



# Momentum

Investing in People, Changing Perspectives



## Your change

Your change helps Momentum to provide services to more than 2,000 disabled and disadvantaged people every year.

## Her change

Katrina's life changed after a car accident left her with a brain injury. With Momentum's help, she's now gained full-time employment and is getting her life back on track.



Your change can change a life!  
Please donate now





Dear Friend

An injury, illness or disability can happen to anyone, of any age, at any time in their life.

I know this because at the age of 22, I was involved in a car accident which completely changed my life. I was in a coma for two weeks and when I awoke, I had little memory, couldn't walk and had severe physical injuries.

After spending a lot of time in hospital recovering from my injuries, getting home felt great but it was clear that parts of my life were not as easy as they should be. My memory gave me the most trouble but I was also having panic attacks.

I started attending Momentum's brain injury vocational rehabilitation service where staff taught me techniques and strategies to manage the areas of my brain affected by the injury, such as memory, and also helped to rebuild my confidence. They supported me in gaining new skills including an I.T. qualification and to prepare for job interviews. Meeting other people at the centre who have also experienced a brain injury and seeing how they have progressed showed me that improvements in my condition were possible.

I am happy to say that I am now in full-time employment and have moved into my own flat. None of this would have been possible without the help and support of staff at Momentum. Every day they are working to make people's lives better. You can do the same.

Thank you

*Katrina*

None of  
this would have  
been possible  
without the  
help and support  
of staff at  
Momentum ””



Change a  
life today.  
Please donate  
NOW.



## THERE ARE MANY WAYS TO DONATE TO MOMENTUM

- »»» Online at [www.momentumuk.org.uk](http://www.momentumuk.org.uk)
- »»» Set up a Direct Debit
- »»» Send a cheque or postal order
- »»» Text code **MOMF28** and the amount you wish to donate to **70070**.  
*Example: MOMF28 £5*

Or why not organise a fundraising event, like a coffee morning, sponsored walk or quiz night?

Set up your own fundraising page at [www.virginmoneygiving.com](http://www.virginmoneygiving.com)  
We can help provide collection buckets, t-shirts and sponsorship cards.

## SINGLE DONATION FORM

Yes, I would like to make a donation to support Momentum's work with disabled and disadvantaged people.

Please complete the form and send with your cheque/postal order to:

**FREEPOST RSAC-JYRL-TCEG**  
**Momentum**  
**325 Govan Road**  
**Glasgow G51 2SE**



Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Momentum can reclaim the tax made on gifts by UK taxpayers. This means that, if you are a UK taxpayer, your donation can increase by 25 per cent – at no extra cost to you.

*giftaid it*

- Yes, I would like Momentum to claim Gift Aid on this donation as well as any future donations/I am a UK taxpayer
- No, I don't want Momentum to claim Gift Aid on my donation/I am not a UK taxpayer



**DIRECT DEBIT FORM**

**Momentum**

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Yes, I would like to give monthly by Direct Debit to support Momentum's work with disabled and disadvantaged people.

Please complete the form and send to:

**FREEPOST RSAC-JYRL-TCEG**  
**Momentum**  
**325 Govan Road**  
**Glasgow G51 2SE**



Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Instruction to your bank or building society to pay by Direct Debit  
I wish to give a regular monthly donation by Direct Debit of:

£5  £10  £15  £20  £ \_\_\_\_\_

Name(s) of account holder(s) \_\_\_\_\_

Bank/building society account number \_\_\_\_\_

Branch sort code \_\_\_\_\_

Name and address of your bank or building society

To: The Manager bank/building society \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Originator's ID No: 689619

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

**\*banks and building societies may not accept Direct Debit instructions for some types of accounts**

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- No, I don't want Momentum to claim Gift Aid on my donation/I am not a UK taxpayer

*giftaid it*

Across the UK, Momentum helps more than 2,000 people to change their lives for the better every year. We deliver high-quality services to disabled and disadvantaged people, assisting them to achieve their goals, whether that's to live more independently, learn new skills or gain employment

Exclusion and disability can happen to anyone but everyone can help make a positive change. Your donation helps to change people's lives.



Momentum is a leading charity providing services to people with disabilities throughout the UK, empowering and enabling them to achieve their goals and to lead independent lives.

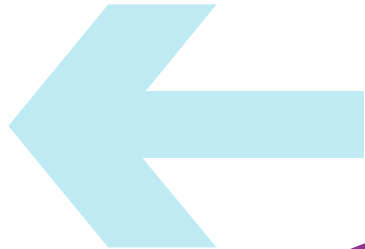
For more information, contact our fundraising team on  
0141 419 5281/07834 526936 or  
email [events@momentumfundraising.co.uk](mailto:events@momentumfundraising.co.uk)

[www.momentumuk.org.uk](http://www.momentumuk.org.uk)



Momentum is part of the  
**RehabGroup**

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[www.facebook.com/MomentumUK1](https://www.facebook.com/MomentumUK1)

Charity no. SC004328