

Life Story



Periodical newsletter

December 2017



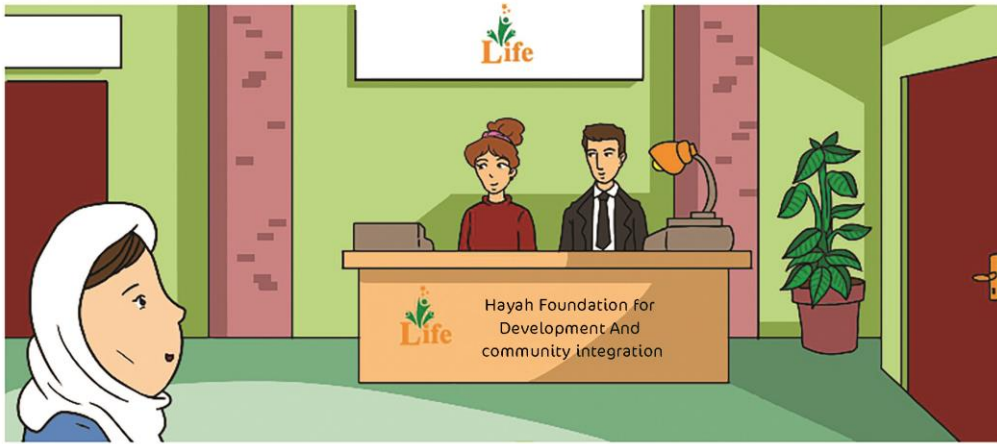
A leading institution in the field of
rehabilitation and reintegration of prisoners

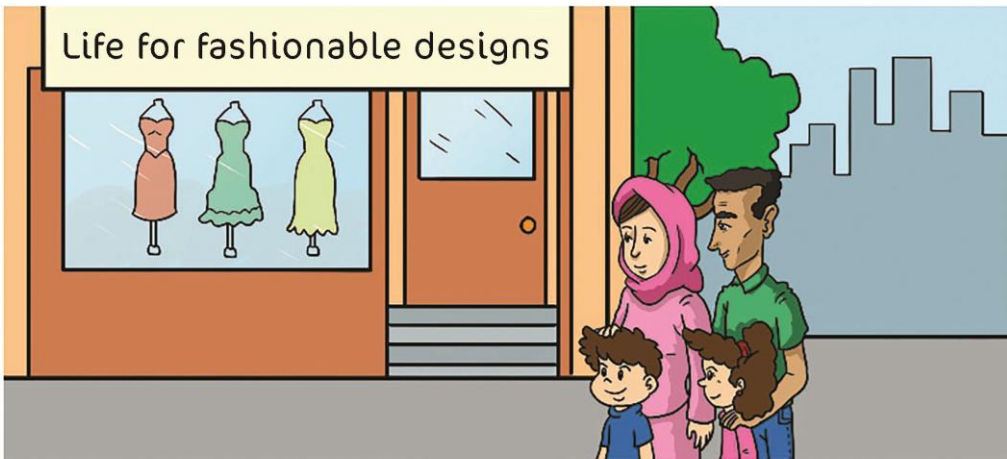
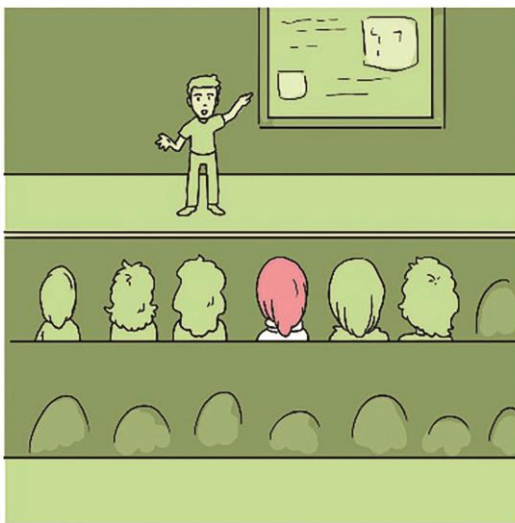
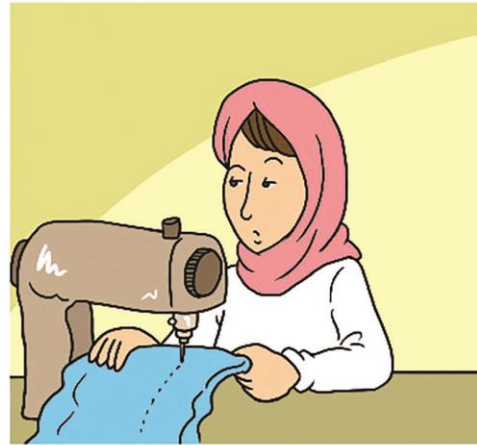
drosos (...)

