

Gift Aid

Lifecraft

Details of Donor *Please use block capitals*

Full Name:
.....

Home Address:
.....
.....

Postcode

Details of donation *See notes below*

I would like Lifecraft to treat any donation I make on or after today as a Gift Aid donation and for Lifecraft to reclaim the tax on my donation. I confirm that I am a UK taxpayer.

Date

Signature

1 You can cancel this declaration at any time by notifying Lifecraft.

2 You must pay an amount of income tax and/or capital gains tax at least equal to the tax that we reclaim on your donations in the tax year (currently 28p for each £1 you give).

3 If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that Lifecraft reclaims, you can cancel your declaration (see note 1).

4 If you pay tax at the higher rate you can claim further tax relief on your Self Assessment tax return.

5 If you are unsure whether your donation qualifies for Gift Aid tax relief, you can ask your local tax office for leaflet IR113 Gift Aid.

How to Become a Friend

A Friend's subscription is £12 per year (but, of course, you are very welcome to pay more than that!).

To become a Friend all you need to do is complete the tear-off form which is part of this leaflet and send it to:

Lady Wilson
Lifecraft Friends Secretary
c/o The Master's Lodge
Emmanuel College
St Andrew's Street
Cambridge
CB2 3AP

If you are a UK tax payer you can increase the value of your subscription to us by completing the Gift Aid section. Please complete the standing order form so that your annual subscription can be paid directly into our bank and therefore reducing our administrative costs.



Lifecraft co-ordinated the highly successful 'Big1in4 Bus' project for the 2007 World Mental Health week



Help keep Lifecraft afloat

Become one of our Friends

The Bath House
Gwydir Street
Cambridge
CB1 2LW

T: 01223 566957

F: 01223 505932

E: info@lifecraft.org.uk

W: www.lifecraft.org.uk

Registered Charity 1048144

Self-help for mental health

A Message From Caro Wilson

I am delighted to be a trustee of Lifecraft, which is a local charity I can thoroughly recommend to you.

They will put every penny of your £12 annual subscription to good use and in return you will receive a twice yearly newsletter and an invitation to one or two social occasions a year.

Please join me by becoming a Friend today.

Caro Wilson

Lifecraft Trustee and Secretary to the Friends



'Counselling helped me refrain from beating myself up'

Lifeline helps me so much. I feel you all understand me. You are much better than other people supporting me who don't understand'

'It's brilliant—we wouldn't know what to do without it'

Quotes from Lifecraft Members

What Lifecraft Does

Lifecraft, established in 1993, has around 300 members and currently provides the following services for people with mental health needs in the Cambridge area.

For members:

- Opportunities to volunteer and/or work
- Social club, five days a week (including some meals)
- Six weekly activity groups, including a substantial arts programme
- Free counselling service with places for up to 30 people per week

For members and non-members:

- Evening telephone helpline - **Lifeline** - 365 days a year (open to all countywide, taking 3,000 calls per year)
- Mental health information service (open to all, five days a week), including a local service directory
- Mental health awareness-raising and campaigning

Self-help is one of the unique features of Lifecraft. Half our staff, many of our volunteers and over half our trustees are people who have experienced mental health problems. We have a strong tradition of involving our members in the management and decision-making at Lifecraft, and all our services were developed at the expressed wish of our members.

Standing Order

Bankers Order *Do not send to your bank*
Please send to: Lady Wilson, Lifecraft Friends Secretary, c/o The Master's Lodge, Emmanuel College, St Andrews St, Cambridge, CB2 3AP

Please use block capitals

Mr/Mrs/Miss.....
.....

Address.....
.....

.....
.....

Postcode.....

Telephone.....

Email.....

(our preferred means of communication which saves money for Lifecraft. All information is held electronically and Lifecraft is registered under the Data Protection Act)

Name of your Bank or Building Society.....

Address.....
.....

Post Code.....

Bank Account number.....

Bank Account name.....

Bank Sort Code.....

Please pay the sum of £.....

on the 1st day of.....20.....

and thereafter the sum of

on 1st **annually** until further notice

To: LloydsTSB plc, Gonville Place, Cambridge,
PO Box 1000, BX1 1LT (Code 30-13-55) for credit of
Lifecraft. Account No. 00441575

Signature