



جمعية أصدقاء المريض الخيرية - القدس

Patient's Friends Society – Jerusalem

# Annual Report 2013

## Patient's Friends Society (PFS) Jerusalem

A registered charitable organization

a. In Israel no. 58-000266-5

b. In Jerusalem at the Union of Charitable Societies no. 559

*Members of*



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## ***About PFS***

Patient's Friends Society – Jerusalem (PFS) is a Palestinian registered non-profit charity, non-governmental organization (NGO) founded in 1980 by Palestinian academics and health professionals. We focus our work on public health and in particular women's health, through health education and counselling, early detection of disease. The Society is located within Augusta Victoria Hospital on the Mount of Olives, Jerusalem.

We are members of:

- The International Union against Cancer (UICC)
- The Reach to recovery international RRI
- Mediterranean Task Force for Cancer Control (MTCC).
- The Union of Charitable Societies.

And in 2006 we received the International Achievement Award from the American Cancer Society for being an exemplary model of excellence in partnership in the global fight against cancer. Also in 2011 PFS director was chosen by the American Cancer Society (ACS) to an ambassador for Palestine----

## ***Our work***

- ***Community health education*** has been one of our major outreach activities since 1991. We target women ranging in age from 14 to 80 years. Our main topics are breast health, osteoporosis, the midlife woman and prevention of unintentional injuries through home safety lectures. During 2013 we offered 60 lectures in different locations in Jerusalem and the west bank especially Ramallah and Hebron.
- ***Training workshops and specialist lectures*** we offer lectures, workshops for the public, patients, cancer survivors and health professionals to increase knowledge and upgrade communication skills, topics are:
  - Health rights, advocacy and empowerment.***
  - Palliative care.***
  - Specialist lecture about “Type II Diabetes“ and “Adolescent”***
  - Home safety***
- ***Producing educational materials:*** PFS produces many health education leaflets, brochures, booklets, and posters that are distributed freely in the community: at clinics, hospitals, schools and women's associations and at our lectures. There are numerous topics which may be accessed on our website (all are in Arabic) at [www.pfsjerusalem.org](http://www.pfsjerusalem.org)

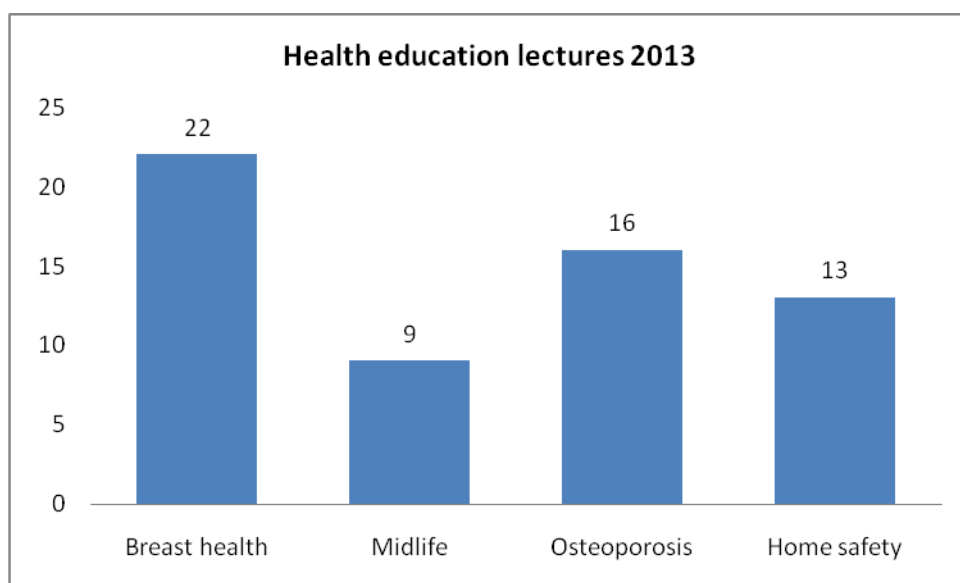
## ***Organizational Structure***

Members of the Society:	Dr. Nabil El-Jabari – President
	Dr. Omar Abdul Shafi – Vice President
	Mr. Rajai Shurafa – Treasurer
	Ms. Samira Zaitoun - Secretary
	Dr. Radwan Barakat
	Ms. Firyal Bazbaz
	Ms. Inas Abu Shilbayeh
	Ms. Samira Abu Taá
	Mr. Haythem Rabi
Staff:	Ms. Carol El-Jabari – Director
	Ms. Muna Tirhi – Office Manager
	Ms. Suhiela Karean – Breast Project Coordinator

## ***Activities in 2013***

### **Health Education**

PFS presented lectures in community centers, women’s development centers, schools and health centers in Jerusalem, Hebron, and Ramallah. Our work was coordinated with clubs and other organisations. On average, 40 people attended each lecture; in total 60 lectures were given covering 4 main topics (see graph).



