

Break News

Spring 2011



- Bucket collection at Norwich City FC
- Update on Antony in America
- Real life story of fostering
- News from our shops, homes and centres

Think Green

When you've read this newsletter please pass on to a friend, or recycle. Thank you



Chief Executive Review

So much has happened since the last Newsletter it is difficult to know where to start. In November I visited 11 of our 12 shops in the West Country. I was really impressed by the quality of the shops and

the enthusiasm and commitment of all managers, staff and volunteers, including Gary Selwyn, Area Manager, who is keen to expand in the West. Although distance poses problems these shops are a vital part of Break.

We have had some very encouraging OFSTED inspections of our homes. Nelson Lodge achieved our first 'outstanding' rating, while Morley House and Rosedale were rated 'good to outstanding' – all richly deserved and testimony to the high quality of care we are able to give at all our homes and projects.

Looking to build on the success of our children's homes, we have plans to open another five in the next two to three years. We have agreed on a property in Cambridgeshire (subject to survey, etc.) which we hope will become our first home in that county, and plan at least three more in Norfolk. Most Local Authorities are finding it difficult to place a significant number of children in care within their own counties and we are hoping to help them provide more local resources so children can stay close to their families, friends and schools. There is also a chronic shortage of foster care placements so we are considering becoming a foster care provider, which would be an interesting venture, very much in line with our overall strategy. We will be launching a Capital Appeal to help fund the new children's homes and will need all the help we can get to make these services a reality.

All of this, of course, is set against the impending government cuts to care services. There will be opportunities for charities to take on some of the work currently undertaken by Local Authorities - Break featured in a TV programme, The Politics Show, about this subject, with Rosedale having the interesting experience of hosting a cameraman and TV reporter.

Another highlight for me was the chance to meet the Minister for Civil Society, Nick Hurd, at the Houses of Parliament. This was organised by North Norfolk's MP, Norman Lamb and Voluntary Norfolk. A group of local charities were able to put their views to a key decision maker - a worthwhile opportunity.

I would also like to mention the great work our 'Celebrity Ambassador' Jake Humphrey does on behalf of Break. Apart from the many events he is involved with he also took the time to meet some of our young people and supporters in November, gaining a real understanding of what goes on at the 'coalface'.

Chris Hoddy, CEO

Photograph shows Chris Hoddy (far right) at the Houses of Parliament with Norman Lamb MP (far left) and colleagues from other charities.

Antony's roller coaster of hope and an update on the work of the Transition Team



Thank you to everyone who donated to the appeal last year for Antony to take up a sport scholarship in America. Sadly, we were not able to raise enough funding, although Antony and the Transition staff tried many avenues to find the full amount, and even with the college allowing Antony to defer, giving time to raise the difference, it was still not possible.

Most sportsmen, hoping to achieve their goals, need to be dedicated to their sport, and without a doubt Antony has been dedicated to keeping his to a high standard with regular daily training, through all the ups and downs.

Antony continued to look for alternative football options and came across UK Elite - an English company employing coaches on nine-month contracts, in America. This meant a trip to Liverpool for a successful interview.

To take up the UK Elite contract, which will enhance his employment or PGCE teacher training application, Antony has paid for work travel insurance, visa application and travel to the American Embassy. He will also need transport costs to and from the airport, and has been working for four months to save for this trip. After paying his former foster mum for lodgings and feeding his healthy appetite, his savings have not amounted to much.

We are very pleased that Antony is able to take up this new opportunity in America. If you would like your donation towards his scholarship returned please contact us and we will arrange this. Alternatively, we will transfer all monies raised to the Transition Fund, which supports our young people as they leave to start independent lives.

In the last two years the Transition Team have assisted care leavers to furnish their move-on accommodation, making it a home by funding the following: a cooker, fridge, bed and mattress, four sets of carpets, table and chairs, and have also assisted in finding other furniture via either Restore (Holt) or Home Makers (King's Lynn). With an average flat costing between £2000 and £2500 to furnish, and care leavers receiving approximately £1000, there is always a shortfall. With no other support our young people often move in with no carpets, proper bedding or anywhere to sit and eat. We are managing to store a small collection of furniture in preparation for our next few care leavers moving on during 2011.

