Move A Mile in May

Feel better in yourself and support local older people

a mile a day a mile a week a mile a month

Movement of any kind, armchair exercises, walking, dancing, swimming all helps to keep us more active and helps reduce the risk of developing health conditions such as type 2 diabetes, or dementia.

Donate £1 to support our work during the month, every week or every day you move a mile and support Age UK Blackburn with Darwen's services for older people



Sponsor form

Move a mile in May 2025

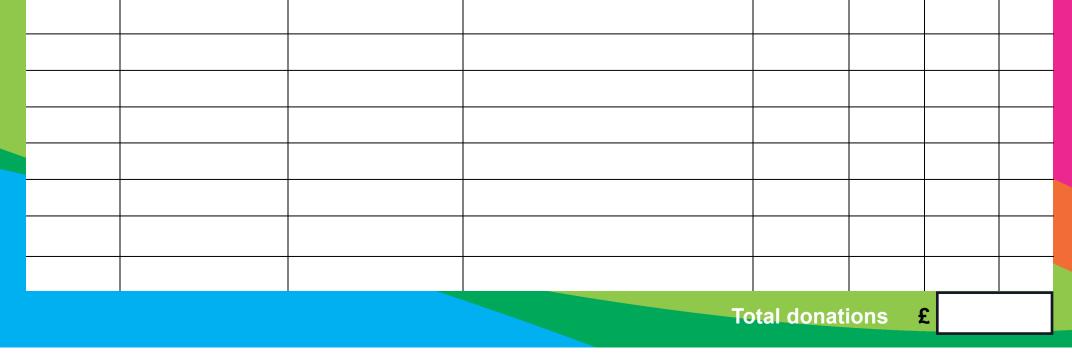
Gift Aid Declaration

I/we, who have given our names and addresses below, and who have ticked the box entitled 'Gift Aid', want Age UK Blackburn with Darwen to treat all donations I/we have made for the four years prior to this year, and all donations I make from the date of this declaration until I/we notify you otherwise, as Gift Aid donations. I confirm that I pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity will reclaim on my donations in the tax year. So just tick the box – it's that simple!

giftaid it

Date:/...... /...... (please complete)

Date	First name	Surname	Home address Please give your full address including postcode or we cant claim Gift Aid	Postcode	Amount pledged	Amount Paid	Gift Aid



Registered charity number 1143809. IDBBOS049 02/12