Start life
Sponsored by drosos











Life Foundation

For Development and Community Reintegration
(LFDICI)

Listed under No. 3312 of 2015
Al Sharqia solidarity

It is a civil foundation that was established in June 2015, which started as an initiative in 2013 by staff members who believe in the importance of reintegration for the vulnerable. The foundation consists of a number of programs which aims to rehabilitate and integrate the most vulnerable groups of former prisoners with a focus on female prisoners, female migrants, and people who are HIV/AIDS positive, as well as people who are recovering from addiction, working women, in addition to children and youth who are at risk. It also provides access to services and safe shelters for women who were victims to various types of violence and to homeless women through Life's Shelter for Women in its targeted governorates in Al Sharqia and Alexandria. The foundation encourages environment development initiatives, and the creation of leadership opportunities for most marginalized groups in the Egyptian society with the focus on women, so they would be able to support themselves, their families and their communities because they have the right to live in healthy, sustainable environments.

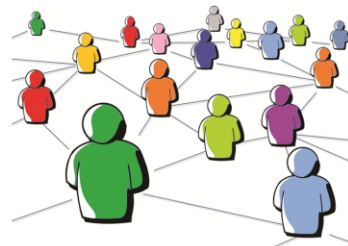
"Life Foundation" provides its services to the residents of the following governorates: Al Sharqia, Al Qanal, Al Qalyubia, and Alexandria... As it has branches in Al Sharqia and Alexandria governorates, and its services cover Egypt entirely..

Vision:

Achieving equality and a decent lifestyle for all of the individuals who suffer from social stigma, rejection, and exclusion in addition to the most at risk to violence and marginalization whether it's at the local level, society's level or in prisons, which directly affects the beneficiaries' lives.

Mission:

Life Foundation for Development and Community Integration works to increase the standards of life's quality for the marginalized categories, especially prisoners and former prisoners, as well as the categories that suffer from social stigma in Egypt by economically, socially and culturally empowering them, and raising their effectiveness in their communities, with a focus on women, to be a positive element in achieving sustainable development, with a comprehensive focus to increase and improve social, health and economic livelihoods through the implementation of projects that promote their participation in public life and society. .



drosos (...)

Drosos Foundation, which was founded late 2003 as a private non-profit organization to support community development, located in Zurich, Switzerland. The Foundation is committed to empower marginalized people to lead a decent life. Drosos seeks to achieve long-term change through the projects it supports in Egypt, Morocco, Tunisia, Lebanon, Jordan, Palestine, Switzerland and Germany.

Drosos has been working in Egypt since 2007. The foundation strongly supports the following areas: income generation and harm reduction for vulnerable groups, social protection and reintegration, encouraging youth creative activities, as well as environmental protection.

Until the beginning of 2016, the Foundation has been supporting 54 projects in Egypt, serving a wide range of beneficiaries including marginalized youth, women and children.

Drosos Foundation is ideologically, politically and religiously independent.



