

Dear Supporter

Thank you so much for ordering your fundraising pack from Restore. Every penny you donate makes a difference and helps us to continue our life-changing work - supporting local people across Oxfordshire to take control of their own recovery from mental ill-health, through our unique recovery groups, training and employment coaching.



Mental ill-health can affect anybody, at any time, and statistics show that 1 in 4 of us in the UK will suffer from mental ill-health in our lifetime. Our services are needed now more than ever, so THANK YOU for taking the time to support us with your own fundraiser, whatever that may look like. We really are grateful.

Thanks to your help, we can support those with mental ill-health on their own recovery journey. Take Russel, who came to our Beehive recovery group:

"My background is in the Military and the Police. I served in the Falklands, and during the Troubles in Northern Ireland, and was then a police officer in London. 22 years of work took its toll. My diagnosis is complex, and I have more than one mental health disorder. This makes it difficult to get the correct access to the mental health system.

From the day I started at The Beehive in August 2018 my life has improved. Yes, there have been a few bumps in the road on the way and there will be further obstacles to cross in the future but Restore have taught me that it is okay to not be okay, and that I am not alone. Restore have given me back my self-esteem and taught me to take little steps. I may never be rid of all my demons, but I now have greater control over them, thanks to techniques I have learned from attending Restore.

I am now training to become a Tutor at The Oxfordshire Recovery College and eventually I would like to be an advocate for men's mental health."

We really hope you enjoy throwing your very own fundraiser, using the items in this kit.

If you have any questions or need help with anything, then please drop us an email at fundraising@restore.org.uk. We're a friendly bunch!

Good luck with your event!



Claire Spence-Parsons,
Head of Fundraising and Communications





Your donation will enable someone with mental ill-health to take control of their recovery and fulfil their enormous potential.



Please give what you can to help

By participating, you're helping people to recover and return to leading fulfilling lives.

Your donation will enable someone with mental ill-health to take control of their own recovery. Whether you give £5 or £5,000, every single donation makes a difference and will go directly to supporting people to recover, develop skills and self-esteem, and live meaningful lives.

Contact us:
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F: 01865 455 834
fundraising@restore.org.uk
Registered Charity Number 274222



restore
working for mental health

Restore is an Oxfordshire-based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives. We offer recovery groups, training and employment coaching to make this possible.

Thank you!
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Please notify Restore if you:

- no longer pay sufficient tax on your income and/or capital gains
- change your name or home address
- want to cancel this declaration

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please cut out and send this form to the address to the right.
Please note important information relating to Gift Aid on base of box. Thank you.

Signature: _____
Date: _____
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Postcode: _____
Address: _____
Surname: _____
Title: _____
First name: _____

My details

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 want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to Restore.

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer. In order to Gift Aid your donation you must tick the box below:



- How to make your bunting**
1. Cut out each triangle along the dotted lines
 2. Fold the top of each triangle over, along the solid straight line
 3. Staple to string to complete your bunting



Supporting
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WE'RE SUPPORTING



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SO COME ALONG AND JOIN OUR..

WHEN:

WHERE:

WHY...

Restore is an Oxfordshire-based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives. We offer recovery groups, training and employment coaching to make this possible.



YOU'RE A STAR!

THANKS TO YOUR GENEROSITY, WE RAISED A TOTAL OF

£

FOR RESTORE

WORKING WITH MENTAL HEALTH

.....
By participating, you're helping people to recover and
return to leading fulfilling lives.

THANK YOU



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restore
working for mental health

I'm fundraising for Restore & mental health

**You can make a difference to
somebody's future TODAY, by
going to my JustGiving page &
making a donation!**

- thank you



@oxrestore

