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Table of contents

Introduction	3
Mission and Vision	4
Principles and Values	5
Beneficiaries	6
Core Strategies of PARD	9
Strategy One: Gender Equality and Women Empowerment	10
Strategy Two: Environmental Health Services, Awareness and Trainings	22
Strategy Three: Emergency Relief	25
Strategy Four: Organizational Development	29



Introduction

The Popular Aid for Relief and Development (**PARD**) is an independent grassroots organization working on environmental health, medical services and on raising awareness and empowerment among the Palestinian and Lebanese communities. It was founded in 1985 under the name of "The Relief Agency" by a group of volunteers. It received official recognition under the name of Popular Aid for Relief and Development through notification number 44/AD in 23/4/1990.

PARD was founded in 1985 as a grassroots, non-profit, non-governmental organization that seeks to improve the situation of Palestinian and poor Lebanese women through empowerment program seeking gender equality, improvement of women's health environment health services.

PARD operates a network of clinics: a mobile clinic (1987) for the unregistered gatherings in South Lebanon, Wasta Clinic (July 1994), the Kfar Badda Clinic (2004), and Shabriha clinic, a Women's Health Center in Sabra (2000).

PARD since 1987 implements activities to improve the environmental health conditions of displaced Palestinians in Beirut and the population of the unregistered camps in the South.

The past few years have been characterized with several challenges that have impacted both the Lebanese people and the Palestinian refugees in Lebanon. Among these were the different political stands towards the crisis in Syria and the hosting of thousands of refugees from Syria in Lebanon. As a result, the existence of the refugees from Syria negatively affected the shelter situation, the labour market, the WASH and health facilities, and the general security situation.

PARD believes that in addition to providing relief and support to the Palestinian refugees at times of disaster, there is a great need to provide environmental, health and social services to the marginalized and vulnerable groups in the Palestinian camps and gatherings in Lebanon at times of stability as well. These services are extremely crucial to the refugees' wellbeing and substantially contribute to building their resilience and ability to participate meaningfully in their communities.

PARD adopted a participatory approach to develop its new strategy for 2013-2015.

PARD adheres itself to the Millennium Development Goals which include the following:

- Eradication of extreme poverty and hunger
- Achieve universal primary education: by providing remedial lessons to students to combat illiteracy and school drop outs
- Promote gender equality and empowerment of women: through the formation of women's committees
- Reduce child mortality: through access to vaccinations
- Improve maternal health: through the mother and child health program
- Combat HIV/AIDS, malaria and other diseases: through health education for prevention
- Environmental sustainability: by providing environmental health programs
- Developing a global partnership for development: through networking with local and international NGOs and UN agencies.



Mission

The Popular Aid for Relief and Development is a non profit, grass-root; rights based NGO that aims to promote gender equality and the right of marginalized and vulnerable groups, especially in the Palestinian gatherings, to access social, health and environmental services. PARD does so by providing access to healthcare and environmental health services and by empowering women and youth to practice their rights and participate effectively within their communities. PARD also provides support and relief to people affected by disasters.

Vision

Palestinian refugees in Lebanon enjoy civil and social rights and are empowered to participate meaningfully in life-determining decisions. Palestinian women have the right to participate effectively and equally within the community. The Palestinian gatherings are environmentally clean, healthy and safe. PARD's programs are rights-based, need-responsive, participatory, well designed, implemented and monitored by a committed, highly skilled, efficient and motivated team



Principles and Values

Human Rights & Social Justice: PARD believes all human beings have the same universal rights. These rights should guarantee freedom, justice, and equality to everybody. All individuals should have an equal opportunity to exercise the privileges of citizenship, freedom of speech, press, religion and to participate fully in civil life, regardless of race, religion, sex, or other characteristics irrelevant to the true value of each individual.

Gender: PARD believes that women should enjoy equal political, civil and social rights under equal circumstances that would lead to equal opportunities and capabilities.

We believe that all society members and women in particular should be empowered to participate in the decision-making and implementation of issues that affect their lives.

Participation: PARD believes that all individuals and groups have the right to participate in processes that define their lives. All individuals should have the chance to participate meaningfully in the making of decisions that influence their lives and the lives of their families.

PARD believes that the organizations' stakeholders and constituencies are integral and full partners of the planning, action and learning processes that PARD takes on.

Accountability and Transparency: PARD perceives transparency as a reflection for openness and clarity on crucial issues such as decision making mechanisms, operations, finance and relations.

We think of accountability as an expectation to the responsibility and commitment towards PARD's mission, values and promised quality performance.

Value of International Agreements: PARD is committed to all relevant international agreements and conventions on human rights, such as CEDAW, CRC, Beijing declaration and the Alma-Ata Declaration as well. PARD also believes in its role as an active participant that aims to contribute to the accomplishment of the Millennium Development Goals.



Beneficiaries

62% of the Palestinians in Lebanon reside in the 12 refugee camps mandated by the United Nations Relief and Works Agency (UNRWA) and governed by Popular Committees – a body consisting of representatives of political factions responsible for maintaining a moral authority and historically responsible for the provision of services and utilities. The officially demarcated, poverty-stricken camps are overcrowded and suffer from inadequate basic infrastructure. A restriction on horizontal expansion and four-fold increase in the original refugee population has had a severe impact on their situation.

38% of the Palestinian refugees also live in informal gatherings (settlements), predominately in rural areas, that fall outside the UNRWA mandate.

The discrimination faced by Palestinian refugees in Lebanon is clearly evidenced by their lack of rights to housing, land and property ownership. A Law published in 2001 amended the Presidential Decree of 1969 on Foreign Acquisition of Property (hereafter the 2001 Law). The amended Law prohibits people who do not "carry a citizenship issued by a recognized state" from securing legal title to housing and land (real rights) in Lebanon.

Whilst not specifically named, this modification clearly targets Palestinian refugees in Lebanon, as effectively all stateless people in Lebanon are Palestinian. Overnight, this decree prohibited Palestinians from the right to the ownership of land and property and precludes them from transferring already purchased property and their ability to inherit.

