



Please Help a Hero by making a donation.

Your Details

Title _____ First Name _____ Surname _____

Home Address _____

Postcode _____ Telephone _____ Email _____

Cheque/Postal Order

I enclose a cheque / postal order made payable to 'Help for Heroes' for £ _____

Card Donations

Donate online at www.bmycharity.com/h4h or call the donations team on 01725 514130

Bank/Payzone/Other Method

I have made a donation to Help for Heroes by another method (please provide details below and complete the Gift Aid declaration, if appropriate, so that we can correctly process your donation and send you a thank you).

Donation Method _____ Amount £ _____ Date _____

Bank or Payzone location _____

Challenges & Events

Please quote your event registration, challenge number or other reference here **30130531-2490-4076**
SOLO ONE DAY WELSH 3000 TREK

giftaid.it **GIFT AID DECLARATION**

Most individual cash donations from UK tax payers will qualify for Gift Aid (for details please see our website www.helpforheroes.org.uk/giftaid.html). By completing your details and signing and dating this declaration you confirm you have paid, or will pay, an amount of Income Tax and/or Capital Gains Tax for the current tax year (6th April to 5th April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports clubs (CASCs) that you 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.

I confirm you can treat qualifying donations I make Today In the past 4 years In the future as Gift Aid claimable

Signature _____ Date _____

I confirm this is my personal donation and I am NOT donating on behalf of a group, a public collection or on behalf of someone else.

You can cancel your declaration at any time by letting us know, particularly if your circumstances change and you no longer pay tax at least equal to the tax all charities will reclaim from Her Majesty's Revenue and Customs. Please notify us if you change your address.

HELP for HEROES and YOUR DATA. Help for Heroes will not pass your details to other organisations but does hold and use any data you have supplied for use within the Help for Heroes Group of companies.

If you would like to hear from the Help for Heroes group please select your option:

by email by post

Payable to:
Branch **LLOYDS TSB, ANDOVER**
Sort code **30-90-21**
Account Name **Help for Heroes**
Account No **03524452**

Please return to:
Donations, Help for Heroes, Unit 14, Parkers Close,
Downton Business Centre, Downton, Wiltshire SP5 3RB