



giftaid it

Most tax payers know that charities can claim 28p for every £1 they donate.

ACVA now runs a Gift Aid program and invites employed members who donate on regular basis to sign up on our Gift Aid Scheme.

Please complete enclosed form and return it. See inside for more details.

ACVA presents "Meet and Greet" Evening Reception

ACVA invites you to fundraising event. An evening to meet and greet existing members and to welcome new members.

This event is scheduled to hold on Saturday 22 August 2009 from 12.00p.m -5.00p.m.

Venue is Ithaca House, 27 Romford Road, Stratford, London. E15 4LJ.

It promises to be a lot of fun. The keynote address is titled "How to be competitive in a

global market during the credit crunch".

Talks and workshops on: Speed debating workshops with a difference

Healthy eating and well being. Insight into film and drama

Activity for young children There will be performances by various artists. Members are encouraged to please bring a dish (confirm with ACVA choice of menu).

Admission fee is £5. Places will be allocated on a first

come, first served basis. Register in advance to avoid disappointment on the day. Registration closes by Friday 31 July, 2009.

This event is supported by Jamaican Tourist Board.

For further information please contact ACVA on 02085361894 from 10am -4p.m. Tuesday -Friday or email acvavoices@aol.com

Health Talks, Health Visit



We are organising visits to NHS hospitals. Open days for users in Hackney who want to know what services are available in other NHS areas that are better than in their local boroughs.

We have scheduled open days at The London Hospital, Newham Hospital, St Thomas and Guys Hospital.

Health talks on: Diabetes and Nutrition- Tuesday August 18th 2009

Dealing with Chronic pain- Tuesday September 2nd 2009

Exercise and Relaxation using Dance and Health Tuesday September 8th 2009

Health for over 50s at St Thomas Hospital. 7p.m.-.30p.m. Tuesday 3rd November 2009

Gift Aid

ACVA is in the process of setting up the Gift Aid scheme. If you are a UK taxpayer and you make a donation to our charity, then you have already paid tax on the money you are giving away. Charities are exempt from paying tax; therefore the tax already paid on the donation may be reclaimed back from HM Revenue and Customs by the charity organisation.

This usually works out at about 28p for every qualifying £1. For example, if a member decides to donate £10 to ACVA on a monthly basis over a twelve month period under the Gift Aid scheme and if ACVA reclaims

£2.80 on every monthly payment then the value of the donation will increase from £120 to £153.60 per year, thereby yielding an extra £33.60 for the charity.

In order for ACVA to implement this scheme, participants will need to complete a Gift Aid Declaration Form (enclosed) and send it back to ACVA. This form will serve as an authority for ACVA to reclaim the tax from HM Revenue and Customs and the repayment is what is known as Gift Aid.

If you would like to make donations through this scheme, please ring Stella on 020 8536 1894.

giftaid it

Befriending Scheme Summer Fan Appeal



10 determined walkers arrived outside Victoria Park in Hackney ready to do their agreed 5 kilometre walk on Saturday 11th July. Amongst the group were people age 25-78 years and all completed the gruelling walk. As a result we were able to raise over £150.

Thank you to all those who donated their time and money to this appeal.

If you too can in any way help with our Fan Appeal please do so by calling 0208 536 1894 or email us at acvavoices@aol.com

We want to hear from isolated members who do not have a fan or who are not part of our Befriending Scheme. Call us on 02085361894.

Outreach Befriending Scheme



Julie has made some of her first visit to members who are isolated and the response has been very positive.

We want to hear from more members who have friends or family either in hospital, in care

homes or house bound who would like our Befrienders to visit them.

Ring Pansy or Julie on 0208 536 1894, between 4p.m and 6p.m on Mondays and between 2p.m and 4p.m on Thursdays.

Great Yarmouth Trip

The trip to Great Yarmouth was absolutely fantastic. We left Ithaca House at 7.15a.m and had a relaxing 2 1/2 hours coach ride; sight seeing the country side that took us to the beach side paved with beautiful white sand.

We had the privilege of touring the shopping centre, market and high street which were all walking distance from the beach.

Some of the folks took the opportunity to ride the tour bus which took them to the outskirts of the town.

The entertainment including the Fish and Chips was second to none.

Great Yarmouth!!!



Film Club

There's more to discover about film and television through the British Film Institute. Our world-renowned archive, cinemas, festivals, films, publications and learning .

ACVA hopes to keep you informed on all events and activities.

Upcoming events include:
Raimi Gbadamosi: Limitations comes up on Thursday, 9 August 2009 at Novas Gallery, 73 - 81 Southwark Bridge Road, London SE1 0NQ. Time is 6p.m - 9p.m

Performance talk: Titled "Talk your rights to death" holds on August 5th, 6:30pm - Venue is Contemporary Urban Centre 73-81 Southwark Bridge Road, London, SE1 0NQ.

Visit www.contemporaryurbancenter.org or call - 020 7357 6469 for more information.

African and Caribbean Voices
Association

Ithaca House
27 Ramford Road
London
E15 4LJ

Phone: 020 8536 1894
Fax: 020 8536 0888
Email: contact@acva.org.uk

WE'RE ON THE
WEB: WWW.ACVA.ORG.UK

Actively encouraging life-long learning



General News

1. ACVA Annual General Meeting-ACVA Annual AGM is scheduled to hold on Saturday 30th September. Time is 1p.m –5p.m and venue is Ithaca House. We need new members to join the committee, voting papers will be sent out shortly.

2. ACVA membership-Affiliate to ACVA for a cost effective annual fee of only £15 per year.

Benefits are:

- reduced price for shared stalls at major events
- funding out current pan London, pan England initiatives that affect the African and Caribbean communities
- opportunities to pool resources and build a larger profile in light a larger profile in light of the Olympics activities.
- Join ACVA's African and Caribbean 2012 Network

3 Free NVO L2 & L3 Business Admin accredited by City and Guilds-Develop work and communication skills to carry out admin responsibilities at work by participating in the free training organised by Widows and Orphans. Training programmes will be arranged to suit you and your employer at no extra cost. For more information contact Tina on 02085933100 or email tina@worphan.com

ACVA FUNDING NOTICE BOARD

1. Hilden Charity Trust - The aim of the Fund is to address disadvantage, notably by supporting causes which are unlikely to raise funds from public subscription, known sometimes as 'unpopular causes.' Fund policy is directed largely at supporting work at a community level within the categories of interest stated above. Preference is given to charities with an income of less than £200,000 per year. No grants to individuals. Grants are rarely given to well funded national charities. Method of Application: Application forms available on <http://www.hildencharitablefund.org.uk/uk.htm>

2. Grants for the arts are for individuals, arts organisations and other people who use the arts in their work. They are for activities carried out over a set period and which engage people in England in arts activities, and help artists and arts organisations in England carry out their work. Grants for the arts is funded by the National Lottery. To request a copy of the Grants for the arts application pack, please contact our [enquiries team](mailto:enquiries@energypeopletrust.co.uk) on 0845 300 6200.

3.The ScottishPower Energy People Trust is a recognised Scottish Charity. The Trust can provide funds for not-for-profit organisations who work with or represent the vulnerable and fuel poor to help those most in need.

To this end ScottishPower has, to date, donated £4 million to the charity.

Applications are accepted for projects from not-for-profit organisations and groups (such as children's charities, local community groups, support organisations, housing associations, local authorities and others).

You can apply online by filling the application form. www.energypeopletrust.co.uk/application/application.html If you have any questions relating to your application please e-mail us directly at enquiries@energypeopletrust.co.uk or call Carol Dunne on 0141 568 3265 and ask for the ScottishPower Energy People Trust.