

How to Give

I wish to contribute to your general funds by:

- Direct Debit** - Please fill in form below and return to SAFE (Not your bank!)
- Standing Order** - Please fill in form below and return to SAFE (Not your bank!)
- Cheque** - Donation for £..... enclosed.

GIFT AID DECLARATION

Please accept all donations I make to SAFE as GIFT AID donations. In making this declaration I understand that I must pay or have paid an amount of Income Tax or Capital Gains Tax equal to the amount of tax to be reclaimed on the donations. (For example 28p for every £1 given in the tax year from April 2007 to April 2008)

(N.B. Please notify us if you no longer pay sufficient tax to cover gifts made under this declaration or if you move abroad.)

Signature _____

Date _____

DIRECT DEBIT / STANDING ORDER	
Your Bank / Building Society Name and address:	Pay to - Lloyds TSB, Avenue branch (30-90-34) for S.A.F.E. A/C No 01777841
Sort Code [- -]	The sum of £..... per month / quarter / annum until further notice. First payment due

Account Number _____

Signature _____

You can give securely online at www.justgiving.com/safe



023 8070 2222
info@safe.org.uk

call us to be a

Choice Giver

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www.justgiving.com/safe

All money goes to equipping and training churches in reaching out to their community.

SAFE
Unit 304 Solent Business Centre
Millbrook Road West
Southampton
SO15 0HW

SAFE have been working for 13 years, assisting people facing depression and worklessness to move forward, and equipping churches to reach out.

When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

Matthew 9:36

“Help those who are depressed, stuck and unable to make choices”



Be a **Choice Giver**

SAFE



The Need

1 in 6 people face clinical depression and anxiety.

Depression and anxiety is often linked to worklessness, debt, poor housing, low skills, drug misuse and relationship breakdown.

People feel stuck and hopeless. They are unable to make choices.



A **Choice Giver** supports Choices through regular giving and prayer

Choices is a course with individual coaching. It provides people with self help tools, so they can:

- Gain confidence**
- Take control of their life**
- Make life changing choices**

Choices is delivered by local churches, to reach out to their communities.

Jenny



Before

Estranged from her husband of 38 years
Bitter, Depressed
Friends and family don't understand

After

"I have a choice" Feel she belongs
Can now face life without her family
Prayed with the minister. Just started alpha

James



Before

Injured his back, Depressed
Consider suicide, Alcohol misuse

After

Went on to study computers
Volunteered making lunches
Got a job. Intrigued by Christians who didn't preach at him
Asked minister and later became Christian

Caroline



Before

Lone parent living in tower block
Isolated. No hope of change
Nothing to look forward to but being a cleaner

After

2 years voluntary work and 21 courses
Owns own home
Professional job with the council
10 years later says those 4 weeks were life changing

These photographs have been changed to protect confidentiality, and show other successful candidates.



Choice Giver

When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

Matthew 9:36-38

Do you want to help those who are harassed and helpless? Do you want to send out workers into the harvest? Become a Choice Giver:

I would like to give monthly.

- £5
- £10
- £50
- £100
- Other _____

Please complete the direct debit form overleaf.

Name _____

Address _____

Postcode _____

Telephone Number _____

Please send me details about how our church can deliver

- Choices
- Youth Choices