Nawaya picture: "©Drosos/C. Rizk



Noble Knight picture: "©Drosos/R. ElDail



ADEF picture: "©Drosos/S. Kahled



Start-Life project

The foundation encompasses qualified pool of social, psychological, legal and sustainable development programs and a distinguished team of trainers, lawyers, psychologists, researchers and economists. Life Foundation has experiences in implementing sustainable economic development projects, capacity-building, as well as enabling and facilitating the reintegration of ex-prisoners. Life Foundation adopts the economic empowerment program aimed at improving life's quality of the beneficiaries and encouraging them to work and use field training to manage small projects in cooperation with the local municipalities in addition to the relevant government stakeholders, which directly affects the beneficiaries' lives and their reintegration into their communities.

The rehabilitation and community integration for prisoners back into society with the concentration on female prisoners, is currently being implemented in cooperation with Drosos Foundation,

with the overall objective of improving the socio-economic status of former prisoners (focusing on women), and enabling successful reintegration in communities and families, as well as enabling them to resist and prevent relapse into criminal activities.

The project contributes to the development of the targeted women & their personal and professional skills, enabling them to become positive members of Egyptian society while increasing their role in achieving gender equality and social and economic empowerment.

This will also lead to increased understanding by stakeholders and executives of the need to reintegrate and raise their awareness of the various mental, physical, social and economic barriers faced by former prisoners. This approach paves the way for community development and security enhancement in addition to creating rehabilitation and integration system that can be applicable on both local and regional levels.

What we do !

These programs seek to help the imprisoned women reunite with their families which is done through mediation by lawyers and social workers, which has proven to be successful.

Whenever reuniting with the family is an unavailable option, shelters are provided for women and children as well as for those who are unable to find housing or a work permit immediately. Hence, social services, vocational training, psychological counseling and legal assistance are provided.

4) Vocational training program, employment and job creation (Small projects)

Employment reduces the rate of return to crime among men and women (former prisoners), thus, employment gives former prisoners an opportunity for a successful reintegration into society.

This project reinforces the women's chances in the labor market and enables them to become decisive agents for social change. It also includes, educational vocational training, employment support and the creation of job opportunities that would be the most beneficial for prisoners' rehabilitation.

5) Research:

This program aims at developing the legal research to formulate a conscious policy of addressing the needs of prisoners after their release. This includes policies and strategies aiming at reducing the return to crime, and to meet the needs of social integration in an effective manner.

6) Communication and dissemination of information:

Raising public awareness and disseminating information on prison issues is extremely critical for successful prison reform strategies. For this reason, Life Foundation publishes reports, studies, and assessments for the decision-makers in this field, the media, civil society organizations and the general public to advocate for prison reform programs. The communication strategy includes dissemination of information, case studies, and evaluation reports through social media, video press releases, and 9 photographic documents.

Sponsored By Drosos



Start_life
Rebuilding Lives

2013-2017



Life Foundation for Development and Community Integration's Programs

Firstly:

Rehabilitation and Integration Program, includes:

a) Social Support Program

1. Issuance of pensions
2. Paying for those in debt
3. In-kind and physical assistance
4. Raising awareness
5. Advocacy
6. Campaign management

b) Psychosocial support and testing program

1. Psychological mental assessment
2. Individual therapy sessions
3. Group therapy sessions (supportive / drama / psychodrama / art & painting / trips / concerts / health education / theater / music therapy)
4. Art workshops
5. Psychological support services provided to the support the family (family & child)
6. illiteracy eliminated, providing vocational training and life skills (My life's plan – Essential skills to success)

Secondly:

The unit combines a selection of the top lawyers and consultants to submit lawsuits, end disputes, to follow up the case and his/her release procedures, issue identification paper, civil and legal cases, misdemeanor, criminal cases, and also family and children cases.

Thirdly:

Economic Empowerment Program, includes :

1. Field training
2. Employment
3. For profit projects
4. Small projects
5. Vocational and career training, in addition to, establishing new projects (Gata Head)

Fourthly:

Life foundation offers services to children and juvenile frequents where it shows cinematic movies and documentaries which discuss women and children issues.