**Have you got news or information to share?
The deadline for the next issue of Break News is 31 May 2011.
Please email to caroline.wood@break-charity.org**

Annual celebration of Looked After Children

The ceremony, last November was organised by Tricia Ciappara, Senior Lead Teacher for Looked After Children and held at St. Andrew's Hall. Nominations, made by young people's carers, cover a range of achievements including music, sport, education, etc. The event, well attended by young people, carers and senior staff from Norfolk County Council and partnership organisations, incorporated music and poetry from young people, and was followed by a buffet meal and live music. We are very proud that the following young people from Break received awards: Michael and Connor from Rosedale, Tyler from Tennyson Avenue. Nathan (ex-Rosedale), Alex (ex-North Street). Connor was given an education award. Despite difficulties, Connor achieves a high attendance and is working on his social skills at school. Michael received an education award. Michael completed his final exams at Eaton School and enrolled on a college course last September. Nathan was nominated for coping very well with the transition from a residential unit to his own flat.

Annual Celebration of Achievement
for
Norfolk's Looked After Children 2010

Rainbow News Rainbow News Rainbow News Rainbow News Rainbow

We've had exciting times at Rainbow, with traditional celebrations at our Turkey and Tinsel weeks before Christmas, when we went shopping, to the panto, and of course, ate lots of lovely food. We will be having the themed weeks again at the end of year, and hope they will be just as popular.

In the quiet time following the festivities, we've had major improvements to the bathrooms, which will make a huge difference to our guests.

We are also making plans for our forthcoming theme weeks which will be great fun. The quiet weeks have enabled us to have guests with very complex needs; this has given parents and carers a much-needed break, and also given guests a lovely time away.

We welcomed many new guests last year, who have since re-booked, so we are looking forward to a busy time. We have developed a number of new marketing ideas which we are confident will lead to many more bookings.

Here are some recent comments made by our guests.

All outings and trips were good and I enjoyed the whole experience
I would love to come back next year

Staff were friendly and had a listening ear

I really enjoyed my stay at Rainbow.
All staff were polite and courteous and very kind

Break Calendar Competition

Next year's Break calendar will be illustrated with some wonderful art, provided by our talented service users. Entries are already stacking up for the first Break Calendar Art Competition, and our judge, local artist Hannah Giffard, will have a difficult job selecting the twelve winners. However, all entries will be available to see on the Break website.

Eager to involve service users, we felt that a calendar would be a great way to show-case some of the great art created in Break's homes, centres and projects.

Look out for the calendar later in the year - we will keep you informed of the winners and where you can buy your lovely arty Break calendars.

Our judge - Hannah Giffard - is well known for her oil paintings of hares in the English countryside. Many of her paintings feature animals in seasonal landscapes, from crows in midwinter to hares chasing across fields lit by a harvest moon. The animals are both symbolic and realistic.

Hannah's work is held in collections around the world and can be seen in galleries around the UK, both as originals and as signed giclee prints.

Hannah is also a children's author and illustrator. She is the creator of the animation series 'Pablo the Little Red Fox', which won a BAFTA and is currently shown on 'CBeebies' in the UK and in 52 countries worldwide.

Hannah makes regular school visits, inspiring children to write and illustrate their own books. She has recently finished a large commission at the Norfolk and Norwich Hospital, in the Jenny Lind Children's Department. Hannah's lively illustrations and designs cover the walls, windows and ceilings. For more information, see Hannah's website - www.hannahgiffard.com



A sponsored walk around Sandringham Woods in February raised £376. Everyone enjoyed themselves, even though it was quite muddy - thankfully most people wore wellies. The walk was organised by Katie from Rosedale, and was well attended by other members of staff plus family and friends, and a dog.

