

## Can you help Milton Keynes Mind?

Milton Keynes Mind is a well established independent local mental health charity. We provide services for people who are suffering from emotional distress or are recovering from mental health problems. We are based at York House in Stony Stratford whilst our Counselling Centre is based in Farthing House in Netherfield.

At York House we run the following services:-

- Information and advice on mental health
- Information advice and guidance on employment, education and training including CV preparation and help on interview techniques
- Art and craft classes
- Sport activities , including golf, women's football, cycling,
- Singing classes
- Relaxation classes

At Farthing House we run the following:-

- Counselling – the counselling centre is accredited to the British Association for Counselling and Psychotherapy (BACP)
- Classes on Understanding and Managing Anger, Assertiveness and Anxiety Management

All these services have an important effect on the mental health of the community within Milton Keynes.

We rely on money we raise ourselves to keep our services running. In the present economic climate this is becoming more and more difficult.

If you can afford to make out a Standing Order to us this will provide much needed regular income to keep our services running. If you are a UK taxpayer and you sign the Gift Aid form we can claim an extra 28 percent back from HM Revenue and Customs.

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Thank you for your support.

Milton Keynes is registered as a Charity no 1035220 and registered as a Company Limited by Guarantee no 2902056



For better mental health

Please return this form to us at: Milton Keynes Mind, York House, London Road, Stony Stratford, Milton Keynes MK11 1JQ

**STANDING ORDER FORM**

Your name address and details

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

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

**Post Code:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

Please pay to National Westminster Bank, Bletchley Branch Code No 60.14.55 for the credit of Milton Keynes Mind Account No 81651848 the sum of

£ \_\_\_\_\_ each calendar month

Starting on (date) \_\_\_\_\_ until further notice, and debit

My account number \_\_\_\_\_ Bank sort code \_\_\_\_\_

My account name \_\_\_\_\_

Signature \_\_\_\_\_

Your bank name and address

**To:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Post Code:** \_\_\_\_\_



If you are a UK taxpayer you can increase the value of your donation by almost one third by filling in the Gift Aid form attached

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# Gift Aid declaration

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Name of charity or CASC \_\_\_\_\_

## Please treat

- The enclosed gift of £ \_\_\_\_\_ as a Gift Aid donation; **OR**
- All gifts of money that I make today and in the future as Gift Aid donations; **OR**
- All gifts of money that I have made in the past 6 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

✓ *Please tick the appropriate box*

**You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the charity or Community Amateur Sports Club will reclaim on your gifts for that tax year.**

## Donor's details

Title \_\_\_\_\_ Initial(s) \_\_\_\_\_ Surname \_\_\_\_\_

Home address \_\_\_\_\_

Postcode \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

### Please notify the charity or CASC if you:

1. Want to cancel this declaration.
2. Change your name or home address.
3. No longer pay sufficient tax on your income and/or capital gains.

### Tax claimed by the charity or CASC

- The charity or CASC will reclaim 28p of tax on every £1 you gave up to 5 April 2008.
- The charity or CASC will reclaim 25p of tax on every £1 you give on or after 6 April 2008.
- The Government will pay to the charity or CASC an additional 3p on every £1 you give between 6 April 2008 and 5 April 2011. This transitional relief for the charity or CASC does not affect your personal tax position.

**If you pay income tax at the higher rate, you must include all your Gift Aid donations on your Self Assessment tax return if you want to receive the additional tax relief due to you.**