



Registered Charity No. 256751

## Individual Membership Form

### 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 small national charity with a big remit, with three core objectives:

- to prevent unnecessary back injury through education and information
- involvement in research projects aimed at reducing back injuries and back pain as a result of injury
- providing practical and emotional support to those living with 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 - all too often ignored and neglected. However, it is a major health issue adversely impacting lives. It can be responsible for depression, anxiety, loss of mobility and low self-esteem which in turn can lead to the breakdown of families, loss of employment and poverty. If you, or someone close to you, lives with chronic back pain, you know how wretched it can be. Words cannot begin to convey the suffering and unhappiness it can cause.

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 a copy of our TalkBack magazine by email or a hard copy (whichever is your preference) to keep you up-to-date with the latest information on spinal health and well being.

Please return this form to  
BackCare, Memberships, 29 Bridge Street, Hitchin, SG5 2DF  
Tel: 020 8977 5474 / Email: [membership@backcare.org.uk](mailto:membership@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 (UK)		Overseas	
Standard rate <input type="checkbox"/>	£45	Standard rate <input type="checkbox"/>	£60
Concessionary rate (retired/state benefits) <input type="checkbox"/>	£30		
Would you prefer to receive TalkBack by email? <input type="checkbox"/>			



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: \_\_\_\_/\_\_\_\_/22



## 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

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Branch Sort Code

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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)

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Originator's Identification Number

4	1	1	6	4	6
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**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.