# Salisbury Hospice Charity <br> Spring / Summer Newsletter 2023 



Salisbury Summer Fair.


Summer Raffle
Page 4



## Welcome to our Spring/Summer Newsletter, with lots of exciting events on the horizon

I joined the board of trustee's in 2016 after Salisbury Hospice cared for my Mum in 2015. Many of you reading this will have seen first-hand, the incredible care given to our loved ones and the support given to us in the hospice. It's a very special place and I am very proud to be a part of the team.
This year for the first time, I am delighted to be on the new committee for the Salisbury Summer Fair (formerly the Wessex Country Fair). You'll see lots of new things, making it bigger and better. Of course, at the heart of our fair is still the Hospice Village, showcasing all that our wonderful hospice has to offer. Our Children's Village will be overflowing with family fun and we have a new Wellness Village with a timetable of classes, a wonderful line up of speakers, delivering talks on wellbeing and a day of mindful craft workshops. We can't wait to welcome you all to the fair in August.
Our Celebration Walk in April is a beautiful chance to remember a loved one. This event has been close to my heart since losing Mum and my first one in 2015 was very special. A chance to raise vital funds, reflecting on what the hospice did or is still doing for the special people in our lives, whilst taking in the wonderful sights of Salisbury. This really is a special event, where everyone comes together to remember and support one another.
We have some fabulous community events coming up too, with the ever popular Fabulous Family Fun Day, in memory of Lynn Futcher, which raised a staggering $£ 20,000$ last year. Perhaps you'd like to run your own community event this year in memory of a loved one? We have dedicated community fundraisers who can help you bring your vision to life.
There's a great timetable of challenge events to sign up to if you fancy getting out of your comfort zone? Trekking in Croatia anyone?
We are always so grateful for all of our volunteers, those who support us day to day in the hospice itself and those who join us at our events. A huge heartfelt thank you to all of you: we couldn't do it without you. If you'd like to join these incredible people, we would love to welcome you as a volunteer to help us with this year's events. Find out how you can help by emailing info@salisburyhospicecharity.org.uk.

## Inside this Issue

Page 3 Welcome and Introduction
Page 4 Summer Raffle
Page 5 About Palliative Care
Page 7 Christmas Challenge Success A Gift for our Future

Page 8 Community News
Page 9 FUSE
Page 11 Celebration Walk
Page 13 Salisbury Summer Fair
Page 152023 Year of the Challenge
Page 16 Croatia Trek
Page 17 The Difference You Make
Page 18 Dates for Your Diary and Christmas Fundraising Ideas

There are many ways you can get involved and help us raise funds for our incredible charity and we hope you enjoy reading all that we have to offer over the Spring/Summer. We would love you to help us spread the word and tell your friends and family about the work that we do and the events we have coming up. There's something for all the family to get involved. A huge thank you from myself and the rest of the trustees to our fantastic fundraising team who work so hard to raise funds, to secure the future of our hospice. A big thank you also to each and every one of you who has supported us, so we are able to continue our incredible care at the hospice.
Nikki Spicer
Trustee Salisbury Hospice Charity

## Salisbury Hospice Charity,

## Odstock Road

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## Patient enquiries

Telephone: 01722425113
This newsletter is produced twice a year. If you have any comments we would very much like to hear from you. If you would prefer to receive the newsletter by email or not to receive it at all please either email, telephone or write to us using the details above.

Salisbury Hospicecare Trust Limited (Salisbury Hospice Charity) is a Registered Charity (No. 1123314) and a Company Limited by Guarantee registered in England (No. 6525170).0

## Summer Rafile

## Win one of five exciting prizes!



Two Night Coastal Break for Two at The 4* Haven Hotel, Sandbanks Head to Poole for a Two Night Coastal Break for Two at The 4* Haven Hotel, Sandbanks. On the tip of the Sandbanks peninsula, this welcoming hotel boasts spectacular views, making it the ideal spot for some rest and relaxation. You'll enjoy two nights in a comfortable double or twin room, as well as a delicious full English breakfast each morning.


