

# 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.

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

So just tick the box – it’s that simple!



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

Total donations    £