had a devastating effect on the lives of millions of Syrians, including Palestinian-Syrian refugees. Interpal recognises that the need to help continues to increase, with the number of refugees in neighbouring countries at 3 million and internally displaced persons already past 6.5 million.

In 2014, Interpal continued to appeal for support to aid Syria's internally displaced and refugee

population, as well as Palestinian refugees affected by the Syrian conflict.

Through our field offices in Lebanon and Jordan and with our expert partners in Syria, we provided over £100,000 to pay for food packages, winter kits fuel and emergency medical care. We supported the distribution of Winter Kits to 450 families in the Latakia Governorate. The Winter Kits included blankets, jackets, hats and gloves for refugees.

In the Syrian city of Idlib, Interpal distributed thermal blankets to 5,500 internally displaced Syrians and Palestinian-Syrians to help them through the severe winter months. In Lebanon and Jordan, Interpal supported Syrian and Palestinian-Syrian refugees with financial assistance and access to our other projects.

As the situation in Syria continues to deteriorate, Interpal remains fully committed to providing urgent support to thousands of displaced people escaping the violence.



COMMUNITY DEVELOPMENT



In Palestinian refugee camps, water infrastructure is poor and for many, the water is often too salty to even wash dishes.



The incidence of Palestinian children suffering from trauma, depression and anxiety continues to increase due to violence, harassment, poverty and displacement.



The 2014 Israeli assault on Gaza caused nearly \$550 million in agricultural losses, severely affecting local communities.







IN 2014, OUR PROJECTS INCLUDED:

- The construction of El Wedad Community Rehabilitation Centre an apartment block in Gaza. in Gaza.
 - The rebuilding of Ailabon Tower, The provision of a minibus
 - service for 300 young students & their families in Jericho, the West Bank.
- Livelihood support for individuals The provision of an electric with disabilities and their families
 - generator for the Imam Shafi Mosque in Gaza, benefiting 15,000 people.
- The provision and maintenance of computers in the Dar El-Salam Hospital and a local training centre in Gaza.

- Construction of a water desalination plant in the Tel al-Hawa Area of Gaza
- A graduation ceremony for secondary school students in the West Bank.
- Security support for an orphanage in the West Bank.
- Our Job Creation Programme in Our Water Filtration Project in Gaza.
 - Lebanon, benefiting 600 families per day.

HOW IS INTERPAL HELPING?

Development projects prioritise the long-term development of territories and refugee camps in Jordan and Lebanon.

Our projects aim to increase longemployment prospects in order

IN FOCUS

REBUILDING GAZA

Despite pledges from the international community to help rebuild Gaza following the 2014 Israeli assault, the blockade has not been lifted and the vast majority of the money pledged is yet to be transferred.

As a result, the reconstruction of homes, mosques, schools and businesses continues to stall.

With even greater urgency to help some of the 100,000 Palestinians left homeless, Interpal was able to complete the reconstruction of the Ailabon Tower, a block of flats in Gaza.

We will be housing more than 200 Palestinians who were left displaced following the latest assault.

SUPPORTING THE NEXT GENERATION OF PROFESSIONALS IN GAZA

Thousands of university graduate and post-graduate students across Gaza continue to remain unemployed and unable to gain the necessary work experience needed to advance their skills and gain economic independence.



For this reason, Interpal arranged for the employment of more than 130 graduates living in Gaza. With the opportunity to gain more skills and apply their academic knowledge in the workplace, Palestinian graduates are able to work on gaining economic independence for themselves and their families in the future.

GETTING TO SCHOOL SAFELY IN THE WEST BANK

Thousands of Palestinians in the occupied Palestinian territories are suffering from extreme poverty and are forced to limit their overall spending to immediate necessities such as food and water. As a result, many parents are unable to afford further costs such as transportation to and from school.

Due to on-going violence against the Palestinian population and severe restrictions on movement, thousands of children are also put at risk every day just for travelling to school.

It is for this reason that Interpal initiated the Minibus project in the West Bank city of Jericho, ensuring that 300 pupils as well as teachers and families can safely travel to and from school.

WORKING TO COMBAT WATER ACCESS RESTRICTIONS IN LEBANON

There are over 450,000 registered Palestinian refugees in Lebanon, who are almost totally dependent on international aid for education, health, relief and social services.

One of the largest and most fenced-in Palestinian refugee camps in Lebanon is the Ein El Helwe camp, where families are restricted from accessing basic supplies such as water.

We set up a water filtration unit in the camp that now provides 600 Palestinian families with clean water every day. This unit helps reduce the financial burden of buying clean and safe water.



EDUCATION AID



50% of those living in the occupied Palestinian territories are under 18.



With a rate of 94.8%, literacy in Palestine is among the highest in the region.



255 out of 420 schools and nurseries in Gaza were destroyed or severely damaged during "Operation Protective Edge".



Education has always been highly regarded by Palestinian communities, and as the situation continues to deteriorate, accessing education helps mitigate the effects of displacement and occupation.

