



THE **OPTIMUM HEALTH CLINIC** FOUNDATION



Sofa Heroes

Donation form

Your details

Title: Mr/Mrs/Miss/Other

First name:

Surname:

Address:
.....

..... Postcode:

Telephone:

- Please fill out each section in full, in CAPITALS and in blue or black ink.
 - Please ask your sponsor to fill our their own details (forms in the same handwriting are not valid for Gift Aid).
 - Please ask each sponsor to tick the Gift Aid box and to give their home address details (business address' cannot be used to claim Gift Aid).

GIFT AID - Boost your donation by 25p for every £1 you donate

I confirm that I am UK taxpayer and I understand that if I pay less income tax and/or capital gains tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay the difference.

gift aid it



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Sofa Heroes

Raising money for ME, CFS, Fibromyalgia research

To send your sponsorship money to us you can:

- Make a payment on our JustGiving page
 - Make a BACS payment using these details

The Optimum Health Clinic Foundation

Sort code: 30 94 68

Account number: 01164458

Also please send us this form so we can claim the Gift Aid.

- Send us a cheque made payable to The Optimum Health Clinic Foundation and post it and this form to, **The Optimum Health Clinic, Bickerton House, 25-27 Bickerton Road, London, N19 5JT**



Fundraising planner

Raising money for ME, CFS, Fibromyalgia research

Use this planner to keep you on track for your fundraising event, we've started you off on some of your to do's.

Tick	Date to be done by	Task
<input type="checkbox"/>	/ /	Decide what fundraising event you want to run
<input type="checkbox"/>	/ /	Set up your JustGiving page
<input type="checkbox"/>	/ /	Tell us about your event fundraising@theoptimumhealthclinic.com
<input type="checkbox"/>	/ /	Promote your event on social media and using our posters
<input type="checkbox"/>	/ /	

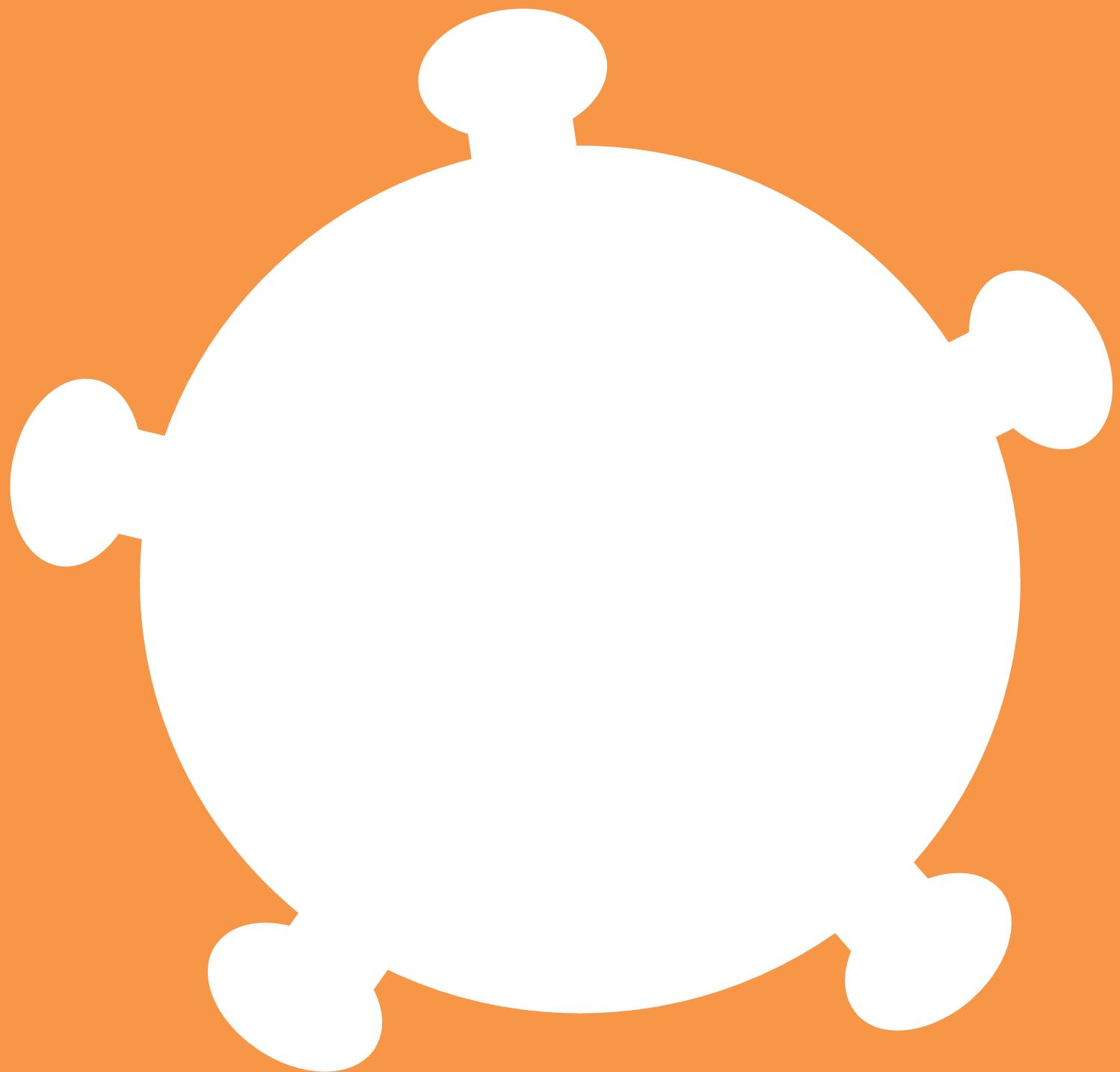


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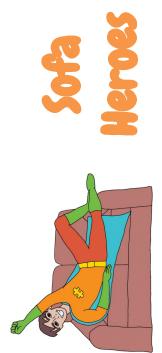
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Who are The Optimum Health Clinic?

The OHC is an award winning integrative medicine clinic with a specialism in the diagnosis and treatment of ME,CFS and Fibromyalgia with complementary and alternative medicine based approaches for optimising health, relaxation and general well-being. OHC was set up in 2004 and having worked with patients in 35 countries is recognised for its innovative approach of researching, testing and integrating treatments in the most effective way. Over half the team have had personal experience of these illnesses, so the clinic is also well known for its empathic approach.

To support the work we do visit
www.justgiving.com/optimumhealthfoundation

Why support the OHC?

The OHC funds research into integrative medicine to improve the lives of people living with ME/CFS/Fibromyalgia. Each year, nearly a quarter of a million sufferers in the UK, don't receive the care they need to recover and, like you, we want this to change. We are currently fundraising for a unique, three-year, randomised clinical trial with the aim that our treatments will soon be available to all, via the NHS.

The trial was officially announced at a reception at the House of Lords for the research collaboration with University of Surrey.

For more information on the OHC and the work it does or the randomised control trial visit
www.theoptimumhealthclinic.com



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