

Manchester Royal Infirmary
Kidney Patients' Association
(MRIKPA)

Newsletter



Spring 2023



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Hello from your Editor

Hello and welcome to the Spring 2023 edition of the MRIKPA newsletter.

I had hoped to publish an Autumn 2022 newsletter but personal circumstances intervened.

In this edition you'll find information about our website, the British and World transplant games, advice about the energy priority service, how to keep fit as a kidney patient, a personal story of a transplant journey and information on foreign travel insurance.

I hope you find it useful reading.

Best wishes and take care

Mike

07530 452190

mikejm.kewley@gmail.com



MRI Kidney Patients' Association

Web address - **mrikpa.org.uk**

MRIKPA Website



We have now developed a new website for patients and carers to view, enjoy and hopefully find useful and helpful.

The site will continue to develop over time but we hope this will provide you with a useful source of information.

**The domain name is:
mrikpa.org.uk**

Committee Members

Guy Hill Chair helenandguy_hill@hotmail.com

David Coyle Deputy Chair

Margaret Bennett Secretary

Janet Richardson Treasurer 07490 190492

Cassie Brzoza

Steve Caddick 0161 684 8588

Wajid Igbal 07948 833994

Mike Kewley Editor 07530 452190

John Murphy

Helen Murphy

Dr Arijit Sen 01706 345383

Manchester Royal Infirmary Kidney Patients' Association (MRIKPA)

What do we do?

The aims of the Association are to increase public awareness of issues affecting kidney patients and their families, support and help fellow kidney patients and provide formal routes to represent the patient and carers voice to the Trust and other bodies.

Is the Association a charity?

Yes. The Association is a charity and is registered with the Charity Commission. Its registered number is **516871**

Who runs the Association?

The Association is run by an elected committee. The members of the committee are fellow kidney patients who have either had a transplant or are on dialysis. They are all volunteers and apart from the Secretary receive no payment for their work. In other words the Association is run by patients for patients.

How is the Association funded?

At the moment it does not proactively fund raise due mainly to the impact of Covid -19 and limited number of members on the committee. Its main source of funds comes from charitable donations.

When do we meet?

The committee meets monthly, first Wednesday of the month. We currently use Zoom to hold these meetings. We also hold an AGM once a year around September.

Are we on social media?

Yes we are. We have a Facebook page. A website has been developed and we intend open a Twitter account.



mrikpa.org.uk



MRI Kidney Patients' Association

Contact numbers/email addresses

Renal Transplant clinic nursing team 0161 276 8721 (1.30 - 3.30 pm)

Appointments 0161 276 4471/8735

Booking appointments URTCBT@mft.nhs.uk

Main Outpatients reception 0161 276 4235

Blood results 0161 276 8721 (1.30-3.30 pm)

Renal IT 0161 276 8738

Transplant Secretaries 0161 276 8594/5496

Advanced Chronic Kidney Disease 0161 276 4440

Renal Social worker 0161 276 6521

Renal Dietitians 0161 276 4478

Renal Pharmacy 07817 136791

mft.renalpharmacy@nhs.uk

Renal Transplant ward 0161 276 4402

Renal Vascular Access nurse 0161 276 7985

British Transplant Games

**Zoe Dixon - Manchester Adult Transplant Games team Manager
07780858558**

**Denise Roberts - Manchester Children's Team Manager
0161 701 7708**

Sources of advice

National Kidney Federation

www.kidney.org.uk

0800 169 0936

Kidney Care UK

www.kidneycareuk.org

01420 541424

Greater Manchester Kidney Information Network (GMKIN)

gmkin.org.uk

Kidney Research UK

kidneyresearchuk.org

Polycystic Kidney Disease Charity

pkdcharity.org.uk

IgA Nephropathy Support UK

(Facebook site)

Dialysis Traveller

(Facebook site)

British Transplant Games

Coventry 27th - 30th July 2023

Coventry will host the 2023 British Transplant Games.

The launch in December 2022 saw Games sponsors, stakeholders, transplant recipients and donor families gather to begin the countdown to the 45th annual games. Athletes will range from the ages of 5 to 80, with more than 50 hospital teams representing their transplant unit with the support of friends, family and volunteers.