However, last year, 255 out of 420 schools and nurseries in Gaza were destroyed or severely damaged during "Operation Protective Edge".

Thousands of young students were forced to cope with severe trauma, the horrifying loss of family members and for many, their own physical injuries.

In the West Bank, the Israeli government continues to shut down schools, and for those that remain open, checkpoints, restrictions on movement and on-going curfews severely impact students' access to them.

In the refugee camps in Lebanon and Jordan, lack of resources and overcrowded classes are impeding children's ability to learn.

13% of our direct spending goes towards education aid



IN 2014, OUR ACTIVITIES INCLUDED:

- Tuition support for over 500 university students in Gaza.
- The provision of equipment to physics and biology laboratories at Al-Aqsa University in Gaza, benefiting over 2,000 students.
- Scholarships for master's degree students in Gaza.

- The provision of school kits to 5,730 disadvantaged children.
- The creation of a school bus service for 400 Syrian refugees in Lebanon.
- Support to an education centre for disabled students in Lebanon.

- Financial support for 180 students in Jordan via Interpal's Needy Student Fund.
- The provision of an electrical generator to the Islamic University of Gaza.
- The provision of toys to a nursery school in Lebanon, benefiting 630 children.

HOW IS INTERPAL HELPING?

Interpal's Education programmes support the right to education for all Palestinians by providing thousands of disadvantaged children and students with the means and resources to help them reach their full potential.

Interpal works to address gaps that negatively impact educational access and achievement for Palestinian (and also Syrian refugee) children.

Our Education Aid Fund supports children from nursery to university, aiming to ease the burdens of families who might have to choose between food or school for their children.

All our child and youth centric programmes take the importance of education into account, and we also support educational institutions, parents and experts in improving educational services for young Palestinians.

IN FOCUS

SUPPORTING SCIENTIFIC RESEARCH IN GAZA

Al-Aqsa University, one of the leading Palestinian academic institutions, holds six different faculties and serves over 20,000 students.

In order to improve the quality of teaching and learning, Interpal provided Al-Aqsa University's Biology Department with 50 microscopes and other materials and equipment needed by the department.

Such facilities benefit about 2,000 science students, giving them the opportunity to access lectures easily and practice essential biology experiments.



GETTING CHILDREN READY FOR THE NEW ACADEMIC YEAR

In 2014, 480 disadvantaged children living in the West Bank received school kits, including stationery, books and bags. 1,250 children in the refugee camps of Lebanon and Jordan also received school kits and uniforms.

In Gaza, these school kits were distributed to over 4,000 children as part of our sponsorship programme.

I felt like the other children when Interpal gave me a school uniform. I felt happy, not poor.

Suhad, 10, Gaza

HELPING SYRIAN CHILDREN TO CONTINUE THEIR **EDUCATION IN LEBANON**

In response to the Syrian crisis, Al Insani School was established to specifically cater for Syrian refugees, free of charge.

The school is attended by up to 400 children, aged between 7 and 18 years old. Syrian teachers are specially employed to help children adjust to their new environment and minimise the negative impact of the conflict on their education.

Interpal provided a school bus to transport the children to and from school, enabling them to safely continue their education while they flee from danger in their home country.



ADVOCACY & AWARENESS

In 2014, the world witnessed a worsening security crisis in the occupied Palestinian territories and refugee camps in Jordan and Lebanon.

With no viable political solution in sight, millions of Palestinians are forced to suffer from continued poverty, insecurity and the denial of their basic rights.

As the leading British charity working for Palestinians in need, Interpal remains dedicated to advocating for the human rights of Palestinians enshrined in international law.



THROUGHOUT 2014, INTERPAL'S WORK INCLUDED:

- Supporting the Russell Tribunal in Brussels on alleged Israeli war crimes in the Gaza Strip.
- Supporting a student twinning initiative between British and Palestinian university students.
- Supporting a women's exchange programme to raise awareness on Palestinian human rights issues.

- Holding a symposium in London on challenges faced by charities and NGOs working in difficult and dangerous environments.
- Supporting advocacy campaigns
 Supporting projects with against the Separation Wall in the West Bank.
- children to raise awareness on the occupation of East Jerusalem.

HOW IS INTERPAL HELPING?

From female-led exchange visits in the West Bank, to supporting the Russell Tribunal on human rights abuses against Palestinians, Interpal continues to raise awareness of the worsening situation for Palestinians.

Our aim is to build a durable foundation for Palestinian human rights, through knowledge-sharing, facilitating greater understanding of the Palestinian stuggle in the UK, and actively supporting international advocacy.

IN FOCUS

SHARING KNOWLEDGE

In November, Interpal marked its twentieth year in operation by holding a symposium to delve into the political challenges faced by many development agencies working in difficult environments.

The event provided a much-needed platform for human rights advocates, journalists, MPs, academics and NGO workers to come together and find solutions to the challenges faced by those working for the Palestinian cause.

