

# Give a Break

Give a gift that could  
last a lifetime

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**FAMILY  
HOLIDAY  
ASSOCIATION**

The charity that gives families a break

# A gift that can last a lifetime



Dear Friend,

Are you often struggling to find a gift that's worthwhile, fun and just a bit different? Our *Give a Break* catalogue could be the answer. This exciting new catalogue contains eight unique gifts to show your loved ones how much you care.

A gift from *Give a Break* is an inspiring and interesting present for your loved ones and friends to open on their special occasion. And it's an even greater gift to those families you will be helping experience a family holiday – for many it will be the first family holiday they've ever had and will probably provide lasting benefits for everyone.

We all know how valuable a family holiday can be – in fact many of us consider holidays a necessity. But lack of money, long-term illness, chronic depression, disability, unemployment and family break-up means that many families never take a holiday. Often it is those families struggling in overwhelmingly difficult circumstances and without the means to take a holiday that would benefit the most.

The Family Holiday Association is the only charity in the UK that specialises in helping provide holidays for families and children in need. Since its beginning, in 1975, the charity has helped over 100,000 parents, children and young people to have a holiday. With your support through *Give a Break* the Family Holiday Association can send even more families on much needed breaks.

A handwritten signature in black ink, appearing to read 'John McDonald'. The signature is fluid and cursive, with a horizontal line underneath it.

John McDonald,  
Director

**One in three UK families lives in such poverty that they cannot afford a family holiday. For many even a simple day trip is beyond their means.**

The Family Holiday Association, 16 Mortimer Street, London W1T 3JL  
Tel: 020 7323 7290. [www.giveabreak.org.uk](http://www.giveabreak.org.uk)

Registered Charity No. 800262

Holidays make happier,  
stronger families.



Great  
idea for  
lasting  
tribute

# A guide to giving

Just follow our step by step guide to ordering and you can't go wrong!

1. Decide on your gift.
2. Choose a gift card from the selection below.
3. Place your order by completing the form overleaf, calling 020 7323 7290 or visiting [www.giveabreak.org.uk](http://www.giveabreak.org.uk)
4. Receive your chosen gift(s) to give to your family members or friends.

## Choose a card

To add a personal touch to your gift just choose one of these gift cards to send to your friend or loved one, and don't forget to give us your card choice when you order.

If your chosen card is unavailable, a replacement will be supplied.

## My gift

The card will include details of the gift you have chosen and some information about the Family Holiday Association.

We will despatch your order by first class post within three working days of receipt.

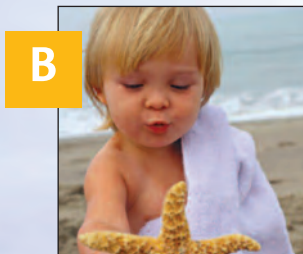
## Keep on giving

If you can help the Family Holiday Association reach more communities in desperate need with a regular gift then complete the standing order form or log on to [www.giveabreak.org.uk](http://www.giveabreak.org.uk) and go to 'support us' or call our team on 020 7323 7290. For example, **just £15 a month could send a family on a priceless short break.**

*'It was a wonderful experience for myself and my children. My little girl can't wait to tell all her school friends about it.'*

Mrs Patel (the Patel family spent a week at Clacton-on-Sea)

Order now at [www.giveabreak.org.uk](http://www.giveabreak.org.uk)



# The Give a Break gifts...

## A holiday smile

Everyone needs a bucket and spade at the seaside and, of course, ice creams. Such treats make holidays more extra special, and provide plenty of smiles. We give families some spending money so the children can enjoy their holiday even more.

**Code 001**

£10

## Family entertainment pass

We provide a holiday park entertainment pass so the families can join in all the activities and fun – just like any other family staying at the holiday park.

**Code 002**

£25

## Travel voucher

Some families travel to their holiday destination by public transport. A travel voucher is more cost-effective and makes the journey so much easier.

**Code 003**

£30

## A great day out

Not all families are able to take a weeks' holiday or even a short break. A simple family day trip can provided a much-needed break from the stresses and strains of everyday life – and provide memories and stories to share.

