



amos  palestine

women 4 women
standing in solidarity with
the women of gaza





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“ screening is so simple and so effective.
if we can work with women so that
they can identify breast cancer early,
we can treat it.

suhaila tarazi

director of al ahli arab hospital,
gaza city



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women 4 women

October is breast cancer awareness month. We are asking the woman of the UK to stand in solidarity with our sisters in Gaza by hosting a local event to raise awareness and support amongst family, friends and neighbours throughout October, November and December.

We want women all over the UK to get together over the coming months and support the women of Gaza by raising awareness and vital funds for the breast cancer screening programme at Amos partner **Al Ahli Hospital in Gaza**, whilst doing something you enjoy doing!

Your event could be a:

- coffee morning
- walk or run
- wine and cheese evening or dinner party
- clothes swap
- craft evening
- Palestinian-themed evening or film night
- bonfire party or sporting event.

And throughout December why not get festive with mulled wine and mince pies.

You don't even need to put on a new event, just make this part of an existing event. Whatever you like doing, do it for the women of Gaza. At your event please use the information in this pack to let people know what Women 4 Women is all about.



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What support can I get?

Contact katie@amostrust.org to let her know about your event and she will be able to send you postcards and Gift Aid envelopes and direct you to other resources, as well as helping with fundraising and event ideas. [You can download our Amos Palestine poster here](#) and do feel free to show our [films about Gaza](#) at your Women 4 Women event.

“
**when women support each other,
incredible things happen.**

isabel allende

chilean/american writer

author of the ‘house of the spirits’ and ‘city of the beasts’



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breast cancer in gaza: the facts

Gaza has experienced 3 major wars in 5 years, 60% of the population are unemployed, 80% are on food aid and for the last 10 years, there have been major restrictions on goods coming into Gaza and a near blanket-ban on people leaving.

During this period, cancer rates have risen dramatically in Gaza, which is particularly worrying for women, as breast cancer kills more women than any other form of cancer in Gaza and five-year survival rates for breast cancer patients are less than half of those in the UK.

Some of the reasons for this centre around a lack of education and awareness of breast cancer which reinforces women's fear over treatment (not least the examination by a male doctor), and the social stigma they fear will be attached to them. This leads many women to present themselves very late for treatment, with 60% of cases getting detected in the third stage of the disease.

There are then other issues to deal with after treatment is started. Due to the on going Israeli restriction of supplies entering Gaza and the high costs of chemotherapy drugs, patients are usually only given a four week's supply.

This means their course of treatment is only partial at best, being either interrupted or ended completely when drugs cannot be supplied. and it is common for chemotherapy course to be interrupted or ended when drugs cannot be supplied.

Radiotherapy is completely unavailable as the radioisotopes used are forbidden entry into Gaza despite having no potentially dangerous application.

Patients requiring radiotherapy must therefore apply to Israel for a permit to travel to hospitals in East Jerusalem and over 28% of those applying for permits to travel out for treatment, were either denied or received no response to their applications (World Health Organisation).



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As radiotherapy is crucial in allowing breast conservation, this leads to the vast majority of women having full mastectomies and clearance of their axillary nodes.

The consequence of this is that many women are dying or are living with the scars and debilitating impact of medical techniques that are no longer practiced in the UK and there is no excuse why women in Gaza should have to suffer in this way.

What is Amos Trust doing?

Amos Trust believes that the most effective way that we can support these women is by:

- calling for an end to the blockade of Gaza so that these women can receive the treatment that is their right
- promoting community education and awareness raising so that women can have early and effective screening.

“ we need to make screening normal for women and change traditional attitudes. at the moment too many die, they are scared that if diagnosed they will be shunned by their families.

suhaila tarazi

**director of al ahli arab hospital,
gaza city**



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Amos' partner **Al Ahli Arab Hospital in Gaza City** works with those who have been through the process to train local communities in breast cancer awareness and to create local female and male support groups (over 50 of these groups now exist).

These groups then encourage women to go to the hospital for training in self-examination. This takes place at the hospital as restrictions on fuel and electricity (power cuts are often for up to 18 hours a day), make it very difficult to run effective confidential community training sessions.

The hospital also believes that by locating this in the oncology unit, it enables women to feel more confident about accessing mammograms as part of the screening process.