SUPPORTING INTERNATIONAL ADVOCACY

In late September 2014, The Russell Tribunal in Brussels hosted a unique session to look into alleged Israeli war crimes in Gaza. Supported by Interpal, the Tribunal gave centre stage to international legal experts, and crucially, Palestinians from Gaza, to give their testimonies on the horrific consequences of "Operation Protective Edge", that had ended a month prior.

We need to start thinking about each other as eventual partners and create a lobby, and start to think about the Palestinian people just not as stakeholders, but as right holders so they need to be free.

Olga Cera, Palestine Children's Relief Fund, speaking at our 20th Anniversary Symposium.



FOSTERING UNDERSTANDING

Interpal supported a student twinning initiative which allowed university students from Britain and Palestine to meet and learn about each other's lives. The project enabled students dedicated to advocating for Palestinian rights to foster long-lasting links from across the globe.

Importantly, the project adds hope to the possibility of a generational shift in favour of Palestinian human rights.

PROVIDING A PLATFORM FOR ACTION

Interpal supported British and Palestinian women to work together on pressing issues related to human rights. Part of the process was to build a deeper understanding of Palestinian daily life among women in their respective countries and importantly, to create an action plan for shared future activities geared towards advocating for the rights of women.

The project is an important step towards raising awareness of women's rights on an international level, but it is also an important step towards placing Palestinian women at the very heart of human rights activism.

#ZEROSTOCKLIST

Get involved with our advocacy work by visiting www.zerostocklist.org:

The simple act of sending an email to your local MP or signing a petition can foster positive change for Palestinians in need.



FUNDRAISING & VOLUNTEERING

Interpal has branches all across the country, carrying out dozens of fundraising events every month.

From fundraising dinners to festivals and sponsored mountain treks, our fundraisers and volunteers have continued to work closely with local communities to raise awareness and funds for Palestinians in the occupied territories and refugee camps in Jordan and Lebanon.

Interpal's 2014 events have raised over £3 million across the country, a testament to the dedication of our staff, volunteers and supporters of the Palestinian cause.





FUNDRAISING & VOLUNTEERING

KEY EVENTS IN 2014/2015





May 2014:
Commemorating the Nakba

Interpal held a special evening to recognise 66 years of Palestinian suffering and the on-going catastrophe facing Palestinian refugees.

The event was attended by almost 300 people, including representatives from a host of NGOs and charity organisations working for Palestinians.

Over £100,000 was raised in pledges and donations for our projects in aid of Palestinians in Gaza and Syria.

July 2014:

We are grateful to the hundreds of volunteers and thousands of Interpal supporters who have tirelessly worked together to raise urgent funds during our live appeals on the Islam Channel and Al Hiwar television. With guests from the Palestine Trauma Centre, the Islamic Human Rights Commission as well as artists, historians, academics and scholars, we were able to raise awareness among audiences world-wide.

We are also thankful to everyone who tuned in to our emergency radio appeals aired on Radio Ramadan across the country. Through our live appeals, we raised over £479,000.

September 2014: Eid Al Adha

Eid Al Adha was marked by Palestinians in Gaza facing the aftermath of the Israeli assault.

Interpal's supporters gave over £30,000 during our Islam Channel live appeal to help Palestinians meet their essential needs and provide some much needed respite during this time.

Our beneficiaries were provided with financial aid, Qurbani meat, Eid gifts and other essential items.

Professor Pappé was amazing to listen to, as were the other speakers and performers! The food was great and the sand art performance really moved me. It was a great night for a really important cause.

Iman, London



December 2014: Visit to Lebanon

Interpal's fundraisers headed to the Palestinian refugee camps in Lebanon in early December to deliver aid, talk to beneficiaries and gain a deeper insight in to current living conditions in the camps.

They visited Shatila refugee camp, where thousands of Palestinian refugees - mostly children, women and the elderly - were murdered in 1982.

They also visited the Palestinian Association for Human Rights (Witness), Al Imani School and Ein al-Hilweh, which is Lebanon's largest Palestinian refugee camp housing up to 120,000 refugees.

March 2015:

Quench Gaza - World Water Day Challenge

Access to sanitation and clean drinking water is a human right that many Palestinians are denied.

On World Water Day, we asked supporters to think of the people of Gaza, where 90% of the water is contaminated due to high salinity and nitrate levels.

Many of our supporters made a statement for Gaza by going without water for 24 hours, while also raising urgent funds to provide water tanks for families in need.

The situation is by definition dire and I hope that the worst has already been seen. However, the warm smiles of mothers receiving blankets and winter clothes as they whisper 'thank you for keeping my babies warm this winter' keep us going.

Yasmin, Interpal Fundraiser

FUNDRAISE FOR PALESTINE

Get involved in a marathon, a parachute jump, a trek, a food challenge...or do your own thing! Our fundraising team is here to support you all the way with advice and tips:

Email fundraising@interpal.org or visit fundraise.interpal.org

VOLUNTEER FOR US

Give your time to help Palestinians in need, meet interesting people, boost your confidence and gair life changing skills!

Drop us an email at volunteers@interpal.org to get a volunteering pack



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