



Registered Charity No. 256751

Individual Supporter 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, which can be distilled into three core objectives:

- to prevent unnecessary back injury through education and information
- involvement in spinal health and wellbeing research projects
- providing information and signposting support to those living with back pain

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 supporters help us to continue our work in assisting even more people who are living with back pain, whilst also helping to prevent avoidable back-related injury.

Together, we can make a difference.

Please return this form preferably by email to: membership@backcare.org.uk
BackCare, Memberships, 29 Bridge Street, Hitchin, SG5 2DF
Tel: 07751 667645

Individual Supporter Form

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

<u>Subscription Fee:</u>	<u>Annual:</u>	<u>Subscription Fee:</u>	<u>Annual:</u>	
Individual Supporter (UK) Standard rate	£45	Overseas Standard rate	£60	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.



Our preferred method of payment for new supporters is by credit / debit card which can be made by following the link below. This link will take you to the Stripe payment processing platform where you can enter the amount of the supporter fee shown in the above table.

[Pay Individual Supporter Fee](#)

Alternatively, we can accept cheques, payable to BackCare, sent to the address at the bottom of page 1 if accompanied by this completed application form.

Signature: _____ Date: ____/____/____