

## Instructions to your Bank or Building Society

To: The Manager of

\_\_\_\_\_  
(Bank or Building Society)

Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Name(s) of Account Holder(s)

\_\_\_\_\_  
\_\_\_\_\_

Account Number:

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Sort Code:

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Signature(s):

\_\_\_\_\_

Date: \_\_\_\_\_

*giftaid it*

I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

### Our Mission

To promote mental well-being by combating the effects of discrimination and abuse, reducing the stigma of mental health, and improving access to mainstream services.

### Our Vision

A Scotland where all women can fulfil their potential.

### How to contact us:

[www.saheliya.co.uk](http://www.saheliya.co.uk)

#### Edinburgh Office:

0131 556 9302  
[info@saheliya.co.uk](mailto:info@saheliya.co.uk)  
125 McDonald Road,  
Edinburgh, EH7 4NW

#### Glasgow Office:

0141 552 6540  
[admin.glasgow@saheliya.co.uk](mailto:admin.glasgow@saheliya.co.uk)  
St Rollox House, 130 Springburn Road,  
Glasgow G21 1YL

Facebook: [@saheliya.bme.women](https://www.facebook.com/saheliya.bme.women)

Twitter: [@Saheliya](https://twitter.com/Saheliya)



Saheliya is a registered company (SC209861) and recognised as a charity (SC020069)



Wellbeing-Empowerment-Employment  
Integrating Ethnic Minority Women in Scotland

## Standing Order Form



*"If it wasn't for Saheliya  
I would have been  
completely lost"  
-Service User*



## Who we are:

**Saheliya** is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area. We develop our clients' self-esteem and confidence as well reduce barriers such as isolation and depression.

We do this by using a holistic range of wrap-around services including counselling, practical support, complementary therapies, youth work, accredited and informal learning opportunities, gardening, cooking and sewing.

## Friend of Saheliya

As a **Friend of Saheliya** you will receive our newsletter as well as updates how we are making use of your valuable donations!

If you would like to become a Friend of Saheliya, please just add your email address under **My Details**.

Wellbeing-Empowerment-Employment  
Integrating Ethnic Minority Women in Scotland

**Boost your donation by 25p of Gift Aid for every £1 you donate!**

*giftaid it*

**If you are a UK tax payer, every £1 you give is worth extra 25p at no extra cost to you. Please just make sure to tick the Gift Aid box before returning the form.**

### Notes:

- You must understand that if you pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all your donations in that tax year it is your responsibility to pay any difference.
- If you pay income tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.
- You are entitled to cancel your Gift Aid declaration at any time and any donations made after the date of cancellation will be taken out of the Gift Aid Scheme.
- Please remember to notify Saheliya if you want to cancel this declaration, change your home address and/or no longer pay sufficient tax on your income and/or capital gains.

**Please retain these notes for future reference.**

**Thank you for choosing to make a donation to Saheliya!**

Please complete both sides of this form and return it to the following address:

**Saheliya, Crisis Funding,  
125 McDonald Road,  
Edinburgh, EH7 4NW**

**I would like to make a monthly gift via Standing Order:**

**Please pay to : Saheliya, Unity Bank**

**Account Number: 20 36 70 40**

**Sort Code: 60 83 01**

Figure: £ \_\_\_\_\_

In Words: \_\_\_\_\_

Payments to start from: \_\_\_/\_\_\_/\_\_\_ (D/M/Y)

### My Details:

Title: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Full Home Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

(Please add your email if you would like to become a **Friend of Saheliya**)