



Care for Carers
Supporting those who care for others

Changes to data protection including email and postal use are coming into practice soon. We need to have your permission to use your email and your contact address and for what purpose.

Please tick the boxes below for all the purposes you are happy for us to use your contact details for.

I am happy to receive relevant information from you by email, post or phone

You can contact me on any caring related matter by email, post or phone

You can contact me regarding fund-raising for Care for Carers via email
Text or post

You can contact me about carer service updates by text

My preference for receiving the Carers Newsletter is by: Email only
Post
Both

My email address is:

Name:

Address:

Telephone:

I can confirm I am over 16 years of age. By signing this form I am giving you permission to use my contact details as ticked above.

Signed

Dated

Please return this form to: **Freepost Plus RTX-B-UUCY-EHBU Care for Carers, 151 London Road, Edinburgh EH7 6AE**

Tel: 0131 661 2077 Email: enquiries@care4carers.org.uk