



# Recycle • Reuse • Raise Money



Fill your envelope with any of the below items and affix the freepost label overleaf. It couldn't be easier. Our recycling project is a very easy way for you to raise money for our charity, whilst encouraging social responsibility through recycling and protecting the environment.



**Watches**



**Unwanted gold, silver or costume jewellery including damaged items**



**Foreign or UK banknotes of any age**

Recycle



your unwanted items

Raise



funds for our charity

Protect



your environment

Everything you send will be recycled and turned into a cash donation for our charity.



Registered Charity number: 292569

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

1. Place the label below on your envelope which is no bigger than A5 in size.
2. Place the contact details tear off inside.
3. Place your envelope in any Royal Mail post box or hand in at any Post Office.

If your items fill **more than one envelope please call 0800 633 5323** to discuss other more cost effective postage options



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Freepost RSXA-GJBY-ARRZ  
 ARTHRITIS ACTION  
 Unit 14  
 Amber Business Village  
 Amber Close  
 Tamworth  
 B77 4RP



Please fill in your information in **BLOCK CAPITALS** and insert in the envelope.

Title (Mr/Mrs/Miss/Ms/Dr)

Forename

Surname

Address

Town

County  Postcode

Telephone

Email

I would like an acknowledgment via email from Recycling For Good Causes once my donation is received  (Tick box)

I would like to receive updates from Arthritis Action by:

Email  Telephone  Post

We will store and process your information in accordance with the General Data Protection Regulation. Should you wish to change the way that Arthritis Action contacts you at any time, please call us on 020 3781 7120 email [info@arthritisaaction.org.uk](mailto:info@arthritisaaction.org.uk) or write to Arthritis Action, 56 Buckingham Gate, London, SW1E 6AE