



## Healing Across the Divides Study Tour Grantees – March 2019

### 1. Ahli Balatah El-Balad Club – Improved Care for Palestinian Diabetics in the Nablus, Palestinian Authority

This initiative uses the Stanford Chronic Disease Self-Management Program (CDSMP) to improve the health of diabetics in the Nablus area in the West Bank. The program includes diabetic nutrition, social support for diabetics, physical exercise, and prevention awareness. The program targets women and men aged 30-60 years with a majority of women (at least 70%). They have just completed year 1

### 2. Atid Bamidbar - Improved Nutrition in the Southern Negev, Israel.

This is a joint farming and additional activities venture between the Israeli Jewish town of Yeruham and the unrecognized Israeli Bedouin village of Rahme. There are joint farming, shared meals and nutritional activities for children and adults. They have completed year 1.



### 3. The Family Defense Society (FDS) – Obesity among Palestinian Women, Nablus Palestinian Authority

FDS's has expanded its longstanding commitment to improve the life of women subject to domestic abuse to now include prevention of obesity. This is taking place in Palestinian refugee camps near Nablus and the city of Nablus. This intervention uses in part the Stanford CDSMP. They have completed two years.



#### **4. ASSAF, TEL AVIV, ISRAEL; AFRICAN REFUGEES ASYLUM SEEKERS LIVING WITH HIV IN ISRAEL**

This initiative supports refugees and asylum seekers in Israel who are HIV-positive, many of whom are survivors of torture, rape, and other abuses faced en route to Israel when escaping war and extreme poverty in Africa. The program also works to prevent further transmission of the disease and to mitigate the social stigma of HIV. In this fourth year, Healing Across the Divides has funded Assaf which, in turn, has focused on counseling for HIV positive individuals together with prevention. Our partner, the United Nations High Commission for Refugees has continued to support the Israel Aids Task Force (IATF). The IATF worked with Assaf in the first three years. This program finishes in 2019



#### **5. BETEREM – SAFE KIDS ISRAEL**

Working to decrease rates of child accidents and fatalities, which are especially high in Arab and Jewish ultra-orthodox communities. HATD's unique, cross-generational and cross-cultural model trains Jewish and Arab grandmothers to become agents of community change for saving lives. This program has received numerous awards. This initiative is in its last year.



## **6. LEILA COMMUNITY BIKE WORKSHOPS IN PARTNERSHIP WITH Her Academy. New 2019**

The new initiative is a joint effort between Leila, a women-led, grassroots, feminist project, affiliated with the Israel Bike Association with Her Academy, a Tel Aviv based NGO that helps women leaving prostitution. The main objective which is slated to start in 2-3 months is to ensure access to greater health and social mobility via physical mobility and sustainable transport for 24 women leaving prostitution in Tel Aviv and 600 women from economically challenged communities in the city. They will be offered well-organized, women-led, accessible bicycle mechanic workshops which break down cultural and socio-economic barriers, increases social inclusion and interaction, and ensure the economic, cultural, and health benefits of cycling are accessible to marginalized women.

## **7. The Palestine Working Womens Society and Development, South Hebron Hills, Palestinian Authority**

Advocating for psychological well-being and health rights for Palestinian women and youth by providing psychological counseling and support to communities south of Hebron, the West Bank, who live under the daily pressures of occupation, warfare, domestic violence, and poverty. This initiative is in its last year.



8. Al Maqdese: This just completed very successful initiative worked with over 1000 high school students in East Jerusalem using an evidence based program, Unplugged. The training was done via skype with an Egyptian psychiatrist based in Abu Dhabi.

