

# 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

**£8**

could pay for an art therapy session for one veteran

**£19**

could fund our 24-hour Helpline for one hour

**£58**

could fund a session for a veteran with a community psychiatric nurse

**£147**

could fund an individual session with a clinical psychologist

## 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.

