

# **Chris Westwood Charity**

**For Children with Physical Disabilities**



**Progress Report as at 31st December 2018**

# What Do We Do?

## Background

The Charity was founded on the 19<sup>th</sup> November 2003, specifically to help children and young people with physical disabilities, in Stourbridge and the surrounding areas, which for practical reasons we defined as being within a 50 mile radius of Stourbridge. The Charity Commission registered number is 1101230. The stated aim is: *“The provision of financial assistance, at the discretion of the Trustees, to provide the relief of physically handicapped children. This includes improvement to the quality of life by the provision of financial or other assistance, or any other purpose the Trustees deem to be in accordance with the stated aim”*.

## How we can help

We can provide the funding, or balance of funding, required for the purchase of mobility/sensory/vision equipment when the NHS Trusts/Families are unable to provide support. We aim to respond within 24 to 48 hours as we consider a rapid response is essential when children have degenerative or life limiting conditions. We operate with zero administration costs so that every penny donated goes to help those the donor intended to support. Typically we fund:

- Special exercise equipment, special exercise tricycles, walkers, and standing frames, to assist in regaining and maintaining mobility
- Wheelchairs, special mobility chairs, special car seats and safety harnesses, special seating, special beds, support and lifting equipment, vision equipment and sensory room equipment, to improve the quality of life.

## How we assess Grant Applications

Following an initial approach, we request the submission of a detailed grant application. In order to assess the position, we typically require the following:

- Background and reason for the request
- Supporting information from a suitable professional person detailing the medical position and the advantages of the proposed equipment purchase
- A detailed quotation, following assessment by the supplier's competent person
- Details of any funding already raised, any other sources of funding, and the financial position of the family

Provided that we are assured that our help will be for those in real need, the application is in accordance with our grant criteria, and we have the funding available, it will be considered for approval. Grants are funded either by a cheque or online payment to the supplier, to ensure that the funds are only used for the intended purpose. All remaining order and delivery arrangements are then left to the applicant, so that we are not involved in any administration costs.



[www.chriswestwoodcharity.co.uk](http://www.chriswestwoodcharity.co.uk)

# What have we been up to in 2018?

## Another Busy Year:

We completed a further 88 grants totalling £109,438.01 during the year, bringing the total grants since inception in November 2003 to **600**, and **£736,120 granted, closing in on our next milestone of £750,000 raised and granted.** We have completed this work with zero administration costs so that every penny donated, together with Gift Aid, where we could claim it, has been used for the benefit of the children in need.

## Fundraising Events and Collections:

We have attached a few reports on fundraising events, but throughout the year we have been helped by a number of different groups, with the cumulative effect being substantial. In particular we would like to thank several large personal donors, as well as: Alloy Wire International, Paul Matty Sportscars, Miller Roofing, Hagley Seniors Golf, Kinver Floral Arts, Old Halesownians Masonic Lodge, Butterfly Fellowship 2012, The Netherton Methodist Wives Club, The Ellenvale Singers, St Thomas's Church Christmas Tree Festival Committee, The Pedmore Men's Club, Harris Steels, Graham Godfrey Consultancy, Stourbridge Golf Club (where we are one of the Captain's charities for 2018 and 2019), and Stourbridge Tennis Club (*with apologies for any group missed out by the Editor*). An uncle of a child we had previously helped ran in the Edinburgh Marathon and collected £3,010.00 for us, and we were also helped by our regular donors, various collection boxes, three funeral collections, and support from a number of Charitable Foundations.

Trying to raise over £100,000/year does present a real challenge, and we greatly welcome any and all donations. We are awaiting the results of one collection, from a Christmas event, but we ended the year close to our target of raising at least £100,000. With expenditure slightly ahead of that, we have again drawn on our reserves, as it is our policy to use our reserves for the purpose for which they were donated, rather than just retain them as a Bank balance. As usual, we shall attempt to raise further funding in 2019 to try to cope with the requests for help that we receive, and hopefully rebuild our reserves a little, by the year end.

We hope to receive a further boost to funds early in the New Year, but if demand continues to increase we may reach a point where the limits of our fundraising ability impact on the help we can give. The New Year will present the usual massive challenge, but with the assistance of our supporters, we hope that we will once again be able to respond to it.



