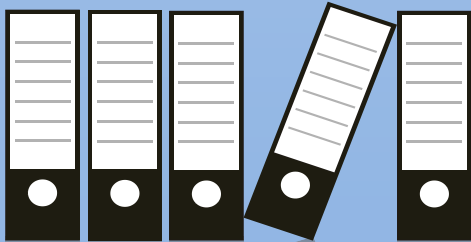


# GET INVOLVED FUNDRAISING

GIVING PAGES-SHOPPING-RECYCLING



## Introduction

Despite the misery it causes, Histiocytosis is too rare a disease to have generated substantial research in medical circles. Unfortunately, for every child or adult fighting for his or her life, the pain and suffering are just as severe for children and adults afflicted with other better known disorders receiving funding.

For the children and adults battling these illnesses, there is now reason to hope. To ensure the research continues, we ask for your help, to complete the funding puzzle.

Our awareness and research programmes provide a beacon of hope for the many children and adults battling Histiocytosis, to ensure this research continues we ask you to pledge your support.

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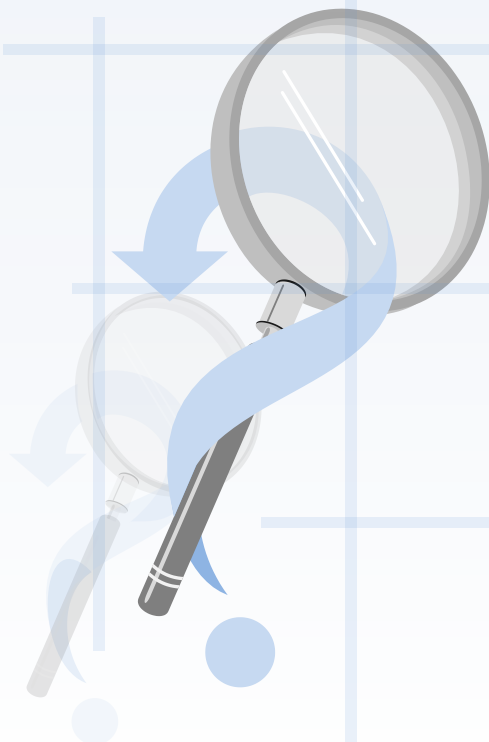
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## WHAT IS HISTIOCYTOSIS

### What is Histiocytosis?

Histiocytosis is an umbrella term applied to a group of rare diseases, characterised by increased numbers of white blood cells called histiocytes in the blood and tissues. In all forms of histiocytosis, these cells, which are part of the protective immune system, begin to attack the body, targeting many organs of the body including the bone marrow, liver, spleen, lungs, skin, bone and brain.

The prognosis for patients varies greatly depending on the form of histiocytosis.

**Please be advised that all the information you read in this document is not a replacement for the advice you will get from your consultant and their team.**

### Who we are?

Histiocytosis UK is a registered charity dedicated to promoting and funding scientific research into uncovering not only the causes of all histiocytic diseases, which include Langerhans Cell Histiocytosis and Haemophagocytic Lymphohistiocytosis, but also ensuring early diagnosis, effective treatment and a cure.

The Charity aims to support patients and their families by means of information and awareness as well as raise public and professional awareness of histiocytic disorders. Its team of Trustees include the UK's leading paediatric LCH and HLH specialists.

*Histiocytosis UK Registered in England & Wales. Charity No. 1158789.*

*Email: [Histio@HistioUK.org](mailto:Histio@HistioUK.org) . [www.histiouk.org](http://www.histiouk.org)*

## ALL WAYS TO GET INVOLVED

### All Ways to Get Involved

Now, more than ever, we need people like you to join our team and help us make sure no one faces histiocytosis alone.

We are indeed a rare community of patients, families, friends and doctors bound by the collective fight against histiocytic disorders. Our success is a direct result of the collaborative nature of this community and the desire and willingness of everyone to get involved in their own way.

There are limitless ways to get involved and make a difference in the lives of patients with histiocytic disorders.

Take action!

### Gift Aid

Every gift you make to HistoUK - whatever its value - could be worth more at no extra cost to you just by choosing to Gift Aid it. Her Majesty's Revenue and Customs will add an extra 25p to every £1 you give to Histo UK.