So that women can remain covered they will typically use prosthetic breasts where one side has a healthy breast – the other has lumps. The women will put on the prosthetic breasts over their hijabs and practice what it feels like to find a lump. Of those who then report a concern 25% require further tests and 8% have surgery.

“ **i was so scared about going for a test when i found a lump that i did not tell anyone. when i found that i was ok, i decided to tell my family and now i help others by telling them of my experiences and encouraging them to get tested.**

aisha

community educator,
al ahli arab hospital



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legal stuff

Whatever your Women 4 Women event looks like, please remember that you are personally responsible for ensuring your event is run safely.

You are responsible for organising any necessary public event licences and insurance for your event, as well as ensuring that you meet the health and safety requirements of your venue.

donations

It always works better to help people to make donations or sign up for regular giving while they are at an event rather than relying on people to remember to do it afterwards.

If possible, we would recommend setting up a laptop or tablet if you have access to the internet at your venue. Donors can then **give directly to the Women 4 Women appeal** via the Charities Aid Foundation website, make donations with credit or debit cards or sign up to become a regular giver by going to amostrust.org/give. Alternatively, people can give at your event without using the internet in the following ways:

regular giving

Set up a standing order by completing the form at the end of this pack, including the Gift Aid declaration if applicable. Please print a few copies of the form to have at your event.

one-off donations

Ask donors to put their cash and/or cheques into the donation envelopes provided. Please ask them to complete all the details on the envelope (including the Gift Aid declaration if applicable). Cheques should be made payable to Amos Trust with **Women 4 Women** written on the back.



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sending us the donations

Send us all cheques inside the donation envelopes they came in. If people have made cash donations we would be most grateful if you could:

- empty the cash from the donation envelopes
- write the amount of each donation on the envelope it came in and send us a cheque for the total of all the cash received
- send us all the donation envelopes.

The above will enable us to claim Gift Aid on applicable donations.

Please ensure that donors fill in all the details on the support cards and/or donation envelopes so we can fulfil all the criteria for data protection and Gift Aid. Please send all the completed support cards, cheques and donation envelopes to the Amos Trust office.

Amos trust
St Clement's
1 St Clement's Court
London
EC4N 7HB

online fundraising page with justgiving

If you wish to set up a fundraising page so that people can support your event online (even if they can't attend), we recommend that you set up a Just Giving page.

[justgiving.com](https://www.justgiving.com) is very user-friendly and is a very cost effective way for a small charity like us to process donations. Donors using Just Giving will not be contacted by us unless they ask us to send them more information.

please support the amos trust women 4 women appeal

I/we would like to support Amos Trust's Women 4 Women appeal with a regular gift

I/we would like to give regularly to Amos Trust and have completed the Standing Order form below

About you Please complete this section in full

Name
Address
Postcode
Telephone
Email

Payment methods

Cheques: (payable to Amos Trust)

We accept CAF Cheques, Stewardship Services vouchers and Sovereign Giving vouchers.

Credit Card:

To donate securely by credit card, please visit amostrust.org/give

Standing Order:

To give a regular gift, please complete the standing order form opposite.

Gift Aid declaration

Please treat as Gift Aid donations all qualifying gifts of money made (tick all boxes you wish to apply).

<input type="checkbox"/>	Today	<input type="checkbox"/>	In the future
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I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after today.

Signature
Date

Please notify Amos Trust if you:

Want to cancel this declaration; change your name or home address; no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Standing Order form

To: The Bank Manager
Your Bank
Address
Postcode

Please debit my/our account

Account no		
Sort code		
With the sum of £		
Each month / quarter / year until further notice*		
Starting on	D D M M Y Y Y Y	* Delete as applicable

And pay this sum to Amos Trust

Account no. 10939419	Sort code: 16-20-30
RBS, 10 North St, Guildford GU1 4AF	

This replaces any existing standing order to Amos Trust

Signature
Date

This standing order is for:

<input type="checkbox"/>	Amos Trust General Funds
<input type="checkbox"/>	Amos Street Child
<input type="checkbox"/>	Amos Palestine
<input type="checkbox"/>	Amos Communities India
<input type="checkbox"/>	Amos Communities Nicaragua

Please return completed form and payment to:

Amos Trust
St Clement's,
1 St Clement's Court,
London EC4N 7HB

Telephone:

+44 (0) 20 7588 2638

Email:

office@amostrust.org

Website:

amostrust.org



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