

THE THAMES PATH WELLNESS WALK

How to make the most of your fundraising

- Tell people why you're doing the Thames Path Wellness Walk. Keep them updated on your wellness journey with photos, videos and blogs.
- Share every milestone you reach on your wellness journey. No matter the goal, big or small, shout about what you're doing to put your health and wellbeing first.
- Let people know about all your practice walks and soak up the motivation as people support you. Then share your achievement on May 3.
- Remind sponsors to tick Gift Aid if their donations are eligible. Gift Aid will add 25% for every £1 of sponsorship, without costing extra to the people supporting you.
- Match Funding is a fantastic way to boost your fundraising. Speak to your line manager or HR department to see if your employer offers this.
- The best time of the month to share your page is around pay day.
- Creating a JustGiving page is the easiest way to fundraise, you can share it with a few clicks and all your donations come directly to us.
www.justgiving.com/diabetesuk

If you've collected cash donations from friends and family, please don't send it to us through the post. Pop it into your account at the bank. You can then send us a cheque made payable to 'Diabetes UK' and include it with this sponsorship form, make sure you include your full name and postcode so we know who you are.

Post your cheque and sponsorship form to: Diabetes UK, Thames Path Wellness Walk, Wells Lawrence House, 126 Back Church Lane, E1 1FH.

Or if you'd like to make a donation over the phone, you can call us on 0345 123 2399.

You can change how you hear from us at any time, **visit us at forms.diabetes.org.uk/im-in-charge**

THAMES PATH WELLNESS WALK

3 May 2020

Sponsorship form

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

'S SPONSORSHIP FORM

I'M TRYING TO RAISE £

Office use only
form reference number:

^
Please enter your
full name above
and **postcode here** >

We will only use your name and address to process your donation and claim Gift Aid. If you'd like to be kept updated about how we support people living with diabetes and how you can help by donating, volunteering and campaigning, please visit www.diabetes.org.uk.

*Increase your gift at no cost to you

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By ticking the box headed Gift Aid, I confirm that I am a UK taxpayer. I have read this statement and want Diabetes UK to reclaim tax on the donation detailed below, given on the date shown. I understand that my donations are eligible for the scheme if I pay enough UK Income and/or Capital Gains Tax to cover the amount of tax that all charities I donate to will reclaim in that tax year. If I pay less it is my responsibility to pay back the 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 and tick the Gift Aid box for Diabetes UK to claim tax on your donation.

Sponsor's full name <small>Title, first name and surname</small>	Sponsor's home address <small>Only needed if Gift Aiding* your donation. Don't give your work address if you are Gift Aiding your donation.</small>	Postcode	Donation amount	Gift Aid*	Date paid	Relative**
Miss Anne Example	10 Example Street, Example	EX1 1EX	£ 25	✓	01.01.2020	
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**Donations from relatives Sponsorship money received from people connected to the fundraiser (spouse, sibling, ancestor, relative, lineal descent, spouse of a relative, or company under the fundraiser's control) may not be eligible for Gift Aid.

Total donations	£
Total Gift Aid donations	£
Date donations given to charity	