

*'Flint House is a charity, funded by donations from those in the police service and their families. It is with these generous donations that we help and heal over 3,500 serving and retired police officers each year, providing physical rehabilitation and mental health support.'*

For more information about Flint House, please visit: [About us - Flint House Police Rehabilitation](#)

**To donate through payroll, please complete the information requested below.**

- Payroll will collect £9.21 from gross pay via a GAYE scheme. It is the equivalent to a £7.37 donation from net pay by the Officer.
- The difference of £1.84 is effectively the tax relief (saving).
- In essence, you have donated £9.21. HMRC have given back £1.84 in an income tax (20%) deduction, so the actual donation value was only £7.37 from your residual net pay (disposable income).

Alternatively, to donate directly

- You can apply directly to Flint House and set up the standard payment of £7.37.
- You can apply via the following link:  
[Regularly Donate - Flint House Police Rehabilitation](#)

Name	
Collar Number	
Payroll Number	
Home Address	
Email	
Mobile	

Please return this form via email to [info.avonsom@polfed.org](mailto:info.avonsom@polfed.org)

Or by Post  
Avon and Somerset Police Federation  
1 St Davids Court  
Clevedon  
BS21 6UP