

I would like to make a donation to $ijS$ *	What your donation means to
Title: Name:	is
Address:	
	Your £25 would pay for one to one support for a young person
	to identify their personal goals
Tel:	and make the step onto a uS
Email:	fitness programme
	Your £50 would pay for two qualified coaches to deliver a
I would like to make a donation of £ to <b>ijS</b>	fitness session for a group of
I enclose 🔲 a Cheque	young people experiencing mental health difficulties
I enclose 🔲 a Postal Order	
l enclose 🔲 Cash	Your £1000 would pay for a full programme of sessions for a
	group of young people
Signature: Date:	experiencing mental health
	difficulties

## Help **ijS** more and giftaid it

With Gift Aid, we can make your donation go further. By ticking the Gift Aid box, we can claim back from the government 25p for every £1 donated, boosting the value of the donation by a quarter.

## I confirm that I am a UK Income or Capital Gains taxpayer

I have read this statement and want the 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 tax year than the amount of Gift Aid claimed on all of 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.

We'd love to know more about your donation to

**ijS** 

\* We will retain the contact details you have provided and use them to inform you about what we are doing and future fundraising events or campaigns. We will not share your details with anyone else without your prior permission. US,

60 Elmfield Road, Gosforth, Newcastle uponTyne, NE3 4DB, info@usactive.org.uk Registered Charity Number: 1166464 (England and Wales)