

Mr  Mrs  Ms  Miss  Other

Name

Address

Postcode

*giftaid it*

Use Gift Aid and, as long as you pay UK tax equal to or more than the amount of this donation, you can make your donation worth more. For every £ you give to us, we get an extra 28p from Inland Revenue. Just tick here. it's that simple.

Signature  Date / /

Making a donation to Cara:

I would like to donate £

and enclose a cheque/P.Order made out to 'The Cara Trust'

I would like to help Cara by regular giving by Standing Order:

Please pay Cara (please tick or state amount)

£10  £20  £50  £100  Other £

Please tick how often you wish to donate:

Monthly  Quarterly  Annually

until further notice, starting on / / 20

To: The Manager

Bank/ Build.Soc. Name

Address

Postcode

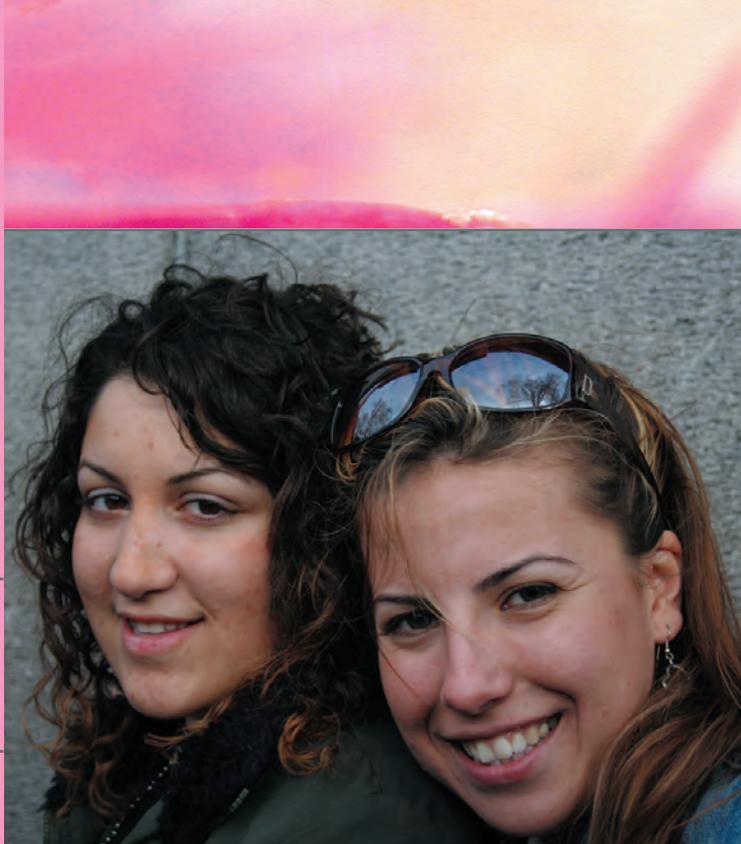
Account No

Sort Code / /

Please send to: The Cara Trust, 240 Lancaster Road, London, W11 4AH

Cara use only

20 / 96 / 55



# West London group for women with HIV

The Cara Trust is supported by:



Department of Health



A partnership between:



The Cara Trust  
Tel: 020 7243 6147  
Email: mail@caralife.com  
Website: www.caralife.com  
Address: 240 Lancaster Rd, London, W11 4AH

## About Cara

The Cara Trust has been providing services for people with HIV, across London, since 1988. We see ourselves as a community of friendship and try to ensure that this ethos informs everything that we do. We were founded as a spiritual response to HIV and are open to people of all faiths and those of none.

Our office is in Ladbroke Grove with most services delivered in the community.

All services are provided free of charge.

Staff and volunteers speak a wide range of languages – please let us know if you require assistance or would like this guide in large print.



## West London Women's Group

Our weekly group, run in partnership with **POSITIVELY WOMEN** living with HIV... changing lives offers a confidential, safe and supported space for you to meet up with other women living with HIV.

What's on offer:

- Peer support and friendships
- Complementary therapies & Beautician
- Regular discussions & workshops
- Free healthy lunch / Monthly African special
- Films, Bingo and other fun and games
- Information library
- Monthly outings around London
- Access to key worker, volunteers and spiritual adviser
- Access to computers and internet / email

When: every Thursday 11:30am – 3:30pm

Where: Basement Centre, Notting Hill Methodist Church, 240 Lancaster Road (nearest Tube: Ladbroke Grove).

Fully accessible for people with a disability.

For details phone Cara or the case-work team at PW on 020 7713 0222.

## Supporting The Cara Trust

We operate using volunteers and are highly dependent on donations to support services such as our women's group. You can support our work either by making a single donation or by regular giving by standing order.

Please complete the form overleaf and return to the address below.

The Cara Trust  
240 Lancaster Road  
London  
W11 4AH

