North Gwent
Cardiac Rehabilitation
and Aftercare Charity

Reg Charity No. 1056887
cardiac-rehab.org.uk
Tel: 07856 692148

‘Love Your Heart’ sponsored walk 2024

I’m taking part in a sponsored walk at Parc Bryn Bach, Tredegar, at 10am on Sunday 29 September to raise funds for the **North Gwent Cardiac Rehabilitation and Aftercare Charity**.

This vital local charity provides ongoing community-based cardiac rehab exercise classes for people living with heart conditions or who are at risk of developing heart disease.

I’ll be walking:

(please tick) ☐ **1 lap (2km)** ☐ **2 laps (4kms)** ☐ **3 laps (6kms)**

* SPONSORS! Increase your gift at no cost to you

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By ticking the box headed **Gift Aid**, I confirm that I am a UK taxpayer. I have read this statement and want the **North Gwent Cardiac Rehabilitation and Aftercare Charity** to reclaim tax on the donation detailed below, given on the date shown.

I understand that my donations are eligible for the scheme if I pay enough UK Income Tax and/or Capital Gains Tax to cover the amount of tax that all the charities I donate to will reclaim in that tax year. If I pay less it is my responsibility to pay back the difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Remember: you must provide your full name, home address, postcode and ✓ the Gift Aid box for the North Gwent Cardiac Rehabilitation and Aftercare Charity to claim tax on your donation.

Sponsor’s full name (Title, first name and surname)	**Sponsor’s home address** **Only needed if Gift Aiding* your donation.** (Please don’t give your work address if you are Gift Aiding your donation)	**Postcode**	**Donation amount**	**Gift Aid***	**Cash, cheque or Just Giving donation**	**Date paid**
Miss Anne Example	10 Example Street, Example	EX1 1EX	£ 25.00	✓		01/09/24
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WALK PARTICIPANTS:
Please make cheques payable to **North Gwent Cardiac Rehabilitation and Aftercare Charity**, and post to: NGCRAC, 56 Holywell Crescent, Abergavenny NP7 5LG.
Alternatively, you and your sponsors can donate direct to the charity’s **Just Giving** page by scanning the QR code.

Total donations	£
Total Gift Aid donations	£
Date donations given to charity	/ /

YOUR PRIVACY
The charity will only use your details to process your donation and claim Gift Aid, if applicable. If you’d like to know more about the charity and its weekly programme of classes, visit **cardiac-rehab.org.uk**