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*"Helping People to Help Themselves"*

Registered Charity Number: 1058267

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I declare all donations I make to Anxiety Care on or after this date to be Gift Aid donations.

Signed: ..... Date: .....

Amount:.....

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the Charity reclaims on your donations in the appropriate Tax Year. (From 6<sup>th</sup> April 2008, 25p for each £1 you donate).