

Tea & Talk donation form

We believe no-one living in the UK should be deprived of the opportunity for good mental health because of who they are, the community they come from or where they live. Together, we can help everyone have better mental health.



giftaid it

Make your sponsorship worth 25% more by ticking the Gift Aid box.

If you are a UK tax payer and you tick the Gift Aid box on this sheet, the Inland Revenue will give us an extra 25% on top of your donation. It doesn't cost you a penny to do*

Please complete your details below.

Name
Address

Full Name	Full Home Address (not work address)	Postcode	Amount	Tick for Gift Aid*
Victoria Sponge	43 Cupcake Lane, London	TE4 74LK	£25	✓
Full Name	Full Home Address	Postcode	Amount	
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* 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 the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown.

I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that 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.

Company limited by guarantee number 2350846.
Registered Charity Numbers England 801130, Scotland SC 039714.

TOTAL	
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TOTAL	
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Online donations can be made at:
www.mentalhealth.org.uk/donate

Cheques should be made payable to the 'Mental Health Foundation' and sent to:

Mental Health Foundation
Studio 2
197 Long Lane
London
SE1 4PD

Please do not send cash.

Matched giving
Some employers kindly offer to match money raised for charity by their staff. Ask your employer if this is something they offer to double your donation!

Any questions?
Contact the Events Team on:
events@mentalhealth.org.uk
or call **020 7803 1123**
Monday to Friday, 9am to 5pm
mentalhealth.org.uk

