

TOTTENHAM THEATRE
Presents
Buzz at Styx Theatre
Spoken Word - Music - Cabaret

Featuring Abe Gibson
Captain-of-the-Rant, Paul Case
The National Interest Band
The Mood Swingers
Terence O'Flaherty
Ros Kane
Xav Leret

Friday 27 May 7.30-10pm
Styx Theatre Cafe
25 Ashley Road N17 9LJ  Tottenham Hale
www.tottenhamtheatre.com
 thetottenhamtheatre 07984190283

£5 on the door to aid the
Palestine Trauma Centre




Sumud Palestine invites you to celebrate
International Women's Day with

Women in Gaza

Saturday 27 February 2016 3.00-5.00pm

Equality Hall, Raymond Street, Hanley, Stoke-on-Trent ST1 4DP

JAMEELA'S KITCHEN presents

RECIPES OF RESISTANCE

Learn about life and food in Gaza and **TASTE THE FOOD!**



Through food, poetry, words and music **Jameela's Kitchen** seeks to knit together an understanding and appreciation of the daily work and struggle of Palestinian women with the wider movement for women's rights internationally.

Admission is free but donations are requested to support the Palestine Trauma Centre's *Friday of Joy Initiative* which takes entertainers and psychologists into the refugee camps in Gaza to engage children and their parents in games, music and street theatre to raise spirits and bring hope to those suffering under occupation and war.



Khush amdeed

Welcome

Ahlan Wa sahan

www.sumudpalestine.org.uk

Palestine Trauma Centre (UK)



THE FAMILY THERAPY PROJECT AND THE CONTINUED RUNNING OF THE CENTRE IS POSSIBLE ONLY BECAUSE OF THE CONTINUED SUPPORT OF



January – July 2016

This year has seen PTC in Gaza and the UK expand its networking and develop its training programmes. Two of our key staff at PTC(Gaza), Sabrin Musa and Jaber Thabet, have been asked by UNWRA to share their skills with them. They are now working with UNWRA for a year. This is a great tribute to their value as therapists and to the experience and training they have had at PTC. Their roles at PTC(Gaza) have been taken by Noha Abu Karsh and Monther Yaghi. So another group of therapists becomes part of the management and training team at PTC(Gaza). In April, Sabrin gave a presentation at the *Gaza Community Health Programme's* International Conference on Mental Health and Human Rights. Meanwhile, the PTC(UK) training co-ordinator, Dr. Mohamed Altawil, gave a talk to *Sheffield Friends of Palestine* about PTC's work. He later spoke to students at the University of Hertfordshire.

The therapy work at PTC(Gaza) is still supported every week by Mohamed through Skype and these sessions now include other UK practitioners to help the Gaza team. Visits to PTC(Gaza) from Canada, Italy and Finland have built-up more solidarity and professional input.



Sabrin at GCMHP conference



Mohamed skyping PTC(Gaza)



Mohamed at Sheffield meeting

VISITS TO PTC(GAZA)

Representing PTC(UK) and sharing his own research area, Dr Guido Veronese from Milan spent two days with the PTC(Gaza) team and will continue a training programme with them in October. This is an important addition to the Family Therapy project.



Dr. Guido Veronese at PTC(Gaza)

The centre also received three visits in May from a Finnish Charity called *Hope for All* (www.hfa.fi). Jukka and Margit Nieminen from HFA assessed needs for the *Friday of Joy* project and bought the team a generator (\$1,100) for them to use on their street events. The *FoJ* team have wanted this for a long time. Jukka and Margit also said they would like to help create a children's library at PTC(Gaza).



Jukka and Margit Nieminen (*Hope for All*) in Gaza with Rasha, Mahmoud and Ahmed (PTC)



1st August: Rasha and Jukka seeing the first stages of building a children's library at Palestine Trauma Centre.

Other visits to PTC(Gaza) this year so far were made by psychologists Dr John Sos and Janet Right from Canada, the *Tamar Institute*, *World Vision*, *Basma Association*, *Palestine Children's Relief*, *Interpal* and *Medical Aid for Palestinians*. The centre's reputation is growing.

