



Thank you for your interest in RLS-UK.

We are a UK charity providing support and information about Restless Legs Syndrome (RLS) and Periodic Limb Movement Disorder (PLMD) for sufferers and their families. Restless Legs Syndrome is a relatively unknown, but surprisingly common condition, which can cause severe discomfort and disruption to sufferers.

The aims of our organisation are:

- to provide information and support for sufferers
- to increase awareness of the condition amongst the general public and the medical profession and to provide information
- to help diagnose and treat sufferers
- to encourage meaningful research into the condition

Members of RLS-UK receive our newsletter four times per year, providing information about the latest medical news and research plus features on our members explaining how RLS affects their lives and what treatments work for them

Members are also invited to attend national RLS meetings to hear what the organisation has been up to, listen to speakers with RLS expertise and meet fellow sufferers.

If you would like to become a member, please complete the attached form and return it with a cheque for £15 to RLS-UK, PO Box 11084, Grantham, NG31 0LN. If you are a UK tax-payer, we would be very grateful if you would also complete the enclosed Gift Aid Form.

Should you have any queries, please email us at [membership@rls-uk.org](mailto:membership@rls-uk.org).

Thank you for your support.

Yours sincerely

RLS-UK

Title \_\_\_ First name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Home phone number \_\_\_\_\_ Mobile phone number \_\_\_\_\_

Year of birth \_\_\_\_\_ Today's date \_\_\_\_\_

### **We need your consent to retain and use your data**

We will keep their details on file. Your details will be used exclusively by us and will never be shared with third parties without your prior consent.

**If you do not tick the box below, we will not be able to send you newsletters, invitations to our meetings etc.**

I agree that RLS-UK can retain my data

I would prefer to be contacted by (please tick)

Email  Post  Phone

I would prefer to receive my newsletters by (please tick)

Email  Post

Please indicate (by ticking) if you would be happy to participate in the activities opposite:

Focus Groups - normally arranged by companies to learn about people's experiences of RLS. Expenses and compensation are normally offered for your time.

Case Studies: We are sometimes approached by groups e.g. newspapers and magazines, asking for individuals who will act as case studies for articles etc.

We try to make membership of RLS-UK as affordable as possible by keeping the membership fee low.

### **We greatly appreciate your donations.**

I would like to make a donation of £\_\_\_\_\_.

**Please make your cheque(s) payable to 'RLS-UK/ESA'**

**Please indicate whether you have returned a Gift Aid form with this application:**

**Yes / No**



Name of charity: RLS-UK/Ekbom Syndrome Association

Please treat (Please tick the appropriate box)

- The enclosed gift of £ \_\_\_\_\_ as a Gift Aid donation; OR
- All gifts of money that I make today and in the future as Gift Aid donations; OR
- All gifts of money that I have made in the past 4 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

You must pay 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 charity will reclaim on your gifts for that tax year.

Donor's details

Title \_\_\_\_\_ Initial(s) \_\_\_\_\_ Surname \_\_\_\_\_

Home address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Date \_\_\_\_\_ Signature \_\_\_\_\_

Please notify the charity if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

The charity will reclaim 25p of tax on every £1 you give on or after 6 April 2022.

If you pay Income Tax at the higher rate, you must include all your Gift Aid donations on your Self-Assessment tax return if you want to receive the additional tax relief due to you.

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