

Welcome to Cairdeas

Cairdeas was established in 2005 with a vision to facilitate the growth of palliative care in resource-limited parts of the world. Over the years we have grown and provided support in numerous different global settings, working to make a difference for some of the most socially excluded and vulnerable people living with chronic illness and pain.

All that we do, we aim to do by working in partnership with local groups and other supporters to ensure that advances are sensitive and sustainable. We are working to mentor and train the future health care workers and health system leaders. We are working to influence policy makers and develop new curricula for educational institutions.

However we cannot do this alone. We rely on the generosity of many supporters who give of their time and money. This leaflet summarises just some of the ways you can help us help more people. We look forward to partnering with you as we work together to change the present and influence the future.



Dr Mhoira Leng
Medical Director

Join a Community

Cairdeas Friends

Our invaluable community of regular donors, providing the backbone of Cairdeas and facilitating our critical core functions and sound financial planning



Cairdeas Ambassadors

Volunteers with a little time and a lot of enthusiasm to support events and functioning of Cairdeas in the UK. No skills or previous experience required!



Cairdeas Trainees

Medical students, trainee doctors and other young health and non-health professionals looking for electives or placements in global palliative care



Cairdeas Faculty

For established professionals with relevant experience interested in supporting palliative care development work from the UK or through short or longer term visits.



For more information / to register interest:

www.cairdeas.org.uk
or contact operations@cairdeas.org.uk



Ways To Get Involved

in working for palliative care
where it is most needed

www.cairdeas.org.uk

Scottish Registered Charity:
SC 037431



Run an Event

From hosting a 'Cairdeas Purple Party' to coordinating a journal club or educational session in your workplace, you could help raise awareness of the challenges and solutions in Global Palliative Care, whilst also raising funds for our vital work, with a good dose of fun added in! We can provide you with all the information and resources you need to get started!



Volunteer

There are numerous ways you can support Cairdeas with your time. We're looking for UK-based volunteers to support our advocacy and administrative functions (from wherever you are based), alongside students and professionals of all levels of experience to volunteer at home and overseas for short trips or long placements.



Learn

Raising awareness starts at home and website has a huge range of resources to increase your own understanding of the issues: www.cairdeas.org.uk/resources



Fundraise

If you are sporty or creative we would love to support you to fundraise for Cairdeas, from events to sponsored marathons, get in touch with us to talk about the best way you can help!



Donate

We rely on the generosity of individuals donating to support our work. Your one-off or regular gift, no matter how large or small, will make a vital difference to the individuals and communities affected by life limiting illnesses we serve. Please consider supporting our work in one of the following ways:



Online standing order or transfer (preferred):

'Cairdeas International Palliative Care Trust'

Account Number: 11090398

Sort Code: 83-15-31

Online by debit or credit card:

www.cairdeas.org.uk/get-involved/donate

By cheque payable to 'Cairdeas International Palliative Care Trust' posted to:

Operations Director (UK), 15 Kings Cross Avenue, Aberdeen, AB15 6FS

Support Our Cause

If you are a current UK tax payer, please complete and return the following declaration.

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By declaring your eligibility for Gift Aid, you allow us to boost your donation by 25p of Gift Aid for every £1 you donate. Gift Aid is reclaimed by Cairdeas from the tax you pay for the current tax year.

☐ I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to Cairdeas IPCT.

☐ 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.

Title: First name:

Surname:

Full Home address:

Postcode:

Signature:

Date:

Please notify us immediately at the contact details below if you:

- want to cancel this declaration
 - change your name or home address
 - no longer pay sufficient tax on your income and/or capital gains
- 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.

Please remove this panel and return to:

operations@cairdeas.org.uk or Operations Director (UK),
Cairdeas International Palliative Care Trust,
15 Kings Cross Avenue, Aberdeen, AB15 6FS