



Move a million miles for muscles

How to send in the funds you've raised to Muscular Dystrophy UK

Thank you for all your hard work, moving your way and raising funds for MDUK. After you've moved your miles, please gather your donations together and send them in. We can then put your hard-earned funds straight to work to beat muscle-wasting conditions. There are plenty of ways to pay in the money you've raised:

- 1. over the phone:** give us a call on **0300 012 0172** to pay by card
- 2. send a cheque:** complete the form below, cut it off and send it with a cheque made out to 'Muscular Dystrophy UK' to: Muscular Dystrophy UK, 61A Great Suffolk St, London SE1 0BU
- 3. bank transfer:**
Bank: HSBC, Account number: 42287129 **Sort code:** 40-06-21 **Payable to:** MUSCULAR DYSTROPHY GROUP
 Please put your name in the reference along with MaMM18 (for example, John Smith – MaMM18).

Please don't send cash in the post

Move a million miles for muscles cheque return form

Please find enclosed a cheque totalling £ _____ which was raised at my Move a million miles for muscles event!

My details

Name _____

Email address _____

Phone number _____

Our event took place at my school / workplace / other (please circle):

Name of school or workplace _____

Address _____

_____ Postcode _____

(Please tick the applicable)

My Move a million miles for muscles fundraising was to go towards my sponsorship for a challenge event I am taking part in. Please state the event _____

I would like my fundraising restricted to the following Family Fund _____

Please use my fundraising in the overall fight against muscle-wasting conditions

Update your contact preferences

Keep involved

We'd love to share updates with you about MDUK work, opportunities to take part in events and other ways to help beat muscle-wasting conditions.

Please keep me involved via: email SMS telephone

Please **do not** contact me by post

Stay in control of your details

We will never share your details with anyone. We will only contact you in the ways that you wish, making use of the information you've told us (including your muscle-wasting condition) and publicly available information. We want to make sure what we communicate with you is relevant to your interests.

Our privacy policy is available on our website or by phoning 0300 012 0172.