



If you don't have a head for heights, we have plenty of other fundraising opportunities for you. We know we can beat muscle-wasting conditions more quickly by working together. Please join us.



## Contact details

Event: \_\_\_\_\_

Date: \_\_\_\_\_ Target: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Contact tel: \_\_\_\_\_

Email: \_\_\_\_\_

The Muscular Dystrophy UK would like to keep you informed of the work we do. If you do not wish to receive information, please tick this box ☐

## About Muscular Dystrophy UK

Muscular Dystrophy UK is the charity bringing individuals, families and professionals together to beat muscle-wasting conditions.

We support high quality research to find effective treatments and cures; and lead the drive for faster access to emerging treatments for UK families.

We ensure everyone has the specialist NHS care and support they need, with the right help at the right time, wherever they live.

We provide a range of services and opportunities to help individuals and their families live as independently as possible.

We know we can beat muscle-wasting conditions more quickly by working together and hope you will join us.

## How to send your money to us

Please do not send cash. Send cheques, made payable to 'Muscular Dystrophy UK', along with all your sponsor forms to Volunteer Fundraising at: Muscular Dystrophy UK, 61A Great Suffolk Street, London SE1 0BU

**0300 012 0172**

**volunteerfundraising@musculardystrophyuk.org**

**www.musculardystrophyuk.org**

**#TeamOrange**

giftaid it

Yes, I have ticked this box and I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Muscular Dystrophy UK to reclaim tax on this donation and all future gifts from the date of this declaration as Gift Aid donations. 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.

**Remember: You must provide your full name, home address, postcode & '✓' Yes for the charity to claim tax back on your donation.**

Please sponsor me...

Full name	Home address (We need this, and your postcode to claim Gift Aid)	Postcode	Can we contact you	Amount pledged	Paid	Gift Aid
John Example	9 Example Road,	EX43PL	✓	£20	✓	✓
Total raised £						
For official use only – amount to Gift Aid £						

*giftaid it*

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**Please sponsor me...**

Full name	Home address (We need this, and your postcode to claim Gift Aid)	Postcode	Can we contact you	Amount pledged	Paid	Gift Aid

**Your £150 will fund a regional Trailblazers meeting, bringing young disabled people together to support each other.**

<b>Total raised £</b>						
<i>For official use only – amount to Gift Aid £</i>						

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**Your £352 will fund a day of world-class research into effective treatments and cures.**


Please do let us know if you need more sponsor forms and we'll gladly send you some. When you send in your forms and funds, do let us know if you need a receipt ☐

<b>Total raised £</b>			
<i>For official use only – amount to Gift Aid £</i>			

A close-up photograph of a woman with long dark hair smiling warmly at the camera while holding a young child. The child is laughing joyfully, with their mouth open and eyes squinted. The woman is wearing a dark top, and the child is wearing a light-colored shirt with a graphic. The background is softly blurred, showing what appears to be a doorway or a window.

**"The team at Muscular Dystrophy UK are there to support me and point me in the right direction when I feel overburdened."**  
Fran Ashe, mum of two from County Antrim, has Bethlem myopathy

For over 50 years, Muscular Dystrophy UK has been here for families. This is only possible thanks to donations, gifts in Wills and family fundraising. Thank you for your continued support.



**Muscular Dystrophy UK is the charity bringing individuals, families and professionals together to beat muscle-wasting conditions. We're providing a range of services and opportunities to help people live as independently as possible.**

We're working with world-class researchers and won't stop until we find treatments and cures for all our conditions.

We're a first port of call for 4,000 families in the UK newly-diagnosed with muscle-wasting conditions every year. We offer a personal support system at their point of need, with a specialist helpline and free information.

Being here for families is only possible thanks to fundraising activities like yours.

**Muscular Dystrophy UK**  
**61A Great Suffolk Street**  
**London SE1 0BU**

**0300 012 0172** (fundraising hotline)  
**[volunteerfundraising@musculardystrophyuk.org](mailto:volunteerfundraising@musculardystrophyuk.org)**  
**[www.musculardystrophyuk.org](http://www.musculardystrophyuk.org)**