

The Helios Foundation



15 years helping people
living with HIV

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Helios Healthy living Centre

Helios is a community practising holistic health for the benefit of people living with HIV. Using the expertise of a range of dedicated therapists, our approach to healing the whole person; body, mind and spirit, leads people to find increased confidence and optimum health.

Our integrated approach brings success, as does our over-riding belief in the resilience of the human spirit. We provide four hundred clients with regular sessions.

Advances in medicines mean that many people are alive today for whom fifteen years ago there would not have been any hope. Nevertheless, the drug regime is still a demanding one with uncomfortable side effects and damage to the liver, nerves in the hands and feet, joint and bone wasting, chronic fatigue and digestive difficulties.

The stresses to the body, mind and spirit can be alleviated with healing support and friendship.

Helios provides many complementary therapies and workshops to help people help themselves such as:

- Talking therapies - psychotherapy, counselling and hypnotherapy.
- Body therapies - lymphatic drainage, reflexology, acupuncture, acupressure, and aromatherapy.
- Healing therapies - spiritual healing, Ayurvedic and traditional Chinese medicine.

Group activities include meditation, yoga, reiki, music healing and creative writing.

Helios changes people's lives and gives back to those who are at their lowest ebb their sense of worth and purpose.

How can you help?

We rely on voluntary donations to support our work and would like to count you as one of our supporters.

Please help us - a little or a lot - whatever you give will be used in our work for people living with HIV.

Please help us continue to make a difference.

We need your support so that we can keep doing our best to help all those living with HIV

Whatever you can give will be directly used to provide holistic health therapies for all our clients.

I want to help the Helios Foundation help people living with HIV

The Helios Foundation Registered Charity Number 285178
Please write clearly in block capitals
Mr/Mrs/Miss/Ms First name _____

Last name _____

Your address _____

Postcode

Evening tel. no.

Daytime tel. no.

Mobile no.

Email

I wish to make a gift to the Helios Foundation of £ _____

per month/quarter/year (please delete as appropriate)

on the 5th or the 20th (please specify)

of (please state start month)

Instruction to your Bank or Building Society to pay by Direct Debit

To : The Manager
(bank/building society name) _____

of (address) _____

Postcode _____

Full name of account holder _____

Account number

Branch Sort Code - -

Instruction to pay Bank/Building Society

Please pay the Helios Foundation Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with the Helios Foundation and, if so, details will be passed electronically to my Bank/Building Society.

Date of birth _____ / _____ / _____

I hereby confirm that I am over 18 years of age

Signature(s)
Date

Banks and Building Societies may not accept Direct Debit Instructions for some types of accounts.

The Direct Debit Guarantee

This guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society. If the amounts to be paid or the payment dates change the Helios Foundation will notify you 10 working days in advance of your account being debited or as otherwise agreed. If an error is made by the Helios Foundation or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid. You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.

Gift Aid declaration

I want to enable the Helios Foundation to claim valuable extra funds at no further cost to me.

I request that from 6 April 2007 until further notice, every gift I make to the Helios Foundation is treated as a Gift Aid donation.
I am a UK taxpayer.

You must be paying as much in income tax and/or capital gains tax each year as the Helios Foundation reclaims on your donations. As a guide on a gift of £15 a month, you must pay at least £50.76 tax each year to qualify.