

# 25 Miles For 25 Years Sponsorship Form

Good luck in your fundraising journey! when you have completed your challenge you can send us your completed form by email attachment to fundraising@carerslinklancashire.co.uk  
 Details on how to pay in your cash donations can be found on our fundraising page on our website www.carerslinklancashire.co.uk

Your Name:

Your Postcode:

Amount Raised:



Please complete the form in BLOCK CAPITALS using black or blue ink

First name:	Surname:	Address (including postcode):	Date paid:	Donation Amount:	Gift Aid:
			/ /	£	<input type="checkbox"/>
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**£5.00** will pay for a carer to attend an activity to give them a break for a couple of hours.

**£10.00** will pay for 2 subsidised complementary therapies with a qualified therapist.

**£15.00** will pay for a carer looking after a loved one with Dementia to attend our Understanding Dementia Course.

**£20.00** can provide a carer with an emergency plan so someone is there to care if the carer is in an emergency.

**£50.00** will pay for one of our staff to provide Carer Awareness Training to professionals, charities, groups and businesses to help them better identify and support unpaid carers.

**£80.00** will pay for our carers to spend a subsidised night in our modern caravan at Lakeland Haven in the Lake District, for a well deserved break from their caring role.

## Gift Aid How to claim:

- Write your full name
- Write your home address
- Write down your donation
- Tick the Gift Aid Box if you pay tax in the UK and the following three statements are true:
  1. This donation is my own money.
  2. This donation is voluntary.
  3. There is no prize to win by donating money.