The discriminatory stance of the Lebanese Government towards Palestinian refugees is born from an intricate political and social, national and regional context. The fragile sectarian balance, the fear of naturalization of Palestinians and the right of return of Palestinians are commonly used to validate new and existing policies, laws and attitudes.

Based on the AUB/UNRWA survey, 53% of refugees are women and the Palestine refugee population is young, with an average age of 30 years and **half of the population younger than 25 years-old**. The average household size is 4.5 members, compared to 4.2 for Lebanese households.

Many Palestinian workers are discouraged from working: **56% of refugees are jobless** and only 37% of the working age population is employed. **The Palestinian refugee labour force reaches 120,000**, **of which 53,000 are working**. Joblessness among refugees has a strong gender dimension: Only 13% of women are employed compared to 65% of men. Those with a job are often in low status, casual and precarious employment. Our survey shows that 21% of employed refugees work in seasonal employment, while only 7% of those employed have a contract. Very few have a second job (3%) indicating the scarcity of even low quality employment. **Most refugees have low qualifications: 6% of the Palestinian labor force has university training**, compared to 20% for the Lebanese labor force.

Though employment differs little across regions, quality of employment does. The share of those employed in low status elementary occupations is highest in Tyre, while the share of high status professionals and senior officials is highest in the North. Nearly a quarter of workers in Tyre are employed in the agricultural sector and 87% of all agricultural workers live in Tyre.

Refugees face many challenges in their educational attainment. **Survey results show that 8% of those between 7 and 15 years old were not at school in 2010**. In addition to this, two thirds of Palestinians above the age of 15 do not have a Brevet degree, compared to a Lebanese rate of 50%. Only 50% of youths in secondary school age (16-18 years old) are enrolled in education. Half of those live in the South, though attendance varies significantly within regions.

As for higher education, only 13% of refugees older than 18 have the Baccalaureate or higher, compared to 17% for the Lebanese population.



The poverty line stands at \$6 a day, which allows covering basic food and non-food requirements (such as rent, transport, utilities, etc.) of an adult Palestinian refugee. This poverty line is based on that used by the Lebanese household survey in 2004 and by UNRWA in 2008, adjusted for inflation. **Two thirds of Palestinian refugees are poor, which equates to an estimated 160,000 individuals**.

An extreme poverty threshold of \$2.17 allows purchasing enough food to satisfy the daily basic food needs of an adult Palestine refugee. **6.6%** of Palestine refugees spend less than the monetary equivalent necessary to cover their basic daily food needs. This amounts to **16,000** individuals.

Saida and Tyre gather more than 81% of all extremely poor refugees, a third of all poor living in Tyre. Though gatherings have generally lower poverty rates than camps, some gatherings in Tyre, such as Jal el Bahr or Qasmiyeh, have very high poverty rates, exceeding those of most camps. Considering that many Palestinian refugees in Tyre work in agriculture and elementary professions, this indicates that these very poor gatherings are communities of agricultural labourers.

There are twice as many poor among Palestinian refugees and occurrence of extreme poverty is four times higher as compared with the Lebanese population.

Overall poverty increases with the number of children and the family size.

All households that have a disabled household head (9% of the refugee population) are classified as extremely poor. Poverty is also significantly higher when the household head has low education (primary and below). Poverty incidence drops to 60.5% when the household head has an above primary educational attainment and extreme poverty is almost halved.

Almost 160,000 refugees could not meet their basic food and non-food needs and 16,000 refugees did not meet their essential food requirements (the extreme poor).

References: 1) Legal Assessment of Palestinian HLP in Lebanon, prepared by DRC 2005

2) Socio-economic Survey of Palestinian Refugees in Lebanon, prepared by AUB/UNRWA

December 2010

PARD's beneficiaries

PARD's primary target group has no access to the services that UNRWA, the UN agency responsible for the welfare of Palestinian refugees, provides inside the official camps, nor is it covered by Lebanese municipal authorities. Discriminatory laws (which deny Palestinians their right to own property and to employment in a broad range of professions) are still in place, despite decades of struggle to dissolve them. In the absence of political stability in Lebanon, and the lack of progress in finding a fair solution to the Palestinian – Israeli conflict, the hardship of Palestinian refugees in Lebanon is most likely to continue, especially in light of diminishing funding to UNRWA. PARD operates in such an environment, where it combines urgent service provision with longer-term developmental interventions.



Beirut

Table1: Number of families and people living in Beirut gatherings who benefit from PARD services

Name of Location	No. of Families	No. of People
Gaza 1	110	660
Gaza 2	42	252
Gaza 3	85	510
Gaza 4	25	150
Daouk	60	360
Saeed Ghawash	431	2586
Salwa Al Hout	31	186
Sub-total	784	4704

The South

Table2: Number of families and people living in the Southern gatherings who benefit from PARD services

Name of Location	No. of Families	No. of People
Tyre Gatherings		
Shabriha	370	2850
Wasta	87	434
Burghuliyeh	630	3150
Aitaniyeh	80	400
Kfar Badda	167	835
Jim Jim	58	291
Maashouk	525	2623
Jal Al Baher	318	1590
Qasmiyeh	375	1877
Total Tyre Gath.	2459	14,050
Saida Gatherings		
Sikkeh	527	2635
Baraksat	800	4000
Tawariq	396	1980
Jabal El Halib	405	2025
Bustan Al Quds	400	2000
Bustan Abu Jamil	140	700
Hay El Sohoun	85	425
Fadlo Wakim	100	500
Total Saida Gath.	<i>2853</i>	14,265
Sub-total	5312	28,315



Core Strategies

To accomplish its mission, PARD has chosen to take up the following four core strategies for the next three years. While the first three strategies are programmatic and operational, the fourth strategy addresses PARD's organizational development directly and supports the achievement of the first three.

