

**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. Thank you!

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

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

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



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