

Event: .....

Date: .....

Name of participant: .....

Home address: .....



**Taking part for LAM Action (Reg. Charity 1167610)**

LAM Action is a charity which raises money for LAM. LAM (or to give it its full name lymphangioleiomyomatosis) is a rare disease which only affects women. The condition mainly affects the lungs which are progressively destroyed over a number of years. This leads to increasing breathlessness, lung collapse and can be fatal. Currently there is no cure for LAM and little in the way of treatment.

**PLEASE SPONSOR GENEROUSLY**

If I have ticked the box headed 'Gift Aid? ✓', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs 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 have given.

Full Name (BLOCK CAPS)	Home Address (essential for Gift Aid)	Postcode	Amount Pledged	Amount Given	Gift Aid? (Please tick)	Date Received (day / month / year) (essential for Gift Aid)
						___ / ___ / ___
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<b>TOTAL DONATIONS RECEIVED</b>						

Please make cheques payable to the participant. Participants should send their sponsorship money and copies of completed sponsorship forms to LAM Action, Nottingham Voluntary Action Centre, 7 Mansfield Road, Nottingham NG1 3FB