The focus areas below represent the areas and themes of interest that will be addressed by PARD's programs when using proper identification, formulation and implementation approaches.

Program Strategies

I. Strategy One: Gender Equality and Women Empowerment

Areas of focus (Entities): health protection; the right to prevention, treatment and control of diseases; access to essential medicines; maternal, child and reproductive health; equal and timely access to basic health services; the provision of health-related education and information; participation of the local population in health-related decision-making; right to access social and healthcare services, family planning, preventive and curative services and advice, peer education, right to participate, gender equity, access to sources, education, right of representation, freedom of expression, skills, illiteracy, communication, dialogue, civil and political rights, volunteers, awareness, community participation, training, community support, lobbying and advocacy, health consultations, advocacy, polices, biostatistics, nutrition, etc.

II. Strategy Two: Environmental Health Services, Awareness and Trainings

Areas of focus (Entities): environmental health, access to safe water supply, disposal of solid waste, garbage collection, vector control, infrastructure development, and environmental health hazards control.

III. Strategy Three: Relief for People in Distress

Areas of focus (Entities): disaster management, preparedness, planning, disaster relief, recovery, food and nutrition, preventions, disability, water and sanitation, hygiene, shelter, non-food items, clothing, rescue, education, economic recovery, healthcare, training, participation, coping mechanisms, etc.

Organizational Development Strategies

IV. Strategy Four: Organizational Development of PARD

Areas of focus: governing bodies, administrative structures, roles and responsibilities, conflict management, capacity building, strategic management, strategic human resource management, image building, positioning, differentiation, fundraising, non profit marketing, networking, etc.



Strategy One: Gender Equality & Women Empowerment

This program targets 24 Palestinian gatherings in Beirut, Saida and Tyre areas benefiting 6096 families (33,019 people).

Activity one: Empowerment Training for Women and Youth

The key activity is the establishment of women and youth committees in the project communities through intensive support and promotion with the aim of a self sustainable continuation of the work after the end of the project.

A. Empowerment of Women

There are 25 women committees in both Beirut and the South, old and new, with 186 women members.

Most women committees formed prepared their action plans; codes of conduct and division of responsibilities in each committee alone.

In order to achieve its goals in empowering the community, PARD conducted a ToT workshop on empowerment in February. The participants trained new women committees. 5 women from the South gatherings and 4 from Beirut gatherings were chosen.

Training on empowerment includes the following subjects:



Introduction and Ice breaking techniques - Importance of group work- Code of conduct- Objectives of Empowerment- Writing Minutes of Meeting- Human Rights- Women Rights- CEDAW- Gender Equality-community Mapping- Prioritization of needs- Needs assessment- Identification of stakeholders- Community mobilization- Preparation of files(issues)- Communication- networking- Conflict resolution- participatory leadership- Planning of campaigns- Project Writing.

In 2013, the 25 women committees met 180 times, with an average of 7 meetings per year for each committee.



Common Activities of Women Committees

- The women committees in the South and Beirut worked together with PARD's staff in the Women's Health Clinics to fill up questionnaires about the Pap Smear Campaign and the mammography campaign, and helped in organizing both campaigns (health education sessions, registration...).
- Participation in campaigns (promotion of health issues in the community, cleaning whole areas in the gatherings, organizing spraying of insecticides, raising awareness on social/ health issues such as drug addiction or AIDS and others).
- Alert PARD when a certain contagious disease shows up (chicken pox, Hepatitis A, diarrhea, scabies, head lice and others caused by the presence of refugees from Syria).
- Data collection
- Support Women Health Centres
- Help organize and supervise remedial lessons and activities for their children
- Support first aid teams in their gatherings
- Coordinate with PARD on water caretaking
- Support health education and literacy groups
- Distribute support materials
- Supporting the refugees from Syria

The women committees conducted many activities for the benefit of their communities.





Celebration of International Women's Day in Saida

A meeting to celebrate the International Women's Day was conducted in March 14, 2013 in a local NGO's centre in Saida. 153 women from (PARD's committees' members and local health educators) the 13 gatherings in Beirut and the South attended.



Campaign on Early Marriage

The women committees in Beirut and the South chose to work on an issue which is related to rights-health and social status. Through their work in their community they found that very young women are interested in marriage due to the influence of social media and Television (Turkish series and others). This media influence went along with other influences especially parents or parent encouragement or coercion, family members influence, ignorance, economical needs, leaving schools and others. The women committees launched a campaign to decrease the frequency of early marriage in their communities through statistics, raising awareness (143)

lectures benefiting 170 males {16- 20 years old} and 1404 females {12- 18 years old}) and problem solving. This campaign will end by mid 2014.



Training on Gender Based Violence (GBV)

12 of PARD's staff working in Beirut and the South gatherings (1 nurse, 2 midwives, 1 record keeper, 6 community health workers and 2 coordinators) received a 4 days training on GBV.

Training content:

- Introduction to the conceptual framework of the problem of violence against women and Gender Based Violence (Introduction- Types and forms- causes, effects and costs of violence against women)
- Introduction to listening technique skills (to survivors of Gender Based Violence):
 - * Why do we need training on Listening technique skills (Aims and Functions)
 - * Roles and Functions of centers responsible for reception and listening of GBV survivors
 - * Foundations, principles and standards of active listening for GBV survivors.
 - * Rights and Responsibilities of both the listener and survivor- Characteristics and skills of the listener
- Properties and standards of the listening environment
- Referral skills
- Functions and principles of documenting GBV cases
- Discussion on possible intake form/questionnaire

B. Empowerment of Youth:

There are 8 youth committees with 96 participants (44 males/ 52 females). Most youth committees formed prepared their action plans; codes of conduct and division of responsibilities in each committee alone.

Training on empowerment includes the following subjects:

Voluntary work - Code of Conduct - Mapping of the community - How to write minutes of meetings - Stakeholder analysis - Communication skills - Leadership - Conflict resolution skills, Report Writing, Proposal Writing, Advocacy, Human Rights with focus on Gender rights.