The program includes the following workshops: (theater, handicrafts, leather and copper production, clay sculpting, producing music machines, vocalizing, and free painting)

Fifthly:

Life foundation provides –in its two branches- in Al Sharqia and Alexandria periodic trainings about:

- a) Training for lawyers
- b) Training for psychologists, and people working in civil societies and institutions

As there is a program for archiving that contains code numbers to maintain the confidentiality of customers' full services provided and monitored by the foundation.

Sixthly:

Referrals program (medical referrals, psychosocial and specialized mental health services and HIV / AIDS treatment services)



The beginning of the dream

A) Social Support Program

1. Issue of pensions
2. Paying for those in debt
3. In-kind and material assistance
4. Raising awareness
5. Advocacy and gaining support
6. Campaign management
7. Establishing partnerships with associations and institutions in the civil community
8. Providing shelter for the released women who are homeless.



Life Foundation contributes significantly treating its cases



Our services provided don't include any children



The beginning of the dream



Life's support never ends



Life Foundation start over:

Life Foundation plays a vital role in changing the lives of many homeless young people and women to start again and to set for themselves a path full of hard work and perseverance.



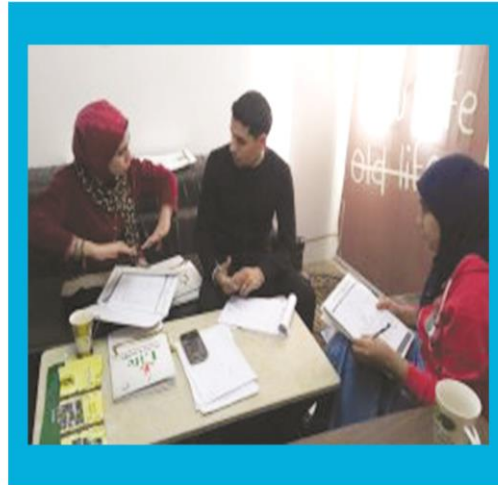
Life Foundation sponsors girls who have no guardian



The beginning of the dream

B) Psychological Support Program

1. Psychological mental assessment
2. Individual therapy sessions
3. Group therapy sessions (supportive / drama / psychodrama / art & painting / trips / concerts / health education / theater / music therapy)
4. Psychological check at nominal prices and medicinal treatment
5. Art workshops
6. Psychological support services provided to the support the family (family & child)
7. Illiteracy services, providing vocational training and life skills (My life's plan – Essential skills to success)



Life Foundation

is constantly targeting new cases to admit within its Start_Life program which focus on rehabilitation, psychological support, and community integration. The process begins with acquiring beneficiaries' information in terms of personal perspectives, background (family and friends), problems and distress, which enables our specialists to effectively converse with the client.

The specialists meet to consult the client's case to form an initial diagnosis of the case and hand over it to the specialized doctor in charge of following up and determining the treatment plan for the case, including the number of individual sessions, art group therapy workshops, so that the case would finally become a qualified person who will be able to work and take responsibility, Under the auspices of the Foundation.

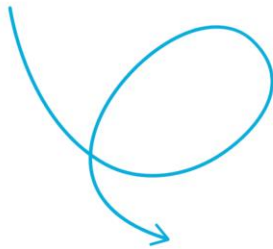


The beginning of the dream

Life Foundation applies group therapy as rehabilitation and integration tools



Life Foundation applies My Life's Plan in an artistic, innovative



Life Foundation provided therapeutic recreational trips to vulnerable people to encourage them to regain their abilities of communication with others and to indulge in group participations to engage into purposeful activities.



The beginning of the dream

Legal and criminal unit

The unit combines a selection of the top lawyers and consultants to submit lawsuits, end disputes, follow up on the case and his/her release procedures, issue identification paper, civil and legal cases, misdemeanor and criminal cases, family and child cases.