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# Why is our charitable funding needed?

While various State systems will provide a number of items of equipment for disabled children, with the inevitable funding constraints there are restrictions on the extent of help available, and with seemingly ever increasing demands on the system, the rules regarding what will be supplied are constantly tightening. The resultant unfunded needs lead to requests for help, either directly from families, or via relevant professionals such as the Paediatric/Occupational Therapists working in the Children with Special Needs Departments of the local NHS Trusts, and from the Special Schools where constant tightening of budgets has led to further requests for help.

Typically, the equipment funded falls into these general categories:

- **Exercise:** Specifically to develop the necessary muscles and coordination to either improve independence in daily activities, or to slow a deterioration in current mobility. Typical equipment funded includes special exercise trikes, walkers, standing frames etc.
- **Special Seating:** For school or home use, to provide the correct postural support, and enable a child to participate in activities in either location.
- **Comfort:** Many of the cases helped involve severe mobility problems, often wheelchair bound, with the need to periodically change position, provide the correct postural support, and relieve pressure points. Equipment funded includes special comfortable support chairs, Acheeva beds, and special support seating systems.
- **Health and safety:** Special car seats to provide the support a child may need, and to hold them securely, as certain children would otherwise release themselves from their car seat and endanger driver safety. Also, any form of equipment specifically to hold a child safely and provide the correct postural support, as well as hoists and equipment to help with daily living needs.
- **Sensory:** We receive a number of requests for equipment to help to calm and control a range of behavioural problems, and provide quiet and safe areas.
- **Sleep:** requests usually involve either equipment specifically to hold a child in the correct position to avoid hip dislocations, and all types of special beds eg. profile beds, high sided cot beds and safety sleepers to provide the correct environment for sleep.
- **Vision:** All types of vision equipment to help registered blind children achieve their potential when the Vision Impairment Service is unable to obtain the necessary funding for the equipment required.

# How a Donation Can Help (1)

## Special car Seats.....

Abel was 14 months old with a diagnosis of Benign External Hydrocephalus, possibly as a result of contracting sepsis after birth. He struggled with head control, particularly when tired, and the family was advised that a more reclined special car seat, with additional head support, would help, as he tended to slump forwards. This gave problems with his breathing, and a full assessment was carried out.

A Radian 5 special car seat was proposed at a cost £391.35, which was reduced to £369.23 by our discount agreement with the supplier. Abel can be seen in his car seat, now securely held for safe and comfortable transport.



## Special Exercise Trikes.....

Emilio had a brain injury at birth, which presents as difficult to control epilepsy, mild right sided hemiplegia, visual impairment, hypermobility, and processing difficulties.

The request was for help with funding the purchase of a special exercise trike to help to build leg strength, and improve his coordination. With the family able to raise £300.00 towards the cost, we agreed to fund the balance required of £1,036.50.

Emilio has had a further recent spell in hospital, and the photograph shows him now starting to use the trike, which we hope will further help his recovery.



## How a Donation Can Help (2)

### Standing Frames.....

Amelia has a diagnosis of Cerebral Palsy Dystonic and Dyskinetic. Unable to support herself independently in a standing position, she was already showing signs of deterioration from lack of weight bearing. We were asked if we could help with the funding for a combined prone and supine stander for home use, similar to the one she was using at her special school. In view of the urgent need we agreed to fund the cost of £2,104.00, and it was quickly put into use by the family.



### Special Support Chairs.....

James was born prematurely and has had a range of medical problems, including sepsis, and a bowel obstruction. Unable to stand independently, we were asked if we could help with funding the purchase of a Birillo Child's Wheeled Walker, to improve his sitting position and help to strengthen his trunk and lower limbs, with the aim of getting him to start walking. The cost was £579.95, and his family reports that he loves using it, so we are hopeful of further progress in the near future.

