

Participant's full name: \_\_\_\_\_

Address: \_\_\_\_\_

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Postcode: \_\_\_\_\_

### Sponsor Details:

(Please enter your details in the boxes below)

| Name | Address | Amount Pledged | Signature | Collected | Tick to stay in touch |
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Waltham forest Black People's Mental Health Association has existed for over 25 years. We were originally set up to provide services to the Black and minority ethnic community in Waltham Forest, with the onset of time and changing needs coupled with lack of resources, We welcome all members of the wider community and are truly a multi ethnic provider of Mental Health Services.

We have gone through various phases of funding challenges yet have somehow survived and thrived to date.

However the Greatest of these funding challenges has been since October, 2014 when the bulk of our funding was severed and replaced by a system termed "**Personalisation**"- direct payment whereby each service user has to pay to attend the centre, not all receive funding.

This only caters for a limited number of service users whom the Council has deemed as being in need, yet leaving many to possibly fall through the net.

The sponsored walk is one of our various ways of raising funds for our future survival. The 5Kilometre walk through Walthamstow is unique for us as it's the first we are organising on such a large scale. We have invited Service Users, Carers, Professionals and friends of the association to take part.

We need to raise funds for our ongoing basic survival.

### Event Information

**Date:** Monday 7<sup>th</sup> November 2016

**Time:** 10am

**Meet at:** BPMHA Centre



**The money that you donate will help us to support service users. It will also help us improve the service we provide to the community.**

**THANK YOU FOR YOUR DONATION AND SUPPORT**

Cheques Made Payable to "BPMHA"

# 5K Local Sponsored Walk



***Mental health can affect anyone. Mental illness affects 1 in 4 people.***



**Date:** Monday 7<sup>th</sup> November 2016

**Time:** 10am

**Meet at:** BPMHA Centre

**OUR ILLNESS DOES NOT DEFINE US. OUR STRENGTH AND COURAGE DOES.**

**BPMHA 2 Priory Avenue, London E17 7QP Tel. 020 8509 2646**

**Company No. 472735 Registered Charity No. 1027227**

