

**Deed of covenant / London Lighthouse, a centre for people facing the challenge of AIDS.**

**Contributors**

London Lighthouse

**Publication/Creation**

1991.

**Persistent URL**

<https://wellcomecollection.org/works/dp69wkep>

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# Deed of covenant



London  
**Lighthouse**

*A centre for people  
facing the challenge of  
AIDS*

## London Lighthouse

London Lighthouse is Britain's first major residential and support centre for people affected by HIV infection. The project was established in 1986 by a group of people who, as a direct result of living with HIV or AIDS or knowing people who were, identified the need for a centre where people living with HIV could be supported to live well and have control over their lives.

London Lighthouse aims to offer a loving, respectful and non-oppressive place of safety for all people facing the challenge of AIDS. Services include:

**Residential care:** We have a 23 bed Residential Unit offering convalescent, respite and terminal nursing care. The Unit endeavours to provide the highest quality nursing and medical care aimed at symptom control and pain relief. Visitors are welcome 24 hours a day and limited facilities are available for overnight stays.

**Day care service:** The Day Care Service has been developed in response to the increasing demands made on the Residential Unit for outpatient nursing care and therapeutic services. The service enables up to 10 people a day to continue non-residential treatments and therapies at the centre with an emphasis on complementary therapies and occupational therapy.

**Community services:** Our Community Services Department provides a network of trained volunteer teams offering flexible and reliable support so that people can continue to live in their own homes. Special teams of volunteers are able to offer women only support as well as a service to children.

**Counselling and support groups:** London Lighthouse offers one-to-one and couple counselling, and a wide range of support groups. These provide a safe environment where people can look at the many issues and feelings which can arise through living with HIV and AIDS. Groups include people who have just found out they are HIV+, people concerned about HIV, gay men, heterosexual men and women, families of people with HIV and AIDS, and partners of people with HIV and AIDS.

**Creative and complementary therapies:** As traditional western medicine has so far failed to eradicate HIV and AIDS, a holistic approach to health care is becoming increasingly important. Complementary therapies are an integral part of this approach, promoting good health and improving the quality of life. A range of creative therapies - including writing, drama, knitting and music - are run from the centre. We also offer a wide range of complementary therapies: acupuncture, massage, reflexology, hypnotherapy, aromatherapy, relaxation and homeopathy.

**Drop-in, social activities and café:** A large reception area provides an informal meeting place with newspapers and magazines. The area is relaxed, welcoming and often busy with activities. These include legal advice sessions, daily exercise classes, an information service, a haircutting service, camouflage make-up sessions, creative knitting classes and twice weekly tea parties. There is a smoking area and a quiet room for those wishing to meditate or spend time away from the bustle of the main area. A playgroup for children operates during our women only activities and whenever there is a tea party. London Lighthouse's café serves drinks, meals and snacks seven days a week. Our garden provides additional seating space to sunbathe or relax.

## Increase your donation by 34%

If you pay income tax at the basic rate of 25% and agree to covenant your contribution over four years, the Government will increase your donation to London Lighthouse by 34%. This extra 34p in each £1 comes from the tax you have already paid:

**25% of £1.34 = 34p**

In order for us to reclaim this tax, once you have entered into a covenant, we will send you an R185 form for you to sign in due course.

*Note:* if you are a higher rate tax payer, the Inland Revenue will increase your gift by 66p in every £1. Thus a £1 gift becomes £1.66 for London Lighthouse.

### **How a covenant works**

A covenant is a binding legal promise from you to us, to donate a fixed amount of money, each month or every year, for four years. London Lighthouse can then reclaim the income tax you have already paid on your donation from the Inland Revenue. This means that you can divert a portion of your tax to a charitable cause of your choice.

### **How your covenant will be used**

Although we do receive some funding from statutory sources we are heavily dependent on voluntary contributions to keep our services going. Donations are significant in enabling London Lighthouse to continue providing a very full range of services for all people affected by HIV and AIDS.

### **How to support our work by covenant**

To make your covenant all you have to do is fill in the two forms enclosed, indicating the amount you wish to donate per month or per year, crossing out 'annually' if it is a monthly payment, and vice versa. You need to ask someone who is not a relative to act as witness to your signature. Please return the form to London Lighthouse. If you complete a tax return form you should show the amount under the heading 'Other outgoings' - as 'London Lighthouse £... net'.

### **If you cannot continue your payments**

If you cannot continue your payments, please let us know so that we do not claim tax erroneously. Also, in your form of covenant you will see that the promise ends if you die within the four year covenant period.

### **Donating a lump sum**

If you would prefer to donate a lump sum to London Lighthouse rather than spread your contributions over four years, but would still like us to be able to reclaim the tax you have already paid, then ask the Fundraising Group to send details of a deposited covenant and gift aid.

## Thank you

The support you are giving to the work of London Lighthouse is greatly appreciated. Without the help of many hundreds of individuals who have contributed financial assistance over the past five years, London Lighthouse would never have come into existence. Your help will ensure that we not only continue to exist, but will be able to develop further the wide range of support and services we provide to people living with HIV and AIDS.

Please send completed forms to: Fundraising Group  
London Lighthouse  
111-117 Lancaster Road  
London W11 1QT

London Lighthouse is registered under the Data Protection Act 1984

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*London Lighthouse is committed to equality of opportunity and to challenging prejudice and oppression*

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Registered charity no 295171 VAT no 512 6796 38  
Registered company no 2043745 Registered in England  
Registered office as above

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July 1991 Printed on recycled paper

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