Life provides legal support to vulnerable persons

A step forward for Life Foundation regarding the conditions of how to visit the prisoner

The beginning of the dream

The program includes the following workshops: (theater, handicrafts, leather and copper production, clay sculpting, producing music machines, vocalizing, and free painting)



Life's economic empowerment program:

Life Foundation started its initiative for economic empowerment (Creative Women) to train girls in the arts of creativity and the production of handicrafts in the Egyptian industry. This initiative aims to provide support to women without a breadwinner to achieve a suitable financial resource by working inside her home and producing a distinctive product.



Life Foundation also supports several training types other than field training so that it can deliver total rehabilitation and vocational integration to its cases. Life Foundation has compiled its own detailed vocational guide for its beneficiaries, as well as working on new successful projects and its effective training

(As simulations from the International Labor Organization's Program-Gata Head).

Art and Magic

"If I were not a physicist, I would probably be a musician," said by the world's physicist Einstein, because beautiful art always play an important role in the human society and make man more elegant.

Where many believe that art is meaningless and unimportant, it is not strange to find that everyone nowadays is busy chasing materialistic objects and forgets the spiritual side of themselves, becoming a person without feelings.

Therefore, Art has no longer a collection of canvas or colors with reality or imagination, Art is not just something of aesthetic value. It is a world in itself and it has become a method of healing and treatment.



Art has an effect which is similar to magic on the psyche of the individual and their behavior as well as on their internal environment. We recently heard about the concept of composition art a lot as it is a kind of psychological treatment in which the individual would draw or artistically compose in his own way, expressing his physical or psychological emotions which have a negative effect on his life, thus helping to reach spiritual purity and self-satisfaction.... Art is an expression of inner feelings and emotions, whether expressed through painting or through other art fields such as collages, clay sculpting, handicrafts, etc.

It serves various categories such as special groups and people with mental disorders who need to express feelings and emotions using mental images or concrete art forms, which is unanimously agreed, that is a way to express soul and essence inevitably helping all people to reach satisfaction.

Life Foundation for Development and Community Integration has implemented this treatment within the activities of Start_Life project funded by Drosos Foundation.

