

Tough Enough To Care

Sponsorship Form



Thankyou for choosing to raise funds for Tough Enough To Care

Tough Enough To Care is a small national charity that aims to beat the stigma of “tough” men and women talking about their mental health. We want those living and working in male-dominated environments such as the Armed forces, emergency services, construction industry and sports clubs, to realise that reaching out for help is a sign of strength.

We currently offer face to face, peer support groups led by trained volunteers, at seven locations on a weekly basis. We also provide a suite of training for organisations, community groups, schools and clubs, ranging from short presentations to raise awareness of the issues surrounding mental health, to accredited courses delivered over a number of days.

Our ‘The Tough Truck provides a safe space to start conversations about mental health and give out non-judgemental advice, reaching out to those who may not reach out themselves or might find taking that initial step through the door to a support group too overwhelming.

Additionally, we produce a range of printed material including information leaflets, emergency contact cards and pocket guides to help individuals struggling with mental ill health.

You help us to make a difference

Name
Address
Email
Telephone
Please tell us about your event

From time to time Tough Enough To Care would like to contact you to let you know about future events and campaigns. Please let us know if/how you would prefer to be contacted:

- Phone
- Email
- Post
- Text
- No contact

Did you know that for every £1 donated, Tough Enough To Care could receive an extra 25p from the government – at no extra cost to you! Under the Gift Aid scheme if you pay tax in the UK we can reclaim the basic tax rate (25%) on your gift.

To qualify for Gift Aid you will need to be a UK taxpayer and have paid sufficient Income Tax or Capital Gains Tax to cover to cover the amount of tax all the charities you give to will reclaim on your Gift Aid donations in the tax period in which they are received. If you are unsure whether you are eligible for donating by Gift Aid, or simply want more information, please contact the HM Revenue & Customs directly or visit their website: hmrc.gov.uk. In order to claim Gift Aid we will need your full name, address and postcode so please be sure to include these details when making a donation.

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Name	Address	Amount	Date Paid	Gift Aid If you are a UK taxpayer we can claim 25p in every £1 that you donate from HMRC if you tick this box.	Stay In Touch. Please tick here if you do not wish to hear from us about future events, initiatives and updates.

Tough Enough To Care Room 2, 17 High Street Wall Heath, DY6 OHB
E: fundraising@toughenoughtocare.org.uk
T: 01384 270359
Registered Charity Number: 1187404

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Sponsorship Total	
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