Theatre Lover's Choice with Dinner for Two
Discover London's West End and experience the theatre in style with a fellow theatre lover by your side, and enjoy one of the city's finest performances with a two-course pre-show meal to enjoy. There's loads of quality shows to choose from, with a range that's ever-changing.


## Afternoon Tea for Two at Bishopstrow Hotel \& Spa

Enjoy a time-honoured tradition in a contemporary setting with Afternoon Tea for Two at Bishopstrow Hotel and Spa. Expect freshly made finger sandwiches, light and fluffy scones with clotted cream and jam, and a selection of mouth-watering pastries.


Visit to The View from The Shard and Three Course Meal at Marco Pierre White's London Steakhouse Co for Two
Indulge in a slice of the high life together, with entry to The View from The Shard for Two, followed by an exquisite three-course meal at Marco Pierre White's London Steakhouse Co. An icon amidst the city's skyline, Western Europe's tallest building is renowned for its magnificent architecture, 5* hospitality, and sweeping 360 -degree views across the city below.


## Visit to LEGOLAND ${ }^{\circledR}$ Windsor Resort for Four

For an awesome family day out this year visit the LEGOLAND® Windsor Resort and experience the ultimate LEGO® adventure! With over 55 rides, live shows and attractions set over 150 acres of parkland plus a fully LEGO themed hotel on site, the LEGOLAND Windsor Resort is a family destination that is not to be missed!

Purchase your tickets here.
Tickets cost $£ 1$ each and the draw takes place at The Salisbury Summer Fair on
Saturday 5th August 2023.
Good luck and thank you for your support!

## Palliative Care

## Often you will hear that Salisbury Hospice is a palliative care provider, but what exactly is palliative care?

Palliative care can begin as early as the diagnosis of an illness or condition that can no longer be cured (life-limiting). Palliative care does not aim to hasten or postpone death, but instead, it aims to promote quality of life, encouraging patients to live as actively and well as possible. Palliative care is not just provided at the end of life and can be given for many years following a diagnosis. Often a patient will be introduced to their palliative care provider early in the course of an illness to avoid increased distress.

Palliative care also:

- Provides relief from pain and other distressing symptoms
- Affirms life and regards dying as a normal process
- Provides social, practical and emotional support
- Allows the patient to make advanced care planning decisions and have more control over their care journey

Conditions where palliative care may be beneficial include:

- Heart, liver and renal failure
- Respiratory conditions such as chronic obstructive pulmonary disease (COPD)
- Neurological conditions such as motor neurone disease
- Dementia
- Cancer

During a patient's palliative care journey Salisbury Hospice's multi-disciplinary teams are on hand to educate support and advise, and in the final days facilitate a good death.
What makes a good death?

- To be treated with dignity and respect
- To have the people you want around you
- To have pain and symptoms controlled
- To have spiritual and emotional needs met
- To be in the place of your choice
- Make the memory of someone's death as positive as possible for the family

At Salisbury Hospice, our mission is to ensure our patients and their families are fully supported during their palliative care journey, from beginning to end. We treat patients as a whole, considering both the physical and emotional implications of a life-limiting illness.
"How people die remains in the memory of those who live on"

- Dame Cicely Saunders



## Chris White Funeral Directors



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## Wilton

## 01722744691

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Call us for immediate support, advice or to arrange a home visit. We are here to help 24 hours a day.

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- Bereavement advice
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- Private chapel of rest
- Floral tributes
- Memorial masonry
- Home visits
- Prepaid funeral plans


## A £41k boost for Hospice at Home

Between Tuesday 29th December 'Giving Tuesday' and Tuesday 6th December, we ran our 2022 Christmas Challenge in partnership with The Big Give. We were overwhelmed by the level of support given to this campaign and are delighted to say, it exceeded all expectations; raising an incredible $£ 41 \mathrm{k}$ for our Hospice at Home Service.
The demand for Hospice at Home has increased vastly following the pandemic. Sadly, the pandemic, as well as the cost-ofliving Crisis has stretched care services to the limit across the country. The money raised through this initiative will help secure the service by funding essential nursing costs.
'Myself and the Hospice at Home team are incredibly grateful for the generosity and kindness shown by our supporters towards this campaign and our service. The money raised will mean we can continue to provide care and compassion to patients and their families, in a setting that is comforting and familiar. A huge thank you to everyone who donated.'

