

**GDPR Opt-In/Out Form**

First Name:

Surname:

Email:

* I'm happy for Adventure Ashram to continue sending me news, events information, fundraising appeals, and other communications via the following methods. **Please highlight your preferred option(s).**

(You will be able to withdraw consent at any stage in the future should you wish to do so. Adventure Ashram will never share your details with third parties.)

* + Email
  + Telephone
  + Post
  + SMS
  + No thank you – please remove my details from your database.

Please email your completed form to Margaret at [margaretring@adventureashram.org](mailto:margaretring@adventureashram.org). Thank you!

Name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Adventure Ashram**

CO17, Trident Business Centre

89 Bickersteth Road

Tooting, London SW17 9SH

020 8355 3412

Info@adventureashram.org

www.adventureashram.org

Charity Registration No.1122629