



# HOW TO RETURN YOUR SPONSORSHIP...

Please tick the appropriate box so that we know how you are sending in your money to us.

- Online** – you can pay in your money online via virgin money giving here [http://www.livingwithreflux.org/make\\_a\\_donation.html](http://www.livingwithreflux.org/make_a_donation.html)
- Post a cheque** – made payable to 'Living with Reflux' to the address given
- Bank transfer** – if you would like to send money directly to us from your bank account please email: [tracey@livingwithreflux.org](mailto:tracey@livingwithreflux.org) for further information.

If you are sending your money to us via, bank transfer, online or post please don't forget to still send us your sponsorship form to the address below, so we can claim your gift aid!

## WHY WE NEED EVERY PENNY...

Living with Reflux aims to raise awareness of Gastro-oesophageal Reflux (GOR) and to do this we need funding. GOR is a condition where the contents of the stomach backs up into the throat and out of the mouth. In infants and children this can become very uncomfortable and distressing, not only to the child but causing an impact on the whole family.

As a charity we would like to see faster diagnosis and wider, more accessible information available for families across the UK – more knowledge and information in many cases of GOR means less suffering. We can only do this with your help.

You can get more information on GOR by visiting our website: [www.livingwithreflux.org](http://www.livingwithreflux.org)

## I'VE RAN OUT OF SPACE...

You can print off more copies of this sponsorship form or photo copy it.

## RETURN YOUR SPONSORSHIP FORM AND/OR CHEQUES TO:

**Living with Reflux, Melbray, Trusthorpe Road, Sutton on Sea,  
Mablethorpe Lincs LN12 2LN**

Please DO NOT SEND money/cash via post. It is safer to post a cheque.

## DON'T FORGET 'GIFT AID'

Remind your sponsors that Gift Aid means UK taxpayers can claim an extra 20% on their sponsorship at no extra cost to them.

Make sure your sponsors write their full name, home address and postcode on the form, so we can claim Gift Aid on your behalf.

The form must be completed in their own handwriting.

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**Living with Reflux**  
Raising awareness of Gastro-oesophageal Reflux