Kelly Anderson - Hospice at Home Coordinator

## A gift for our future

Leaving a gift in your Will is a wonderful way to show your support for the patients, families and carers supported by Salisbury Hospice.
A gift of just $1 \%$ from your Will can make $100 \%$ difference to families going through the most difficult of times, and your support has never been more vital.
Pledging support, with a gift in your Will to Salisbury Hospice, gives us confidence for the future so that we can be here for patients, families and carers - when they need us the most. Gifts in Wills are extremely important to us; if fact last year 20\% of our fundraising came from kind supporters remembering Salisbury Hospice in their wills.
We recently ran a successful 'Make a Will' campaign. The Law firms taking part, kindly agreed to waive their normal will writing fee for the preparation of a standard or mirror will in return for a donation to Salisbury Hospice Charity. We would like to thank the following solicitors for their kind support:

B<br>Brodrick-Barker solicitors

Farnfields
Law. As it should be.

## Richard Griffiths $\mathfrak{E}$ Co

——SOLICITORS
PARKER BULLEN

SOLICITORS

## TRETHOWANS

We hope to run a further scheme in the near future
Please contact 01722416353 or email
katie.j@salisburyhospicecharity.org.uk to register your interest.

We cannot thank everyone who donated enough, including the TH Russell Charitable Trust. Your support makes a huge difference to the patients and families we support. A huge thank you also to our pledgers and our champion The Hospital Saturday Fund.
The Big Give is a match-funding scheme made possible by pledges we receive from generous supporters. If you would be interested in pledging for this year's Christmas Challenge please email Katie.j@salisburyhospicecharity.org.uk or call 01722416353.




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## Community Update


#### Abstract

We are so grateful to all supporters for their extraordinary fundraising in the community; our regular supporters have continued to work tirelessly and we have seen some wonderful new fundraising ideas. Thank you to everyone who has supported us by raising funds in many varied ways.




Salisbury Community Choir
December saw the wonderful Salisbury Community Choir perform an entertaining array of songs at their Christmas concert, the retiring collection from which raised $£ 768$.


## Suzanne Smith

The ever-industrious Suzanne Smith has organised more of her popular Tractor Road Runs throughout Dorset, raising another £1000. Incredibly, with her family's support, Suzanne has raised more than $£ 22,000$ in total for Salisbury Hospice in memory of her father. You are truly wonderful, thank you!

## Castle Gate \& Monument Place

The residents at Castle Gate and Monument Place held a Christmas Bazaar on Monday 21 st November - and raised an outstanding $£ 2000$ ! Lots of people came to 'guess the name of the camel', enjoy teas, coffees and mulled wine - purchase from various other stalls selling jewellery, turned wood gifts and cards.


Salisbury Plain $4 \times 4$
The incredible Salisbury Plain $4 \times 4$ community have once again been raising money for us, and in January delivered $£ 568$ to the Hospice. Many of the members have also been involved in volunteering for the Christmas Tree Collection too - so a thoroughly wonderful and very supportive group! Thank you to you all!

## Upcoming Events

## Fabulous Family Fun Day

We are delighted that this ever popular, free entry, family event is once more being held on Saturday May 13th at Salisbury Rugby Club, from 12 noon until 10pm. Now in its 9th year, this wonderful committee
 led event this year offers the following activities to keep the whole family amused; Live Music, Beer Festival, Pimms and Prosecco Bar, Street Food, Football and Touch Rugby Tournaments, Children's Entertainment, Circus Wessex, Phoenix Stars, Tug of War, Grand Raffle to win a holiday in Turkey and much more. Follow the event on social media @fabulousfamilyfunday to learn more. Make sure you have it in your diary! We are seeking a headline sponsor for this event; if you are interested in hearing more about the package available, please contact tamsin@salisburyhospicecharity.org.uk

## Car Boot Sale - 1st May

This year we are excited to offer a Car Boot Sale at Salisbury Rugby Club on Bank Holiday Monday 1st May. We are welcoming sellers from 7.30 am at a cost of $£ 10$, and buyers from 9am - with an entry fee of $£ 2.50$ for adults.


