



Cardiac Rehab Support West Sussex

supporting cardiac patients and their carers in the West Sussex area

SPONSORED FUN WALK - Saturday 8 September 2018



Dear Cardiac Patient/Supporter,

We are writing to invite you to be part of this year's Annual Sponsored Fun Walk on **Saturday 8 September 2018**. This year will see the 14th annual walk along Worthing Seafront and, as in previous years, will be treated very much as a fun event, providing patients and their families, carers and members of the cardiac rehabilitation team with opportunities to catch up with each other, share experiences and have a happy time together. The money and donations we raise will go to **Cardiac Rehab Support West Sussex (CRSWS)** – a registered charity which works in close partnership with the Western Sussex Hospitals' Cardiac Rehab team to help improve the rehabilitation service provided to West Sussex patients. See our website: www.cardiacrehabsupport.org.uk/walk for further information.

The walk takes place along a flat and level surface starting at Sea Lane Café, Goring at 10.00am and walking towards Worthing Pier and back with a number of benches along the way enabling rest stops to be taken as and when required. You can choose whether to walk 1, 2, 3 or 4 miles.

If you, or any of your friends and family, would like to join us further details and a sponsorship form can be obtained:

- via the CRSWS website www.cardiacrehabsupport.org.uk/walk , or
- by email to info@cardiacrehabsupport.org.uk and the form will be emailed to you , or
- by phone to 01903 550084 and the form will be posted to you, or
- by post to: **CRSWS Sponsored Walk 2018, 4 Highdown Drive, Littlehampton, West Sussex BN17 6HJ** and the form will be posted to you.

If you are unable to participate in the event, but would like to contribute to our fundraising, you can forward a cheque to **CRSWS Sponsored Walk 2018, 4 Highdown Drive, Littlehampton, West Sussex BN17 6HJ**. If you send a cheque, please make it payable to "Cardiac Rehab Support West Sussex" and PLEASE complete the slip below and return it with your donation, making sure you include your name, address and postcode so that we can send you a receipt and claim Gift Aid if applicable. All donations are gratefully received and will help to build on the service we currently offer, making a real difference to cardiac rehabilitation in our area. As always, **thank you** for your generous and continued support.

With our best wishes,

Cardiac Rehabilitation Support West Sussex in partnership with the Cardiac Rehabilitation Team

I enclose a donation for **Cardiac Rehab Support West Sussex** and I wish to **Gift Aid*** my donation

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that 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 qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April.

*Yes

*No

FULL NAME _____

HOME ADDRESS _____

POSTCODE _____ EMAIL ADDRESS _____

SIGNATURE _____ DATE ____/____/____

** If you are a UK tax payer you can make your donations go even further. For every £1 you give to **Cardiac Rehab Support West Sussex**, we can reclaim 25p from HMRC at no extra cost to you. **Simply complete this slip in your own handwriting and circle the 'Yes' box to complete your declaration.***

Please return this slip and your donation to

CRSWS Sponsored Walk 2018, 4 Highdown Drive, Littlehampton, West Sussex BN17 6HJ

Cardiac Rehab Support West Sussex is a registered Charity No. 1154903

Registered address: 4 Highdown Drive | Littlehampton | West Sussex | BN17 6HJ

Email: info@cardiacrehabsupport.org.uk | **Web:** www.cardiacrehabsupport.org.uk