

Bonny Downs
community association

LEAVE A LASTING LEGACY



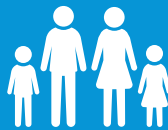
Remember BDCA when you make your will,
so that we can continue working together to
change lives and transform our community.

Bonny Downs Community Association (BDCA) have produced this booklet to help make people aware of an exciting opportunity to help us change lives and transform our community. Many people have never heard of a legacy gift before so we hope this booklet will be helpful and informative. As you read through the pages, we would like to ask you to consider remembering our charity in your will in order to help us protect the future of our work in the London Borough of Newham.

WHY MAKING A WILL IS A GOOD IDEA



Peace of mind
that your financial
affairs have been
put in order and
taken care of



Help your family
to have clear
instructions on
your wishes so
there is no room
for confusion



Power to give
something back
to the charities
that have made
a difference to
your life



Message from our Chief Executive



I am very proud of BDCA's vision to create a thriving community where everyone feels

connected, valued and fulfilled.

I hope that you are reading this leaflet having benefitted in some way from BDCA's services. Perhaps you have been supported into work, introduced to new friends or learnt a new skill. So much has been achieved as we strive to change things for the better, but so much more is still to be done, and this is where we need your help.

More than ever now, an increasing number of people in our community are facing many challenges such as poor health, loneliness, and disadvantage so we are fully committed to continue serving the people of Newham for generations to come and there are many ways that you can play a part in our shared

journey ahead. One of the most long lasting and impactful contributions is to leave BDCA a gift in your will. This would mean that, after your family and friends have been provided for, perhaps you would consider leaving a percentage of your remaining estate as a donation towards our future charitable work.

You don't have to be wealthy to make a difference. Large or small, your gift can help people build better lives for themselves and their families.

If you would like to discuss this confidentially, please feel free to phone me directly on 0203 388 1292. Your decision to make a special pledge to BDCA will help bring much needed hope to many in our community.

Peter Laing, CEO, BDCA



Why choose BDCA?

Since opening in 1998, BDCA has transformed 4 previously derelict spaces into thriving community venues for local people of all ages and walks of life. From these venues we run a wide range of services that are accessed by thousands of people per year.



1. THE WELL



2. FLANDERS FIELD



3. COMMUNITY GARDEN



4. SPORTS PAVILION

By leaving us a gift in your will you will be helping to ensure that other people can continue accessing services you've benefited from. Your generosity will benefit the generations to come and have a long lasting impact.

Nobody knows what's round the corner so we need to stop putting off making a will. My relative didn't get around to making a will and it caused us so much trouble and arguments when he passed. So I've made sure that I have my affairs in order. It's not tempting providence - it's just good common sense."

Judith, BDCA Elders Project User and Steering Group Member



Our motto is **"working together to change lives and transform our community"** and our mission is to break down barriers, bring people together and build people up. If you believe in these dreams and want to see them become a reality, we would love you to consider investing a legacy gift towards our future work so we can change lives and transform our community together.

You will help us to continue:

- Tackling isolation amongst local elders so they can enjoy their retirement years
- Supporting young people to stay out of trouble and get into work
- Helping homeless people to find housing and rebuild their lives
- Offering friendship and practical support to struggling parents so they can cope with the challenges of raising a family.

"I know that Bonny Downs need funding and I've attended the project for years so I changed my will in order to leave a token of my gratitude so that other people will be able to enjoy these services too when I'm gone."

Elders Project user F* who wished to remain anonymous

Our services for the community



Friendship, fun and fitness for older people

Elders Project

Delivers daily activities to improve the health, wellbeing and quality of life of people over 50 years in Newham, including: social groups, gentle exercise classes, educational activities and lunch club. Throughout the year, we seek to "add years to life and life to years" by providing health promotion events, holidays, trips and an advocacy service for elders who are struggling with issues such as: health, finance, housing, bereavement or transport.

Creating happy childhoods and resilient families

Children & Families Project

Provides activities that help local children and young people to have fun, stay safe, be healthy, learn and thrive. Core activities include: Under 5s play groups, after school club, summer scheme and trips. We also offer a range of services that empower, support and connect local parent/carers including: skills development courses, peer support and advocacy for families in crisis. We also offer a specialist project for children affected by food poverty.