TRAINING, PRESENTATIONS AND FUNDRAISING

The training and discussions via Skype between the UK and PTC(Gaza) are increasing. Gesine Miller and Sarah Hawes are both now offering regular professional consultations assisted by Mohamed. PTC(UK) trustees, Jill Weston and Belinda Milani have attended Skype sessions to get to know the Gaza team. Belinda now chairs the therapists' group at PTC(UK).

Mohamed Altawil and David Harrold gave a presentation to students at Queen Mary College, London University in February and joined a panel discussion at St. Anne's and St. Andrew's Interfaith Centre organised by *Brent Friends of Palestine* in March. They also contributed to events in St Albans and Luton. Lynda Brennan, Ed Fredenburgh and Shosh Morris arranged a successful fundraising concert in Tottenham for PTC. £3,988 has been raised by Carmela Ozzi in North London. Here is her account of that:

A group of parents at Queens Park Primary School decided to raise funds for the Friday of Joy Initiative at PTC(Gaza). Veronique, the Bushras and the Sahars, Holly, myself and my partner Chris began collecting money and selling PTC calendars. Muslims and non-Muslims gathered to increase awareness of what had happened and continues to happen inside besieged Gaza. The calendars were a great way of demonstrating the issues affecting children in Gaza and the work of PTC. The pictures spoke a thousand words. We collected from parents at the school, the local community and from local businesses. We also got donations from George Kerevan MP, Tariq Ali and China Mieville. The core group put in a lot of hard work, but it was worth it. We raised £3,988. I would encourage you to do the same in your community, faith group, place of study or work. More support for the children of Gaza is needed. Carmela Ozzi.

Sumud Palestine raised another £1,000 with a food event in Stoke-on-Trent. Kim Reynauld and Nabila Waseem-Saeed organised "*Haircut of Happiness*" at their school in South London where Kim was sponsored to have her head shaved. Over £1,000 was raised.



"Haircut of Happiness"



Carmela and team from Queens Park.

PTC(UK) also received £1,000 from Kingston University who donated the profits from our conference there. The UK-Palestine Social Work and Mental Health Work networks are keen to arrange another joint event in the future. It is important to remember *Interpal*'s sponsoring role in the conference which meant that it was able to go ahead.

FOCUSING CONFERENCE AT CAMBRIDGE

In July, Jerry Conway helped with organising the International Focusing Conference at Cambridge. Over 200 practitioners and academics attended. A highlight was a Focusing session for delegates delivered by Ghada Radwan from PTC(Gaza) through Skype. Ghada and her team were thrilled at having this contact. Mohamed demonstrated pre and post assessments to show the effectiveness of Focusing at reducing symptoms of PTSD. The Gaza evidence shows that a sample that had 95% of these symptoms before Focusing had 23% after the course. This evidence and the English/Arabic Focusing manual are great achievements for the Focusing project in Gaza. Thanks to Mohamed, Jerry and Mary Jennings for this work.



Delegates in Cambridge. PTC on Skype.



Jerry talking to Ghada at PTC(Gaza).



Ghada meeting delegates.

FAMILY THERAPY AND FRIDAY OF JOY.

At the end of July, Belinda arranged a Therapists' meeting for PTC(UK). This explored ways of assisting PTC(Gaza) with its work and how Skype sessions could be used for discussing case studies and being a forum where the PTC(Gaza) team can discuss their own issues and concerns.

At PTC(Gaza) the Family Therapy project was extended into work sponsored by *Muslim Aid* and has successfully completed its first year. The team hope to continue into 2017. Here is a link to a film which shows what they do: <https://www.youtube.com/watch?v=yV5t5-PtWsA&feature=youtu.be>

The Friday of Joy Initiative has gone from strength to strength. Storytelling techniques are being explored. To help with transportation, the hiring of a van for a year has been suggested. This project has benefitted from funding by the *British Shalom-Salaam Trust* and the *Palestine Committee of Norway*.