In 2013, the 8 youth committees met 16 times, with an average of 2 meetings per year for each committee.

Common activities of the Youth Committees

- The youth committees are working on the relief of the Syrian families in the locations where they are residing.
- The youth committee in Burghuliyeh, Jim Jim, Aitaniyeh and Qasmiyeh conducted Cleaning campaigns.
- The youth committee in Beirut implemented a small WATSAN project in the Gaza buildings supported by PARD (solid waste management, water issues, roads, electricity, etc).
- Identifying the main needs in their community followed by a proposal writing submitted to concerned donors.
- The youth committees worked with the women committees on gender equality and early marriage campaign.
- The youth participated in a vaccination campaigns in all the locations where there are committees in September 2013.
- The youth are attending all meetings being held by different stakeholders, such as NGOs, UN agencies and local authorities to represent the opinion of the community. They are always invited and they are becoming decision makers in those meetings. They are called the youth groups.



Activity two: Training on combating illiteracy and providing illiteracy courses:

Mastering the basic literacy skills in Arabic (reading, writing, arithmetic) are necessary preconditions to participate actively in public decision making beyond the immediate family and also for successful economic activities (micro business), that will strengthen the role of women within their family and community. Activities to reduce the gender gap in literacy in the project communities are therefore another central part of this program.



Training of women educators to combat illiteracy



In 2013, a training of women educators to combat illiteracy was implemented for the benefit of 20 female youth from Beirut and Saida.

Out of the 20 trained females, in addition to the 18 trained last year, PARD chose the best 15 who followed the following criteria:

- very good communication skills
- good teaching skills on the subject of combating illiteracy
 - good reporting skills including evaluation
 - accepted by the community

Those 15 educators performed 15 illiteracy courses (720 sessions, 48 sessions per educator).

The rest of the trainees either found work with other NGO's or worked in kindergartens and schools.

Literacy Courses

In June 2013, 15 teachers started giving literacy courses in different gatherings in the South and Beirut.

A number of 720 sessions were given for the benefit of 132 female youth in 13 gatherings (5 in Beirut and 8 in the South).

When the course was over, the teachers conducted evaluation tests where the results showed that all the participants passed at different levels ranging between average and good. The graduation ceremony will be conducted in January 2014.



Activity three: Training on Health Education and providing health education for the community

Health education is essential if people are to learn how to live healthy lives and avoid diseases. It helps them understand what health is and how to look after it, and also about the need for health services and disease-control programmes. Health education can show people that good health and health services are a basic human right; it can explain that health services are important for development.

Health knowledge and skills are key in the promotion of independence of women, particularly in the field of sexual and reproductive rights and health, as gender concepts, that hinder women in the realisation of their rights are here directly effective, as in the Right to self determination on marriage, conception/contraception etc.



For this reason, health activities have a central role in this project. PARD's long experience in this field in the communities have encouraged women not only to use the knowledge that they gained in PARDs courses in their families, but to think about themselves as multiplicators of this knowledge.

So far, PARD has 30 female local health educators conducting health education sessions in Beirut and the South gatherings. Recently, PARD is in the process of training 7 male local health educators. The health assistants used their learned knowledge to convey this knowledge to community groups (women, youth and children).

PARD provided them with the necessary materials for information on several health issues (with focus on reproductive health) such as transparencies, flip charts, posters, video films and so on.

In 2013, 30 local health educators provided 2880 lectures for 4800 women, men, children and youth (3840 females and 960 males) from 15 gatherings (10 in the South, 5 in Beirut).

Training workshop in the South



Two training courses on health education were conducted in Beirut and the South. 27 women from 11 South and Beirut gatherings attended a 4 days Health education training workshop.

Training included: objective of training, what is health education, character of the health educator, choosing the location of the health education session, forming groups, communication skills, lesson plan, planning health campaigns, means of clarification, communication and support to people with special needs, role of the health educator before during and after crisis situation, and the evaluation tools.



Activity four: Training of animators on children activities; and children activities

Training of animators on children activities

A course was conducted for the benefit of 25 youth (4 males and 21 females) from Beirut and the South gatherings.

Training Subjects are: Code of Conduct - Gender Concepts and roles-Gender Discrimination - Gender based violence and right to learn-integration of gender concepts in children activities - Introduction to animation and its objectives - Physical and Psychological benefits of the animation - Children Rights - Animator Character - Planning of Children Activities - The importance of relaxation and warm up activities - Managing a group and ensuring equal participation - Communication skills - Learning through action - Means of clarification: importance and usage - Integration of children with special needs - Actions in Emergency - Protection - Conflict resolution - Importance of Evaluation - First Aid designed for children activities.

Children activities

Objectives

- 1- To raise awareness on health and environmental health skills through interactive activities for 640 children aged 7 to 12 years old for Palestinian children and children of refugees from Syria during 2 weeks of August 2013.
- 2- To raise awareness and give the psychological, social skills and focusing on gender equality and national culture through interactive activities for 640 children aged from 7 12 years old for Palestinian children and children of refugees from Syria during 2 weeks of August 2013



Action Plan

The activities were implemented in 12 gatherings in the South and Beirut. 38 animators (6 males and 32 females) and 24 assistant animators (4 males and 20 females) conducted the activities benefiting 540 children (360 Palestinians and 280 Palestinians from Syria). These children were 216 females and 144 males.

Activity five: Training on gender equality and gender equality workshops

Gender equality implies a society in which women and men enjoy the same opportunities, outcomes, rights and obligations in all spheres of life. Equality between men and women exists when both sexes are able to share equally in the distribution of power and influence; have equal opportunities for financial independence through work or through setting up businesses; enjoy equal access to education and the opportunity to develop personal ambitions.