The walk lasted nearly two hours and there was a picnic and playing in the park afterwards.



The Break Memory Tree Appeal

raised a total of £1677.50

Thank you to everyone who took part in the Break Christmas Memory Tree Appeal. Here are a few of the lovely memories sent in to put on the tree...

Christmas 1945 and going on leave from the RAF VR to my newly-wed wife in peacetime (peace declared September 1945)

In memory of my mum and dad who made all my Christmases special.

To see my son Jonathan with his gift on Xmas Day.

Hoping more people can smile this Christmas!

Making a snowman with my younger brother on Christmas Day, Boxing Day and New Year's Day. Waking up each morning with snow.

My special memory is when I became a Christian - born again - in 1959. Christmas is the birth of the Saviour of the world - Praise God. Christ the Saviour is born, Christ the saviour is born, may many be 'born again' this Christmas, The greatest gift of all - the gift of salvation.

One of the best - an electric train set. One of the worst - chicken pox as a child, and relatives overlooking my birthday on December 28th.

My memory is of my husband who died on November 14 2009 after four massive heart attacks. We had been married for 52 years but had known each other for 60 years. It's very hard at this time of year, but Xmas was a very special time for us with the children and grandchildren. Love you forever, Rene xxxxx

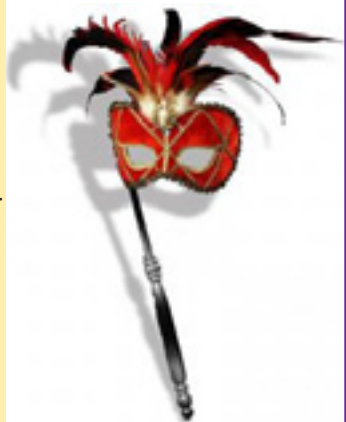
Promoting equality and diversity at Morley House

Morley House organised an Italian themed evening in February to promote equality and diversity.

Along with the weekly boarders at Morley House, all the children from Rosedale came for the evening. Everyone had a great time sitting round the table eating, reading facts about Italy and looking at pictures.

Everyone made their own pizza, and there was plenty of food for all to sample and enjoy.

After the meal, some of the children enjoyed making Venetian masks.



Bucket collection at Norwich City FC

Thanks to all the fans who generously supported Break, and to Jake Humphrey for encouraging the bucket collectors. Huge thanks to the 51 people who stood in the cold for two hours before the match, persuading fans to be generous. Finally a big thank you to Jeni and Natalie for counting all the money - a grand total of £3207.48.



Award for Mentor - Fiona Chapman has been a volunteer mentor with Break for 18 months. As well as this valued commitment of her time, Fiona has a full-time job and also volunteers with Action for Children, where she supports Young Carers, a role she has undertaken for the past five years. In recognition of Fiona's dedication, the Young Carers nominated her for The Stephenson's Award, and last November she attended the House of Lords to receive her award. Our congratulations go to Fiona for this achievement.

Garden Makeover

Last summer, staff from the Norwich branch of John Lewis donated time, hard work and funding to make the garden at our Yarmouth Road children's home a great place to relax. They planted several bee and butterfly attracting plants, and created a new patio. The children and staff were very impressed with the brilliant results. Our thanks to John Lewis staff.





St George's Classic Vehicle Run

in association with NNCVC
17 April 2011



Open to all classic, collectable, unusual or interesting vehicles
Registered Charity No. 286650

Arrive - from 9am at station car park, Sheringham
Depart from 10am

A routed journey of about 40 miles to Strumpshaw Park. Participants will be eligible for an optional discounted entry to the Steam Museum which will include a ride on the narrow gauge railway and a cup of tea or coffee. There will be organ recitals throughout the day.

