

Order Form

Membership costs £2.00 a month (if paid by Direct Debit) or £24.00 a year. It can be ordered online at: www.bloodpressureuk.org, by telephone on: **(020) 7882 6255**, or by completing the order form below and returning it to: **Blood Pressure UK, FREEPOST Plus RTCS-AATG-ACSU, Wolfson Institute, Charterhouse Square, London EC1M 6BQ.**

No stamp is needed in the UK.

Title: _____ First Name: _____

Surname: _____

Address: _____

Email address: _____

Gift Aid. Are you a UK taxpayer?

Gift Aid. Are you a UK Income Tax or Capital Gains Tax payer? Use Gift Aid and you can make your membership worth more as Blood Pressure UK can reclaim the income tax paid from HMRC at no cost to you. Just tick the box below, it's that simple.

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Yes, I am a UK Income Tax or Capital Gains Tax payer and I would like all donations I have made in the last 4 years, and all donations I make from the date of this declaration until I notify you otherwise to be treated as Gift Aid donations. I have paid an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the BPA will claim in that year. I understand that Council Tax and VAT payments do not qualify. I understand that the BPA will reclaim 28p on every £1 I gave up to 5th April 2008 and will reclaim 25p on every £1 on or after 6th April 2008.

1. Cheque or Postal Order

I enclose a cheque or postal order. Please make cheques payable to Blood Pressure UK. Membership costs £24.00 a year.

2. Credit or Debit Card

Please debit my Visa/Mastercard/Maestro card. Membership costs £24.00 a year.

Issue Number:

Card number:

CSV Code (last three digits on the back of the card):

Start Date: /

Expiry Date: /

Blood Pressure UK is an operating name of the Blood Pressure Association. Registered as a charity in England and Wales (1058944) and in Scotland (SC040230). Registered as a company limited by guarantee in England & Wales (03251531). Registered Office: Wolfson Institute, Charterhouse Square, London EC1M 6BQ. Telephone: (020) 8872 4994, Web: www.bloodpressureuk.org.

3. Online Banking

You can pay for your Blood Pressure UK membership using your own online bank account. Please complete your personal details on this form (and return it to Blood Pressure UK) and direct payment to account number: 01152878, sort code: 30 96 07. Please quote your name and 'Blood Pressure UK' as a reference.

I have made a payment to Blood Pressure UK using my own online bank account.

4. Direct Debit

Monthly Direct Debit £2.00 Annual Direct Debit £24.00

Instruction to your bank or building society to pay by Direct Debit

Please fill in this form and return it to Blood Pressure UK, FREEPOST Plus RTCS-AATG-ACSU, Wolfson Institute, Charterhouse Square, London EC1M 6BQ.



Service user number

8 3 9 8 6 7

Name and full postal address of your bank or building society

To: The Manager	Bank/building society
Address	
<input type="text"/>	
<input type="text"/>	
<input type="text"/>	
Postcode	
<input type="text"/>	

Name(s) of account holder(s)

Branch sort code

Bank/building society account number

Reference

Instruction to your bank or building society

Please pay Blood Pressure UK Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Blood Pressure UK and, if so, details will be passed electronically to my bank/building society.

Signature(s)
<input type="text"/>
Date
<input type="text"/>

Banks and building societies may not accept Direct Debit Instructions for some types of account.



Blood Pressure UK

Do You Have High Blood Pressure?

Get Help, Information and Support for just £2.00 a month...



Join Blood Pressure UK now for just £2.00 a month
Visit www.bloodpressureuk.org
or telephone: (020) 7882 6255

Join Blood Pressure UK for just £2.00 a month...

Blood Pressure UK is the countrys leading charity helping people with high blood pressure, giving members practical support, easy to understand information and on-going reassurance. Indeed, over 90% of our members say that membership helps them to reduce and manage their own blood pressure.

Join Blood Pressure UK today for only £2.00 a month (or £24.00 a year) and as well as getting all the benefits of membership listed below, we will give you a **FREE** copy of our incredibly useful, easy to read booklet the 'A-Z of Blood Pressure'.

FREE Publication for New Members 'A-Z of Blood Pressure'

Join Blood Pressure UK today and receive a copy of our jargon busting 'A-Z of Blood Pressure'. It's a complete guide to everything you need to know about blood pressure and tries to cut through the complex jargon to give you short, easy-to-read explanations.

Written in a down-to-earth style, it covers a huge range of topics including the basics of what blood pressure is, day-to-day life with high blood pressure, tests you might undergo, and the medicines commonly used as treatments. It's a fabulous publication and is so useful to refer back to or dip into!



What You Get as a Member...

- *Positive Pressure* is our popular members magazine and keeps you up to date on the world of blood pressure and how it affects you. Useful and informative, it includes a wide variety of features, competitions and recipes. As a new member you will receive one issue immediately, and two further issues over the coming year.



- A range of free booklets and information sheets to help you understand more about high blood pressure and how to live with it. The leaflets aim to answer all your questions and topics include healthy eating, home monitoring, as well as the various types of medications you will encounter.



- A bi-monthly email newsletter, *ePositive Pressure*, which aims to bring members topical news and information.



"...Blood Pressure UK is there for people with high blood pressure to get constructive support and explanations. You only get nine minutes during a doctor's appointment so understandably your GP doesn't always have time to answer all your questions and concerns, and that's where Blood Pressure UK can help."

Edric Aris, Blood Pressure UK volunteer

"When I was diagnosed I was desperate to speak to someone so I searched the internet and found Blood Pressure UK. I was delighted with the advice and support I received which was second to none. They gave me the courage to make specific lifestyle changes which helped lower my blood pressure..."

Jean Samtula, long-standing Blood Pressure UK member

Join Blood Pressure UK now for just £2.00 a month
Visit www.bloodpressureuk.org
or telephone: (020) 7882 6255