

GIFT AID DECLARATION TO **BfN** The Breastfeeding Network

PLEASE TREAT

* the enclosed donation of £

* all donations I make from the date of this declaration until I notify you otherwise

(delete as appropriate)

as **Gift Aid donations.**

DETAILS OF DONOR

TITLE FORENAME(S)

SURNAME

ADDRESS

POSTCODE

DATE / /

Notes

1. You can cancel this declaration at any time by notifying the charity.
2. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year (currently 28p for each £1 you give).
3. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration (see note 1).
4. If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask the charity. Or ask your local tax office for leaflet IR113 Gift Aid.
6. Please notify the charity if you change your name or address.

0300 100 0210

LINES OPEN 9.30 AM - 9.30 PM
EVERY DAY OF THE YEAR



BfN The Breastfeeding Network

 **PO Box 11126 Paisley PA2 8YB**

 **Supporterline 0300 100 0210**

All calls are answered by BfN Volunteers.

National Breastfeeding Helpline 0300 100 0212

BfN Registered Breastfeeding Supporters also take calls on the National Breastfeeding Helpline (NBH). This is run in collaboration with the Association with Breastfeeding Mothers, funded by a Department of Health Grant. NBH calls connect you to your nearest BfN or ABM volunteer.

Both helplines are open 9.30 am to 9.30 pm every day

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package.

www.breastfeedingnetwork.org.uk

The Breastfeeding Network is a Company Limited by Guarantee
Registered in Scotland Company No. 330639
The Breastfeeding Network is a Registered Scottish Charity No. SC027007

**The Breastfeeding Network
and Supporterline**

“when you phone

0300 100 0210

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package.

*you can talk in
confidence
to a breastfeeding
supporter”*



DESIGNED BY **mortonward**

BfN The Breastfeeding Network

why phone the BfN Supporterline?

'Mums get in touch with supporters for all sorts of reasons.'

YOU MIGHT BE THINKING ABOUT BREASTFEEDING and want a bit of help to make up your mind.

YOU MIGHT WANT TO BREASTFEED BUT feel unsure about "doing it".

YOU MIGHT HAVE JUST STARTED TO BREASTFEED and need support or information because it's not going well.

BREASTFEEDING MIGHT BE GOING WELL BUT you want to talk with someone about expressing breastmilk, going back to work, starting other food, taking medicine, stopping breastfeeding.

0300 100 0210

LINES OPEN 9.30 AM - 9.30 PM

EVERY DAY OF THE YEAR

A Breastfeeding Supporter is a mum who has breastfed her babies and had training so she can give support and information to other mums who want to breastfeed.

She can listen to you and talk with you on the phone; she may live near enough to visit you and may be able tell you about breastfeeding centres or local groups, where you can meet others for support and help.

When you call a Breastfeeding Supporter you will be speaking to another mum in her home.

BfN The Breastfeeding Network

The Breastfeeding Network is an independent voluntary organisation offering support and information to breastfeeding women and those involved in their care.

Money for our work comes from donations and small grants. To make sure we have nothing to gain from parents' choices we don't take money from companies connected with baby goods.

Breastfeeding Supporters don't get paid for their work on the phone or for visiting mums, but can claim expenses. If you would like to make a donation we can make a difference to more breastfeeding mothers.

If you are a taxpayer you can make your donation worth more to us by completing the Gift Aid declaration overleaf.

Here's my donation to

The Breastfeeding Network

Please send me more information about

The Breastfeeding Network

Please make cheques payable to

"The Breastfeeding Network" and send to:

The Breastfeeding Network
PO Box 9574
Lochgilphead
PA31 9AG



If you don't get an answer when you first phone,



please don't be put off, try again later.