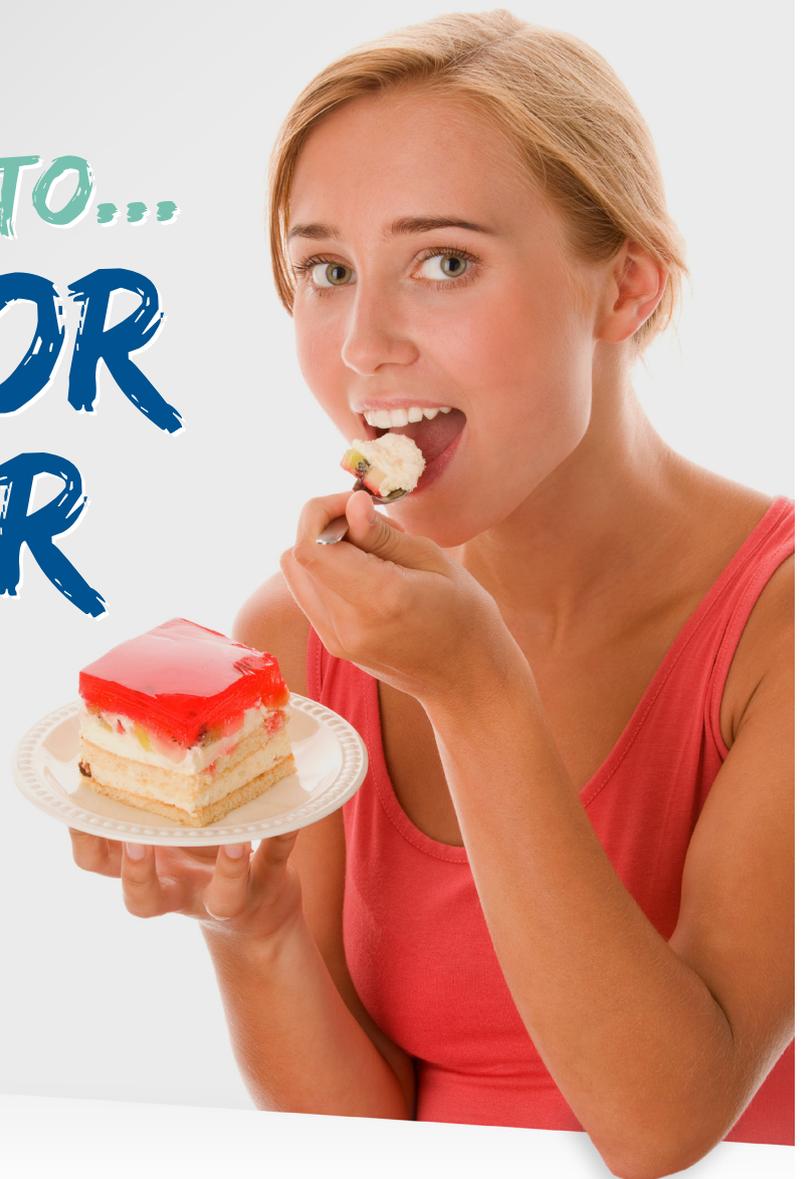


THIS MONTH
YOU DON'T NEED TO...

TRAIN FOR
ANOTHER
10K RUN



Save yourself the stress, muscle cramp and squeezing into lycra...

We're so grateful to everybody that fundraises for us - but we also realise that sometimes it's nice to relax! So on our non event days, you don't need to go out training or worry about fitting into lycra.

Instead, we'd love for you to set up a regular donation to St Richard's Hospice. A regular gift is a simple and convenient way for you to support our care as every monthly donation will help a St Richard's patient or family member. A regular income helps us plan for the future with confidence.

To set up your regular gift, visit
www.justgiving.com/strichards
or complete the form overleaf



**St. Richard's
Hospice**

CARING FOR LIFE
Reg. Charity No. 515668

Address: Wildwood Drive,
Worcester, WR5 2QT
Phone: 01905 763 963
Email: appeals@strichards.org.uk
Web: www.strichards.org.uk

Yes, I would like to help St Richard's Hospice care for patients with life-threatening illnesses.

Name _____

Address _____

Postcode _____ Mobile (optional) _____

Email _____

By completing the form you are agreeing to updates from St Richard's Hospice for us to keep in touch.

If you do not wish to keep in touch then please tick here

Until further notice, please pay St Richard's Hospice the Sum of:

£4.75 will pay for a delicious and nutritious lunch for our patients.

£12.55 will provide a patient with an hour of care and emotional support at home.

£19.79 will cover one hour's care in our In-patient Unit.

£..... (please specify an amount that you'd like to give).

I would like to donate monthly quarterly twice yearly

on the 1st 15th of the month (please tick as appropriate)

Instruction to your bank or building society

Name and full address of your bank / building society

To: The Manager of _____ Bank / Building Society

Address _____

Postcode _____

Name(s) of account holder(s) _____

Bank / Building Society Account Number

Branch sort code - -

Please pay: **NATIONAL WESTMINSTER BANK, THE CROSS, WORCESTER** Sort code 55-81-36 Account No. 06504493

Instructions to your Bank or Building Society: St Richard's Hospice Standing Orders from the account detailed in this instruction. I understand that this instruction may remain with St Richard's Hospice and, if so, details will be passed electronically to my Bank/Building Society.

Signature _____ Date _____

GIFT AID If you Gift Aid your donation we can claim gift aid tax relief of 25p on every pound you give. You will only need to fill this form in once and we will do the rest. Thank you.

YES, I am a UK tax payer and would like St Richard's Hospice to reclaim the tax on any donations I have made in the last 4 years and any donations I make in the future. (To qualify for Gift Aid you must pay an amount of income tax and/or Capital Gains Tax at least equal to the tax that St Richard's Hospice will reclaim in your donations in the appropriate tax year. Other such taxes such as Council Tax and VAT payments do not qualify.)

Signature _____ Date _____



**St. Richard's
Hospice**

CARING FOR LIFE
Reg. Charity No. 515668

Please return all forms to the following address:

Fundraising, St Richard's Hospice, Wildwood Drive, Worcester, WR5 2QT