I am taking part in The SSIT Big Bike Challenge On 22nd June 2019 to raise funds for the Southern Spinal Injuries Trust (SSIT – reg charity 1123166). Please make a donation to sponsor me!Donations by cash or cheque can be given to me, and cheques should be made payable to Southern Spinal Injuries Trust.

Please remember to read the Gift Aid statement below and tick the box/add your postcode if you would like to increase the value of your donation by allowing SSIT to claim back tax from HMRC.

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| Full Name(first name and second name) | Home postcode and house number (for gift aid only) | Sponsor donation amount £ | Date paid | Please claim gift aid (**tick**) | Optional: **Your email address** if you would like to receive SSIT e-newsletters to learn more about our work and how your donations help people with spinal cord injuries |
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If I have ticked the box headed “Gift Aid”, I confirm that I am a UK income tax or capital gains tax payer. I have read this statement and want the Southern Spinal Injuries Trust (SSIT) to reclaim tax on the donation shown on this form, and any other donations I make in the future. I understand that I must pay an amount of income tax and/or capital gains tax in each donation tax year at least equal to the amount of tax that all the charities I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not quality. I understand that SSIT will reclaim 25p of tax on every £1 that I have given.

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*The Southern Spinal Injuries Trust helps to improve the lives, health and aspirations of people with spinal cord injury (SCI).  The charity does this by providing specialist equipment and other support direct to people with SCI who live in the south and south west, the extensive region served by the Duke of Cornwall Spinal Treatment Centre at Salisbury District Hospital.  To meet the requests for support that the charity receives, SSIT depends on charitable donations, grants and fundraising.*