

Plis noddwch fi a helpu i gynorthwyo pobl effeithir gan ganser.  
 Please sponsor me and help support people affected by cancer.



Enw **Name**  
 \_\_\_\_\_  
 Cyfeiriad **Address**  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Beth rydw i'n gwneud **What I'm doing**  
 \_\_\_\_\_  
 Pryd **When**  
 \_\_\_\_\_

Rydym yn addo i gadw'ch manylion yn ddiogel bob amser a ni fyddwn byth yn eu gwerthu.  
 Am ragor o fanylion, ymwelwch â'n wefan i weld ein Polisi Preifatrwydd.  
**We promise to always keep your details safe and will never sell them.**  
 For more details visit our website for our Privacy Policy.

*Rhoddd Cymorth*  
 Gyda Rhoddd Cymorth, gallwn ni droi bob £1 i £1.25 heb unrhyw gost ychwanegol i chi!  
 Plis cadarnhau'ch cytundeb i'r datganiad Rhoddd Cymorth dros y dudalen cyn ticio.

*giftaid it*  
**With Gift Aid, we can turn every £1 raised into £1.25 at no extra cost to you!**  
**Please confirm that you agree to the Gift Aid declaration overleaf before ticking.**

Enw cyntaf a chyfenw Forename and surname	Cyfeiriad llawn (DEFNYDDIWCH LYTHRENNAU BRAS A DDARPARU'CH RHIF TŶ A CHOD POST. NI ALLWN HAWLIO RHODD CYMORTH HEBDDO*) Full home address (USE BLOCK CAPITALS AND PROVIDE YOUR HOUSE NUMBER AND POSTCODE. WE CAN'T CLAIM GIFT AID WITHOUT IT*)	Swm Amount	Rhoddd Cymorth Gift Aid * Rhodd Cymorth Gift Aid *	Dyddiad talwyd Date paid	Cysylltwch â fi Contact me **
ANNE EXAMPLE	123 SAMPLE STREET, SAMPLE TOWN JB42 0SM	£5.00	✓	15/04/22	✓

\*\* Hoffem gadael i chi wybod y diweddaraf am ein gwaith, gweithgareddau a sut gallwch chi cymryd rhan. Ticiwch y blwch hon i gadarnhau'ch diddordeb mewn glywed o Gofal Canser Tenovus drwy'r post. Rydym yn addo i gadw'ch manylion yn ddiogel bob amser a ni fyddwn byth yn eu gwerthu. Os nad ydych chi am glywed ohonom ragor, e-bostiwch [preferences@tenovuscancercare.org.uk](mailto:preferences@tenovuscancercare.org.uk) neu ffoniwch ni ar **029 2076 8850**. Am ragor o fanylion, ymwelwch â'n wefan i weld ein Polisi Preifatrwydd.

\*\* We'd like to keep you updated with our work, activities and ways to get involved. Please tick this box to confirm that you'd like to hear from Tenovus Cancer Care by post. We promise to always keep your details safe and will never sell them. If you no longer want to hear from us, just email us at [preferences@tenovuscancercare.org.uk](mailto:preferences@tenovuscancercare.org.uk) or give us a call on **029 2076 8850**. For more details visit our website for our Privacy Policy.



\* Datganiad Rhodd Cymorth

Gan dicio'r blwch Rhodd Cymorth, rydych chi'n cytuno â'r datganiad canlynol: "Rwyf am ychwanegu Rhodd Cymorth at fy nghyfraniad ac unrhyw gyfraniadau a wnaif yn y dyfodol neu a wnaed gennyf yn y pedwar mlynedd ddiwethaf i Gofal Cancer Tenovus. Rwyf yn drethdalwr yn y DU ac yn deall, os byddaf yn talu llai o Dreth Incwm a/neu Dreth Enillion Cyfalaf na swm y Rhodd Cymorth a hawliwyd ar fy holl gyfraniadau yn y flwyddyn dreth honno, fy nghyfrifoldeb i yw talu unrhyw wahaniaeth."

Mae angen eich cyfeiriad er mwyn eich adnabod fel trethdalwr presennol yn y DU. Plŷ rhowch wybod i ni: os ydych am ganslo'r datganiad, am newid eich enw neu gyfeiriad eich cartref, neu os nad ydych bellach yn talu digon o dreth ar eich incwm a/neu'ch enillion cyfalaf. Os ydych yn talu Treth Incwm ar y gyfradd uwch neu'r gyfradd ychwanegol ac rydych am gael y rhyddhad treth ychwanegol sy'n ddyledus i chi, mae'n rhaid i chi gynnwys eich holl gyfraniadau Rhodd Cymorth ar eich Ffurflen Dreth Hunanasesiad neu ofyn i Gyllid a Thollau EM addasu'ch cod treth.

**\*Gift Aid Declaration**

By ticking the Gift Aid box, you are agreeing to the following statement: "I want to Gift Aid all donations to Tenovus Cancer Care today, in the past four years, and in the future. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference."

Your address is needed to identify you as a current UK taxpayer. Please notify us: if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your Income and/or Capital Gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Enw cyntaf a chyfenw Forename and surname	Cyfeiriad llawn (DEFNYDDIWCH LYTHRENNAU BRAS A DDARPARU'CH RHIF TŶ A CHOD POST. NI ALLWN HAWLIO RHODD CYMORTH HEBDDO*) Full home address (USE BLOCK CAPITALS AND PROVIDE YOUR HOUSE NUMBER AND POSTCODE. WE CAN'T CLAIM GIFT AID WITHOUT IT*)	Swm Amount	Rhodd Cymorth Gift Aid *	Dyddiad talwyd Date paid	Cysylltwch â fi Contact me **
ANNE EXAMPLE	123 SAMPLE STREET, SAMPLE TOWN JB42 0SM	£5.00	✓	15/04/22	✓

Cyfanswm rhoddion  
Total donations


£ .....

AT DDEFNYDD Y SWYDDFA'N UNIG FOR OFFICE USE ONLY

Cyfanswm Rhodd Cymorth  
Gift Aid total

£ .....

\*\* Plŷ gadarnhewch eich bod yn hapus gyda'n ddatganiad optio i mewn dros y dudalen cyn ticio.  
\*\* Please confirm that you're happy with our opt in statement overleaf before ticking.



Plŷ postiwch y ffurflen hon aton ni, ynghyd â siec taladwy i Tenovus Cancer Care, i'r cyfeiriad isod. Neu gallwch chi ffonio ni i drefnu taliad dros y ffôn.  
Please post this form to us, along with a cheque made payable to Tenovus Cancer Care, at the address below. Or you can call us to arrange payment over the phone.

Fundraising, Tenovus Cancer Care, First Floor, Jones Court, Womanby Street, Cardiff CF10 1BR ☎ 029 2076 8850

