

Become a  
member of

*my* **beat**



Beating  
eating  
disorders  
together

There are over 1.6 million people in the UK affected by eating disorders. Every month, hundreds of these turn to **beat** for support and understanding.

## Why become a member?

Becoming a member of **My beat** offers you the opportunity to become more involved in our work, to join a network of support and information and to access the latest news and advances in research.

Annual membership is just £25 and for one price you will receive:

- Your own password and access to the **My beat** members website
- The chance to take part in help and support surgeries with members of the **beat** team
- Regular e-newsletters, including opportunities to take part in research and join campaigns
- Invitations to supporter events
- Opportunities to take part in fundraising
- Invitations to take part in surveys and questionnaires
- Access to information about the latest support, information and advice
- The opportunity to vote at our Annual General Meeting
- Our quarterly membership magazine, Upbeat

Join us today – and help us **beat** eating disorders

If you have any questions about membership, please contact **01603 753308** or email [mybeat@b-eat.co.uk](mailto:mybeat@b-eat.co.uk).

“ Being a member of **beat** is a great way to give something back to a charity that has helped my family. ”

“ As a former sufferer of an eating disorder, I know the importance of early intervention and good treatment. As a member of **beat**, I'll be adding my voice to their campaigns for better services. ”

If you'd like to become a member, please fill out the form below and return it to us. Once your payment of £25 has been received you will be sent your **My beat** welcome pack.

Your Details		
Title:	First Name:	Gender:
Surname:		Date of Birth:
Address:		
City:	County:	Post Code:
email address (required*):		
Telephone:		

### Gift Aid - Increase your gift by 25% at no extra cost to yourself by signing below:

You must pay an amount of UK income tax and/or capital gains tax equal to the tax we reclaim on your donations within the tax year.

Please treat all my donations, since 6th April 2007, and all donations I make hereafter as Gift Aid donations

Signature:

Date:

We value your support and promise to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose, or share personal information supplied by you. By giving your details you are agreeing for us to contact you about our work and other fundraising activities.

If you are not happy for us to do so please tick this box

The below information will be shredded once payment has been processed

I would like to pay by cheque:	I would like to pay by credit/debit card:	
Please make your cheque for £25 payable to <b>beat</b> .	We can only accept Visa, Mastercard, Switch/Maestro or Solo	
Cheque No.:	Card Type:	
Please post your cheque to:  <b>beat</b> Wensum House 103 Prince of Wales Road Norwich NR1 1DW	Card No.:	
	Start Date:	Expiry Date:
	Issue No. (if applicable):	
	Name as shown on card:	
	Payee Signature:	
	Security Code:	Date:
Card Billing Address:		

\* We require your email address in order to give you access to the **My beat** members website

# Contact **beat**

**Youthline** 0845 634 7650  
Monday- Friday: 4.30pm- 8.30pm  
Saturday: 1.00pm- 4.30pm

**Text** 07786 20 18 20  
**Email** fyp@b-eat.co.uk

**Adult Helpline** 0845 634 1414  
Monday-Friday: 10.30am- 8.30pm  
Saturday: 1.00pm- 4.30pm

**Email** help@b-eat.co.uk

**Website** www.b-eat.co.uk

**Address** **beat**  
103 Prince of Wales Road  
Norwich NR1 1DW

**Admin** 0300 123 3355

**Email** info@b-eat.co.uk

**Fax** 01603 664915

Registered charity number: 801343

**beat**<sup>™</sup>  
beating eating disorders