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Please sponsor me!

Name:

I'm taking part in _____
on _____

Or sponsor me online at www.justgiving.com/ _____

Tibet Relief Fund funds local projects that address basic needs and provide vital healthcare and education for Tibetans in India, Nepal and Tibet. Many Tibetans are refugees having fled their country to escape China's occupation; others live as nomads or in remote areas of Tibet with little or no access to education or medical facilities.

Your sponsorship will make a real difference to Tibetans in need.

Gift Aid your donation (plus any made in the past 4 years & all future donations until you notify us otherwise) and for every pound you give to us, we can reclaim 25p from the Inland Revenue.

Just tick here - it's that simple!

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You must pay an amount of UK Income Tax and/or Capital Gains Tax for each year (6 April to 5 April) that is at least equal to the tax that Tibet Relief Fund and any other charities or CASC's you support will reclaim on your donations for that tax year (council tax and VAT do not count).

Full name	Address	Postcode	Amount	Gift Aid ✓	Please send TRF info	Date money rec'd

