

# Friends of Anxiety UK Standing Order Form

Please select the category which best describes you:

- Current member of Anxiety UK
- Ex-member of Anxiety UK
- Family/carer/friend of someone with anxiety
- Professional associate or supporter of Anxiety UK

Instructions to your bank or building society to pay by standing order:

To the Manager,

Bank name \_\_\_\_\_

Bank address \_\_\_\_\_

Account holder \_\_\_\_\_

Sort code \_\_\_\_\_

Account no. \_\_\_\_\_

Please pay the sum of £ \_\_\_\_\_

on the \_\_\_\_ day of \_\_\_\_\_ (month)

\_\_\_\_\_ (year) and on the same day of each succeeding month, until further notice.

I hereby confirm that I am over 18 years of age.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Anxiety UK  
Royal Bank of Scotland  
Sort: 161625 Account: 10053133

Please return this form to:

Anxiety UK, Zion CRC, 339 Stretford Road,  
Hulme, Manchester M15 4ZY



- 08444 775 774
- info@anxietyuk.org.uk
- @anxietyuk
- @anxietyuk
- @anxietyukofficial
- @anxietyukofficial

Registered Charity Number:  
1113403  
Company Registration Number: 5551121

## DID YOU KNOW:

➔ In the UK, there is 1 case of depression, anxiety or work related stress diagnosed every 2.1 minutes

Labour force survey 2015

➔ Almost 1 in 5 UK adults have symptoms of anxiety and depression

Fundamental Facts About Mental Health 2015

➔ Only 7.3% of mental health research funds are spent on anxiety per year

UK Mental Health Research Funding 2015

➔ Stress is the top health and safety concern in UK workplaces

Trades Union Congress Survey 2016

## ABOUT ANXIETY UK

Since 1970, Anxiety UK has provided support to over a million people living with anxiety, stress and anxiety based depression.

Each year, more than 30,000 people call the Anxiety UK infoline, use the email information service or access the charity's therapy services.

Anxiety is an isolating condition. We rely on the public's kindness to enable us to continue to support those living with anxiety, stress and anxiety based depression.

## HELP US HELP OTHERS

Like most charities, Anxiety UK faces a constant struggle to stay afloat and provide vital services that help people manage anxiety, stress, and anxiety based depression, the world over. But by becoming a Friend of Anxiety UK, or by passing this onto someone who may be interested, you can help ease this struggle and help ensure the charity's future.

You might be someone who has previously been a member of Anxiety UK, a carer or family member of someone who has an anxiety disorder, or perhaps a professional associate of the charity. Whatever your involvement has been in the past, in becoming a Friend of Anxiety UK now, you will be helping to provide much needed support to those living with anxiety, anxiety based depression and stress.

Giving as little as £20 will enable us to do any one of the following:

- ➔ Answer five calls to the Anxiety UK infoline, by one of our trained infoline volunteers with personal experience of anxiety
- ➔ Process two therapy referrals for Anxiety UK members, so they can get the help they need
- ➔ Help with the production costs of our quarterly magazine, Anxious Times

Once you have become a Friend of Anxiety UK, you will receive a quarterly Friends of Anxiety UK e-bulletin which keeps you up to date with developments in the charity, so you can see exactly what you are helping us sustain.

Become a Friend of Anxiety UK by setting up a standing order for £2, £5 or £10 a month (or for any amount you feel appropriate) – every little really does help.

I'd like to become a Friend of Anxiety UK by making a monthly donation of

£10       £5       £2

other amount £ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

Email \_\_\_\_\_

Tel No. \_\_\_\_\_

If you are a UK taxpayer, we can claim an extra 25p for every £1 you donate. If you are eligible for Gift Aid, you must be able to agree to the following statement:

*I want to Gift Aid my current donation and any donations I may make in the future or have made in the past 4 years to Anxiety UK.*

*I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.*

*I will notify Anxiety UK of any change in my personal circumstances, such as name and address, or that I no longer pay UK Income or Capital Gains tax or I wish to cancel the declaration.*

Yes

No

Signature \_\_\_\_\_

*Please complete overleaf*