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**HOW MANY
BAR OR BAT
MITZVAH**

**GIFTS ARE
LIFE-CHANGING?**

We'll give you all the help
you need for a meaningful
and memorable Bar or
Bat Mitzvah experience.

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www.myisraelcharity.org

UK registered charity no: 1121960.

Myisrael

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**LOOKING FOR THE RIGHT
CHARITY FOR YOUR
BAR OR BAT MITZVAH?**

(WE'VE GOT 18 FOR YOU TO CHOOSE FROM)



HOW DOES IT WORK?

A Bar or Bat Mitzvah is an amazing experience, and one that you can make even more impactful with a charity project.

But which charity to choose? Myisrael helps you solve that problem – from our 18 inspirational, under-the-radar charities in Israel, pick the one(s) you feel the most connected to. (You can see the range of charities in this pack, and on our website: myisraelcharity.org). With Myisrael, 100% of the money you raise or give reaches the charity, and you can see the real difference it makes.

Whether you're doing a sponsored challenge, hosting an event or donating part of your gift money, there's no more personal way to give. We will work with you every step of the way to create a tailor-made Bar or Bat Mitzvah project. And with Myisrael's feedback promise, you'll know exactly how your efforts have transformed lives in Israel.

To get started contact Helen Carmel at helen.myisrael@gmail.com or on 07971 164 831.

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**YOUR
BAR OR BAT MITZVAH
PROJECT WITH
MYISRAEL
CAN CHANGE A LIFE**

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Here are some examples of what your Bar or Bat Mitzvah gift can fund to change lives in Israel.



MUSICIANS OF TOMORROW **£910**

funds 6 months of weekly music lessons for a gifted child from a low-income family.



FORGOTTEN PEOPLE FUND **£500**

buys a computer for an Ethiopian teenager so that they can do their schoolwork at home.



CLICK **£339**

funds a year's activities for a Holocaust survivor at Click's Café Europe, where survivors go to share their culture and feel part of the community.



CROSSROADS **£730**

funds a year's counselling and music therapy lessons for a teenager-at-risk struggling with issues such as addiction, poverty or neglect.



DENTAL VOLUNTEERS FOR ISRAEL

£133

funds a course of root canal treatment for a teenager living in care.

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**TWIN YOUR
BAR OR BAT MITZVAH
THE MYISRAEL WAY**

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LILY

&

EDEN

LILY



After visiting INTRA during a holiday to Israel, Lily felt moved to raise money for this remarkable charity as part of her Bat Mitzvah celebrations. As a

self-confessed chocoholic, Lily gave up chocolate, cakes, ice cream and sweets for 4 weeks and raised £1,582 through sponsorship.

Lily says: "Seeing with my own eyes the transformation that horse riding therapy has on kids with emotional needs made me eager to raise money for INTRA and my Bat Mitzvah seemed like the perfect opportunity. Twinning with Eden and knowing my efforts have helped her develop in confidence and self-esteem has made my own celebration so much more special."

EDEN & STARLIGHT



Thanks to Lily, her Israeli 'twin' Eden gets a year of weekly therapy at INTRA. Eden was removed from her home aged 7 following years of physical abuse. She now lives in a children's home and struggles terribly with her emotions – she is extremely vulnerable, sensitive and finds it hard to trust anyone.

At INTRA, Eden feels like a different child. She has fallen in love with her horse Starlight and for the first time in years, she trusts

another living being entirely. She is smiling again, learning to manage her emotions, and counts down every day until she is reunited with her beloved Starlight.

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**BECOME THE
NEXT**

MYISRAEL

CHAMPION

**Be inspired by these Myisrael Bar and
Bat Mitzvah champions and be the next one.**

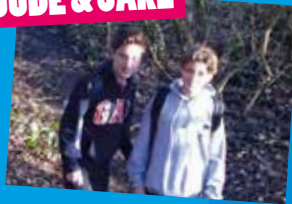
MEET OUR OWN BAR AND BAT MITZVAH CHAMPIONS AND SEE THE DIFFERENCE THEY MADE. YOU CAN DO SOMETHING AMAZING TOO.



AIMEE

Aimee climbed Mount Snowdon. Her efforts helped to fund the running of a specially adapted minibus for severely disabled residents at Miriam's Dream.

JUDE & JAKE



Jude and Jake did a 13-mile walk round London. They funded a Bar Mitzvah party for two Ethiopian-Israeli boys through the Forgotten People Fund.

ANYA



Anya cut off her long hair. She funded the 'roaming the streets' programme at Crossroads which helps troubled teenagers turn their lives around.

ELLA



Ella designed and sold beautiful greeting cards. She funded 81 pairs of prescription glasses at Re-Specs for people in severe financial difficulty.

JOSHUA



Joshua did a 38-mile bike ride and held a concert with his band Roycroft. Together they funded instruments at Musicians of Tomorrow for gifted kids from poor areas of Israel.

AMY



Amy gave up screen-time for two weeks – so no phone, TV, tablet or access to social media! She funded a year's worth of art therapy sessions at Misholim for a boy with severe ADD.

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OUR CHARITIES

We have hand-picked each of our 18 adopted charities. They are all under-the-radar charities, doing inspirational work, with little or no profile in the UK. We work in close partnership with them, so that the money given through Myisrael makes the biggest impact.

Whichever charity you choose, 100% of your donation will reach that charity.

MYISRAEL PROJECT FUND

Sometimes, people decide to donate to the Project Fund because they find it too difficult to choose between all the causes. We look at which of our 18 charities are most in need at the time and allocate the funds accordingly.

Like all donations to Myisrael, every penny donated to our Project Fund goes to our charities.

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**WHICH GREAT
CHARITY WILL
YOU CHOOSE?**

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MENTAL HEALTH

The Garage – guiding and supporting gifted adults with mental health issues so they can fulfil their artistic potential



TRAUMA

Misholim – giving a voice to kids with communication problems



MUSIC

Musicians of Tomorrow – changing the reality for gifted children from the northern periphery



ELDERLY

Click – bringing happiness and fulfilment to the elderly



SPECIAL NEEDS

INTRA – life-changing horse riding therapy for children and adults with disabilities



POVERTY

Dental Volunteers for Israel – restoring smiles to Israel's poorest children and Holocaust Survivors



YOUTH-AT-RISK

Kaima – bringing stability and purpose to marginalised teens



POVERTY

Building Hope – renovating dilapidated homes and restoring dignity



DISABILITY

Miriam's Dream – giving independence to physically disabled adults



MOTHERS-AT-RISK

Family Nest – empowering at-risk-women to build a better future for their children



LONE SOLDIERS

Bet Kobi – giving compassion and support to lone soldiers



TROUBLED TEENS

Crossroads – helping struggling teens turn their lives around



VICTIM SUPPORT

Maslan – offering a lifeline to victims of sexual abuse and domestic violence



VISION

Re-specs – providing affordable glasses to adults and children in need



ETHIOPIAN-ISRAELIS

Forgotten People Fund – transforming the Ethiopian community through educational and social programmes



FOOTBALL

Soccer for the Homeless – using the power of football to transform the lives of homeless people

SHABBAT MEALS



Bet She'an Foodbank – feeding families and elderly people for Shabbat and festivals



BREAST CANCER

Lemonade Fund – relieving the financial burden for women battling breast cancer