



International Association for Human Values (IAHV)

Newsletter - July 2021

Fun & Fitness 10k Fundraiser (Virtual)

IAHV Fun & Fitness
10K Fundraiser
Sunday 5th September

Run/walk/cycle/swim/skateboard/
yoga/stationary bike/tai chi/dance.
Wherever you are!

 **ACTivity** International Association
for Human Values
iahv.org.uk

IAHV's Fun and Fitness **10K** Fundraising Event is on
5th September.

Our annual sponsored event is virtual so you can join from anywhere!
Do anything you like for the distance or time equivalent:

Run! Walk! Dance! Kayak! Swim! Hike! Salute the sun and have some fun!

JOIN US! To participate, register for Free [here](#).

Once registered, to motivate you to train there is an option to track your personal training progress with Strava via the IAHV Club.

For more details contact: Events@iahv.org.uk

Funds raised will support IAHV's projects: YES! for Schools UK, Read Library, Gift a Smile, Peacebuilding, Disaster Relief and more.

Times are challenging! **Lets meet this together.**

Read Library now in Kenya!



Thanks to online cooking classes lead by Chef Seema Bhatia in late 2020, sufficient funds were raised to launch five libraries in Kenya:

1. Amani Kibera Community Library
2. Bensophil Community Center
3. Bethany Education Center
4. God Reach School
5. Saviour King Education Centre

Sammy, the headteacher of Saviour King Education Centre, Kibra recently shared:

"I am so grateful for the Read Library project global for donating the books to us. It is amazing to see how the golden gesture has transformed the reading

culture of the school in whole, as a matter of fact, the kids look forward to finishing their lessons so that they can catch up on one of their favourite editions.

In a short span, it has come to the notice of the relevant language teachers that their vocabulary bank has been fattened and it is now common to hear a new word or two in their communication especially for English language.

Their debating sessions are even more livelier, thanks to the IAHV.

In a nutshell, I want to appreciate the noble work you are doing. You have made us jump a milestone. Bravo!"

Help raise funds to help setup more libraries in India, Kenya and Nepal for underprivileged children because libraries spread the joy of reading and learning.

As Albert Einstein said: *"The only thing that you absolutely have to know, is the location of the library."*

It is so inspiring to see the joy in the children when they receive these books.

You are welcome to take this beautiful opportunity to help, serve and transform.

Contact: readlibrary@iahv.org.uk

Fundraising?

Inspired by the above story? Feel free to organise an event in support of ReadLibrary or any of IAHV's projects.

Contact: info@iahv.org.uk

Climate Action Now (CAN)



CAN's Year-to-date Impact: January to June 2021

With generous support from IAHV's environment-conscious donors, friends, and CSR partners, we have funded planting of 81,657 new trees this year with Eden reforestation sites, which on average will remove 1,450 tons of CO₂ every year the trees are growing. The progress this year has taken our total tree planting count to 451,169 trees along with our strategic partner Saving Our

Planet. Our next goal is 1 million trees, and we hope to hit this sometime in 2022.

A special note of thanks to generous families who are regular contributors and a big shout out to our kind CSR partners: [The Bamboovement](#) – Holland, [Seance.com](#) – UK and Ireland, and [The Mango Tree](#) – Taunton, Somerset, UK.

If you would like to [donate](#) or volunteer on this project please contact: shailen.mittal@iahv.org.uk

Healing, Resilience and Empowerment Workshop

Free monthly online workshops
Tuesday, Wednesday & Thursday
7-8pm GMT +1

Give Yourself a Break

hreukworkshops@iahv.org.uk

iahv.org.uk



IAHV International Association
for Human Values

Healing, Resilience and Empowerment

FREE Online Workshop

The Healing Resilience and Empowerment Workshop is up and running again here in the UK. We have taught three online workshops and will continue with these monthly workshops for at least the rest of the year. The team has grown since the last two training sessions with Katrien Hertog of IAHV PeaceBuilding, and we are excited to have a new group of volunteers to be part of the project. Once it is safe to do in-person workshops again we are looking to provide relief to frontline workers, refugee communities and those who have experienced gender based violence. For more information or to get involved contact: hreukworkshops@iahv.org.uk

The next free online workshop will take place from 24th to 26th August

To register, please click [here](#).

IAHV's Annual Meet

On 5th June, IAHV UK was joined by contributors from Kenya, India and the US and some 90 participants from UK and overseas for this year's Annual Meet. It showcased the ever expanding work done in the wide range of projects currently run or supported by IAHV UK. The various project leads explained their activities with our initiatives in UK and around the world.

IAHV is essentially a volunteer run organisation and this year's annual Meet was timed to coincide with 'Volunteers Week' which takes place 1-7 June every year. It was a chance to recognise the fantastic contribution volunteers make generally and say Thank You!

Our excellent Guest Speaker Robynn James from the USA spoke of her interesting approach to fundraising based on the cultivation of Generosity as a guiding principle.

To access a recording of the presentations, please contact info@iahv.org.uk

Parent & Educator Course

Online Workshop



IAHV

International Association
for Human Values

Online Parent and Educator Course 27th - 29th August



Empowering Parents & Educators - Transforming Families & Schools

This unique course equips parents, teachers and youth workers with evidence-based tools and techniques to manage their own stress and emotions, thus improving the relationships with their children and those they work with.

Over three practical sessions, we bring awareness to the choices we make in our daily life. By taking ownership over our own values and behaviour, we show the children a better example, thus becoming better role models.

Self-care is seen not as selfish, but as an integral part of a healthy body and mind. By understanding that our habits transfer to the next generation, it gives us tools to shift mindsets in a positive manner and therefore an ability to break the cycle.

In each session, you will learn specific breathing techniques to provide you with a repeatable practice which complements a cognitive understanding of the functioning of your mind, your responses and interactions with others, and life generally.

27th - 29th August 2021

FRIDAY 6.30 PM - 9.00 PM

SATURDAY / SUNDAY 9.00 - 11.00 AM

(British Standard Time)

Early Bird Price of £96 ends Friday 20th August 2021

To register, please click [here](#).

TEACHERS: VALMA CAMERON & BIRGIT KONIG

Contact the team on: yesforschools@iahv.org.uk

For frequent updates see, like and share below FB page

[YES for Schools | Facebook](#)



HELP required please

Do you love writing?
&/or
master social media tools?

We'd love to hear from you!

IAHV UK could really do with assistance to actively promote all the great work of its volunteers.

Drop us a line on: info@iahv.org.uk



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