



Support Membership

Become a member of the ABC Community and receive the benefits of on-going advice and guidance through our Support Membership (£36 per year/or £3 a month by direct debit). Our Support Membership is available for those struggling personally and for parents and family members in a caring role.

Membership includes:

- Free ABC literature (1 copy of each)
- 25% off ABC books (published by Lion Hudson)
- E-Newsletter and regular updates
- Befriending service
- Personal Nutritional plan* and support
- Ongoing support from ABC
- Opportunity to share experiences and contribute to campaigns
- Invitation to supporters' events (including annual Houses of Parliament Event - subject to allocated numbers)
- Opportunities to become an ambassador in your area

**This includes one initial meal plan with phone support from ABC. Subsequent meal plans are charged at £10 per plan.*

Optional Literature:

'First Steps out of Eating Disorders'

Dr Kate Middleton & Jane Smith (Lion Hudson)

Members Price: £3.75

RRP £4.99

'The Parent's Guide to Eating Disorders'

Jane Smith (Lion Hudson)

Members Price: £5.99

RRP £7.99

'The Parent's Guide to Self-Harm'

Jane Smith (Lion Hudson)

Members Price: £5.99

RRP £7.99

Please complete the following section:

Your name

Address Line 1

Address Line 2

City County

Postcode Telephone

Email

Annual Membership

£ 36.00

'First Steps out of Eating Disorders' **£ 3.75**

'The Parent's Guide to Eating Disorders' **£ 5.99**

'The Parent's Guide to Self-Harm' **£ 5.99**

Total Due to ABC

Payment:

(Please be reassured that all literature is sent out in plain, unmarked envelopes for anonymity.)

Direct Debit - please tick for information on monthly payments

BACS - if you select this option an invoice will be sent to arrange BACS payment

Cheque - made payable to Anorexia & Bulimia Care, and enclosed with this form

Please return your completed form to ABC, Saville Court, 10-11 Saville Court, Clifton, Bristol, BS8 4EJ or email to admin@anorexiabulimiare.org.uk

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:

ABC, Saville Court, 10-11 Saville Place,
Clifton, Bristol, BS8 4EJ

Charity Number: 1155686

Helpline: **03000 11 12 13**
admin@anorexiabulimiare.org.uk
www.anorexiabulimiare.org.uk