changes Bristol

Let's talk about mental health

Sponsorship form

My details

Name:

I am taking part in: (event name)

On: (date)

In aid of Changes Bristol, the local mental health charity providing free weekly mutual support groups for anyone in mental distress.
Registered charity 1167828

Address:

Email:

Tel:

We'd love to keep you updated with news about the work we are doing to improve Bristol's mental wellbeing.

☐ Tick here to receive our Monthly e-newsletter which includes news about mental wellbeing, our services and ways to get involved.

Tick the appropriate boxes to receive occasional (approximately four a year) emails about the following areas:

☐ Fundraising ☐ Volunteering ☐ Services ☐ Training/Courses

Changes Bristol will never sell your personal information to third parties. See our Privacy notice for more information on how we use and protect personal information. You can change your mind at any time by emailing **info@changesbristol.org.uk**

Sponsor's details

giftaid it **Full name + Home address + Postcode + ✓ = Gift Aid**

If I have ticked the box headed 'Gift Aid' I confirm that I am a UK income or Capital Gains Tax payer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Remember: you must provide your full name, home address, postcode and tick 'Gift Aid' for the charity to claim.

How your donation helps

£50 could fund a 2 hour peer support group in your area, providing a lifeline for people suffering with mental distress.

£150 could allow us to train a volunteer to facilitate weekly support groups with patience, understanding and empathy for those who are at different stages with their mental health.

£500 would pay for one person to be fully supported by our mental health service for a whole year, helping them to take steps towards improving their lives and wellbeing.

Full name	Home address (for gift aid we can only accept home address)	Postcode	Donation amount	Date given	Gift Aid
Joan Smith	123 Street, Bristol	BS1 2AB	£25	1/2/19	✓

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Total donations received	
Total Gift Aid donations	
Date donations given to charity	

Thank you for your support

Changes Bristol, Barton Hill Settlement,
43 Ducie Road, Lawrence Hill, Bristol, BS5 0AX
0117 941 1123
www.changesbristol.org.uk
info@changesbristol.org.uk

Registered with FUNDRAISING REGULATOR
Registered charity No 1167828