

Steps That Never Stop

A Story of Challenge and Resilience in Gaza



In Gaza, steps are not always measured by the distance a person travels, but by the determination, courage, and persistence each step represents. Amid a harsh reality that has caused thousands of physical injuries and profound psychological distress, people with limb loss are beginning a new journey toward recovery, renewed strength, and greater self-confidence.

People of all ages—women, men, and children—have experienced sudden and life-changing circumstances. Many have had to relearn how to move, maintain their balance, and manage everyday activities that once seemed simple. Alongside physical pain, they also face psychological and social pressures, feelings of isolation, and uncertainty about the future.

The figures demonstrate the growing need for long-term rehabilitation programmes. According to the latest published data from the Ministry of Health in Gaza, approximately 6,000 amputation cases require urgent and continuous rehabilitation services. Children account for around 25% of these cases, while women represent approximately 12%.

6,000 Amputation cases
12% Women | 25% Children

But behind every number is a person with a name, a story, and a dream that has not ended.

In response to this growing need, Juzoor for Health and Social Development continues to work with people with limb loss across the Gaza Strip through physical, psychological, and social rehabilitation activities. The programme also includes sports training and competitions that help participants discover their abilities, strengthen their self-confidence, and regain a sense of independence and personal strength.



On the field, every movement feels like a new victory. Young women and girls train in football using crutches, moving between obstacles with focus and determination. Elsewhere, men and young people take part in sitting volleyball matches, competing with enthusiasm and a strong sense of teamwork.



These scenes are not simply sporting activities or brief moments of recreation. They are meaningful steps in a longer journey of rehabilitation and recovery. They send a powerful message that an injury does not define a person, and that losing a limb does not mean losing the ability to participate, learn, compete, or succeed.

Through these exercises and training sessions, participants find a safe space to move, interact, and express themselves. They learn how to use their physical abilities more effectively and take on new challenges that help improve their balance, flexibility, and confidence. Group activities also allow them to meet others who have lived through similar experiences, reminding them that they are not alone on this journey.

The goal of each training session is not only to score a point or win a match, but also to overcome fear, hesitation, and isolation. When a participant completes a new exercise, crosses an obstacle, or joins a competition for the first time, the achievement extends far beyond the playing field. It reaffirms that they can continue moving forward and that their life did not end at the moment of injury.

Juzoor believes that rehabilitation is not limited to helping a person regain movement. It also means supporting them to restore their confidence, dignity, and role within their family and community. For this reason, the programme combines physical rehabilitation, psychological and social support, and team sports that promote belonging, perseverance, and mutual encouragement.



Despite the extremely difficult conditions in the Gaza Strip, participants continue to train and try again. Some steps may be slow, and certain movements may require tremendous effort, but every attempt carries a clear message:

An injury is not the end of the road, and limb loss does not prevent a person from dreaming, taking on challenges, or achieving something new. Nothing is impossible when people receive the support, opportunity, and space needed to realise their abilities.



In these activities, participants are not defined by what they have lost, but by the determination, energy, and ability they continue to demonstrate. They are children, young people, women, and men, each with a different story, but united by one message:

Their Rehabilitation Journey Needs Your Support

Continuing this programme and reaching more people with limb loss in Gaza requires meaningful and sustained support. Participants need rehabilitation sessions, sports equipment, assistive devices, psychological and social support, transportation, and safe spaces where they can continue training and participating. Juzoor for Health and Social Development invites you to contribute to its rehabilitation programme for people with limb loss in the Gaza Strip.

Your donation can help provide a rehabilitation session for someone in need, purchase sports equipment or an assistive device, or enable a child, young woman, or young man to participate in training that strengthens their abilities and rebuilds their confidence.

DONATE NOW



Your donation is more than a financial contribution. It is a step toward recovery, a new opportunity to participate, and a message to people with limb loss that they are not alone.

DONATE TODAY AND SUPPORT THEIR STEPS TOWARD HOPE



Donation link: <https://www.juzoor.org/donate>



For inquiries and information: info@juzoor.org

Together, we can transform pain into strength, challenges into achievements, and hope into real steps forward—because determination is stronger, and nothing is impossible.