Sponsorship form

M.E. (or Myalgic Encephalomyelitis) is a long-term, fluctuating illness, which affects 250,000 men, women and children in the UK. It can be as disabling as multiple sclerosis.

I am raising money for Action for M.E., the UK's leading charity for people with M.E. and their carers. They provide support and information to people with M.E. while campaigning hard for better public services and more research into the illness.

My name is

Please sponsor me to Please state eg. run the London Marathon

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

giftaid it

Full name	Full address	Postcode	Gift Aid it?	Permission to contact	£
Averykind Person	1, Newtonhill Road, Newtonhill	AB12 3CD	√	√	£xx

*You need to have paid UK tax this year at least equal to the amount we claim.

PTO

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

giftaid it

Full name	Full address	Postcode	Gift Aid it?	Permission to contact	£

*You need to have paid UK tax this year at least equal to the amount we claim

Total raised

For office use only

Fundraiser's details

My title First name Surname

Address

Postcode

Tel Email

Signed (By parent or guardian if under 18) Date of birth (if under 18)

☐ We would like to keep in touch. Tick here if you don't want us to

After the event sponsorship forms and cheques should be returned to: FREEPOST PLUS RTJR-TREB-AXGY, Action for M.E., 42 Temple Street, Keynsham BS31 1EH. All cheques should be made payable to 'Action for M.E.' You can also pay by card on 0117 937 6626 but we will still need your forms to claim Gift Aid.

Download more forms at www.actionforme.org.uk or call 0117 937 6626

Registered charity in England and Wales no. 1036419 Registered in Scotland no. SC040452
Company limited by guarantee, registered in England no. 2906840

action for m·e