For advance bookings contact Geoff Jones – 01263 860676
Further information from Roy Beckley – 01263 837619
www.nncvc.org.uk

Free entry but suggested minimum donation £5
All proceeds to Break



All about caring
www.break-charity.org
All about caring



Rosie's story

I came into Break's care at the age of 14, in 2006, moving from a residential assessment unit, which assesses young people to see whether they are suitable to live with their family, foster carers or in residential care. I was first assessed in 2003 when it was decided foster care would be best for me but, after my placement breakdown, I was reassessed and it was decided that moving to Break's children home would suit me best.

As a High School student in year 9, I hated the idea of being away from my friends, like any other 14 year old, but I later realised I was better off that way. The Break home seemed a pretty settled place and I wasn't someone who settled easily or quietly! Looking back I can honestly say I was a horrible 14 year old who really didn't want to live in a children's home! However, I soon settled down, which I doubt would have happened if the staff at Break hadn't given me a chance! If they had given up on me who knows where I'd be now?

I overcame lots of educational problems during my time at the Break home and didn't do very well with my GCSEs as home was very unsettled at the time. I was told by Rob before Christmas 2008 that he and (his wife) Amanda would like to give me the chance to live with them. I was really chuffed and wanted to move in with them both ASAP but obviously this wasn't possible! Unfortunately I didn't have a very good social worker at the time so this made the process even slower! Eventually I moved in with Rob and Amanda in October 2009, the day before my 18th birthday!

Amanda and Rob have supported me through some very difficult times over the last year. Without them I don't think I would have achieved Distinction* (equivalent to five GCSEs at A*) in Health and Social Care last year.

If it hadn't been for Break not giving up on me through my very difficult teenage years, I very much doubt I would have been offered the opportunity to live with Rob and Amanda post 18. Living here is fantastic and I wouldn't change it for the world!

I am now 19 and studying BTEC Level 3 Extended Diploma in Health and Social Care (equivalent to three A levels) at Sixth Form with dreams of becoming a Practice Nurse after doing a nursing degree at university. Where I am now is a place I would never have seen myself in 2006, but the care and support I received from Break, Rob and Amanda has got me here.

Rob's story

I joined Break in January 2000 as a Support Worker at one of the children's homes. I had previously worked with adults with learning difficulties, adults with drug and alcohol problems, adults with autism and elderly people living in their own homes, so it was a fresh challenge to work with young people. I quickly took to the work, enjoying the young people's enthusiasm. Every day was different and brought new challenges. Break has always been one of the best organisations to work for and I never hesitate to let people know what I do for a job as the response always makes me proud to be part of it.

As time passed, I realised that I had found my forte and worked to my best ability to help the young people in our care get as close to family life as is possible in a care home. I've been lucky to meet some great young people and have worked with some wonderful staff who epitomise Break's fantastic caring ethic, which is apparent throughout the whole charity. However, it became clear that once some of the young people reached the leaving age of 18, there wasn't always somewhere for them to move on to. All the hard work and care provided by Break could lead to nothing, or at worst, be undone.

I decided to do something about this at a time when a young man in our care was approaching leaving age. I asked the question, 'Could my wife and I offer him accommodation in our home?' After some discussion, the decision was made to go ahead and Martin has been living with us in a family environment for three years. For someone who has faced such personal difficulties, Martin has achieved so much.

This placement went so well we decided to offer the same opportunity to Rosie, who was also going to be left with few options when it came to accommodation. Rosie also overcame personal problems to go on to college, and with continued hard work, will make it to university. Martin lives with us under a scheme run by Guideposts called 'Shared Lives'- an organisation used by Norfolk County Council. Adults with learning difficulties are referred and matched with suitable carers. This works well and, if needed, we always have help and support from the staff there.

Rosie lives with us under a Supported Lodgings Placement. These schemes are an ideal way to help young people in care move on to independent living within a sustained, caring and sometimes family environment. When I heard about Break starting a Transition Service I thought this a great opportunity to help the young people in our care, and when the chance to join Claire Tuthill came, I jumped at it. Claire has already made a great start, and I am relishing every minute of the work. This is still very new for everyone involved but with hard work and the continued enthusiasm that has been shown from the very top of Break, I believe that one day we will be as well known for our Transition work as we are for all the other care we deliver.