Art and magic

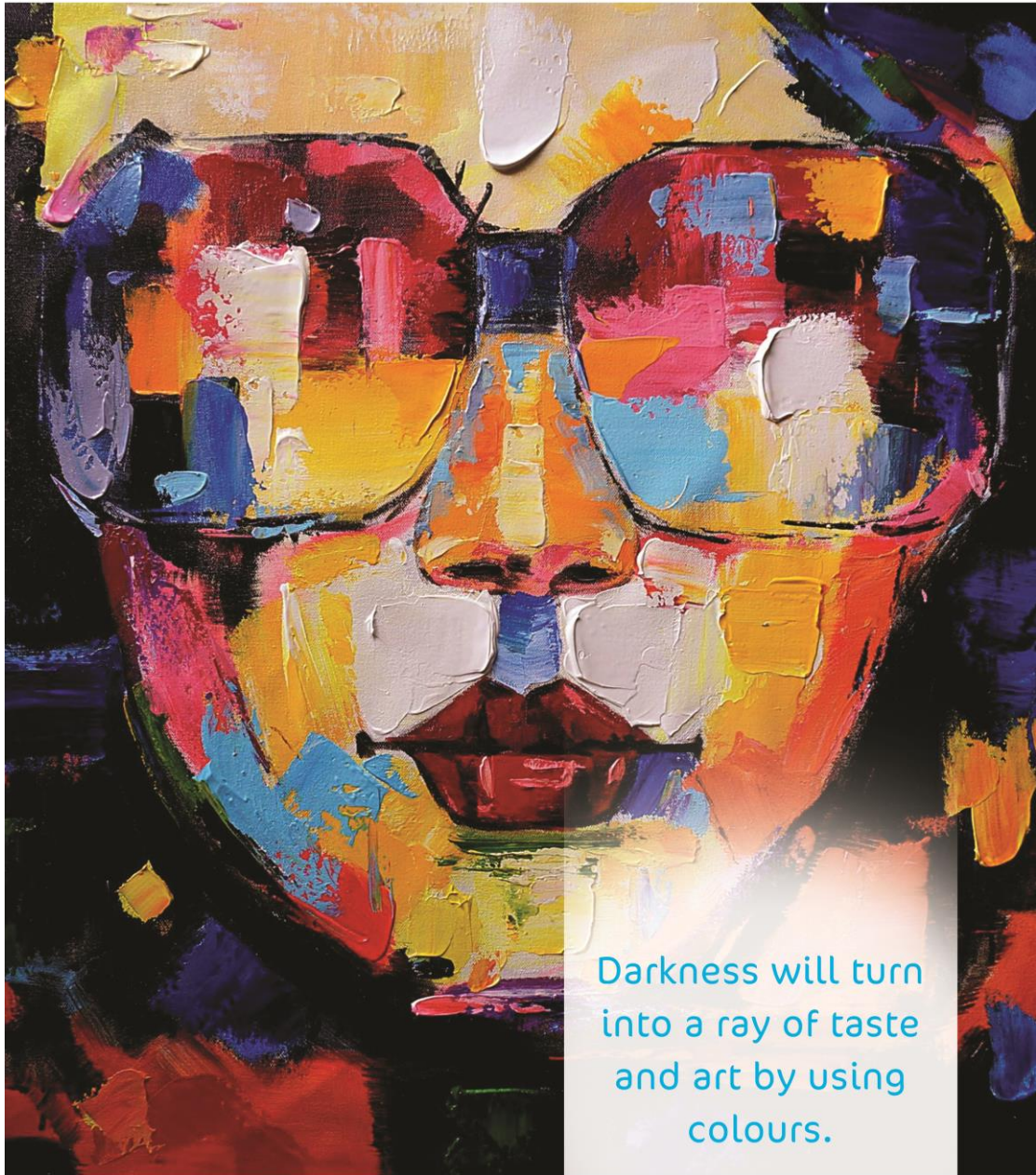


They are men and women who are intelligent, friendly, and sociable but behind this appearance they hide strong desperation which is squeezing their hearts and leaving them in depression for days, weeks, even months. These people do not just feel that way, some try to commit suicide because they think it will end their torment, in other words, the world has become blackened in their eyes, but all they need is a glimpse of hope.

When we hear someone saying, "I cannot draw," we are sure that there was interference in his life that led to his lack of self-confidence. It is often seen aesthetically in terms of colors and shapes. However, artistic growth is not measured aesthetically. Each individual expresses his own way of expression and reflects his experience, physical growth and personality. More often than not, the withdrawn, silent person is more in need of artistic expression than others.

This is done by Life Foundation for Development and Community Integration through art therapy workshops.





We want you to listen to us

When I am really tired or upset I find my mother appearing to me in my dream and carrying the things I love most and feel comfortable. These workshops I attend are what keeps me patient.



I feel shy when I see people looking at me funny because I have a limp. Then, I felt a sense of crying but I could not even show my weakness point in front of them, but I was crying alone.

I find joy when I am working even if my income was one pound. I will be happy because it is the much better than staying unemployed.



Do not rush to establish relationships with others :-

Actually, everyone has biological needs to feel the presence of someone whom he feels that he/she is close to him sharing their own interests and goals.

This begs the question of why human relationships were created, why a normal person cannot live in the desert away from other people, why man has a need for security and safety. One wonders why a man looks for someone or something to cling onto, whether it is very painful to feel unnoticed and unseen, whether someone is real or fake, whether someone is good or bad, whether someone is breathing and living or slowly dying.

The key to any relationship is something called the response.

