

# UPBEAT



HEART SUPPORT IN WEST SUFFOLK

Registered Charity Number 1087415  
www.upbeatheartsupport.org.uk



Vistri-Vale  
Old Hall Lane  
Fornham St Martin  
Bury St Edmunds  
Suffolk IP31 1SS

Tel: 01284 747238

email: [valerie\\_axton@hotmail.com](mailto:valerie_axton@hotmail.com)

## **UPDATING MEMBERSHIP 2024 - 2026**

To All Members

To keep our membership records up-to-date we ask that every three years you advise us of your wish to be kept on the membership register and to continue to receive our information and to participate in our activities.

A membership renewal form is ON THE BACK OF THIS LETTER and we respectfully request that you complete the details and return by post or by email. This will enable us to keep our records up-to-date and enable members to add their partners' or carers' names to the list, if desired. If a member decides not to renew at this stage, be assured they can do so at any time in the future. Membership continues to be FREE OF CHARGE.

If you no longer wish to be a member and do not wish to receive our newsletters or magazines please let me know. If we do not hear from you, after a certain time you will be deleted from our membership list.

Data Protection Compliance - GDPR:

- Your details will be kept safely, and you can opt out of our communications at any time.
- Members' details will be processed fairly and lawfully. This will ensure you receive the latest news and information.
- Our privacy policy is on the Upbeat website as shown above.

Kindly return your form to me at the above address, or by email as above, or at venues. Please note that there is an underscore between my first and last names. With many thanks.

Yours sincerely

*Valerie Axton*

Valerie Axton  
Membership Secretary - Upbeat Heart Support Group



**MEMBERSHIP APPLICATION FOR THE YEARS 2024 - 2026**

Please renew/delete \* my/our membership to Upbeat for the next three years.

(\* Kindly select the appropriate response)

**Please forward the completed form to: valerie\_axton@hotmail.com or post to**

**Mrs Valerie Axton, Vistri-Vale, Old Hall Lane, Fornham St Martin, Bury St Edmunds, Suffolk IP31 1SS.**

Title (Mr/Mrs/Ms etc)	
First Name(s)	
Carer/Partner's Name	
Last Name	
Address	
Post Code	
Date(s) of birth	Member: _____ Partner/Carer: _____
Tel No (Home)	
Mobile Tel No	
E-mail address	
Carer's Tel No (If different from above)	
Next of Kin Name	
Next of Kin Tel No	
Member's Signature	
Signature Partner/Carer	
Date Form Completed	

*Please initial here to show that you have read the GDPR information overleaf and agree to your information being stored appropriately.*

**For Upbeat use only**  
Membership Number: \_\_\_\_\_