It's an all inclusive games with transplant patients including children as young as five can compete in more than 25 sports and indeed, many athletes also go on to compete at the World Transplant Games.

For more information on The Westfield Health British Transplant Games, visit: www.britishtransplantgames.co.uk

Interested in competing:

MRI Adults team manager - Zoe Dixon 07780 858558

MRI Children's team manager - Denise Roberts 0161 701 7708

Chairs article

Dear Members

I trust as vulnerable Kidney Patients, you will have taken advantage of the COVID vaccinations that we are eligible for.

There is no question that COVID remains prevalent in communities, but as a rule patients are having a mild experience if they are affected. Winter always brings cold and flu and this winter has been no different and often those symptoms can be mistaken for COVID. Any patient who wants to know more about COVID treatments should visit the National charity Kidney Care UK site www.kidneycareuk.org/coronavirus-hub/

At the time of writing, the NHS is in the Press headlines for all the wrong reasons. There is no doubt there is a crisis in A&E, mainly created by a lack of beds in the hospital to allow A&E patients be admitted efficiently.

As a kidney patient at the MRI for 27 years, staff shortages have always been a problem and these are more about the fact that the NHS is a huge organisation of human endeavour serving humans in distress. There are so many competing issues and needs that inevitably create stresses, but in all my years of kidney care, I have received good care and attention.

However to negotiate myself through the NHS inefficiencies, I have treated my care as 'an equal partnership' and made sure I understand my care needs and what is needed. Most patients I meet who agree with me that their care is good also agree that 'partnership' is the best way forward.

Part of that has been the ability to see my blood results online and knowing what they mean. Patient View was a superb service for Kidney Patients, bringing blood results online for us to access independently.

Sadly that online service has ended, as the programme has had its IT support ended nationally. The replacement was Patient Knows Best, but for MRI patients this has been superseded by the new Manchester Foundation Trust portal MyMFT. The Trust has created a portal across all its hospitals to offer online joined up care to all its patients. Overall this is a positive move for Kidney patients who may have heart, skin, urology and other speciality issues to see notes, appointments and results all in one place.

However the system is not 'speciality specific' and so our blood results are not being reported as quickly as Patient View, as the default timing for patients' viewing 'abnormal blood results' is 15 days. This is because other specialities like cancer need time for doctors to explain results to their patients. As a KPA, we have made representations to the Renal Service and the Trust to get our results viewed earlier.

Despite energy bills being supported, the price of electricity remains a great concern for any kidney patient, especially patients undergoing home dialysis. All MRI Home Haemodialysis patients are entitled to a heating allowance and electricity rebate based on dialysis hours. Contact the Home sisters on 0161 276 4435 for further information.

The cost of living haunts us all, but as a patient if you are finding financial circumstances directly affects your ability to attend pre-dialysis, do dialysis or protect a transplant, there is welfare help from the KPA and national charities.

Our only request is that you refer your needs to a member of the renal service, be it a Nurse or a Doctor or Renal Social Worker or Renal Psychologist, so that we have an opportunity to understand your clinical needs and match it with appropriate welfare support.

I end with wishing all members a happy New Year and a request that any patient or Carer who wants to help the KPA to contact us.

Regards
Guy Hill
Chair



MANCHESTER ROYAL INFIRMARY KIDNEY PATIENTS ASSOCIATION

RECEIPTS AND PAYMENTS FOR PERIOD ENDING 28.2.22

<u>28.2.21</u>	RECEIPTS	<u>28.2.22</u>
£14760.15	Donations	£2458.45
£53.99	Bank Interest	£9.44
£154.04	Gift Aid	-
<u>£14968.12</u>		<u>£2467.89</u>

PAYMENTS IN PURSUIT OF ASSOCIATION'S OBJECTIVES

£1988.61	Newsletter printing and distribution	£1931.90
£1699.53	Books and equipment provided for MRI and Hope NHS	-
£66.50	Flowers for Geoff Burgess funeral	-
<u>£3754.64</u>		<u>£1931.90</u>

ADMINISTRATION COSTS

£102.00	Insurance	£131.88
£53.92	Domain name renewal	£20.38
	Website development	£900.00
<u>£155.92</u>		<u>£1052.26</u>

