



Registered Charity No. 256751

Application to become a Member

Back and Neck Pain.....Meeting the challenge together

At least 80% of the UK population experience back pain at some stage in their lives - that's 51 million people

Established in 1968, BackCare is a national charity dedicated to the prevention of unnecessary back injury through education and funding research. Furthermore, BackCare also provides practical and emotional support to those living with back pain and assists those working in the treatment of back pain – whether caused by injury, wear and tear, musculoskeletal disorders such as Axial SpA, Scoliosis and Spina Bifida or other underlying health conditions like Multiple Sclerosis, Parkinson’s Disease or Cancer, for example.

Often invisible, back pain is a Cinderella condition, too often ignored and neglected. However, it is a major health issue costing the country and the health service billions of pounds every year and causing those living with it misery. If you or someone close to you has ‘a bad back’, you know how wretched it can be. Words cannot begin to convey the suffering and unhappiness ‘a bad back’ can cause. Musculoskeletal disorders are also one of the leading causes of sickness absence in the UK today, affecting both employers and the employed.

Our members help us to continue our work in supporting even more people who are living with back pain, whilst also helping to prevent avoidable back related injury. Together, we can make a difference.

As an Individual member you will receive the following benefits:

- Subscription to the only UK magazine exclusive to back pain sufferers ‘**Talkback**’
- Opportunity to **contribute** to Talkback magazine
- Access to cutting edge news and event opportunities via the BackCare website
- **10% off** BackCare Publications and Products
- Access to our **local branches** to take up hydrotherapy, exercise classes etc.
- Opportunity to join our ever-increasing Facebook and Twitter community to keep up with latest news on back and neck pain.

How did you find out about BackCare?

- Helpline Word of mouth Practitioner Leaflet/poster Radio/TV Newspaper/magazine
 Back pain show/other event Facebook/Twitter Other (please specify _____)

Please return this form to

BackCare, Monkey Puzzle House, 69-71 Windmill Road, Sunbury-on-Thames TW16 7DT
Tel: 020 8977 5474 / Email: membership@backcare.org.uk / or join online www.backcare.org.uk

Individual Membership Form

Title:	First Name:
Surname:	Address 1:
Address 2:	Address 3:
Town:	County:
Postcode:	Tel:
Mobile:	Email:

<u>Subscription Fee:</u>	<u>Annual:</u>	<u>Subscription Fee:</u>	<u>Annual:</u>
Individual Members		Overseas	
Standard rate <input type="checkbox"/> £30		Overseas rate <input type="checkbox"/> £40	
Standard rate Direct Debit <input type="checkbox"/> £25			
Concessionary Rate <small>(Retired /State benefits)</small>			
Concessionary rate <input type="checkbox"/> £20			
Concessionary rate Direct Debit <input type="checkbox"/> £15			



Use Gift Aid and you can make your donation worth more. If you are a UK taxpayer for every pound you give to us, we get an extra 25 pence from the Inland Revenue. So just tick this box. It's that simple.

All cheques should be made payable to BackCare **Additional Donation to BackCare £_____**

Credit Card Payments: Type: Visa/MasterCard/Switch – please circle

Name on Card: _____

Credit Card No: _____

Valid from: ____/____/____ Expiry Date: ____/____/____ 3 digit security number: _____

Signature: _____ Date: ____/____/20



Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the whole form using a ball point pen

Name(s) of Account Holder(s)

Bank/Building Society account number								
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> </tr> </table>								

Branch Sort Code						
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> </tr> </table>						

Name and full postal address of your bank or building society	
To: The Manager	Bank/Building Society
Address	
Postcode	

Reference number (BackCare Office use only)																				
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> <td style="width: 20px; height: 20px;"> </td> </tr> </table>																				

Originator's Identification Number

4	1	1	6	4	6
---	---	---	---	---	---

Instruction to your bank or Building Society

Please pay BackCare 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 with BackCare and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)
Date

Banks and Building Societies may not accept Direct Debit Instructions for some types of account.

This guarantee should be detached and retained by the Payer.

The Direct Debit Guarantee



- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits.
- If there are any changes to the amount, date or frequency of your Direct Debit BackCare will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request BackCare to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit by BackCare or your bank or building society you are entitled to a full and immediate refund of the amount paid from your bank or building society.
- If you receive a refund you are not entitled to, you must pay it back when BackCare asks you to.
- You can cancel a Direct Debit at any time by simply contacting your Bank or Building Society. Written confirmation may be required. Please also notify us.