Street Theatre



Storytelling



Street Film



Clowns

The work team in PTC-Gaza and the consultant team at PTC-UK

Here is a list of the people involved with the therapeutic and administrative work at PTC(Gaza) and those at PTC(UK) who have direct contact with them. There are volunteers (not listed) who come to work with the *Friday of Joy Initiative* from time to time. * PTC(Gaza) * PTC(UK)




Name	Role
Dr. Mohammad Altawil	Projects Supervisor (PTC-UK)
David Harrold	Chair of Board of Trustees (PTC-UK)
Mahmoud Habbash	Deputy chair of Board of Trustees (PTC-Gaza)
Family Therapy Project	
Gesine Miller	Consultant [PTC-UK]
Sarah Hawes	Consultant [PTC-UK]
Belinda Milani	Consultant [PTC-UK]
Guido Veronese	Consultant [PTC-UK]
Andrew Enever	Consultant [PTC-UK]
Sahida Uddin	Consultant [PTC-UK]
Rasha Qandeel	Project Coordinator [PTC-Gaza]
Dr. Omar Bhaise	Psychiatrist [PTC-Gaza]
Samar Awad	Social Worker [PTC-Gaza]
Noha Abu Karsh	Psychologist [PTC-Gaza]
Ahmad Altawil	Media Coordinator [PTC-Gaza]
Masoud Abu Reyala	Accountant [PTC-Gaza]
Mohammad Abu Sheer	Logistic Manager [PTC-Gaza]
Focusing Project	
Jerry Conway	Focusing Coordinator [PTC-UK]
Mary Jennings	Focusing Trainer [PTC-UK]
Ghada Radwan	Field Coordinator [PTC-Gaza]
Eman Matar	Facilitator [PTC-Gaza]
Hadeel Bdair	Facilitator [PTC-Gaza]
Friday Of Joy Project	
David Harrold	Consultant [PTC-UK]
Peter Offord / Shehnoor Ahmed	Consultant [PTC-UK]
Monther Yaghi	Field Coordinator [PTC-Gaza]
Adham Shatali	Facilitator [PTC-Gaza]
Alaa Meqdad	Clown [PTC-Gaza]
Morad Morad	Clown [PTC-Gaza]

Amjad Majdalawi	Animator [PTC-Gaza]
Fedaa Leddawe	Animator [PTC-Gaza]
Emad Khaled	Animator [PTC-Gaza]
Rafeeq Awad	Animator [PTC-Gaza]
Osama Saidam	Sound Technician [PTC-Gaza]



Here are the key members of the Gaza team at PTC for 2016/17:

Family Therapy Team

 <p>Rasha Qandeel Projects Coordinator</p>	 <p>Dr. Omar El Buhaisi Psychiatrist</p>	 <p>Samar Awad Social Worker</p>	 <p>Noha Abu Karsh Social Worker</p>	 <p>Ahmed Al Tawil Photographer</p>
 <p>Masoud A. Reyala Accountant</p>	 <p>Monther Yaghi Psychologist Friday of Joy</p>	 <p>Ghada Radwan Focusing Project</p>	 <p>Ahmad A. Elajez Project Coordinator Muslim Aid Project</p>	 <p>Tariq M. Jouda Administrative Assistant</p>

This summer, PTC(UK) was able to fund a staff day-out to thank them for their work and to provide an opportunity for them to relax as a team. We hope to keep this going as an annual event.



ADVOCACY AND THE SIEGE.

PTC(UK) was contacted by a researcher for a member of the House of Lords and asked for case studies which could be used in a debate on Palestine in Parliament on 21st July. We were able to do this because of the work done and careful records kept by PTC. It seems we are building a good reputation and we can do some advocacy on the general political level.

Traumas inside Gaza continue due to the siege. The fate of the Al Hindi family in May was a terrible reminder of this.



Since 2011, 29 people have been killed in their homes by being burned or having been suffocated due to the electricity crisis. 24 were children. The latest tragedy occurred on 6th May 2016. Three children from the Alhindi family were burned alive and died of their wounds. They were Yosra, 3yrs. old, Rahaf, 2yrs. old and Naser, 2 months. Three others were injured.

Ten years ago, siege prevented regular supplies of fuel reaching the only electricity power station in Gaza. In 2009, the power station was bombed. Electricity is available at homes for at most 6 – 8 hours a day. During extreme weather conditions it is reduced. Families light their rooms with candles, keep warm with candles and expose themselves to danger as children play and wander around the house. Candles are knocked over and tragedy strikes.