Our understanding of how to work towards Gender equality is that we need to change inequitable social systems and institutions. Generally, people now speak of "institutional change" as the requirement for addressing the root causes of gender inequality. This means changing the rules of the game. These are the stated and unstated

rules that determine who gets what, who does what, and who decides. These rules can be formal, such as constitutions, laws, policies, and school curricula; or informal, such as cultural arrangements and norms, who is responsible for household chores, who go to the market, who decides on the education of children, or who is expected to speak at a village council meeting. It is also changing organizations which, in their programs, policies, structures, and ways of working, discriminate against women or other marginalized groups.

Gender Training Course

In 2012, 24 female health educators and women committee members were trained on gender equality. In 2013, PARD trained again 6 new people (2 males and 4 females). The 30 trainees conducted workshop on gender equality in the community.

The training included: Concept of Gender, GBV, and evolution of women rights within the human rights, reproductive health rights, inclusion of the gender concepts in the public and personal life and in the NGOs activities.

60 workshops were conducted for the benefit of 950 beneficiaries from Beirut gatherings and 900 beneficiaries from the South gatherings, with a total of 1850 people (370 males and 1480 females).

Activity six: Training on first aid and providing services

This project started in 1998 in coordination with the Norwegian People's Aid. The coordination included training, exchange visits and support, both financial and in-kind. Since NPA trained local trainers (TOT), PARD has been doing its own training for new youth groups who wished to join first aid teams.

The first center for first aid was founded in Shabriha in 2003, followed by the establishment of Beirut center in 2005. In 2007, PARD established a new center for the South Burghuliyeh gathering. Moreover, new centers were established in Qasmiyeh (2009) and in Kfar Badda (2013). It's notable that the first aid teams were formed and practiced services before the centers were founded, as



many of the first aiders were treating cases using first aid materials provided by PARD and kept at their houses.

The teams conduct the following activities: self- training including refreshment courses, training of youth from local communities, participation in PARD's campaigns (vaccination, awareness, cleaning campaigns, spraying insecticides and others), provide first aid services to the communities, fire fighting and support activities in national and international occasions, beside their participation in the health education sessions and other capacity building activities. The First Aid teams usually meet separately on a weekly basis. Assignments and responsibilities in the teams are shared and divided among all the team members.

Currently, there are 7 first aid teams (3 first aid teams working in the Palestinian gatherings in the south and 4 in Beirut):

• Gaza building team : 8 first aiders (males)

Daouk team : 14 first aiders (4 females and 10 males)
 Said Ghawash : 9 first aiders (4 females and 5 males)

• Shabriha team : 12 first aiders (males)

• Burghuliyeh team : 14 first aiders (10 females and 4 males)



Qasmiyeh team : 12 first aiders (9 females and 3 males)
 Aitaniyeh team : 8 first aiders (2 females and 6 males)

• Totals : 77 first aiders

For the year 2014, we are in the process of establishing 2 more first aid teams in the South, in Sikkeh and Maashouk.

In the year 2013, PARD trained 8 youth groups on basic first aid and advanced first aid. 96 youth participated (44 males and 52 females) with age groups ranging between 16 and 28 years. The education level of participants included elementary, secondary and university levels.

Trainings on first aid

Location	Type of Participants	No. Of Groups		. Of ipants	No. of Sessions	Subjects
	rarticipants	Groups	M	F	3 E3510115	
Burghuliyeh	Youth	1	4	10	12	Basic and advanced First Aid
Jim Jim	Youth	1	4	7	4	Basic first aid
Qasmiyeh	Youth	1	3	9	12	Basic and advanced First Aid
Sikkeh	Youth	1	4	13	4	Basic first aid
Aitaniyeh	Youth	1	6	2	4	Basic first aid
Said Ghawash	Youth	1	5	4	8	Advanced first aid
Daouk	Youth	1	10	4	8	Advanced first aid
Gaza	Youth	1	8	3	8	Advanced first aid
Total		8	44	52	58	

Basic First aid training includes the follows: Introduction to first aid - CPR-Recovery position – Injuries and Bleeding – Poisoning – Burns – Fractures – Suffocation – Safety and first aider behaviours. This training lasts for 4 days.

Advanced First aid Training includes the follows:

- Examination and treatment of a trauma patient, including airway management, use of oxygen and ambobag, use of neck- collar and backboard, and basic first aid for chest and abdominal and pelvic injuries.
- Acute illness, including asthma, angina pectoris, myocardial infarction, stroke, diabetes, and epilepsy.
- Signs, symptoms, and treatment of the most important poisonings.
- Basic knowledge about fire-safety and management.

This training lasts for 8 days.

Instructions have been based on causes, signs, symptoms, and treatment, including practical training.

First Aid Services

The seven first aid teams conducted the 3134 services at their centers as follows:

LOCATION	EAMS			чіуен
TYPE OF SERVICES	3.7E	SHA	BURG	QASI
Wounds	266	182	71	128
Fractures	71	62	35	41



Burns	32	77	91	73
Blood pressure monitoring	325	415	114	121
Diabetes Test	12	29	22	0
Transfer to the hospital	489	36	17	23
Other (Poisoning, Needles, etc)	113	127	31	131
Total	1308	928	381	517

The services are vital for the communities who live in the gatherings located in rural areas some of which are 20 km or more away from cities, where emergency centers or hospitals are placed. Moreover, those services save money and efforts for the benefit of people who have low incomes and no health security.

Many members of the first aid teams have nursing background. These members are involved in the cases which require more professionalism such as Diabetes test and injection.

Activity seven: Training on computer, English, composting and follow up

Training on computer and English

No training courses were provided during this year.

Composting

Since one of PARD's main objectives is to protect the environment thus preserving health, and because one of the most important causes for pollution is garbage piling which will help in transmission of diseases through the insects and rodents which gather around the garbage, PARD is trying to decrease the amount of garbage and pollution in the gatherings. In addition to that, many chemical fertilizers used to grow fruits and vegetables are dangerous to people's health and well being.

So, PARD decided to start a new project "Composting" that will help in decreasing the amount of garbage, percentage of pollution, help in the production of food that is free from chemical materials and limit the amount of chemicals in the soil and water.