There will be food and drink available in the Rugby Club. For more information contact alex@salisburyhospicecharity.org.uk

Friday 19th May 2023
7pm till late
The Stones Hotel, High Post,
Salisbury SP4 6AT

## 19 ${ }^{\text {th }}$ May, from $7^{\text {pm }}$ - The Stones Hotel, Salisbury

Join us, in support of local business for the ultimate social engagement. FUSE is the showcase with a difference, offering you an evening of entertainment, consisting of live music, casino games, fundraising, drinks and delicious nibbles, as well as an opportunity to win some amazing prizes!
Local businesses will be in attendance, showcasing their latest products and services including art, clothes, jewellery, floristry and much much more!

Don't miss out on this unique event, tickets are limited so book yours now.
A welcome drink on arrival and a great buffet are included in your ticket price! Bid for some amazing prizes in the Silent Auction, participate in the intriguing balloon tombola, and take on the Scalextric speed challenge! Network with everyone else enjoying a really unique event!
Hurry! Places are limited. We look forward to seeing you there.
Tickets are $£ 10$ per person and can be purchased here:
www.salisburyhospicecharity.org.uk/event/fuse

## What else can you expect?

Buffet, Casino ( $£ 50$ of funny money is included with your ticket), Balloon Tombola, Silent Auction and competition room - we have kindly been donated some amazing prizes for both the tombola and auction.
If you would like to kindly donate an auction prize or tombola prize then please email Louise@salisburyhospicecharity.org.uk
Sponsorship opportunities available contact Louise for more details

We would like to thank these companies who have already supported this event


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## Celebration Walk

## This April join us for our annual Celebration Walk.

Get together with loved ones and friends to celebrate the life of someone special.

The Celebration Walk will start and finish at Salisbury Guildhall on Saturday 22nd April. Choose from either a five mile or a 10 mile route, which will take you in and around Salisbury, during the golden hours before the sun sets, and walk alongside your community in support of Salisbury Hospice.

Features of the Celebration Walk will include an opportunity to light a candle in St Thomas's Church and a living medal in the form of 'Forget Me Not' seeds, a gentle reminder of those we sorely miss.

Register online by visiting our website: www.salisburyhospicecharity.org.uk.

Event kindly sponsored by Apogee

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Salispury Hospice

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If you would like to advertise in future editions of this publication, please call 01706719972 romafundraising.co.uk

Charity
Spring / Summer Newsletter 2023

## Salisbury

## Hospice Charity

## Salisbury Summer Fair

Join us on Saturday 5th August in the stunning grounds of Wilton House Estate for our fabulous flagship family event! Formally known as the Wessex Country Fair, this event will be fun for everyone. From have-a-go-activities, live music, arena displays, vintage vehicles and children's rides, to craft and country demonstrations - this event offers something for every member of the family to enjoy!


## The Hospice Village

Come and chat to our fabulous hospice team, learn about the Hospice and the wonderful things they do.


## Live Music

Kick back and listen to some of the best local acts performing everything from blues, country and jazz.


Classic Vehicle Village A stalwart of the show, there will be large number of classic vehicles on display


Steam Engines
Featuring steam engines
and vehicles from the
largest to the smallest


## Landrover 75 Village

Landrover celebrate 75 years of producing this iconic vehicle.


Children's Entertainment
Go wild and enjoy fairground
rides, inflatables, donkey rides,
camels, face painting and so
much more


## Country Pursuits

Try out fly-fishing or archery and learn about traditional agricultural methods


Wellness Village
Focus on your health and
wellbeing - relax and join in a
class or lecture


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## \&

Pnomoting Continuity of Care Our aims are to promote....

- Excellent Quality Care
- Good Continuity of Care
- Independence \& Dignity
- To help provide and promote good quality of life
- Confidentiality \& Privacy at all times
- Emotional Support for the Service User \& their immediate family


## Sports \& Challenges

## Salisbury Hospice Charity has nominated 2023 as The Year of the Challenge and we have a wide variety of challenges available. Step out of your comfort zone and raise vital funds for Salisbury Hospice Charity.

