

MEDICAL FOUNDATION
for the care of victims of torture

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www.torturecare.org.uk



For twenty years the Medical Foundation has been dedicated to one purpose, helping those who survive the experience of torture. Through expert care, kindness and understanding our clients can start to rebuild their lives and look toward a brighter future.

The services we provide include:

- Psychiatric care
- Family Therapy
- Child and Adolescent therapy
- Befriending project
- Psychotherapy
- Physiotherapy
- Art therapy
- Music therapy
- Horticultural therapy
- Specialist medical care
- Interpreting service
- Documentation of torture for legal and therapeutic purposes

Registered Charity number 1000340



The picture above is my blanket and me, that all of you can very well see, My blanket and I have been through loads, especially through cold and bumpy roads, My blanket is very special to me, just like my mum's cup of tea, My blanket to keep me nice and warm, in the awful rainy storm, My pillow there to protect my head, particularly when I was being fed, The colour of my blanket is red and white, it helped me through the lonely night, The blanket is not mine no more, it used to be my brother's before, Now it's passed down to my sis, it is hers, it was mine, it was his, My blanket means care and love, which all comes from up above, Is your blanket red or green? what does your blanket mean?

By sham shaswar.

14 year old Sham Shaswar (an Iraqi Kurd) with her favourite blanket that she carried into exile.
From the exhibition 'Fragments of Another Life' by photojournalist Rhonda Klevansky

Yes, I want to help a survivor of torture in celebration of Elizabeth and Jonathan's wedding by giving a gift of:
£15__ £25__ £45__ £100__ other £__

Name_____

Address_____

Postcode_____

Email_____

Method of payment:

Please return to:

Medical Foundation, FREEPOST WD4196, London, N7 7BR
Registered Charity No 1000340

☐ I enclose a cheque made payable to the Medical Foundation

☐ Please debit my credit/debit card: (please tick the appropriate box)

Visa Mastercard Amex SwitchCAF Card

Card No_____

Expiry Date__/__/__ Switch Issue Number/Date__/__/__

Security Code (last 3 digits on back of card) __/__/__

Signature_____ Date_____

To make a credit card donation by telephone, please call 0207 697 7788 and mention that your gift is in lieu of a present for Elizabeth and Jonathan's wedding

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Special Day Card, donations in celebration of Elizabeth and Jonathan's wedding

Most of the people that the Medical Foundation helps, both adults and children, are coping not only with past trauma but also with the pain of exile. They have come from over 100 countries. All have experienced cruelty that defies imagination.

Our clients often leave their homes with little more than their own lives as they search for safety. Sham Shaswar's poem about her blanket is a moving reminder that so many of our clients are in this country with virtually nothing remaining from their homeland. No family heirlooms, no childhood photographs, and are often here alone, or with only part of their families intact.

Special days such as birthdays and anniversaries can be a difficult time for our clients, especially for our isolated youngsters who are in this country alone. That is why it is so wonderful when our supporters choose their own special days as a time to remember our clients and our work. The money raised in celebration of Elizabeth and Jonathan's wedding will be put to immediate work in helping survivors of torture start the long and difficult path to recovery.

Our clinical staff are under enormous pressure and we depend on you to provide this care. For every client we are able to help there are many more who need our care and support. Please help us to continue our work.

On behalf of all our brave clients, thank you.