



MCS-Aware '100' Appeal

Can you help us keep going?

Going forward into 2019, MCS-Aware is launching its new '100' fundraising appeal.

The charity is aiming to reach out to 100 people who could make a commitment to give as little as £3 a month, to help MCS-Aware continue the critical work it carries out supporting people with MCS, and raising awareness of the condition.

MCS – 'multiple chemical sensitivity' – is a chronic, disabling condition affecting many thousands of people worldwide. Sufferers, often previously healthy, can develop physical reactions to a wide range of everyday chemicals – such as paints, petrol fumes, perfumes and pesticides – at extremely low levels (along with biological contaminants such as mould).

Symptoms are numerous and can range from skin and respiratory reactions, to severe headaches, cognitive impairment, fatigue, and in extreme cases physical collapse. Many sufferers are unable to work, and can become housebound and isolated from family and friends.

MCS is often part of a wider picture of environmental illness, and is common in conditions such as ME/CFS (chronic fatigue syndrome), fibromyalgia, lyme disease, autism, and some auto-immune disorders.

At present there are few effective treatments, other than general avoidance of chemical triggers, and MCS-Aware aims to campaign for greater recognition of the condition along with research into causes and treatments.

The charity currently receives no government funding and relies on member subscriptions and donations in order to be able to support people with MCS and environmental illness.

Please help spread the word and raise funds for our new '100' appeal, so we can continue our vital work supporting sufferers and raising awareness.

If you are unable to help personally, do you know someone – a family member, friend, neighbour or other acquaintance – who might be able to help?

You can download this from our website then print off as many as you like, and please consider sending out an email to your contacts with a link to this.

All donations will be very gratefully received.

Thank you for making a difference!





MCS-Aware '100' Appeal - Standing Order Form

MCS-Aware, 8A Intech House, Wilbury Way, Hitchin, Herts, SG4 0TW, UK

Making a regular donation to us by Standing Order couldn't be easier. You can contact your bank directly to set up a Standing Order by post, via telephone or online banking, or in person, using the details below. If you prefer you can simply return this form to us and we will forward to your bank. You can cancel or change this amount at any time by contacting your bank.

To (Bank Name) _____

Bank Address _____

Name of Account Holder _____

Your Address _____

Your Account Number _____

Bank Sort Code _____ / _____ / _____

Please pay to MCS-Aware. Co-operative Bank, Account no: 65556081, Sort code: 08/92/99,

the sum of (please tick box):

£3 £5 £10 Other £ _____ every month until further notice starting on

(date of first payment) _____

Standing Order Reference: 'DONATE 100'

Your signature _____ Date _____

[If you are a UK taxpayer and would like MCS-Aware to claim Gift Aid on your donation, please email or write to us for a Gift Aid declaration form].