Thanks, again, to Interpal for funding the Family Therapy project and to Richard Kimball (Irish Quakers Faith in Action) for keeping the Focusing project going. Thanks to Carmela, Lynda, Ed, Shosh, Kim, Nabila, Angela Glendenning and Sumud Palestine, Hilary and Philip Nixon, Ashok and Anna Sethi, Sandra and Jafar Ramini, Kris Connolly, Andrew Enever and Musheer El-Farrak; Brent, Sheffield and St Albans Friends of Palestine, the Islamic Society at the University of Hertfordshire and Kingston University for ensuring that Friday of Joy continues for another year.

August – December 2016

There were three important visits to PTC(Gaza), two made with the assistance of PTC(UK):

The Finnish team, *Hope for All* completed the setting-up of the children's library at the centre. We are most grateful for their work and for helping *Friday of Joy* with funding equipment. Representing PTC(UK), Guido Veronese returned to Gaza in October to continue Family Therapy training, and in November Sally Fitzharris, a journalist, writer and parliamentary researcher visited PTC(Gaza) with our help in order to write about its work. Her report should appear in the *Church Times* very soon.



The new children's library at PTC(Gaza)



Guido Veronese with *Friday of Joy*

In addition to the three projects supervised by PTC(UK), the Gaza team are running **Psychosocial Support Project (SANID)** and this is being supported by *Muslim Aid*. It has employed psychosocial techniques to help families in other areas of Gaza. It also includes psychological education sessions for parents and teachers, food parcels for families and the provision of LED lighting systems. We are very grateful to *Muslim Aid* for this valuable project which they are operating with PTC(Gaza).



There has been much discussion at PTC about finding new premises. The present two storey apartment which can only be reached by stairs is inappropriate for some visitors. A groundfloor suite of rooms has been found in the southern part of Gaza City and PTC may well move there in 2017.

A hired van is now in regular use for the *Friday of Joy* team and they have upgraded their sound equipment and increased their range of costumes for the street drama presentations.

Gesine Miller, Belinda Milani, Sarah Lawes and Mohamed Altawil have regular Skype sessions with the PTC(Gaza) team reviewing good practice in the Family Therapy project. Guido has joined this support team.

David and Mohamed recorded an interview with *Friends of Al Aqsa* and attended the annual *Interpal* dinner.

Fundraising



ART INTO HEART PRESENTS

Toytown Hustle, Snufkin, Sky Coloured, Mankidu

CREATING MUSIC AT

No.14, Bacon St.
London E1 (Nearest tube: Shoreditch)

Friday 23rd September 8pm.

FOR

Palestine Trauma Centre in Gaza



SUGGESTED DONATION: £5 at the door.
CDs for sale, also.

CONCERT FOR CHILDREN IN GAZA

**Frankie Armstrong, Simon Hewitt Jones, Ian Saville,
Nizar al-Issa, Leon Rosselson, Janet Russell,**

WESTMINSTER FRIENDS MEETING HOUSE
ST. MARTINS LANE, LONDON WC2N 4EH
Nearest tube: Leicester Square or Charing Cross

SATURDAY 1ST OCTOBER 2016. 7.30pm

Tickets £15 / Concessions £12. Booking: brent@gmail.com

ORGANISED BY BRENT FRIENDS OF PALESTINE FOR PALESTINE TRAUMA CENTRE IN GAZA



Two musical evenings for Palestine Trauma Centre

Two very successful music events were held, together raising over £1,500. *Brent Friends of Palestine* found that they had sold out their concert weeks before the event itself. We are most grateful to them and to *ArtintoHeart* for their continued support.

Irish Quakers Faith in Action contributed £3,000 for the Focusing project. They have funded this vital work for many years now and we are delighted that they can see rewards for their faith in the project. The Islington group raised £650 from online donations and we have had over £6,000 from generous private donations this year.

Mohamed Altawil and David Harrold gave a presentation to the *Philadelphia Society* in Hampstead in September. In November, Belinda Milani presented her husband Roy's pictures of their visit to the West Bank. She gave a detailed account of the problems families face under occupation, which helped us understand the different circumstances therapists have to cope with in that area. The event was organised by our local friends at *St Albans Friends of Palestine*. At our public meeting in December, Jerry Conway and Mohamed gave an account of the Focusing project and we had a Skype meeting with PTC(Gaza). The message at that meeting from PTC(Gaza) can be found here: <https://youtu.be/55a5FwxjpB0>



PTC(UK) public meeting December 2016



Ramadan at PTC(Gaza). Food distribution (Muslim Aid)

The Projects. [from 1st January to the 31th December 2016]

Family Therapy.