### **Publications**

PFS-Jerusalem has developed and produced many curricula and leaflets since 1991. They are designed to inform and answer questions for the general public. Since PFS is one of the few organizations in Palestine producing health education materials. The topics include Home safety, breast disease, Cancer – Facts and recommendations, “Me and my family, living with cancer”, Midlife women, HIV, Lymphoedema ...etc.

These materials are currently distributed at our lectures and to others. We continually revise and update our health information and based on community needs we produce new information as well. The majority of our materials in Arabic are also available on our website, <http://pfsjerusalem.org>.

### **Psychosocial cancer support Project**

In the year 2000 the “Sunrise Group” was established in Jerusalem by PFS. It is the first and only group in Palestine providing psychological and social support for *women living with cancer* ranging in age from 30 to 75 years. We provide facilitation, guidance and advice for the women and their families. In 2011 PFS expanded the service and another office in Hebron offering psychosocial support for women diagnosed /surviving cancer was opened. We chose this area because it is the largest city in the West bank and there are many rural

areas near this city. We provide an access to support and information for many women who are unable to reach Jerusalem in particular.

They meet at least twice a month to discuss scientific information, meet newly diagnosed women and support each other through advice and guidance and they participate in some recreational or social events.

The objectives of the cancer survivors is to 'break the silence' about cancer and change the point of view of society about cancer. They are also keen educators and advocates who work hard to promote the importance of health education and awareness for early detection of cancer.

**Some of their achievements are:**

- Member of the International Reach to Recovery Program. In this program volunteers from 'Sunrise' undergo a training program aimed to provide them with information about breast cancer and develop communication skills so they may give psychological and social support for women and their families.
- A telephone *hot line* service through which the volunteers respond to queries and questions about breast cancer in particular and cancer in general.
- Sunrise survivors are interviewed on local radio to encourage, educate and support women and families.
- The women participate in activities at other centers such as women's groups, health centers, speaking about their personal experiences to cope with the disease and the importance of family support. From time to time, they attend and participate in cancer conferences.
- The Group holds charity events and a program for self-support to establish a network of public relations and community interaction such as cancer awareness event (annual, since 2009). The proceeds from these events help cover the costs of the Sunrise activities, support needy women to get mammograms, maintain the hot line.

***Annual cancer awareness event:*** under the theme "celebrate life" PFS started in 2009 its 1st event in Ramallah followed by Bethlehem and then twice in Hebron and twice in Jerusalem. It is day suitable for all family members with various activities from health education, distributing leaflets, meeting survivors to fun, singing and music and also shopping.

A large group of our volunteers helped in the preparation and organizing of those events, which was attended by numerous number of invitees, public and students from the universities and schools.



## **Newsletters**

- “Sunrise Newsletters” were distributed to inform about the activities of the group.
- New issues of the “Patient’s Friends Society Newsletter” were sent out to friends and supporters inside the country and worldwide.

## **Plans for 2014**

- We will continue offering lectures for men and women in different underserved communities in the country.
- Arrange workshops, seminars about cancer in cooperation with other institutions.
- Produce and distribute new health educational materials.
- Expand support services for women living with cancer in the West Bank and Gaza

## **Donors 2013**

We wish to recognize the generous support of the following people and groups during 2013. Thank you for making our work possible.

Ms. S. Khatib	Ms. Hala Eraqat
Ms. S. Abdel Hadi	Ms. S. Jabari
Mr. Y. Adawin	Supermarket Jafar
Jerusalem Center for N.E. Studies	Hebron University
Sbitany and sons	Al-quds Open University
American Colony Hotel	Radio Alam
Medicare lab	Anabtawi group
Nairoukh	Jerusalem pharmaceutical
F.A Hanna group	Jawwal

### Bank accounts:

**Arab Bank**, El Bireh, Palestine, A/c 9030602955710, swift code: CRESCHZZ80A

## **Contact Address and Information**

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