MANCHESTER ROYAL INFIRMARY KIDNEY PATIENTS ASSOCIATION

BALANCE SHEET FOR PERIOD ENDING 28.2.22

28.2.21

28.2.22

£77965.93	Balance Sheet at 1 st March 2022	£89023.49
£11057.56	Gain/deficit for the year to 28.2.22	-£516.27
£20301.01	Charity Walk Funds	£20301.01

£109324.50

£108808.23

Represented by

Nat West Bank PLC

£15224.99	Current account	£14699.28
£94099.51	Business Reserve Account	£94108.95

£109324.50

£108808.23

Donations to 21.1.23

DATE	NAME	AMOUNT	REMARKS
11.2.22	MR. ROTHWELL	£50.00	In memory of Leonard Shaw
11.2.22	MRS. BLAINE	£192.00	In memory of Paul Blaine
15.2.22	CHARITIES TRUST	£24.00	
31.3.22	CHARITIES TRUST	£157.00	
16.5.22	CHARITIES TRUST	£24.00	
15.6.22	MRS. L. MYERS	£50.00	In memory of David James Myers
15.6.22	ASHTON BROOKES FUNERAL SERVICES	£468.00	In memory of Ken Saunders
16.6.22	CHARITIES TRUST	£12.00	
16.9.22	CHARITIES TRUST	£36.00	
1.11.22	SIR. N. MALLICK	£250.00	
18.11.22	MRS. L.M. SHAW	£50.00	In memory of Leonard Shaw and Al Chorlton.
8.12.22	ANONYMOUS	£20.00	

National Kidney Federation (NKF)

KPA Day - Registration Now Open for KPA Members Only

Registration is now open for this year's KPA day. This event will be held at the Radisson Blu Hotel, East Midlands Airport on 22nd April 2023 starting at 10:00am and coming to a close at 4pm.

For Kidney Patient Association members only to attend, it is a great networking event to meet and share successes with other like minded KPAs.

We will have group discussions on the day surrounding the roles of Kidney Patient Associations then feedback from each group discussion. Guest speakers that will be joining us are;

RenalServices Transformation Programme (RSTP) with a final update and a guide to benefits support with Daljit Bains.

If you are a KPA member and would like to register, please email nkf@kidney.org.uk or call us on 01909 544999.

If you wish to become more involved with the future of the NKF and would like to apply to be a member of the Executive Committee, please contact the NKF for more information.

Email nkf@kidney.org.uk

My Tandem Skydive for Kidneys for Life

22 April 2023

As a person who is afraid of heights I've registered to take part in a tandem skydive to help raise funds for Kidneys for Life.

Some of my friends think I'm mad and I'm beginning to think that too!!

The Skydive takes place on Saturday 22nd April 2023 at Cockerham Airfield near Lancaster.

Thankfully all training is given on the day and then when I'm kitted up I'll jump out of the plane at 10,000ft (that's an amazing 2 miles high), harnessed to a British Parachute Association instructor from the Black Knights parachute team. Amazing!!

If you would like to donate and support the work of Kidneys for Life I've set up a Just Giving page under the name Mike Kewley.

Thank you

Mike



Staying Fit with Kidney Disease

Physical fitness is very important in today's world. Everyone is enjoying the benefits of greater strength and feeling better.

Exercise keeps your body strong and healthy.

How does exercise benefit me?

With exercise, it becomes easier to get around, do your necessary tasks and still have some energy left over for other activities you enjoy. In addition to increased energy, other benefits from exercise may include:

- Improved muscle physical functioning
- Better blood pressure control
- Improved muscle strength
- Lowered level of blood fats
- Better sleep
- Better control of body weight

When should I exercise?

Try to schedule your exercise into your normal day. Here are some ideas about when to exercise:

- Wait one hour after a large meal
- Avoid the very hot times of the day
- Morning or evening seems to be the best time for exercising
- Do not exercise less than an hour before bedtime

Do I need to see my doctor before starting exercise?

Before beginning any exercise programme, be sure to check with your doctor. When planning a directed exercise programme, you need to look at four things:

- Type of exercise
- Length of time you spend exercising
- How often you exercise
- How hard you work while exercising

Type of Exercise

Choose continuous activity such as walking, swimming, bicycling (indoors or out), skiing, aerobic dancing or any other activities in which you need to move large muscle groups continuously.

How Long to Exercise

Work toward 30 minutes a session. You should build up gradually to this level.