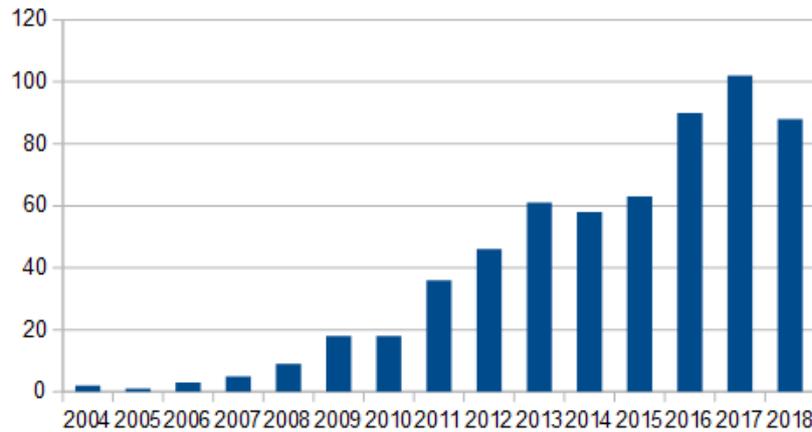


## Details of a few more of the Grants Made in 2018

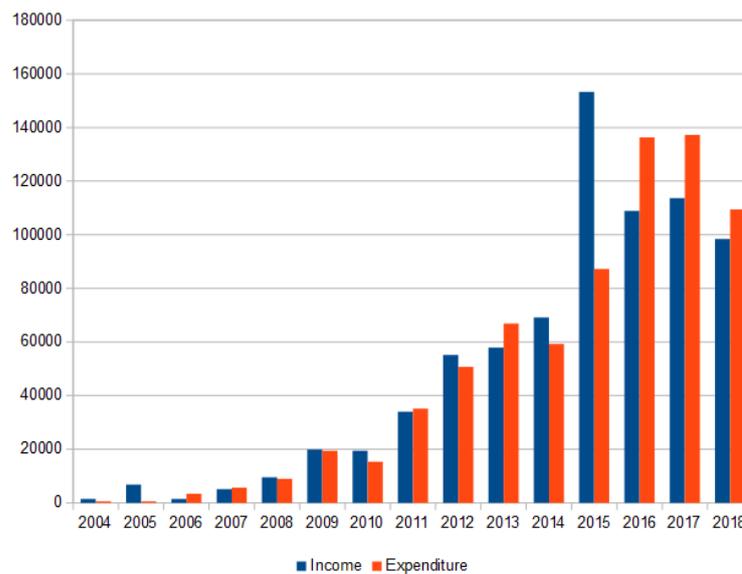
Age (Yrs)	Grant (£)	Details
18	2,113.75	Duchenne Muscular Dystrophy and full time wheelchair user. He is fully dependent on his carers for all transfers, and needs a fully supportive chair to help with relieving pressure points, and capable of holding him correctly. Currently he has nowhere suitable to sit, and he needs to be held correctly when sitting, so agreed to fully fund.
4	3,820.00	She has a diagnosis of a chromosomal abnormality, Trisomy 9 Mosaic, and partial Trisomy 11 Mosaic. She exhibits complex medical problems, physical and learning disabilities, and is a full time wheelchair user. She was using a special cot bed, on loan from another charity, and needing to be returned. She requires constant monitoring and oxygen during the night, and the bed has proved to help the family greatly. We agreed to provide the balance of funding needed.
3.5	355.00	Rett Syndrome, which affects brain development and results in learning and mobility difficulties. She is non-mobile, and unable to sit with the correct posture. The requirement was for a portable posture support seat for her, which we agreed to fully fund.
8	1,200.00	He has a diagnosis of Sickle Cell Anaemia, with duplication of two chromosomes, and also exhibits global development delay. He suffers with leg pain, has regular physiotherapy, and his Paediatric Physiotherapist recommended a special exercise trike to try to build his leg muscle strength and improve his mobility. We agreed to fund the balance required for the purchase.
2	1006.98	He has a diagnosis of Periventricular Leukomalacia ( <i>a form of damage to part of the white matter of the brain</i> ) which exhibits as motor and development problems. He is still struggling to walk and with spasticity in his legs, his Paediatric Physiotherapist recommended a special exercise trike to help him to develop. We agreed to fund the balance of funding required for the purchase to proceed.
18	1,946.55	He has a diagnosis of Adrenal Leukodystrophy, and exhibits early onset dementia. He is rapidly losing mobility, is a wheelchair user, and requires a hoist for all transfers. His local NHS Trust will not fund a comfortable chair to hold him in the correct position, so we agreed to fund the full cost of a Hydro tilt chair for him.
9	1,408.75	Born with Gastroschesis ( <i>a condition where the baby's intestines and sometimes other organs are outside the body at birth</i> ) and has undergone multiple operations. He did not walk until 2.5 years and exhibits muscle weakness. This is now causing more problems, and it was proposed to provide him with a special exercise trike, to help to build core strength. We agreed to fully fund the purchase.