Our thanks to Cllr Jeremy Savage who cut the ribbon at the opening of Break's 39th shop in **Long Stratton** in February. Takings on the first day broke all records for a shop opening. The day was a huge success thanks to Lesley - Retail Business Manager, Mike - Area Manager, Sue - Shop Manager, and Steve, who turned the two shop units into one. The shop is close to two of Break's units, supporting young people with autistic spectrum disorders.



Good quality donations and volunteers are needed, so if you are having a clear out, please think of Break and if you have a few hours to spare the Long Stratton team would love to hear from you.

As we go to press, Break is preparing to open it's 40th shop in **Banham**. This exciting new development, hot on the heels of the Long Stratton shop, heralds a new era for Break, as the shop will specialise in Vintage clothing, accessories, household items, books and records. Look out for photos on our website and in the next issue of Break news.

Keith Burwin, volunteer at our **Downham Market** shop, raised a fantastic £607 at the Firewalk last November. This was the highest amount raised by an individual, so well done to Keith.

Last October, Break introduced Gift Aid in its shops. The process is really simple - customers fill in a form and are issued with a card, which they hand over with all future donations of goods. When Break sells these goods we can claim Gift Aid at 25p in the £. So, a sale of £50 will be worth £62.50 to Break.

This is a great way for customers to say where their hard-earned taxable income goes. Anyone who pays tax in any form can Gift Aid at no extra cost to themselves, but of great benefit to Break.

Lesley Leigh, Retail Business Manager comments, 'This is a fantastic way for Break to maximise income from the shops, which goes directly towards our care services. In the first two weeks 20% of customers bringing donations opted to Gift Aid - this can be done at any of our shops across the country.



Last November, a small box containing three purses, and tiny photo frames was donated to our **Swaffham** shop. Whilst checking the purses, Joyce Popely, a shop volunteer, discovered money in one of them - £565 in total. The local police advised that if the money was not claimed after two months we could pay it in as a donation, so we are now able to treat it as such.

Christine, Manager at Swaffham shop, said 'I would like to acknowledge Joyce Popely (pictured) for her 'lucky find', and to say a big thank you to our mystery donor.'

Sue Billings, Manager at the **Holt** Break shop, presented awards during a special lunch, to the following volunteers: Thelma Torr for five years volunteering and Mary Jennings and Susan Mullan for three years (Susan was not able to attend the lunch).



Thelma, who volunteers on Tuesdays and Thursdays, says, 'Working at Break gives structure to my week, I enjoy the company and the opportunity to meet new people. It is also good fun.' Mary volunteers on Saturdays and finds it a good way to get out of the house and meet new people.

Sue thanked all the volunteers for their hard work and commitment. She said, 'The shop has had a very good year, which would not have been possible without the dedication of every volunteer.'



Our shops sometimes receive unusual donations... at **Carlton Colville**, we had a holster with live bullets. On the same day that Area Manager, Mike Clarke, collected the holster to take it safely away, he also had a toy fort in his car, and a German war helmet, so the day had a bit of a theme.

The **Nailsea** shop marked its 20th anniversary with cakes, a lucky dip, tombola and entertainment (organised by Assistant Manager Ruth Hawkins). Two dedicated volunteers, Marjorie Coggins and Vera Knight (hiding behind their lovely flowers in the photo) also celebrated 20 years at the shop and were presented with bouquets by Manager, Helene Summers. Mrs Knight said, 'I enjoy working here very much, I like to meet new people and also have a laugh. When I started I used to steam the clothes and price up items but these days I work on the till.' Mrs Summers, who has been Manager for 18 years said, 'Everything went very well. Our one-man band, Mr Price playing on the clarinet was very good and the whole day was a success with us raising £200 for Break.'