How Often to Exercise

Exercise at least three days a week. Three days a week is the minimum requirement to achieve the benefits of your exercise.

When should I stop exercising?

- If you feel very tired
- If you are short of breath
- If you feel chest pain
- If you feel irregular or rapid heart beats
- If you feel sick
- If you get leg cramps
- If you feel dizzy or light-headed

Are there any times when I should not exercise?

Yes. You should not exercise without talking with your doctor if any of the following occurs:

- You have a fever
- You have changed your dialysis schedule
- You have changed your medicine schedule
- Your physical condition has changed
- You have eaten too much
- The weather is very hot and humid
- You have joint or bone problems that become worse with exercise

Manchester Royal Infirmary Kidney Patients' Association cannot accept responsibility for information provided. The above is for guidance only. Patients are advised to seek further information from their own doctor.



My Transplant Journey

Steve Caddick - MRIKPA Committee member

It should be noted - This is a personal journey, and every transplant and transplant patient is different.

Background

I'm a married male in my mid-fifties, and I've had renal problems from birth. Luckily, it wasn't until I was sixteen that my kidneys finally failed, and I was introduced to dialysis.

My kidney transplant

Coming back to 2022, I get the call that transplant patients on the waiting list hope for. At 2am on the morning of 12th of October my mobile rang "Mr Caddick, we have a kidney available would you like to accept it?" A bleary-eyed Mr Caddick replied "erm yes that would be most appreciated!" Yes, I did say that to my own surprise and more to the surprise of the transplant coordinator, after a pause she said it's not arrived at the hospital (the kidney) so if you could get to ward 36 by 5am we will have a bed waiting.

I turned to a beautiful, but deeply asleep wife, "hey Hun Manchester Royal Infirmary has just telephoned, and they have a possible kidney available. We need to be at the hospital at for 5am. "What time is it" she asks "erm just turned 2am" I replied "Thanks for waking me up" or words to that effect! We are only 20 minutes away from the MRI!

I'll condense the next 30 hours waiting time to a few short sentences. The kidney took quite some time to arrive. This being my 3rd transplant cross matching took longer than standard and obviously theatre time is taken into consideration. I was kept up to date all the way through my waiting time by the staff. Because of Covid restrictions I wasn't allowed visitors at all, but essential staff came into my side room for the various tests.

On the morning of the 13th October I was taken to theatre.

It was a difficult operation, I had my first transplant removed some 30 years previously, there was a lot of scar tissue from previous operations, and they had to move my bowel around to make space for the kidney. But it was successful.

As I have alluded to previously this is my kidney transplant journey. Every kidney transplant is unique and mine is somewhat involved and complex, so the following is not standard.

After 30 hours ischemic time (period between chilling the organ by reduced blood flow and the time it's warmed up by having the blood flow restored) the kidney was, I think the technical term is rather "*sleepy*" i.e. it didn't begin producing urine for 8 days. I understand for a kidney transplant that responds immediately the hospital stay can be as little as 5 days! I spent 28 days on ward 36.

I wish I could say I felt better from day one. I didn't - biologically, physically and mentally. The first couple of days I was on a self-medication pain relief pump, my transplant site was rather painful, all normal considering the theatre time and complexity of the operation. In my case I had a few neck lines in for blood retrieval various antibiotic treatments and saline. I had a catheter in to my bladder and a drain from the new kidney site. My dear wife and one other nominated person came to see me from day one (Covid restrictions were still in force at the time of writing).

I had to have regular dialysis treatment for 10 days before the sleepy kidney began to wake up although the kidney began producing urine after 8 days my creatinine levels remained stubbornly high (over 1000) for a week or so more. I won't go into the individual concerns over my transplant, but I believe the nephrologist had only seen 5 cases like mine over the past 6 years.

We see our consultants at our check-up times, we don't often see how much work they put in 'behind the scenes'. I'm indebted to those doctors, consultants, nephrologists on ward 36 for the very hard work they did on my behalf to get a sleepy kidney, to wake up.

Indeed, I must give a special mention to all the staff on ward 36 from the ward clerk to the cleaning staff to the catering staff to the nurses, to the management. If I named all of them this account would fill a book. Being a long-term patient, I was available to observe how hard they all work.