# Funds Raised and Grants Made to Dec 31th 2018

Number of Grants Made each Year



Annual Income (£) vs Grants Made (£)



After the exceptional levels of activity in 2016 and 2017, we were concerned about our funding for 2018. We were relieved to see activity slow a little to 88 grants totalling £109,438.01, although once again timing was an issue, as we were aware of several applications in preparation.

Once again we found that approx 50% of our grants by number were for less than £1,000.00, but only required 22% of the total granted. This shows how small targeted grants can often make a major difference to families needing help.

# Our Accounts

<b>Reserves held as a Cash Balance and brought forward at 31.12.17:</b>		<b>£29,099.45</b>
<b>Income:</b>		
Fundraising Events		6,387.44
Donation Income		
<i>Personal Donations – Direct</i>	12,118.00	
<i>Online Donations via Everyclick</i>	4,718.61	
<i>Standing Orders</i>	5,058.50	
<i>Collection Boxes (All Sources)</i>	591.00	
<i>Company Donations</i>	12,210.00	
<i>Grants from Charitable Foundations</i>	49,450.00	84,146.11
Legacies and Collections		
<i>Funeral Collections (3 Separate Funerals)</i>		1,095.23
Other Income		
<i>Gift Aid: (April 2017 to April 2018 – claimed directly from HMRC)</i>	6,715.68	
<i>Interest on Bank Balances</i>	93.80	6,809.48
<b>Total Income:</b>		<b>£98,438.26</b>
<b>Expenditure:</b>		
Grants made during 2018: 88 in Total		109,438.01
Other expenditure/costs/overheads		nil
<b>Total Expenditure:</b>		<b>£109,438.01</b>
Excess of Expenditure over Income		<b>-10,999.75</b>
<b>Leaving a Reserve Cash Balance to be Carried Forward at 31.12.18 of:</b>		<b>£18,099.70</b>

# The Organisation

We continue to run the organisation with four Trustees, who cover all the work necessary, and contribute any minor incidental expenses incurred, so that the Charity can operate with zero administration costs.

We are all in regular email and telephone contact, which, as a small group, enables us to give a fast response to grant application requests that are in accordance with our grant criteria. We hold two formal meetings a year, where we complete a full six monthly review of the organisation, and we quickly assemble for any additional meetings, as necessary.

It is our intention to continue to operate with zero administration costs, and a fast response, to meet the needs of those who apply to us for help, and the expectations of those who so kindly contribute and support us. The only concern on our horizon is ensuring that we can raise adequate funding, which with the rapid growth we have seen in demand, constantly puts our reserves under pressure. This is a problem we continually face, and we hope that with sufficient help and support we shall again be able to complete our work in 2019.

## The Trustees:



Chris Westwood MBE – Chairman (*and also a Trustee of the Anthony and Gwendoline Wylde Memorial Charity*)

Dr Janine Barnes MBE – Medical Adviser

Graham Wood – Treasurer

Lewis Barnes – Trustee (*and also Deputy Chair of the Somerville Foundation*)



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## Edinburgh Marathon 27.05.18



Following our funding help for the purchase of a special exercise trike for Toby, his family decided to try and help with some fundraising for the Charity.

His uncle (Simon) ran in the Edinburgh Marathon on Sunday the 27<sup>th</sup> May, having collected sponsorship and the relevant Gift Aid, on an Everyclick donation page, totalling £2,880.00. A subsequent cheque for sponsorship donations raised the final total to £3,010.00.

He was runner no. 8005, and was classified in 3,985th place, in a time of 4 hours 17 mins 41 secs. Well done Simon, a tremendous effort, and a very successful fundraising event, which was very much appreciated, and which then enabled us to fund another two trikes.

