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Please sponsor me!

Name:

I'm taking part in Meditate for Tibet on 8th July 2017

You can also sponsor me online at www.justgiving.com/ _____

I'm raising money for Tibet Relief Fund, who work with some of the most vulnerable Tibetans in India, Nepal and Tibet to provide vital education, life-saving healthcare and the power to support themselves. Many Tibetans are refugees having fled their country to escape China's occupation; others live as nomads or in remote areas of Tibet with little or no access to education or medical facilities.

Your donation will make a real difference to Tibetans in need.

giftaid it

If I have ticked the box headed 'Gift Aid', I confirm that I am a UK taxpayer. I have read this statement and want Tibet Relief Fund to reclaim tax on the donation detailed below, given on the date shown, as well as any donations over the past four years and any future donations until I notify them otherwise.

I understand that if I pay less Income Tax / Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Sponsor's full name	Home address (needed for Gift Aid)	Postcode	Amount £	Gift Aid ✓ (see above)	Send TRF info?	Date of donation

