

## How your support can help

- ♥ £10 provides three callers with support from the helpline
- ♥ £25 provides 15 families with a CD-rom on cardiomyopathy
- ♥ £50 runs the website and message board for a week
- ♥ £100 funds a specialist nurse for a day

The CMA's work costs over **£410,000 a year** but we get **no Government funding**. We rely on the generosity of our supporters' donations and fundraising activities.



“I've really enjoyed raising money for this friendly and supportive charity. It is a great information source for those who have cardiomyopathy and it is working hard to increase awareness of this little known yet quite common disease.”

Emily Mayo,  
member

## Information about you

Please indicate which type of cardiomyopathy you would like information on

- Hypertrophic (HCM)
- Dilated (DCM)
- Arrhythmogenic Right Ventricular (ARVC)
- Restrictive
- Left ventricular non-compaction

Is the information for you or for a family member or friend? *(please indicate)*

\_\_\_\_\_

### BLOCK CAPITALS PLEASE

Title	First name	Last name
_____	_____	_____
Address		
_____		
		Post code
		_____
Email		
_____		
Tel	Date	
_____	_____	_____

### Tick here to make your gift worth more to the CMA

- I am a UK taxpayer Date \_\_\_\_\_

*I would like the CMA to treat all donations I have made for the four years prior to this year and all future donations until I notify you otherwise as Gift Aid donations. By ticking this I confirm that I am paying an amount of income tax and/ or capital gains tax at least equal to the tax that the CMA will reclaim on my donations in the tax year.*



- I am not a UK taxpayer

Registered charity no 803262

*We never give your information to other organisations. Your details will be used by the CMA only. If you do not want to receive information about other ways to support the CMA, please tell us.*

Please return your completed form to:  
**Cardiomyopathy Association**, Unit 10, Chiltern Court,  
 Asheridge Road, Chesham, Bucks, HP5 2PX  
 Tel **01494 791 224** email [fundraising@cardiomyopathy.org](mailto:fundraising@cardiomyopathy.org)

## Benefits of becoming a CMA member

If you become a CMA member you will get regular information about our events and activities. This includes:

- ♥ invitations to support group meetings in your area
- ♥ details of the network of volunteers with the condition who offer one-to-one telephone support
- ♥ invitations to information days in your area and the annual general meeting
- ♥ the CMA's quarterly newsletter CMA News which includes advice on cardiomyopathy, patient stories and latest research



“I'm really grateful for the support the CMA has given me – from providing me with lots of information about cardiomyopathy to giving me the chance to speak to others who know what I am going through. Having experienced first hand the help the charity provides, I want to support this work where I can.”

Mark Hayden,  
member & trustee

[www.cardiomyopathy.org](http://www.cardiomyopathy.org)  
 Registered charity no 803262

# Becoming a CMA member

“  
 Ray  
 Golding  
 Member

The Cardiomyopathy Association has been a lifeline to us both. When Sharon was first diagnosed with cardiomyopathy, the charity provided us with a wealth of knowledge and support during our darkest moments.”



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Registered charity no 803262

## The Cardiomyopathy Association (CMA)

Whether you, a family member or friend has recently been diagnosed with cardiomyopathy or whether you have had it for years but didn't know about the CMA, we are available to help. We do this by:

- ♥ Providing information and support to affected families.
- ♥ Raising awareness of the condition among the public and medical professions.
- ♥ Campaigning for more heart checks and gene tests for affected families to find those at risk and save lives.

## A few facts about cardiomyopathy

Cardiomyopathy is a disease of the heart muscle. It affects people of all ages, including babies, and is often inherited. As many as one in 500 people are affected but many do not know.

Cardiomyopathy is the main medical cause of sudden death in the under 35s but when diagnosed and treated appropriately, most affected people can lead long and full lives.

## Membership

The CMA currently has over 3,000 members, many of whom have the condition themselves and others who have relatives with it. With the support of the small but dedicated team at the CMA, we are available to provide support and information for you.

If you would like to become a member of the CMA please complete the form attached.

## How the CMA can help you

- ♥ a free helpline (0800 0181 024). You can ask to speak to our cardiomyopathy support nurse
- ♥ patient information booklets and CD-roms on the main types of cardiomyopathy
- ♥ an information booklet on cardiomyopathy in children and young people
- ♥ a website packed with information, a helpdesk, and a message board where people can share information and views
- ♥ information days around the country where patients and their families can learn more about the condition and meet others who are affected
- ♥ network of volunteers (key contacts) with cardiomyopathy who give one-to-one support to others on the telephone or via email
- ♥ support groups around the UK

## Other services the CMA provides

- ♥ funding for clinical care, including nurse specialists
- ♥ regional cardiomyopathy clinics with video-conferencing links to cardiomyopathy specialists
- ♥ medical conferences for doctors and nurses
- ♥ serving on a Government board improving services for families with cardiomyopathy
- ♥ Raising awareness of the condition among the public and the medical profession

## Yes, I would like to become a CMA member today

I wish to support the CMA with a gift of:  
 £12  £25  £50  Other   
 per month | quarter | year *(delete as applicable)*



I wish my donation to be made on the:  
 1st  15th  25th  day of the month *(allow four weeks to set up)*

Please call fundraising if you want to pay by other means.

### Instructions to your bank or building society to pay by Direct Debit



#### FOR CAF OFFICIAL USE ONLY

This is not part of the instruction to your Bank/Building Society

Date of first payment on or after:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Service User Number

<input type="text" value="6"/>	<input type="text" value="9"/>	<input type="text" value="6"/>	<input type="text" value="7"/>	<input type="text" value="9"/>	<input type="text" value="7"/>
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Caf Ref No FS1935

CAF, KINGS HILL, WEST MALLING, KENT, ME19 4TA

To the Manager

Name and full postal address of your bank or building society

<input type="text"/>
<input type="text"/>

Post code

Name(s) and address of account holder(s)

Title First name Last name

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Address

<input type="text"/>
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Postcode

Sort code

<input type="text"/>	<input type="text"/>	<input type="text"/>
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Bank/building society account

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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#### Instruction to your Bank or Building Society

Please pay CAF Re Cardiomyopathy Association 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 within CAF Re Cardiomyopathy Association and if so, details will be passed electronically to my Bank/Building Society.

Signed

<input type="text"/>
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Date

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Banks and building societies may not accept Direct Debit instructions for some types of account.

Please return this form to the CMA address overleaf

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 an error is made in the payment of your Direct Debit, by CAF Re Cardiomyopathy Association or your bank of 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 CAF Re Cardiomyopathy Association asks you to
- If there are any changes to the amount, date or frequency of your Direct Debit, CAF Re Cardiomyopathy Association will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request CAF Re Cardiomyopathy Association to collect a payment, confirmation of the amount and date will be given to you at the time of the request
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us