Ride London - 28th May
The Ride London-Essex 100 is a unique opportunity to ride 100 miles on traffic-free roads through the heart of London and neighbouring Essex. Starting in the centre of the capital, you'll then roll through the beautiful Essex countryside and its quaint villages, before ending with an iconic finish at Tower Bridge.

Cardiff Half Marathon - 1st October

Since it was founded in 2003, the Cardiff Half Marathon has established itself as one of the UK's leading road races. With 27,500 entries selling out each year, this is now one of the biggest events in Europe - a huge achievement considering only 1,500 runners took part in the inaugural event. The route takes in all of the city's most iconic landmarks including the Principality Stadium, Cardiff Bay, the Civic Centre and Cardiff Castle. Thousands of spectators turn out to cheer on the runners in a city renowned for its sporting passion.

## Bath Half - 15th October

The Bath Half Marathon is a 'big city' race, starting and finishing in Bath city centre. The course is fast and flat with proven potential to set a new

For further details on each of these events and to see what other challenges we have available, please visit:
www.salisburyhospicecharity.org.uk/events
personal best.


## Wing Walk - 3rd September

Would you like to take on the ultimate challenge to raise funds for the Salisbury Hospice Charity? We will be hosting a Wing Walking day at Henstridge Airfield on Sunday 3rd September 2023.
To clarify, you don't actually walk on the wings of the plane. Instead, you are securely fastened into a seat which sits on the top wing of a biplane. From here you can enjoy spectacular views of the area surrounding Henstridge.

## Trek Croatia

Building on the success of the Mont Blanc trek which took place in September 2022, we are delighted to announce that in September 2024 we will be off to Croatia to do a Mountain Trek.

Date:
21st - 25th September 2024
Location:
Registration fee:
Minimum sponsorship:

Croatia
£250.00
£2,500.00

The Istria Peninsula in northern Croatia is relatively unknown, a hidden Tuscany-like gem which feels a world away from the well-touristed Adriatic coast to the south.

With spectacular, diverse scenery of lush green forested hills and limestone mountain peaks, vineyards and olive groves, meandering rivers, untouched stone villages and medieval hilltop towns, the region offers rich rewards for those who like to trek away from the crowds. Following the Istria Mountain Trail across the peninsula, we trek from the wooded hills around Buzet east into Učka National Park, where we crest three mountain peaks, culminating in fabulous views over the entire region from the rocky summit of Mount Učka. The highest peak is Mount Učka at 1401 m - equivalent to $11 \frac{1}{2}$ times the height of Salisbury Cathedral's spire!

This is a challenging trek, with some long days and hilly terrain, but provides a memorable and beautiful experience in a short bite-sized adventure! We will be hosting an information evening on this trek later in the year, to register your interest in attending and learning more about this challenge, please visit:
www.salisburyhospicecharity.org.uk/event/trek


## The Difference YOU Make

The support YOU give through donations means we can continue to be there for our patients and their families. It means we can make sure patients' end of life wishes are met by giving them choices and by assisting with advance care planning decisions. Because of YOU our highly skilled team can be on hand to help those on an often daunting journey through the provision of care, support and guidance. It also allows us to be there for families who need us, giving them the strength to face tomorrow, even when loved ones are no longer with us.

## In 2022.......

We received a total of $\mathbf{£ 1 3 4}, \mathbf{1 9 4}$ in Individual donations, this meant we were able to provide $\mathbf{4}, \mathbf{4 7 3}$ hours of care for patients in the inpatient unit.

You were able to host community events again, there is nothing like coming together. Through these events, you raised a huge $£ \mathbf{£ 1 6 7 , 1 4 9}$, which meant we could provide 1,304 days/nights of hospice at home care.

You raised $£ \mathbf{~} \mathbf{4}, 912$ through sponsored challenges this meant we could offer family and bereavement support to 900 families.

## Our Hospice is a magical place because of YOU...

'Before I came to the hospice, I thought it was a place to come and die, I now realise it is a place to enjoy living, every day as well as I can'

We are passionate about the difference that good end of life care makes and cannot thank our supporters enough for their kind and generous support of our mission.

