

Sponsor me to *Give it up!* for Lent!

This Lent I am giving up

Matching your donations with



For every £1 you give, the Government will give £1, helping us to change even more lives.



for CAFOD



If you are over 18 years of age and would like CAFOD to treat your donation as Gift Aid, fill in your home address

(if you pay UK tax and tick the Gift Aid box, the government will add at least 25p to every £1 you give in sponsorship money)



Title, initials and surname	Home address – OVER 18s ONLY!	Postcode	Amount £	Date paid	Gift Aid* ✓
Remember: Full name + home address + postcode + amount + date paid + tick ✓ = 'gift aid it'			Total amount	Turn over the page to write down more sponsors	

*We, who have given our names and addresses above and have ticked the box headed Gift Aid, want CAFOD to reclaim tax on the donation detailed above, given on the date shown. We understand that each of us must pay an amount of income tax or capital gains tax at least equal to the tax reclaimed by CAFOD on the donation.

We may contact you about our work but we will not share your information with external organisations for marketing purposes unless they are working on our behalf.

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Please fill in this section when all sponsors have been collected

We will keep your details so that we can send thank you certificates to young people taking part, and we can tell you more about how CAFOD is making a difference to people in need. We will only use your son/daughter's name to thank them.

Parent/carer Title: _____ Initials: _____ Surname: _____

Home address: _____

_____ Postcode: _____

Young person's name: _____

School: _____

Thank you for taking part in *Give it up!*

Please return the form and money to school on this date