## Hagley Golf Club Seniors Collection

The Captain of Hagley Golf Club Seniors is elected for a one year term of office, and nominates a charity to receive funds raised during the year. For 2017, Phil Davis, who has supported us previously, decided to nominate us as his chosen charity for the year.



The Chairman was invited to attend their AGM at the start of 2017, and explain the work of the Charity, and how any funds raised would be used.

They held a number of events throughout the year, and the final total raised was £2,083.89, which was presented to the Charity at the 2018 AGM. In the Photo above, Phil Davis is presenting the cheque to Chris Westwood. Another very useful source of funding, and we can only thank everyone at the Club for their support during the year.

## Stourbridge Golf Club - Captain's Charity



For his two year term of office as Stourbridge Golf Club Captain (2018/2019), Dave Fourness very kindly selected us as one of the Captain's charities. At least five events have already been held in 2018, with a similar number planned for 2019, and at the end of his term of office, we hope to receive some very useful funding.

In the interim, donations to an Everyclick page (*please see our website Homepage for a direct link*) have already reached £1,150.00 which has been of great use, and we also received the proceeds of a Sporting Quiz Night, totalling a further £370.00. We have no information on the balance of funding raised to date for the final presentation, and we can only hope that we again have a series of well supported events in 2019. Thank you to our Golf Club supporters.



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## Kinver Floral Arts Collection

Kinver Floral Arts kindly collected for us throughout the year, and on the evening of Tuesday 13<sup>th</sup> March, the Chairman was presented with a cheque for £1,000.00 from the President - Mary Yates, which was gratefully received.

He was then able to give a short talk about the work of the Charity, and thank the members for their efforts throughout the year. It was particularly pleasing that only that day, the Charity had pledged £1,000.00 to help with the purchase of an Eye Gaze computer system to help a severely handicapped child, so the funding would be put to immediate use.



## Butterfly Fellowship 2012

The Butterfly Fellowship 2012 collects for local charities, and through a contact with Kinver Floral Arts, we were nominated this year.

The Chairman attended a meeting in Kinver on Friday 4<sup>th</sup> May and was presented with a cheque for £1,000.00.

He was then able to give a short presentation on the work of the Charity, and the progress during the year. We are very grateful to another group collecting for us, all of which helps us to continue our work.



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# St. Thomas's Church Christmas Tree Festival

The Festival was held over three days from Friday 7th  
December until Sunday 9<sup>th</sup>

December. The Church was decorated with over thirty Christmas trees, and visitors were asked to make a donation in support of two local charities, one of which was us.

The Chairman visited the Church on the Friday morning and was impressed by the effort from different groups that had gone into preparing the trees for display.

We understand that again the event was very successful, and we wait to hear the amount raised for us. The funding will be greatly appreciated, as we face another busy year in 2019, and we thank everyone for thinking of us.



## The Ellenvale Singers

The Ellenvale Singers organised an evening at Brierley Hill Civic Hall, on Wednesday 12<sup>th</sup> December, with a selection of Christmas songs. Also on the programme were the Sovereign Brass band, who played a range of Christmas music and carols, and The Church of Ascension School Junior Choir who sang a number of Christmas carols.

The event was well attended, and during the second half two presentations were made, one to support a family with a contribution towards the cost of conversion work to their house to provide much needed facilities for their child, and a donation of £500.00 to the Charity to help us to continue our work. Once again, a big thank you for the support.



