



Eating Disorder Support Services

STANDING ORDER INSTRUCTION

Regular income for Balanced MK helps us plan operations more easily and keep administrative costs to a minimum. If you would like to help BMK by making a regular donation, then please create a standing order to make regular donations by following the instructions below:

Step 1: Decide how much you are willing and able to give on a monthly basis: £2? £5? £10? £Other?

Step 2: Go to your bank, phone your bank or login to your online banking

Step 3: Set up a standing order to make regular donations to the following bank account:

Account Name: Balanced MK Ltd – a community interest company
SORT CODE: 20-45-45
ACCOUNT NUMBER: 90592064
BANK ADDRESS: Barclays, BUSINESS DIRECT, Leicestershire, LE87 2BB
REFERENCE: Please add a reference with 'BMKD' then your initial and your surname (e.g. "BMKD A Smith")

PLEASE INFORM US: at info@balancedmk.co.uk or **Balanced MK**, c/o Mind BLMK, Midsummer House, Midsummer Boulevard, Milton Keynes, MK9 3BN, so that we are able to thank you for your kind contributions.

Helping Us to Help You or Your Loved Ones

Eating Disorders are believed to affect over 1.6 million people in the UK. Despite this growing number, the current reduction in Mental Health services means that fewer people are being treated within the NHS. Therefore the work of Balanced MK is even more vital to support people on the road back to health.

Balanced MK supports people affected by an eating disorder, including anorexia, bulimia and emotional over-eating. We run a self-support group twice a month (for sufferers and carers), refer clients to specialised counsellors/recovery coaches, offer nutritional advice, and provide access to restorative yoga and massage therapy for recovery.

We can only provide these services because of the generous donations made by our friends and clients, plus support from grant organisations and the general public. If you feel able to make a regular donation either for services you or a loved one are receiving, or to enable Balanced MK to continue providing essential services to those who need them, you would be making a real difference.

Please consider setting up your donation as a Standing Order, as it helps us keep administration costs as low as possible and ensures that we can direct our limited funds where they can offer most benefit.

Remember - You can contact us on 07716 755804 or go to our website at www.balancedmk.co.uk for more information about any of our services.

Thank you for your ongoing support.

Balanced MK, Mind BLMK, Midsummer House, Midsummer Boulevard, Milton Keynes, MK9 3BN