PARD is implementing a project on composting which includes training, raising awareness, and implementing household composting projects.

In 2013, 200 women and youth (160 Females and 40 males) benefited from a campaign on composting. 18 lectures on compost were given in 9 southern gatherings.

Activity eight: Training and meetings with popular committee

40 meetings were conducted between the women committees and the popular committees (local governance bodies) in 12 gatherings in Beirut and the South. Subjects discussed included: Problems in electricity, water network, sewer network, garbage disposal, the need for new roads, maintenance on some buildings, general cleaning campaigns, spraying of insecticides, cleaning and chlorination of water tanks. Moreover, the meetings included comparison of statistics on Syrian refugees, introduction to gender equality promotion campaign, introduction to the early marriage campaign, and introduction to the role of the women committees.







Activity nine: Establishing small income generating projects

Following the training on income generating project in 2012, several women who attended presented their projects to PARD.

The objective of this training was to develop the projects written by the trainees, present them to NGO's giving financial support and to create a follow-up process for these projects. However, this was not totally achieved due to the Syrian crisis and the inflow of refugees from Syria to Lebanon where NGOs working with microfinance stopped supporting new small projects because they could not afford it and are now supporting the old existing projects. In addition to that, several projects were closed especially in the gatherings where the owners could not continue working on their own. Only 7 participants were able to start their own projects in the gatherings. Due to all these reasons, PARD decided to postpone the second training to 2014.

Activity ten: Participation in Human Rights Campaigns

- 1- During February, 10 women from PARD's women committees in Beirut participated in a demonstration organized by KAFA to demand a law to protect women from family violence.
- 2- During November, and to commemorate the Lebanese Independence Day, which is on November 22, the Nationality Campaign prepared a demonstration in Riad Al Solh Square in the Downtown area- Beirut to demand equality between men and women in giving their nationality to their families especially since Lebanon has signed international agreements honouring this right (the CEDAW). 152 members from PARD women committees in Beirut and the South gatherings participated in this demonstration.
- 3- During July, 30 women from Beirut women committees participated in a demonstration organized by KAFA to **stop violence against women and demand gender equality** .The demonstration lasted for an hour and was covered by the media and some of PARD's women committees members were interviewed by the media.





Activity eleven: Provide health services to women

25,063 affordable primary and secondary health services were offered to about **5380** men, women and children patients through PARD's **7** clinics in Sabra (Polyclinic and Women's Health Center) ,the South clinics (Wasta, Shabriha) and the Women Health Clinics (Qasmiyeh, Jal Al Baher, and Burghuliyeh) in addition to the mobile clinic in Jal Al Baher. Those clinics deliver a variety of medical services with focus on mother and child health:

- 8285 specialized services benefited women
- 1678 specialized services including 12 types of vaccinations benefited children
- 15,100 diverse specialty services benefited the target group

Activity twelve: Health campaigns for the community

Different campaigns were conducted in 2013 in the South and Beirut gatherings. These were:

Title of	Location	Type of	Female	Male	Total	No. Of
campaign	Location	participants	beneficiaries	beneficiaries	beneficiaries	lectures
Reproductive	Beirut	Women, youth	212	0	212	86
Health	South	Women, Men	847	66	913	133
	Beirut	Youth, men,	622	91	713	67
Swine Flu		women				
Swille Flu	South	Youth, women,	594	129	6073	135
		children				
	Beirut	Youth, men,	813	117	930	82
Jaundice		women				
Jaunuice	South	Youth, women,	643	67	710	94
		children				
Chicken Pox	South	Children, women	296	26	322	45
Ostoonovosia	Beirut	Women	1197	0	1197	143
Osteoporosis	South					
Totals			5224	496	5720	785

Mammography and pap smear campaigns

As part of protecting women's health, this is the third year whereby PARD conducts two campaigns one for Mammography and the other for Pap smear. Each campaign includes raising awareness of women before doing the tests for Pap smear and the X-ray for mammography. The objective of both campaigns is the early detection of Breast cancer and Uterus cancer. A total of 1020 women from the South gatherings and 270 from Beirut gatherings benefited from Health Education sessions on Mammography and Pap smear.



Campaigns	Target Group	No. of Women who benefited from the campaign	Lectures provided
Mammography Campaign in Beirut and South gatherings	Women above 40 (rare cases younger women with cancer history in the family)	265 women benefited from free of charge mammography tests	223 lectures on breast cancer were conducted for the benefit of 1838 women
Pap Smear Campaign in the South and Beirut Gatherings	Married, Divorced or widowed women till 55	206 women benefited from free of charge pap smear tests	220 lectures on uterine cancer were conducted for the benefit of 1690 women

Activity thirteen: Networking

PARD participates in regular meetings with Hand in Hand women network, KAFA (Stop Violence and Humiliation), ABAAD, and CRTDA to discuss different issues and follow up, and participate in campaigns related Human Rights, and different occasions national and international days.

Qasmiyeh- South Lebanon

On May 15, 2013, the network Hand in Hand organized a day in Qasmiyeh to commemorate the Nakbah, where they presented a play that talks about the role of women in the struggle since 1948, to show the audience (members of popular committees attended) the importance of the participation of women in political and public life.





Strategy Two: Environmental Health Services, Awareness & Trainings

19,554 Palestinian refugees and poor Lebanese (15643 females and 3911 males) living in gatherings in the outskirts of the Palestinian camps; 4,704 living in Beirut gatherings (these are 3763 females and 940 males); 14,850 living in the South gatherings (11880 females and 2970 males) have access to safe water. Through the following activities:

Activity one: Water control and testing

Undertaking 120 water tests in 10 Palestinian gatherings (4 times x 30 locations in the gatherings including the well, reservoirs, network and household water tap) were done.

Activities of water testing and control include:

1- Collecting and analyzing water samples to control quality (free from bacteria causing waterborne diseases).