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# The Charity Website

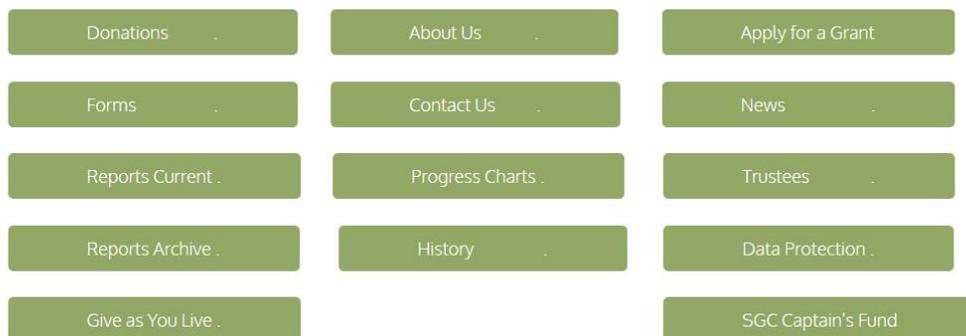


WELCOME TO OUR WEBSITE HOME PAGE



The Charity provides financial help in funding the purchase of mobility/sensory/vision equipment for children and young people (up to the age of 25 years) living within a 50 mile radius of Stourbridge in the West Midlands, when there are no other sources of funding available. The Charity operates with **zero administration costs** so that every penny raised goes where the donors intended, and we also try to respond within 24 to 48 hours of receiving a request. More details of the background to the Charity and the work that we do can be found on the [About Us](#) webpage.

To navigate around the website please use the buttons below, or the menu bars on the page headers and footers.



Our website can be accessed at : [www.chriswestwoodcharity.co.uk](http://www.chriswestwoodcharity.co.uk)

The view above is our **Homepage**, and you can then access the other pages by clicking on the relevant buttons (as shown above), or the menus on either the header or footer of the webpage.

The **News** page is updated regularly so that you can follow our progress, and all of our latest Reports are available on the **Reports Current** page.

The **Donations** page details all of the methods available for making a donation to us, including access to our online **Everclick** donation page. A Gift Aid form is available on the **Forms** page.

We have also provided access to earlier reports, our progress, details of our history to date, raising funds through Give as You Live, and the links to current fundraising pages.



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# How Donations can be made to us

*In addition to donations by cash or cheque, may we suggest consideration of the following:*

## Standing Orders

Any amount from £2/month upwards is of great value to us, and a Standing Order Mandate can either be completed online from your Bank account (our Bank account details are below), or a paper copy of the required Bank Mandate is available on the **Forms** page of our website, and has also been reproduced at the end of this brochure. If you complete a paper copy of the Standing Order Mandate, could you please send this directly to your Bank, so that we never see any of your Bank details.

## Online Donations to our Bank Account

Our nominated Bank Account details for One-Off online donations direct to us are:

HSBC Bank, Sort Code 40-43-17

Account Number 72275813

*Could you please use your name as the payment reference, so that we can track the payments into our account, and claim Gift Aid, where appropriate (please could you complete a Gift Aid form if you have not already done so, it enables us to claim 25p for every £1 donated).*

## Online Donations through Everyclick using a Debit/Credit card

There is an **Everyclick Donation** button on the **Donations** page of the Chris Westwood Charity website, to allow individual donations to be easily made online, and access can also be gained to our Everyclick webpage via [www.everyclick.com/chriswestwoodcharity/info](http://www.everyclick.com/chriswestwoodcharity/info).

*Anyone kindly wishing to set up a sponsorship page is encouraged to use the Everyclick facility, as we are registered with them, and there are no charges for a new sponsorship page.*

## Gift Aid

If you are a UK tax payer, you can increase the effectiveness of your donation by completion of a gift aid declaration form, a copy of which is available at the end of this brochure. If the third box down, of the three options on the form, is ticked, the completion of one form will cover all donations past, present and future. Provided that you are a UK tax payer, the Charity will receive an additional 25p for every £1 donated, which we claim annually from HMRC.

***Please return any completed forms directly to The Chris Westwood Charity (address on the form).***



[www.chriswestwoodcharity.co.uk](http://www.chriswestwoodcharity.co.uk)

## How Donations can be made to us (2)

### Commission payments from Retailers through Give as You Live, when purchases are made online or in-store.

*Give as You Live* is part of the *Everyclick Group* and the Charity is registered to receive commission payments whenever purchases are made through the *Give as You Live* portal, from a wide range of major store groups.

There are two systems that can be used, and each one returns a commission to the Charity typically between 0.5% and 3% of the purchase cost. There are no additional costs, and the user, having registered, shops in the normal way. The Charity then benefits from the commission payments.

The main menu button labelled "Give as You Live" on the Charity website homepage ([www.chriswestwoodcharity.co.uk](http://www.chriswestwoodcharity.co.uk)) will take you to a webpage explaining how the system works, and how you can help us.