We will try to get a photo of Marjorie and Vera without flowers for the next newsletter.

A major kitchen refurbishment

at Ashcroft residential service for women with mental health issues, wouldn't have been possible without a generous £10,000 grant from Beeston Community House Trust and great design and upgrades from RW Trade Kitchens Ltd of Dereham.

The new kitchen enables more than one resident to cook at a time and encourages residents to prepare meals for themselves.

Glen Withers, Design Consultant and Steve May, Sales Director from RW Trade Kitchens Ltd visited the house to present Manager, Penny Newton, with a cheque for £200 in further support of the service.

The cheque was presented in the kitchen, where two of the residents were putting the new kitchen to good use making chocolate muffins.

Thanking Glen and Steve for the donation, Penny said, 'We are really grateful to you for building us a well-equipped, easy-to-use kitchen. The upgraded cookers and fridges and the soft-close drawers and cupboards have made all the difference.'



A fond farewell to Sandra

A member of Break known to all employees, Sandra Wigglesworth, retired in December.

Sandra ran the payroll function smoothly and efficiently for the past ten years, putting a smile on faces every month with salary slips arriving on time. Sandra started work with Break in April 1999, and will be much missed by all her colleagues and friends in the organisation. Sandra was presented with a gift voucher, flowers, and a cake (made by Ann Wills) complete with a sunbather on top - a little reference to Sandra's love of holidays and cruises.



Pound for a Pound Challenge

Two members of staff at Rosedale, Katie and Laura, are taking part in Break's Pound for a Pound Challenge, and are pictured here at one of their weigh-ins. In the first week of the sponsored challenge, Katie lost three pounds and Laura lost five. This means that they gained the same amount in £££'s for Break. We'll give an update on their progress in the next issue.



Details on the Break website - www.break-charity.org

Mentoring Booklet Design

During February half term, three young women (pictured below) who use the mentoring service, designed a booklet for Break.

All three worked hard and used their creative skills to come up with a very lively and informative booklet called 'Mentoring and all about it', which contains colourful and eye-catching designs.

The booklet is intended to appeal to other young people who might also be interested in having a mentor to support them and share some time with them.

For more information on our mentoring service, see the break website www.break-charity.org



London Marathon

Please support Hilary Richards, Director of Care Services at Break, who has been training extremely hard for the London Marathon. Hilary is running to raise funds for Break and has been out in all weathers to keep up her training.

You can sponsor Hilary on her Just Giving page at:
www.justgiving.com/Hilary-Richards0

Switch your household
insurance to us and
we will give Break

£50

**For further information
please call 0800 585 703**
quoting reference 50/Break

Terms and conditions apply

Offer applies to:
Standard Home Insurance
Holiday/Second Homes Insurance
Landlords (Tenanted Property) Insurance

S&P
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Handy Helpers

We've had lots of help to rejuvenate gardens at our centres across Norfolk and Suffolk recently. Volunteers from The Hoseasons Group in Lowestoft dug borders and spruced the new garden at Hazeldene family assessment centre, while volunteers from RAF Marham Suppliers Squadron helped transform the play area into something more suitable for the older young people at Trafalgar Lodge children's home, Long Stratton. Thanks to all of them for their hard work. Watch out for more helping hands in the next newsletter.



Last November, Jake Humphrey met with some of Break's young people and talked about his early life and experiences, and how he came to work

for BBC TV. Jake also learned more about our young people - one living independently, one with a degree, hoping to attend university in USA, one who has written a book, one who is so determined to succeed, one who had prepared a list of questions for Jake and one who wants to teach children with disabilities. Behind this is the vital support network of Break staff, working to improve the lives of these young people.