Analysis takes place at the official water laboratory in

Saida.

- 2- Analysis of water samples took place four times/ year from each water source; results are documented in special schedules.
- 3- Control of chlorine residual in the water.
- 4- Follow up and control of chlorine pumps installed in the water wells.
- 5- Follow up with the local water caretakers for operating the chlorine pumps.
- 6- Preparation of a workshop for the water caretakers including (relationship of water to human healthimportance of chlorine in sterilizing the waterquantities of chlorine used in chlorination of waterhow to control chlorine residuals- how to maintain chlorine pumps).





Activity two: Solid waste collection and disposal

This activity includes regular solid waste collection at the household level, in addition to cleaning public zones in the southern gatherings.

1508 tons of solid wastes were collected from the gatherings in the South and during the reporting period from 9 gatherings in the South to the main dumping place.

13425 people benefited from this project in the south (10740 females and 2685 males).

Activity three: Spraying of insecticides

Rodents and insects constituted a major source of nuisance to the residents of the gatherings, especially during summer when the number of insects increases tremendously. To control the problem, PARD implemented twenty spraying campaigns in each of the 10 gatherings in the South and 3 gatherings in Beirut. PARD sprayed 63,800 litres of insecticides (200 ml of insecticides for every 20 litres of water). 13425 people benefited from this project in the south (10740 females and 2685 males).

Activity four: Maintenance of water and chlorine pumps, sewage and water networks

Water Supply includes the following sub- activities:

- 1.1 Maintenance of water network, wells reservoirs and chlorine pumps
- 1.2 Pumping out wastewater from 121 septic tanks through 153 truck shifts

1.1 Maintenance of water network, wells, reservoirs and chlorine pumps:

- ✓ Maintaining the well water networks in addition to the cleaning and chlorination of the water tanks once a year in all gatherings.
- ✓ Cleaning of water reservoirs in 6 gatherings (Maashouk, Shabriha (2), Burghuliyeh, Qasmiyeh, Aitaniyeh, and Wasta)
- ✓ Maintaining and following up the chlorination pumps in six gatherings (Installation of 4 new chlorination pumps in 3 gatherings: Shabriha (2), Aitaniyeh and Sikkeh)
- ✓ Repairing the submersible Water pumps of the wells in Maashouk (1 pump) and Shabriha (2 pumps)
- ✓ Repairing the Chlorine pump in Maashouk and Wasta

1.2 Pumping out of wastewater, cleaning manholes and maintenance of wastewater network (to prevent infiltration of wastewater into drinking water network):

i. PARD operates a special truck for suctioning of septic tanks in the Southern gatherings. Some gatherings are not linked to major wastewater pipelines and therefore discharge their household wastewater into primitive ground septic tanks. These usually overflow and contaminate the land and water sources around them. As such, to prevent this from happening, PARD caters for this need through a system of on-call duty of the specialized truck for suction of black water in return for low fees.

In 2013, 121 septic tanks were sucked out by the truck.



Activity five: Cleaning campaigns of general premises

At least once a year, before implementing spraying of insecticides, each gathering organizes a cleaning campaign whereby a team of workers and volunteers cleanup their gatherings.





In 2013, 17 campaigns took place in the gatherings in the South, and the collected wastes were removed by PARD's 2 garbage trucks and deposited at designated places.

Activity six: Training of local water caretakers

A workshop was conducted for the benefit of 10 water caretakers (8 males and 2 females) from the gatherings of Shabriha, Wasta, Qasmiyeh, and South Burghuliyeh.

The workshop aimed at building up the capacities of the local people who control the local water sources through raising awareness of water borne diseases and the proper techniques in applying chlorine to the water for disinfection.

Activity seven: Distribution of rodenticides, anti lice shampoo, and anti scabies lotion

The Beirut gatherings are overcrowded habitats with problems in the sewage systems. The South gatherings are not over crowded, but individual problems related to the sewer system and household garbage might pose breeding places for rodents like in Beirut. The local health educators and members of local women committees are the ones who distribute rodenticides to control such pests. Distributions are accompanied by written instructions on proper use and the protection of family users. **3,059 rodenticide bags were distributed**.

895 anti- lice shampoo and 90 anti scabies lotion were distributed during the year 2013.





PARD decided to get involved in the relief operation for refugee families from Syria starting July 2012. At the beginning, PARD took the following actions:

- 1. The team of PARD conducted a new rapid needs assessment to define the basic needs of those families.
- 2. The team of PARD visited all the refugees in the targeted areas (Beirut & the South) for statistics.
- 3. The team of PARD contacted certain donors to obtain support for implementing relief projects for the welfare of the targeted refugees.

The beneficiaries stated their problems and numerated their needs which were recorded in the needs assessment report. The priority needs requested by the people included:

- Primary health care (through clinics and first aid services)
- Food items support
- Non food items support
- WASH activities and Health Education (on health subjects related to personal and general hygiene, scabies, head lice, water pollution, food preservation, measles, breastfeeding, and nutrition)
- Shelter rehabilitation and building

During the years 2013- 2014, PARD implemented the following projects for the benefit of both Syrian and Palestinian Refugees from Syria:

Donor Type of Relief Project		Location	Duration of project
Oxfam Novib	Blankets Hygiene kits Medication Health Education	South Beirut	Jan- Mar 2013
Oxfam Novib	ovib Food kits Hygiene kits WASH activities Medicines		April- June 2013
IRISH Aid Oxfam Novib	Food kits Hygiene kits	South gatherings	2013
Oxfam Novib	WASH Baby kit	Beirut South	Jul- Sept 2013
OCHA Oxfam Novib	WASH Construction of latrines &	South gatherings Sikkeh	2013- 2014



	l vo a ma		
	rooms Health Promotion		
CFGB	Food Hygiene	Beirut	June- Nov 2013
MCC	Baby Nutrient	South	
MCC	KG for Refugees from Syria	Beirut	2013-June 2014
	Hygiene kits 2260	Beirut	January 2013
		South	
	Blankets 3625	Beirut	January 2013
		South	
	School kits with notebooks	South	
	6160 School kits without	Beirut South	-
	notebooks 5800	South	
	Used clothing (286 bales)	Beirut	
	Osed Clothing (200 bales)	South	
	Infant care kits (62 bales)	South gatherings	-
	Used shoes 4500	South gatherings	
CIDA	Improvement of shelters for	South gatherings	2013-2014
MCC	refugees	Journ garrenings	2013 2011
UNDP- Habitat	WATSAN	Tawari	2013
		Sikkeh	=525
Implemented by UNDP		Baraksat	
(funds not received by PARD)		Bustan Al Quds	
	Rehab of sewage Network	Jabal El Halib	2013
		Hay El Sohoun	
		Seerob gathering	
	Rehab of water system	Ein El Helweh	2013
	Rehab of sewage network	Hamchari gathering Mieh Mieh	2013
	WATSAN	Shabriha	2013
		Burghuliyeh	
	WATSAN	Baysarieh	2013
	Installation of sewage	Qasmiyeh	2013
	network	Burj Rahhal town	
	Rehab of road networks	Kharayeb	2013
		Itaniyeh	
		Jim Jeem	
		Wasta	
		Kfarbadda	
UN- Habitat	Construction of 18 rooms	South	Nov 2013- Mar
	Water & chlorination pumps		2014
	Solar panels Chlorine- Insecticides-		
	Rodenticides- Tools		
UNDP	Clinic of Sikkeh	Sikkeh	2013- 2014
•	Empowerment <i>of Popular,</i>	Adjacent area of Saida	
	women & youth committees	.,	
Care International	WATSAN	Beirut	July- Oct 2013
France			•
	Baby kits		
	Health Promotion	Beirut	2013- 2014
Asfari	Food kits	Beirut	2013
	Clinics		
Relief International	Hygiene kits	Beirut	2013
Japan	Health promotion		
NPA	Child kit (1-3 years old)	Zahrani- Aqbiyeh	January 2013



As seen in the schedule support ranged between food items, non- food items, WASH, health services provision, shelter construction and improvement, and health promotion.

Health Education for Syrian Refugees

To prevent the spread of diseases among refugees from Syria, PARD delivered health education lectures to the refugees (Women, Youth and Children) residing in the gatherings of the South and Beirut during the year 2013 as follows:

Health Education in the Southern gatherings					
Location	Type of	No. of pa	articipants	No. of	
Location	participants	Males	Females	lectures	
Qasmiyeh	Women	-	78	55	
	Youth	17	9	9	
	Children	25	11	6	
Shabriha	Women	-	52	45	
	Youth	5	10	2	
	Children	12	10	3	
Maashouk	Women	-	36	48	
	Youth	-	-	-	
	Children	4	4	3	
Jal Al Baher	Women	-	57	34	
	Youth	-	-	-	
	Children	9	12	9	
Kfar Badda	Women	-	45	22	
	Youth	-	-	-	
	Children	8	4	6	
Nahr Al Samer	Women	-	29	18	
	Youth	-	-	-	
	Children	4	5	3	
Jim Jeem	Women	-	37	20	
	Youth	-	-	-	
	Children	3	7	4	
Sikkeh	Women	-	110	32	
	Youth	-	-	-	
	Children	12	10	2	
Wasta	Women	-	59	14	
	Youth	-	-	-	
	Children	-	-	-	
Burghuliyeh	Women	-	28	4	
,	Youth	-	-	-	
	Children	-	-	-	
Totale		99	613	220	
Totals		712		339	



Health Education in Beirut gatherings					
Location	Type of	No. of pa	rticipants	No. of	
Location	participants	Males	Females	lectures	
Gaza Buildings	Women	-	60	153	
Daouk	Women	-	96	135	
Said Ghawash	Women	-	65	119	
	Youth	9	7	1	
	Children	7	13	1	
Zaroub El Deek	Women	-	43	60	
	Youth	17	8	2	
	Children	3	6	1	
Salwa Al Hout	Women	-	55	59	
Totals		36	253	E21	
TULAIS		289		531	

The subjects of those health education lectures included winter diseases, Influenza, Swine flu, Jaundice, Typhoid, Personal hygiene, General hygiene, Lice, Scabies, nutrition, Early marriage, breast feeding, Diarrhea, Diabetes, Uterus cancer, Breast cancer, Water pollution, family organization, home accidents, Chicken pox, measles, Osteoporosis, Primary eye care, Primary teeth care, Genital inflammations, and Pregnant women care.

Kindergarten for Refugee children from Syria

Refugee children from Syria of school age (6 years and up) joined either UNRWA schools (PRS) or public Lebanese schools (Syrian). Moreover, some NGOs took in some of the refugee children (aged from 4 to 6 years), but many of them were not accommodated.

In Beirut, PARD targeted 70 children (aged 4 to 6 years) through establishing a kindergarten for them. This kindergarten is divided into 3 grades (KG1 for 4 years, KG2 for 5 years, KG3 for 6 years).

A team of 3 teachers, 3 teacher assistants, 1 coordinator, 1 psychosocial assistant, and a cleaning lady operate this KG.

The KG started in October 2012 till June 2013. In July-August 2013, the same children joined summer activities organized by PARD. The same project restarted in September 2013 and will continue until June 2014.

In addition to the activities in the KG, 65 children aged from 7 till 12 years attended education support and extra curriculum activities 5 days per week in the afternoons.

Besides, 6 puppet shows were conducted for the benefit of 120 attending children.







The Overall Goal of the Organizational Development Strategy is to increase PARD's organizational effectiveness, performance and service quality.

So far, PARD has accomplished the following activities:

- Prepared a contingency plan response in 2013.
- Prepared a new strategic plan 2013-2015.
- Prepared a gender audit in 2013.

These documents were prepared by an external consultant who was contracted by PARD for this purpose.