This project implemented group and individual therapeutic activities and training to 65 families with 521 people (278 females and 243 males). Social, psycho-educational and psychological support activities took place in co-operation with some partner institutions (NGOs) and in some kindergartens where structured games were organized. These included skipping, kangaroo jumping, sack races and movement to music. Talent competitions were organized for the children by members of the team. The number of beneficiaries from these group activities was 10,300, their ages ranging between 5 and 18 years. The centre at PTC has a consultation unit and 54 beneficiaries (30males and 24 females) there were referred to other associations like the Autism Association and Aftaluna for the Deaf

Psycho-education meetings were held in some institutions in Gaza City, northern and middle Gaza to support mothers and old people. The purpose of these meetings was to explore responses to psychological trauma and discuss how to deal with children whose behaviour had been affected by war. The number of beneficiaries from these particular psychological support activities was 267 people, their ages ranging between 20 and 55 years.

The total number of beneficiaries from INTERPAL's grant during 2016 from both group and individual activities is 11,142 people.



Focusing.

One of the most important events this year was the work team's participation in the International Focusing Conference in Cambridge - UK, at which the Focusing experience in Gaza was presented.



Individual and group Focusing sessions with families, children, and adults were conducted, the age groups varying between 10 and 65. During this period, 713 participants benefited from the project activities: 494 females and 219 males. The total number of adult beneficiaries of group Focusing sessions conducted at partnering associations was 45: 30 females, 15 males. 12 sessions were delivered in a three month period. The number of adult beneficiaries in the individual sessions was 8 female participants through field (home) visits. The number of adult beneficiaries of Educational Focusing sessions (two sessions) conducted at partnering

associations was 382: 282 females, 100 males. The number of adult beneficiaries of Family Focusing sessions conducted at home visits was 8: 4 females, 4 males. The number of adult beneficiaries of entertainment Focusing sessions conducted at home visits was 270:170 females, 100 males. 10 persons were transferred to receive more specialized interventions at PTC(Gaza)'s therapeutic unit.

The team used various techniques with the participants: listening to ourselves, the quality of listening to others, distance at present time and partitioning skill, verbal reflections, psychological resilience activity, relaxation and tapping activity, safe place exercise, name expression exercise, thoughts and feelings differentiation, drawing of feelings, expressing feelings by symbols and images, images embodiment and teddy bear exercises to express children's feelings.

Regular individual and group weekly sessions are conducted by the professional supervisor Dr. Mohamed Altawil with the project coordinator and the Focusing team, to provide them with training and development on the Focusing techniques updates. Observation of participants during this period showed there was a notable improvement in their daily performance and their ability to understand themselves and others. This was a good indicator regarding accomplishing the general goal of the project. The team targeted females especially after the war because mothers are the central supporting element in the family.



Friday of Joy

The total number of beneficiaries during this period, January 2016-December 2016 is 26861: 20671 children, 6150 parents. The team delivered 47 entertainment activities. Of the 26861 beneficiaries, 11400 were male, 8980 female.

30 children, male and female, were transferred by the *Friday of Joy Initiative's* team to the Family Therapy project's team at Palestine Trauma Centre to receive individual interventions. 10 male children responded and came to receive therapeutic sessions which were supervised by the psychiatrist and two psychologists.

Many activities were delivered in all of the Gaza strip's areas (Beit-Lahya in the north, Alshejaiya in eastern Gaza, Deir-Albalah in the middle area, Khanyunis and Rafah in the south). The team also delivered activities during national occasions, including Palestinian Child Day, Ramadan decoration for the camps, and the Eid Karnafal.

During evaluation sessions with the team, the supervisor produced a manual detailing the FOJ activities. This will be developed as a record and a basis for theoretical discussion of the *Friday of Joy's* work.

The project was covered in the Arabic media on 10 news stations and TV shows.