#### How does Gift Aid work?

It is simple. As soon as you give your permission by completing a Gift Aid declaration form, we can claim the tax back on your donation. This means that a £10 donation will be worth £12.50 and for every £50 gift, we will actually receive £62.50.

#### Do I have to give regularly? No.

We can claim the tax back on a donation of any amount that has been made to us in the last four years. It doesn't matter whether you make a one off donation or set up a regular standing order or direct debit.

A single Gift Aid declaration will cover all future donations that you make to Histiocytosis UK **if you are a UK tax payer.**

#### Am I eligible to make a Gift Aid donation?

If you are a UK tax payer, yes.

Even if you are not employed, you are still eligible if you are paying tax on any of the following:

Personal or occupational pension

Stocks and shares

Bank and building society savings accounts

Rental income

Overseas and UK investment dividends.

## GIFT AID FORM

### GIFT AID DECLARATION – for past, present and future donations

Please treat as Gift Aid donations all qualifying gifts of money made

today

in the past four years

in the future

*Please tick all boxes you wish to apply*

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

#### Donor's Details:

Title \_\_\_\_\_ Initial (s) \_\_\_\_\_ Surname \_\_\_\_\_

Home address \_\_\_\_\_

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

Signature \_\_\_\_\_

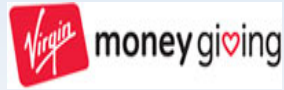
#### Please notify Histiocytosis UK if you:

1. Want to cancel this declaration
2. Change your name or home address
3. No longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code

GIVING PAGES  
GIVE AS YOU SHOP

Virgin Money Giving



Just Giving **JustGiving™**

**Text Giving** Text HIST00 £5 to 70070 or THRT13 £5 to 70070 to donate to Histiocytosis research and make a difference today.

## Shopping and Recycling

**easyfundraising**  
.org.uk



<https://www.easyfundraising.org.uk/causes/histiocytosis>



## Charity Christmas Cards We have teamed with Charity Christmas Cards

### How do Charity Christmas Cards Work?

First things first, the really great thing about Charity Christmas cards is that when you choose to donate, absolutely no extra cost will come from your pocket.

They take up to 50p directly out of the cost of producing each Christmas card. This means if you're buying 100 cards you can donate up to £50.

The other great thing about Charity Christmas cards is that while you are making a much needed donation Histo UK you are also helping to spread the awareness and the cause of the charity.

How much do THEY donate?

The donation THEY make to US on your behalf is 10p (including VAT) for every charity Christmas card purchased.

For example, if you purchase 20 cards and select Histio UK, they will donate £2.00; and for 200 cards the donation would be £20.00 and so on.  
<http://www.charitychristmascards.com>

### Fundraising Stamps



One of the UK's largest stamp recyclers will buy recycled stamps from you! Whether you are an old hand at stamp recycling or if you want to make it a new opportunity, it offers you a great way to help boost our funds. They offer free envelopes!  
[www.fundraisingstamps.com](http://www.fundraisingstamps.com)

## TerraCycle®.

There is a really simple way to convert your waste into money for charity. Here are step by step instructions.



### What?

Take part in a recycling collection programme with TerraCycle®. Collect non-recyclable biscuit packaging that would normally be disposed of and sent to local landfill. The TerraCycle Brigade® recycling programme is a fun and easy way to reuse waste materials, whilst helping to raise money for Histio UK at the same time.

**How?** The waste packaging itself will be recycled into plastic products such as waste bins or watering cans, or 'upcycled' into new products such as pencil cases and lunch bags. This means that a smaller volume of raw materials then need to be extracted from the earth to produce the packaging for new products. TerraCycle will award a £0.02 donation for each biscuit packet collected and returned. Maybe you are a teacher or work in a large company and can setup simple drop off points in the staff room?



### Tell me more...

Packaging from most biscuit and non-savoury snack bars can be recycled under this scheme, including Penguins, Rich Tea and digestives as well as supermarket own brand packets from similar products.

## Recycle Charity.co.uk

Recycle your old mobile phones, printer inkjets and laser cartridges and raise money for Histio UK! Just register your details for free, choose Histio UK as your benefactor and follow the instructions on how to start raising money. You can select Freepost recycling bags or collection boxes should you have over 50 inkjets or mobile phones. Recycle4Charity will even pick these boxes up from your home