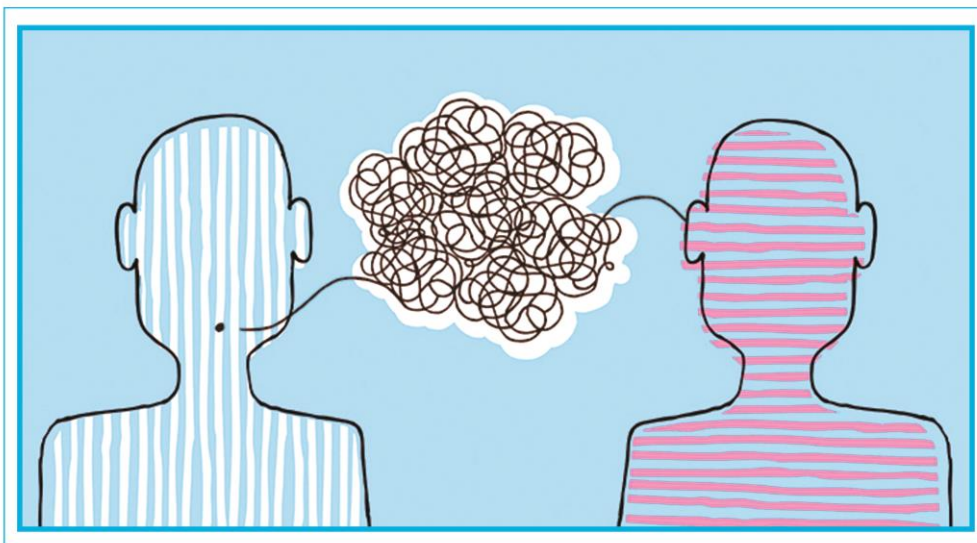
It's when the person you are in a relationship

with responds to your presence and your endless needs, from the moment you are first born and during your lifetime: someone who supports you, listens carefully to you, smiles at you, asks about you, simply someone shares

... This is why you should not make someone you just meet the focus of your interest because if he/ she neglects to provide you with the responses you expect, the heart-wrenching feeling will repeatedly haunt you.

It is like when you cannot swim yet but you do as much as possible not to be drown.

For that exact reason, do not lie to yourself and look for security and stability in a person when you do not have it in yourself.



International Trainings and Partnerships :

Life Foundation for Development and Community Integration has participated in writing Al Wadya prison's report in Marrakech as one of its fourth day activities for its training course "Litigation, documentation, direct monitoring, rehabilitation and reintegration for prisoners" located in the Moroccan Kingdom, with the participation of the General Directorate of Prisons in Morocco and Mohammed VI Foundation, which led the system of rehabilitation and integration of prisoners in the Arab world which is headed by the King of Morocco in its Board of Directors, in addition to the representative of the MAMA ASIA Association, one of the first associations of rehabilitation and integration in the Arab world. Life foundation visited the prison in Marrakesh, Al Wadiya prison, the juvenile prison in Casablanca and the mother's home in Okasha prison, where we learned the latest methods of rehabilitation and integration inside and outside prisons in the Moroccan Kingdom, and a protocol of cooperation and consultation was established with the ADALA Association and Mohammed VI Foundation.



Workshops and local partnerships

Life held its monthly gathering for civil society organizations in Al Sharqia governorate under the title "Development of the rehabilitation and community integration system for prisoners". The meeting was attended by 18 associations and civil organizations from the both governorates of Al Sharqia and Qalyubiya. Life Foundation holds its monthly gathering in all the governorates to offer its services monthly through a group of volunteers and by holding similar trainings to raise the efficiency of associations and partner foundations



Raise institutional efficiency



"Setting up a Referral System for Health and Social Protection Services" workshop to develop the Life's women's shelter and the Shelter's Operational Guide in cooperation with the Addiction Treatment Fund, Al Shehab Foundation, the National Council for Motherhood and Childhood, partner NGOs, voluntary initiatives and a number of HIV specialists.

Operational Guide for Start_Life project workshop activities



The guide includes the total procedural steps from the beginning of the work with the case (the targeted clients) and until the stage of integration into the community through the rehabilitation process which will be completed in four main stages (Legal - psychological - economic and social). The guide also provides documentation methods of the operational procedures of the internal system of the project, such as the functional structure, monitoring and evaluation system, and the systems used .