3 months later

3 months on and I'm off dialysis. Creatinine is around 300 but coming down every bi-weekly hospital appointment. I've had a lot of time to reflect on my journey there was a lot of pain a lot of incredibly highs and incredibly lows but just phases we have to go through on our journeys

The medical staff can fix the transplant patient both biologically and physically it's a lot harder to fix ourselves mentally. Being a long-term patient, all the staff helped me through the dark mental phases I went through. It's because I told them I was feeling low or depressed they were able to help. Because I discussed my mental health issues with my family, friends and my councillor they were able to support me through. It's something I will take forward and learn from.

Steve

FOREIGN TRAVEL INSURANCE

Pre-existing medical conditions



It can be difficult to know where to start looking for travel insurance with a pre-existing medical condition such as dialysis or a kidney transplant.

MoneyHelper

MoneyHelper provides free and impartial money and pensions advice for people across the UK. It's part of the Government's Money and Pensions Service. They also provide information and advice on travel insurance.

On their website under Insurance they provide a **Travel Insurance Directory** of specialist providers for people with pre-existing medical conditions.

Website - www.moneyhelper.org.uk

Phone - 0800 0113797

If you are considering a holiday abroad its worth reviewing the Travel Insurance Directory of providers. I found it extremely useful when searching for my foreign travel insurance.

QUIZ

1 In which children's book did a spider called Charlotte and a pig called Wilbur appear?

2 What's the biggest animal in the world?

3 How many of Henry VIII's wives were called Catherine?

4 What is the most popular baby boys name as of 2021?

5 From which US city do the band The Killers originate?

6 What is the name of the coffee shop in the US sitcom, Friends?

7 Who is currently (Oct 2022) the second in line to the throne?

8 Which planet has a pink sky?

9 What is the smallest planet in our solar system?

10 Which fashion designer reportedly had a relationship with Winston Churchill?

11 Which nut is in the middle of a Ferrero Rocher?

12 Which UK city is well known street artist, Banksy, from?

13 What is both a French wine region and a luxury American vehicle?

14 Who wrote The Catcher In The Rye?

QUIZ - Answers

1 Charlotte's Web – E.B. White

2 The blue whale

3 Three

4 Oliver

5 Las Vegas

6 Central Perk

7 Prince George of Wales

8 Mars

9 Mercury

10 Coco Chanel

11 Hazelnut

12 Bristol

13 Cadillac

14 JD Salinger

YOUR ENERGY SUPPLY - PRIORITY SERVICE

Patients' are probably aware through the media and other news outlets of the possibility of power outages this winter or reduced services to storm damage.

The MRIKPA would encourage all kidney patients to contact the Priority Services Register (PSR) if they aren't already registered. Details of how to contact your supplier are usually on the back of your energy statement.

Please ensure you register with both your energy and water providers as they maintain separate PSR registers. This is to ensure that kidney patients needs can be supported if any specific power outages are introduced.

What does being signed up to the Priority Services Register do?

The Priority Services register helps utility companies take care of those who are in vulnerable situations. It is a free of charge system that helps suppliers to ensure the correct support is given to its most vulnerable consumers. This can include advance notice of planned power cuts for customers who depend on their energy supply for medical reasons and priority in an emergency.

[I used it when I was on home dialysis. My water and electric suppliers provided an excellent service leaving me reassured. One less thing to worry about!!]

For more information on what the PSR Register does and how to register please visit: <https://www.ofgem.gov.uk/get-help-your-supplier-priority-services-register>

World Transplant Games - Perth Western Australia

15th - 21st April 2023

Perth, Australia will host the 24th World Transplant Games from 15th – 21st April 2023. This will be the third time the Games have been staged in Australia with previous Games in Sydney in 1997 and the Gold Coast in 2009.

With its modern sporting facilities, excellent health care services and great climate, Perth was unanimously voted as the host city by the WTG Board of Trustees. It promises to be a games like no other bringing the transplant community back together when we need it most.

The Games are open to those who have received, heart, lung, liver, kidney, pancreas, stem cells and bone marrow transplants, and will bring up to 3 000 transplant athletes, their families and supporters together for a week celebrating the ultimate gift – the gift of life.

