Sponsorship and gift aid form

healthy options

Please sponsor _____

In aid of Healthy Options

Healthy Options is a charity working with people who have, or are at risk of developing, life-long health conditions. We deliver a specialist service which supports people to learn the skills and tools to self-manage their health and wellbeing. We address the needs of our community members who live with one or more life-long medical condition; we support people who are at risk of developing such conditions; we support people who are socially isolated.

Full name (First & Surname)	**Home Address** (Required if Gift Aiding)	**Postcode**	**Donation £**	**Gift Aid*** ' ✓ '	**Paid Date**

* If I have ticked the box headed 'Gift aid' I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Healthy Options to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / Capital Gains Tax in the current year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference. I understand the charity will reclaim 25 p of tax on every £1 that I have given. **You must provide your full name, home address and postcode, and tick the 'gift aid' box for Healthy Options to be able to claim tax back on your donation.**