



# Sponsorship form

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

## How your donation helps

**£13** could pay for 10 new members to receive membership packs to help them take steps toward improving their lives and well-being.

**£35** 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.

## My details

Address:

Email:

Tel:

We'd love to keep you updated with news about our vital services for mental wellbeing, ways to get involved and fundraising activities. Please tick the appropriate boxes to receive communications in this format.

- Monthly E-newsletter      Email  
 Phone      Post

Changes Bristol will never sell your personal information to third parties, but we may need to share your details with suppliers who work on our behalf. See our Privacy Policy 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](mailto:info@changesbristol.org.uk).

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**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.**

Full Name	Sponsor's home address* <small>*for gift aid we can only accept home address</small>	Postcode	Donation amount	Date given	Gift Aid
John Smith	123 Street, Bristol	AB1 2AA	£25	01/02/18	✓

