

SPONSORSHIP FORM

Thank you for your supporting veterans with mental health problems. Please use the information below to help make sure we benefit as much as possible from your support.

HOW YOUR MONEY HELPS

£10

provides materials for our art therapy work

£21

pays for one hour of our 24-hour Helpline

£40

pays towards one hour with a community mental health nurse

£80

provides an hour with an occupational therapist

GIFT AID GUIDE

By ticking the gift aid box, **we can turn every £1 you donate into £1.25.** Here's what you need tell your sponsors to do:

- **Write your full name:** To claim Gift Aid, the form must be clearly completed in the sponsor's handwriting.
- **Fill in your home address:** Please do not include your work address as HMRC need to know where you live to claim Gift Aid.
- **Avoid ditto marks:** Unfortunately we can't claim Gift Aid on your donation if ditto marks ("") are used.
- **Write down your donation:** The most important bit – how much would you like to sponsor someone for their event?
- **Tick the Gift Aid box:** If you've read the declaration and are happy to include Gift Aid, please tick the box.
- **Please do not fill in the form on someone else's behalf or as a couple.**

RETURNING YOUR SPONSORSHIP MONEY

Whether you choose to send your sponsorship to us online, via the post or over the phone, it's quick and easy, and we'll put it straight to work transforming lives. Here are the details:

- **Online:** set up an online fundraising page (JustGiving etc)
- **By phone:** call us on 01372 587 140
- **By post:** please return your completed sponsorship form with a cheque made payable to '**Combat Stress**' to:
Fundraising Department, Combat Stress, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX.
- **At a bank:** ask us for a unique paying-in slip (as this helps us track your donation) or pay your monies in directly at your nearest brand of NatWest, Royal Bank of Scotland or Ulster Bank.

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NAME:

EVENT:

First name	Surname	Home address	Postcode	Total amount	Gift Aid*	Hear more from Combat Stress? **

giftaid it * By ticking the Gift Aid box I declare that I am a UK taxpayer, and wish Combat Stress to claim Gift Aid on my donation as listed on this form. I understand Combat Stress will reclaim 25p of tax on every £1 that I have given. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year that it is my responsibility to pay any difference. Please notify us if you want to cancel this declaration, change your name or home address or no longer pay sufficient income and/or capital gains.

TOTAL: £

** If you are interested in hearing from Combat Stress we will contact you to confirm your communication preferences. If you do not tick this box, we will only use your information to process your donation and Gift Aid. Please read our full privacy policy at combatstress.org.uk/privacy-policy. You can change your preferences at any time by calling our Supporter Care Team on 01372 587 151.

Print another copy of this page if you hope to get lots of donations.