The foundation provides –in its two branches- in Al Sharqia and Alexandria periodic trainings about:

a) Training for lawyers

- Methods of litigation before the normal judiciary.
- Implementation of international deals before the national judiciary
- Legal assistance for prisoners and vulnerable people

b) Training for psychologists and people working in the civil societies

- Post-traumatic stress disorder
 - Studying the case's psyche and reporting
 - Training sessions for psychologists regarding music therapy, and a course in rehabilitation of psychosocial disorders
 - Drama therapy
 - Human development training
 - Communication skills between the staff members and the art of management for the foundations
- The Foundation invites everyone to attend its monthly meeting to watch their documentaries and discuss the issues of women and children.



Campaign against Early / Tourism Marriage

Life Foundation for Development and Integration has launched a campaign against early/ tourism marriage in collaboration with the Euro-Mediterranean Women's as well as other civil organizations interested in Women's Rights. It is the first awareness campaign of its kind to introduce the dangers of early marriage and its implications on general health, psychological health and social life.



"Illuminated Dreams" as a pilot project

What Life Foundation for Development and Community Integration does through art therapy sessions, psychodrama and enunciation, revolves around increasing self-consciousness and treating psychological traumas through the case's expression in a creative manner. This is a pilot project between Life Foundation and Art Agent Foundation, named "Illuminated Dreams" aiming at supporting women after their release from prison, and to dive into their dreams. In addition, it is intended to liberate them from the fear, agonies & pressures of life in addition to encouraging them to start a new life, thanks to a documentary and proven vivid models portraying this whole experience





جمعية المرأة للتنمية و الثقافة



Together to promote the process of enhancing the economic and political participation of Mediterranean women and exchange of experiences

The Alliance for Empowerment and Equality (AeE)



Life Foundation established an alliance for the empowerment, economic and political participation of women between Arab and European countries in Morocco

The current stage in the progress of the system of development work imposes on civil, national, Arab and international foundations working in the field of enhancing the economic and political participation of the women of the Mediterranean as well as exchanging experiences.

The necessity of activating the partnership frameworks in order to support the development movement in Egypt, Morocco, Palestine, Jordan, Tunisia and other Arab and European countries.

Life Foundation sought to achieve sustainability internationally, which was through signing an alliance with the following organizations: Women's Association for Development and Culture, Justice Association (Towards a fair trial) in the Moroccan Kingdom, the Middle East Foundation for Development in Egypt, Hiwar Foundation for Community Development in Palestine as well as The Cultural Association for After Care in Jordan and the Jurists Without Chains Association in Libya, and last but not least Art Agent in Sweden.

Life Foundation declared the beginning of an Arab alliance to provide adequate support to ensure the economic and political participation of women from the vulnerable category. The alliance aims to provide a model for the partnership between the foundations, in order to work on a range of issues, create and make friends as well as partnerships for cooperation, dialogue and exchange of views with women's organizations whether its organizations nationally and internationally, in addition to achieving the seventeenth goal of the SDG plan to accomplish sustainable development to promote means of implementation and revitalize the global partnership for sustainable development.

Empowerment and sustainability

Opening garment workshop in Life Foundation's branch in Alexandria: :

Life Foundation for Development and Community Integration's branch in Alexandria opened a ready-made garment factory in Mandara - Alexandria which was established in order to train and rehabilitate women and girls on sewing skills and ensure their employment. The revenue of sewing cotton clothes will be used for all the different activities in the foundation.

The first phase of training and rehabilitation during November - included the following sewing skills courses: (Batron painting - cutting - stitching - sewing)



Unite to end violence against women



“We will leave no one behind,
to end violence against women and girls”





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"Start life Project"

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Life Foundation for
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Social Integratio.



Hayah Foundation for
Development And
community integration

New Life

~~Old Life~~

#Start_Life



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