WHAT SPORTS WILL BE ON OFFER

5km Run, Cycling, Petanque, Volleyball, Badminton, Table Tennis, Tennis, Squash, Swimming, Athletics, Basketball, Ten Pin Bowling, Golf, Darts, Sprint Triathlon (500m Swim, 20km Cycle, 5k Run), Lawn Bowls (Singles) and Six-a-side Football

WHAT IS THE PURPOSE OF THE GAMES

The Games have two objectives – to promote organ donation and encourage more people across the world to register and support donation; and to help recipients improve their health and fitness around their transplanted organ.

Manchester Royal Infirmary Transplant Representatives

Four members of the MRI transplant games team are competing in the World games in Australia.

Funding support from MRIKPA

To assist with the cost of competing in the games this KPA has provided £500 per athlete (£2000) to enable them to register for the games in Perth.

We wish them the best of luck in their competitions

Electronic Patient Record (EPR)

As Guy mentioned earlier and probably most patients' know by now Manchester Foundation Trust (MFT) has gone live with a Trust-wide Electronic Patient Record (EPR) solution called Hive.

The new EPR along with an innovative online patient portal, MyMFT, is changing how the Trust provide consistent healthcare wherever the patients are treated.

Hive is the biggest digital transformation seen at MFT. Powered by Epic software, Hive means so much more than updating to a new digital system, it means wide-spread change and improvement that will see benefits for patients and staff for many years to come.

By bringing all IT and patient record systems together, the Trust can provide a joined up, better healthcare experience wherever patients are treated.

There has been some teething problems with the system and members of the MRKPA Committee have been in face to face discussions with senior clinicians to discuss these issues from a patients' perspective.

Other positive impacts include:

Access to one patient record across the Trust will improve standards of services at all hospitals

Patients won't have to repeat the same information to different members of staff any longer

Staff will be able to spend more time caring for patients as they will have faster access to information

Patients will have more control over their care as we introduce the MyMFT mobile app and portal

Once patients' have registered with MyMFT, they will be able to access their appointment details, letters and other medical information about any medical care received at an MFT hospital site or service, both quickly and securely.

MRIKPA Membership form

Membership of the Manchester Royal Infirmary Kidney Patients' Association (MRIKPA) is completely free. It is open to kidney patients, their relatives & friends, hospital staff and to anyone who is interested in the welfare of kidney patients. Members receive, free of charge, a regular newsletter.

Please tick as appropriate and then complete the form below

- I would like to join the MRIKPA
- I consent to the MRIKPA contacting me by post
- I am already a member of the MRIKPA and have changed my name, address and/or phone number
- I no longer wish to remain a member of the Association or to receive the newsletter. Please remove me from your mailing list.
- I consent to receive the National Kidney Federation (NKF) magazine
- I would like to receive my newsletter electronically

Name

Address

Postcode

*Please send this completed form (or a photocopy if you prefer) to:
Mike Kewley, 11 Canterbury Road, Hale, Altrincham Cheshire WA15 8PL*

*I would like to make a donation to the MRIKPA and enclose
a cheque for £ (Membership is free but if you would like
to make a donation we would be very grateful)*

Donations and Fundraising

Please send whatever donation you can afford, large or small to support your association. As a charity, we rely entirely on the generosity of our members and supporters to continue our work for the benefit of kidney patients in the region.



**Please send your donations to:
Janet Richardson
12 Carrington Lane, Sale M33 5ND**

Cheque's should be made payable to: MRIKPA

You can telephone Janet on 07490 190492 to ask about ways you can make a bequest or donate through gift aid.

Monies donated are used solely for the benefit of kidney patients. Your Committee are all volunteers and do not receive any payment from your donations or from any other source for the work that they do.

Donations are received at different times and as a result may miss the deadline of the newsletter.

Therefore, the total amount raised may not be shown in one newsletter but shown over two issues.

giftaid it

Gift Aid declaration –for a single donation

Name of charity or Community Amateur Sports Club

Please treat the enclosed gift of £ ----- as a Gift Aid donation.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current 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.

Donor's details

Title ----- First name or initial(s) -----

Surname -----

Full Home address -----

Postcode -----

Date -----

Signature -----

Please notify the charity or CASC if you:

- *Want to cancel this declaration*
- *Change your name or home address*
- *No longer pay sufficient tax on your income and/or capital gains.*

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Notes