Encouraging activity, connection and health

Sports Project

Provides access to high quality sports facilities and affordable, inclusive physical activity groups that encourage more local residents to get active and connected through regular sports participation. We also strive to reduce the risk and prevalence of preventable disease caused by inactivity and promote the physical, mental and emotional health benefits of sport.





Investing in the next generation

Youth Project

Helps local young people to achieve their potential by providing them with opportunities to get active, develop new skills, grow in confidence and use their gifts to benefit our community. We deliver a twice weekly youth club and annual leadership programme to boost the employability of 'at risk' young people.



Nourishing our community

Food Project

Provides residents of all ages with daily opportunities to grow, cook, eat, share and learn about healthy food together in our community garden and café. We seek to address food waste and food poverty by distributing surplus goods to local people in need and providing access to affordable healthy meals.

Helping people rebuild their lives

Poverty Response Project

Supports local people who are struggling with unemployment, homelessness, food poverty and debt. We partner with local organisations to deliver a weekly foodbank, benefits/debt advice, advocacy and homeless day centre. As well as addressing the immediate needs of local people in crisis, we also offer preventative interventions and resilience building services which help to end the cycle of poverty.





What our friends say about BDCA



Ellen

"There was so much loneliness and isolation in this particular area and now we are able to all come here. Hundreds a week. It's wonderful."



Shariff

I enjoy coming here and doing what I can to help. I can't imagine what I would do if I didn't come here. I worked for 40 years and now as a pensioner I need to be around people. I feel happy helping people and they are happy coming here.



Jean

"I became a recluse after the shock of losing my beloved husband but BDCA has brought me back into the community. The Well is a marvellous place and I feel that I really belong here. The staff have been so kind to me."



Brian

"It's the most friendliest place I've ever been to. When you come here they welcome you from the very first time you walk in. They make you feel that you're not alone, you're not on your own. There's help there and people care. It's made a big difference to me because I was really down before I came here. It's given me a life."



Florence

"I'm an old age pensioner. I live on my own and this club is my saviour. Because without this club I'd be stuck at home thinking about all my aches and pains. But I come here 4 days a week to relieve all the tension and I'm so thankful. They save us from being bored!"



Hazel

"Without Bonny downs I would have nowhere to go. When I lost my husband I came here and found friends and I think it's absolutely fantastic."

Stacey's story



“I WOULD URGE
EVERYONE TO MAKE A
WILL AND HAVE THAT
PEACE OF MIND”

Our family were absolutely devastated when we lost our beloved Grandad in 2015. He was a very private person who hated talking about things like finance so we never felt comfortable discussing wills with him and assumed he had just taken care of it. But I really wish we had brought it up because it was really distressing when we realised that he never got round to making a will and his money would be taken by the government into probate rather than going to his family and the charities that he cared about. It was already a very painful and confusing time for the family as we came to terms with our grief and I just wish we had

found out his wishes before it was too late. We didn't know what to do with his treasured possessions like his medals and all the paperwork was so stressful. So I would urge everyone to make a will and have that peace of mind that your money will go straight to the places and people that you have chosen should anything happen. Life is unpredictable so, although it's not a nice subject to dwell on, I'm in the process of getting my own will sorted so that I don't have to think about it anymore. I am proud to work for BDCA and know they make a big impact in our community so I will definitely consider including a legacy to them in my will.

How to leave a gift in your will

Whether you have a will already or are planning to write your first will, it really isn't hard to do. There are free will-making packages available online or if you prefer not to deal with computers then a solicitor can assist you.

BDCA would be most grateful for a gift of any amount. If you do decide to include us in your will, please let us know so we can thank you properly. Leaving a legacy is the wonderful act of generosity so we would love to talk to you confidentially about how we could express our gratitude in a way that it is fitting for you.

**Thank you for taking the time to
consider this opportunity to help
us continue changing lives and
transforming our community!**



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Bonny Downs Community Association is a registered charity (number 1071625) and a company limited by guarantee (number 3625785). Our registered offices are at The Well Community Centre, 49 Vicarage Lane, East Ham, London E6 6DQ.