

How to pay in your fundraising

1. By Cheque/Credit/Debit Card

Please make cheques payable to 'Chest Heart & Stroke Scotland' and send to our head office: Chest Heart & Stroke Scotland, 2nd Floor, Hobart House, 80 Hanover Street, Edinburgh, EH2 1EL. Don't forget to send us this form along with your cheque, with your details completed below:

Amount raised and being donated: £.....

I enclose a cheque made payable to: Chest Heart & Stroke Scotland
 Please debit my Visa (not Electron) / MasterCard / AMEX / CAF CharityCard / Maestro / Solo card with the amount stated.
(Please delete as appropriate)

Credit Card No

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Expiry Date

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Issue No (Maestro)

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I do not require a thank you

Date

X	/	/
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3. Online

Simply scan the QR code provided or go online to donate at:

www.chss.org.uk/ttp-host-collected-income

4. Other ways to pay

- At the Bank: If you would like to pay in your cash fundraising at a RBS branch, please contact us and we will send you a **pay in slip**: fundraising@chss.org.uk
- Bank Transfer: Please refer to the information in your Booklet
- Online: Simply scan the QR code provided, or go online to donate using your credit or debit card at www.chss.org.uk/ttp-host-collected-income
- JustGiving: The money on your JustGiving page will be sent to us automatically so you don't need to do anything.

2. Your Details

Name:

Group / Organisation: ..
(if applicable)

Address:

City: Postcode:

Tel. No:

Email:

Thank you for your contact details. We may contact you again by post or phone to keep you informed about the impact of your support, our work and to let you know about other opportunities to get involved.

Please let us know if you're also happy to hear from us by email and text.

Yes I'd like to hear from you by email
 Yes I'd like to hear from you by text

We promise to keep your details safe and never sell or swap them with anyone. Our privacy policy explains how we keep this promise. If you don't want to hear from us, or change your mind about how we contact you, email fundraising@chss.org.uk or call **0131 297 2750**.



How your fundraising helps

£50

could **help train a volunteer kindness caller** to make sure there is always someone at the end of the phone for people in need of help.



£100

could fund **8 calls to our Advice Line team** who can support anyone worried about or struggling with the effects of chest, heart or stroke conditions or Long Covid.



£250

could give **12 people one hour of vital one-to-one support** through our Community Healthcare Support Service to help them live their lives to the full.



£350

could mean that we can **support 7 people to attend an online support group for 3 months**, helping them to cope with the emotional and physical impact of their condition.



"I self recovery wasn't just possible but was happening."

WE CAN'T HELP PEOPLE LIKE MICHAEL WITHOUT PEOPLE LIKE YOU.

Michael had a stroke at the age of 30. He knows just how important our vital support services can be to someone's recovery.

"Nothing can prepare you for how hard recovery after stroke is. Tim and Chest Heart & Stroke Scotland changed everything. Tim gave me hope. And he gave me confidence for the first time since the stroke. I know how lucky I am that people like you help make such a vital service possible for me."



**NO LIFE
HALF LIVED**

www.chss.org.uk

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@CHSScotland

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In accordance with the Data Protection Act we retain your details on our fundraising database so that we can keep you informed of the work of the charity. We do not (and will not) share this information with anyone else. If you would like your details removed from our database please write to us at the address shown on this letter requesting this. You can view our privacy statement at www.chss.org.uk