Jake took time out of his busy schedule again in February to support Break at a dinner hosted by Blackfriars Rotary at Sprowston Manor Hotel, Norwich. Guests were treated to a delicious meal followed by Jake's talk. Followers of Jake on Twitter would have seen that he was waiting for a parcel - an F1 steering-wheel, which the audience had the privilege of holding and trying to work out what all the buttons and paddles were for... Thanks to Lotus for a once-in-a-lifetime chance to feel like racing drivers. Jake also took charge of the auction. The evening raised in excess of £5,000 and we are really grateful to Maurice Land, Chairman of Blackfriars Rotary, Jake for giving his precious time, and to Sarah for organising both these great events.

Break Cake

One of our talented young people made this wonderful cake. He will be applying for a Hospitality and Catering Course at college next year, so is getting in some practice. We all look forward to more delicious creations.



Embrace, the newest addition to Break's care services, provides support to vulnerable and socially excluded teenage parents who have limited help from other providers and family.

Embrace initially helped pregnant teenagers and teenage mums in Norwich, but has developed to include support for young fathers (up to age 25) and has provided a service in King's Lynn and parts of West Norfolk since 2009.



The service provides support for six months to two years depending on need. New clients receive a welcome pack, which includes an expanding file and diary to develop organisational skills, hot chocolate sachet, baby wipes and health promotion information. Young parents use the file for important paperwork, and the diary to keep track of appointments.

All pregnant teenagers are given a pre-birth pack at 30 weeks of pregnancy, to ensure that young women and their partners have information about contraception to use after the birth. Among other useful items, the packs contain a disposable camera, processing voucher, Sudocrem, condoms, information on accident prevention, breast and bottle feeding, contraception, and family planning services. **We believe that the packs have contributed to a drop in numbers of unplanned conceptions in the first six months after the birth of the first baby.**

The support Embrace provides is essential and recent evaluations show that 53% of respondents had sorted out their contraception. One response stated that the pre-birth pack was,

‘A good idea – helped me understand more about my baby.’

When our support ends we send young parents an evaluation form. Of those that responded 100% felt that their worker visited them as much as they wanted them to, 94% stated that the support from their worker was helpful and 88% said they would recommend Embrace to a friend.

Please help us to continue Embrace's work with this vulnerable group of young people. **Often they are coming to terms with being parents while still only young themselves.** Your support will give them and their children the positive start in life they need.

£8	will buy one Welcome Pack
£10	will buy one Pre-Birth Pack
£18	will pay for a Project Worker's mobile telephone for one month
£146	will pay for one Project Worker to continue learning and developing in this specialised field for one year
£350	will pay for one Project Worker's travel and parking for one year

Thank you

I would like to support the work of Embrace by making a donation

Title _____ Forename _____

Surname _____

Address _____

Postcode _____ Telephone _____

email _____



If you are a tax payer, please complete this Gift Aid declaration - I want Break to treat all donations I make from the date of this declaration, and any I have made in the last four years as Gift Aid donations until I notify Break otherwise. I am a tax payer and I have paid an amount of income tax and / or capital gains tax at least equal to the tax Break reclaims on my donations in the tax year.

Signed _____ Date _____

Single Donation - I would like to support

£10 £20 £50 £100 Other

I enclose a cheque / postal order (payable to Break)

I wish to pay by Visa Mastercard Switch / Maestro / Visa Debit CAF Card

Card No.

Issue No: Valid from: Expiry date

Security code:

Regular Donation - if you would like to make a regular donation to Break by Standing Order, please complete the form below. Please do not return direct to your bank.

To: The Manager _____ (Bank)

Branch Address _____

Please pay Break £ _____ every month / year (delete as appropriate)

Starting on _____ (date) until further notice

Lloyds TSB Bank plc, PO Box 1000, BX1 1LT (A/c No. 00911326, sort code 30-94-34)

Your Name _____ (Please print clearly)

A/c No.	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Sort code	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
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Signature _____ Date _____

Please return to Break, Davison House, 1 Montague Road, Sheringham, Norfolk NR26 8WN

Respecting your privacy - we would never share your details with any other charity or mailing list but if you would prefer not to hear from us in the future please tick this box Registered Charity No. 286650