**Code 004**

£75

## A caravan timeshare

### A gift that lasts

Why not sign up to a timeshare at one of our caravans. For just £15\* each year you can purchase a day's 'timeshare' in one of our caravans and help a disadvantaged family have a break. Your day or days will be recorded in a special online thank you book.

**Code 005** \*please complete the standing order payment form.

£15\*

## Family breaks



### A three-day break for a family

**Code 006**

£150

### A four-day break for a family

**Code 007**

£250

### A full week's holiday for a family

**Code 008**

£400

Your gift will give a family struggling in terribly difficult circumstances to spend some precious time together away from everyday problems and stress. Families return from holidays feeling refreshed, closer to each other and more able to cope with life. A holiday is a special gift that could change lives forever.





# Standing Order

*Yes,* I want to give regularly and help the Family Holiday Association reach more families in desperate need.

Title	<input type="text"/>	First Name	<input type="text"/>
Surname	<input type="text"/>		
Address	<input type="text"/>		
	<input type="text"/>	Postcode	<input type="text"/>

If you are happy to be contacted by telephone and/or email with updates on our projects, campaigning and fundraising, please provide your contact details. You can unsubscribe at any time.

Tel:	<input type="text"/>	Email	<input type="text"/>
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Please pay the Family Holiday Association  £  per month  per quarter  per year  (Please tick)

Debit my Account No.	Bank Sort Code	Starting on (date)
<input type="text"/>	<input type="text"/>	<input type="text"/>

Signature	<input type="text"/>
Bank Name	<input type="text"/>
Address	<input type="text"/>

*Thank you*

For office use only:  
To Barclays Bank,  
99 Hatton Garden London  
EC1N 8DN  
(20-37-75) a/c 60355321  
Please quote reference \_\_\_\_\_

<input type="text"/>	Postcode	<input type="text"/>
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This cancels all existing Standing Orders to the Family Holiday Association Yes  No  N/a

Previous reference (if applicable)

*giftaid it* \*The Gift Aid scheme enables us to reclaim tax on your donations. For every £1 you give we can reclaim 28p from your taxes and it doesn't cost you a penny! Simply complete the box below if you would like the Family Holiday Association to reclaim the tax on your donations.

I am a UK taxpayer and would like all donations made to the Family Holiday Association in the last 6 years and in future to be treated as Gift Aid donations. I understand that I must be paying income tax and/or capital gains tax at least equal to the amount being reclaimed.

Signature	<input type="text"/>	Date	<input type="text"/>
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If in future you no longer pay tax equal to the tax that we reclaim, you should cancel your declaration by contacting us.

**1998 Data Protection Act** The Family Holiday Association holds any details you give us for our own marketing purposes. We promise NOT to pass your details on to any third party. If you do not wish to receive any future information or updates from us at the Family Holiday Association please write to the Data Controller at the address below.

The Family Holiday Association, 16 Mortimer Street, London W1T 3JL

Registered Charity No. 800262



*'It's great to see a family who have struggled through many problems return from a holiday relaxed and so much happier.'*

A Welfare agent for Mr de Silva and his daughter who had a week's caravan holiday in Norfolk.

## Holiday facts

Holidays are essential for everyone – children, parents, carers, wider families, communities and society in general. Holidays:

- improve well-being and reduce stress
- increase self-esteem and confidence
- strengthen family communication and bonds
- provide new skills, widen perspectives and enhance employability
- give long-lasting, treasured memories
- result in stronger, happier families and a more inclusive society.

## Family Holiday Association facts

### The Family Holiday Association:

- was set up in 1975 and is the only national charity providing holidays to disadvantaged children and their families.
- helps about 1,600 families each year, but it has hundreds more on its waiting list.
- believes that everyone, regardless of disadvantage should be able to enjoy family life thorough holiday and other recreational activities.
- is also committed to researching the issues around access to holidays and promoting an understanding of the benefits holidays give.
- works in partnership with other welfare bodies, the travel industry and similar organisation in the UK and abroad to help increase the number of families that gain access to holidays.

## How you can help

The charity has a very long waiting list of families that desperately need holidays. With your support we can give these family take a break. Please help today by supporting *Give a Break* by ordering gifts using the enclosed order form and envelope or by visiting [www.giveabreak.org.uk](http://www.giveabreak.org.uk)