There are two methods of helping the Charity through Give as You Live:

- You can set up a shopping homepage for your favourite online stores. Once you have registered and selected the Charity as the recipient (*you only need to type "Chris Westwood Charity" into the Search box*), you can enter the store website with just a couple of clicks. You can then proceed with any desired purchases in the normal way, including payment. By using this entry route through Give as You Live, the Charity will receive a commission payment, typically between 0.5% and 3%. There are no additional costs involved, and the Charity benefits every time you purchase. You can register with as many store groups as you wish.
- You can also register for an in-store reloadable store card for a specific store group (*typically where you do the bulk of the weekly shop*). Every time you top up the card with additional funding (*online using your Debit card*), the Charity receives the commission payment. You shop in the normal way and instead of paying by Debit/Credit card at the checkout, you use the reloadable card. Apart from an initial fee of £2.50 for a reloadable card for your chosen store group, once set up, there are no other costs and the Charity benefits every time the card is topped up, at no additional cost to you.

While we would hope that you might consider using this commission based system to raise funds for the Charity, you can change your selected charity at anytime, so this method is still worth considering to help whichever cause you might wish to support.



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## Gift Aid Declaration

*giftaid it*

**The Chris Westwood Charity for Children with Physical Disabilities.**

### Please Treat

- The enclosed gift of £\_\_\_\_\_ as a Gift Aid Donation; OR
- All gifts of money that I make today, and in the future, as Gift Aid Donations; OR
- All gifts of money that I have made in the past 4 years, and all future gifts of money that I make from the date of this declaration, as Gift Aid Donations.

✓ Please tick the appropriate box above.

In order for us to claim Gift Aid, you must be paying an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the Charity will claim from HMRC on your Gift Aid donation. Currently, we are able to claim 25p for every £1 of eligible donations.

### Donor's Details

Title \_\_\_\_\_ Full Name \_\_\_\_\_

Home Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

#### ***Please notify the Charity if you:***

1. Wish to cancel this declaration
2. Change any of the Donor details
3. No longer pay sufficient tax on your income and/or capital gains.

Please send the completed form to: FAO Chris Westwood, Chris Westwood Charity for Children with Physical Disabilities, PO Box 7131, STOURBRIDGE, DY8 9FP.

## STANDING ORDER MANDATE

<b>To the Manager</b>	
<b>Name of Bank</b>	
<b>Address</b>	
<b>Post Code</b>	

Please pay:               HSBC Bank, 114 High Street, Stourbridge, West Midlands. DY8 1DZ

For the credit of:       Chris Westwood Charity for Children with Physical Disability  
Sort Code:               40-43-17  
Account Number:       72275813

The sum of: (in words) _____ Pounds (£) _____
On the _____ (day) _____ (month) _____ (year)
And thereafter every month until further notice, and debit my account accordingly.

<b>Name of account holder to be debited:</b>
<b>Account Number:</b>
<b>Sort Code:</b>

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

***When completed, will you please pass this form directly to your Bank.***

*If you are a UK tax payer, and pay an amount of Income Tax, and/or Capital Gains Tax, at least equal to the tax that can be claimed on your donation, you can increase the value of your gift by using Gift Aid. This enables the Charity to reclaim the tax, which currently increases the value of your gift by 25p for every £1 donated.*

*If you would like to help, will you please complete a Gift Aid form, and return it to:  
The Chris Westwood Charity for Children with Physical Disabilities, PO Box 7131,  
STOURBRIDGE, DY8 9FP*

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***All costs associated with the preparation and printing of this booklet were donated by Holmdale Print & Mail, resulting in no cost to the Charity. Accordingly, the Charity would like to thank them for their help which is greatly appreciated.***

If you would like to contact us:

For the attention of Chris Westwood,  
Chris Westwood Charity for Children with Physical Disabilities,  
PO Box 7131,  
STOURBRIDGE,  
DY8 9FP

*Email:* [chriswestwood@waitrose.com](mailto:chriswestwood@waitrose.com)

*Tel:* 07968 008098



[www.chriswestwoodcharity.co.uk](http://www.chriswestwoodcharity.co.uk)