

How can you help the CMA's families?

There are lots of ways to help.

You can: *(please tick relevant boxes)*

- become a member
- give through your payroll
- donate in memory of a loved one
- donate in celebration of a loved one
- have a home collection box
- have a collection box for your office or pub
- sell our raffle tickets
- help with street collections
- take part in running events or other challenges
- join a fundraising support group
- organise your own fundraising event
- become a volunteer
- encourage your company to fundraise
- have a tribute fund for a loved one
- leave a gift or a legacy in your Will

If you want to find out more about ways you can help or would like to be kept informed about the work of the CMA, please fill in the details below or email info@cardiomyopathy.org

BLOCK CAPITALS PLEASE

Title First name Last name

Address

Post code Telephone

Please return to: **Cardiomyopathy Association**,
Unit 10, Chiltern Court, Asheridge Road, Chesham, Bucks, HP5 2PX
Freephone 0800 0181 024 email info@cardiomyopathy.org

www.cardiomyopathy.org

Registered charity no 803262

Daniel's story

Thirteen-year-old Daniel Jackson's heart suddenly stopped during a sports lesson at school.

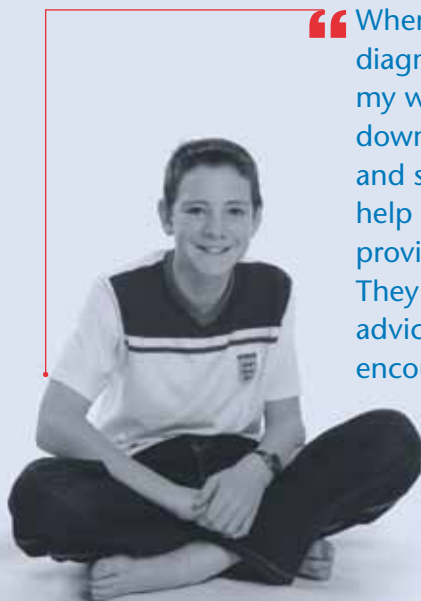
He was airlifted to the local hospital and, seriously ill, transferred to Great Ormond Street Hospital.

Doctors diagnosed life-threatening hypertrophic cardiomyopathy. He had an internal defibrillator fitted so if his heart stopped again the defibrillator would restart it.

Specialists there knew his family could also be at risk from this inherited disease.

So both mum Diane, dad Dave and Daniel's two twin sisters Cara and Becky, then four, were all tested and given the all-clear.

Because the disease often does not develop until the teenage years, Cara and Becky will continue to be regularly checked.



“When I was first diagnosed it felt like my world had crashed down. I was confused and scared. I needed help and the CMA provided that help. They gave me lots of advice and they encouraged me to regain my independence and live my life.”

Danny

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Help us to help our families



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Cardiomyopathy, what is it?

It is a disease of the heart muscle. It affects people of all ages, including babies. It is often inherited.

It is the number one medical cause of sudden death in the under 35s. As many as one in 500 people is affected but many do not know.

If it is diagnosed and treated, most go on to lead long and full lives.

The Cardiomyopathy Association (CMA)



The CMA provides information and support to affected families.

We raise awareness of the condition among the public and the medical and nursing professions.

We campaign for more heart checks and gene tests for affected families to find those at risk and save lives.

How do we help?

- ♥ freephone helpline 0800 0181 024
- ♥ patient literature
- ♥ support groups across the country
- ♥ a network of volunteers who offer one-to-one telephone support
- ♥ information meetings around the UK
- ♥ funding for clinical care, including nurse specialists
- ♥ regional cardiomyopathy clinics with video-conferencing links to cardiomyopathy specialists
- ♥ conferences for the medical and nursing professions
- ♥ serving on a Government board improving services for families with cardiomyopathy

The CMA's work costs over £410,000 a year but we get no Government funding. We rely on the generosity of our supporters' donations and fundraising activities.

I would like to make a regular gift

I wish to support the CMA with a gift of:
 £10 £20 £30 Other
 per month | quarter | year *(delete as applicable)*



I wish my donation to be made on the:
 1st 15th 25th day of the month *(allow four weeks to set up)*

The day I would like to remember is | | | | |

Instructions to your bank or building society to pay by Direct Debit



FOR CAF OFFICIAL USE ONLY

This is not part of the instruction to your Bank/Building Society

Date of first payment on or after:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Service User Number

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Caf Ref No FS1935

CAF, KINGS HILL, WEST MALLING, KENT, ME19 4TA

To the Manager

Name and full postal address of your bank or building society

<input type="text"/>
<input type="text"/>

Post code

<input type="text"/>

Name(s) and address of account holder(s)

Title First name Last name

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Address

<input type="text"/>

Postcode

<input type="text"/>

Sort code

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Bank/building society account

<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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Instruction to your Bank or Building Society

Please pay CAF Re Cardiomyopathy Association Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain within CAF Re Cardiomyopathy Association and if so, details will be passed electronically to my Bank/Building Society.

Signed

Date

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Banks and building societies may not accept Direct Debit instructions for some types of account.

Please return this form to the CMA address overleaf