

Get involved!

If you have any fundraising ideas, we'd love to hear from you!
I would like (please tick):

Information about your events

Information about organising my own event

To know more about recycling my mobile phone / ink cartridges

Information about Room2Heal / The Medical Foundation for the Care of Victims of Torture

To donate (please see below)

Thank you!

I'd like to help rebuild lives

Title

Name

Address

Email address

Telephone

I enclose a cheque made payable to "LBI Mayor's Charity" totalling £

Or donate online at www.justgiving.com/islingtonmayor

All monetary donations will be shared equally between the Medical Foundation (registered charity number: 1000340) and Room2Heal (registered charity number: 1128857).

If you do not wish for your personal details to be passed on to the charities named above, please tick this box.

Make your gift go further with Gift Aid

Please use Gift Aid to increase the value of your gift. Gift Aid enables us to reclaim tax on all donations from UK Tax payers, at no extra cost to you. I want the Medical Foundation for the Care of Victims of Torture to reclaim tax on all donations I have made for the six years prior to this year and all donations I make from the date of this declaration until I notify you otherwise.

To be eligible for Gift Aid, you must pay an amount of Income Tax and / or Capital Gains Tax at least equal to the tax that the charity reclaims on your donation in the appropriate tax year (currently 25p for each £1 you give). If you pay a tax at a higher rate, you can claim further tax relief for this donation in your Self Assessment Tax Return. You can cancel this donation with us at any time in writing or over the phone. We will stop reclaiming the tax on your donation immediately.

Signature:

Date:

Please return this form to:

The Mayor of Islington, Room 104, Town Hall, Upper Street,
London N1 2UD Telephone: 020 7527 3113

The Mayor of Islington's Charity of the Year



Images posed by models in order to protect identities

Rebuilding the lives of survivors of
torture, organised violence and gross
human rights violations.



MEDICAL FOUNDATION
for the care of victims of torture



From the Mayor, Councillor Anna Berent

“In my year as Mayor of Islington for 2009/10, I have chosen to support The Medical Foundation for the Care of Victims of Torture and Room2Heal. Each charity is dedicated to providing help to men, women and children who have suffered unimaginable atrocities. Thank you for taking an interest in their valuable work.”



From a client from the Medical Foundation for the Care of Victims of Torture:

“It was like a door had been opened to me and every time I came here it was a relief. It was like being covered and protected by a shell.”

From James, a Room2Heal member:

“I felt dead until I came into this group. If I feel down, it transforms me to come to the garden.”



Women's gardening project in action at Room2Heal.



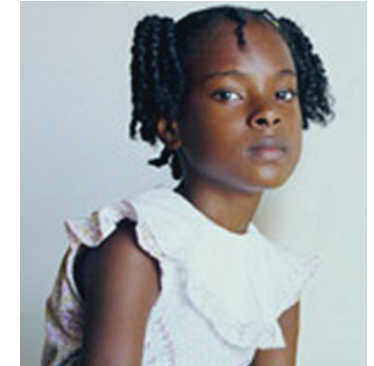
Children and family group counselling session at the Medical Foundation.

Find out more



We are the only national charity in the UK solely dedicated to treating men, women and children who have survived the atrocities of torture and organised violence.

We are trained to offer the specialist services that torture survivors need in order to deal with the emotional, psychological and practical difficulties they face as a result of trauma and exile.



www.torturecare.org.uk

The Medical Foundation,
111 Isledon Road,
London N7 7JW
020 7697 7788



Room2Heal provides a supportive and healing community for asylum seekers, refugees and others who have suffered gross human rights violations.

We offer a range of therapeutic activities. The current programme includes individual counselling and group activities – men's and women's therapeutic support groups, a gardening and horticulture project, a storytelling and theatre project, English classes and rural work retreats.



www.room2heal.org.uk

Room2Heal,
Claremont,
24-27 White Lion St,
London, N1 9PD
07962 220 616