We are not immune to current pressures in society, the cost of living crisis is having an impact upon us as a charity too, and we are grateful that people choose to give to us during what might be a difficult time. Please be assured that we are working hard to protect ourselves against these pressures so that we can continue to offer the support we do.


## Dates for your Diary



## $22^{\text {nd }}$ April <br> Celebration Walk

## 29 ${ }^{\text {th }}$ April <br> Cuckoo Fair

$1^{\text {st }}$ May
May Day Car Boot Sale,
Salisbury Rugby Club
$13^{\text {th }}$ May
Fabulous Family Fun Day
Salisbury Rugby Club
19th May
FUSE


28 ${ }^{\text {th }}$ May
Ride London

5th August
The Salisbury Summer Fair


## 26 ${ }^{\text {th }}$ August

Teffont Village Show

$2^{\text {nd }}$ September
Hatch House
$3^{\text {rd }}$ September
Wing Walk

## $1^{\text {st }}$ October

Cardiff Half Marathon

## $8^{\text {th }}$ October

Trethowans Salisbury Marafun


## $15^{\text {th }}$ October

Bath Half Marathon

## $18^{\text {th }}$ November

Men On The Move

26 $6^{\text {th }}$ November
Light Up A Life

## Easy Ways to Support Us

## EasyFundraising

If you're planning on doing some online shopping, sign up to Easyfundraising and turn your shopping into donations.
www.easyfundraising.org.uk

## GiveaCar

Do you own a vehicle that you want to sell or get rid of? Then please think about donating it to us through Giveacar. They provide a nationwide FREE service! To arrange a donation of a car, visit www.giveacar. co.uk or call 0207736 4242, quoting Salisbury Hospice Charity.

## Hospice Lottery

Have you heard about Your Hospice Lottery? The Your Hospice Lottery draw is a fun and easy way to support for Salisbury Hospice Charity, plus you could win up to £25,000
www.yourhospicelottery.org.uk

## Payroll Giving

Donating to charities tax-free directly through your salary, Payroll Giving, is the most tax-efficient way to give. Email Louise@salisburyhospicecharity.org.uk or further details or speak to your employer.

## Regular Giving

Now more than ever before, regular monthly donations are vital. Knowing that each month we have guaranteed funds will allow us to plan and continue our services. A small monthly donation can make a big difference. Please use the donation form on the back of this newsletter to set up your regular donation.

## Sharegift

Small shareholdings are often worth less than they would cost to sell but did you know you can donate them and help raise funds for Salisbury Hospice? Donating shares can be a very tax efficient way to give. www.sharegift.org


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## YOUR CONTRIBUTION COUNTS

However large or small, your donation will help us to improve the quality of life for patients and their families.

## HOW YOUR DONATIONS HELP

- $£ 10$ provides art and craft materials for creative therapy activities in the day centre
- $£ 30$ funds a bereavement support session


## Salisbury

Hospice Charity

- $£ 50$ provides a complementary therapy session which will help manage symptoms
- $£ 100$ funds a home visit from a community nurse
- $£ 500$ pays for one day of care on our Inpatient Unit


## YOUR DETAILS

| Title | First Name | Surname |
| :--- | :--- | :--- |
| Address |  |  |
|  |  |  |
|  | Email | Post Code |
| Telephone/Mobile |  |  |

For monthly or annual donations please fill in the below

## REGULAR DONATIONS

Please pay to Natwest Bank Plc, 48 Boar Row, Salisbury SP1 1DF for the credit of Salisbury Hospice Charity. Account No: 47152680, Sort Code 54-41-19.
$\square$

| Other | Amount E |  |
| :---: | :---: | :---: |
| Monthly | Quarterly | Annually |

To start on (date)
and thereafter until you receive further notice from me in writing to my bank. Please cancel any previous instruction.

Signature Date

One-off donation


Please make cheques payable to Salisbury Hospice Charity

Boost your donation by 25 p 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.

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 Salisbury Hospice Charity.
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.

Signature Date

