

COSMIC

Children of St Mary's Intensive Care

News

Spring 2016 Edition



Nationwide
29 September 2015
£777.00
Aldwyke

COSMIC News
Children of St Mary's Intensive Care

Up Close and Personal...

with David Inwald –
Paediatric Consultant Intensivist



What does your role involve?

I work full-time as a consultant on PICU. As well as diagnosing and treating the critically ill children that come to our unit, I'm also the cardiac lead for the unit and for the paediatrics department at St Mary's. I am responsible for carrying out diagnostic echo scans on children on the PICU and the wards. These are heart ultrasound scans examining the structure and function of the heart. On average, I carry out around 5 scans per week. I also hold two clinics per month where I see patients referred by their paediatrician or GP with symptoms such as heart murmurs, palpitations and chest pain which suggest heart disease. I investigate these patients' symptoms and work closely with the cardiology team at the Royal Brompton Hospital to diagnose and treat them. I am also sometimes called to A&E and the neo-natal unit to help to diagnose and to treat patients with cardiac problems. Aside from my clinical duties I am Honorary Senior Lecturer in Paediatric Intensive Care at Imperial College, London, where I am involved in teaching and research. I teach both junior doctors and

medical students and my research interests include serious infection, patient safety and informatics.

How long have you been at St. Mary's?

I have been a consultant on the paediatric intensive care unit (PICU) at St Mary's Hospital for over 10 years. I have also supported COSMIC over the years, most notably by cycling in the Prudential Ride London in 2014 and 2015 raising £2,280.

What's the most rewarding part of your role?

What I enjoy most is when children come back to visit once they've left the hospital and recovered. This is the best part of my job – it's great to see the children doing well and knowing that I have played a part in helping them to recover. I also enjoy working as part of the fantastic team of doctors, nurses, physiotherapists and paramedical staff on the PICU – it's such a supportive, warm team and this makes all the difference when there is a stressful situation to deal with.



This year the COSMIC Walk will be taking place on Sunday 12th June from 1pm

Every year the COSMIC Walk brings families and friends of past patients and lots of our supporters together, making this 5km walk very special! As with previous years, once we arrive at Paddington Green School we will be having a lovely tea party, bouncy castle and lots of fun games!

The COSMIC walk this year will be raising funds to update equipment on the unit and to help provide emergency accommodation for parents, so they can be near to their critically ill child. To help us achieve this goal, we are asking that you please raise just £20 per adult and £5 per child. This can be easily achieved through a range of fundraising

ideas such as cake sales, office collection tins or sponsorship forms. By raising this money together we can make a big difference to the future of our fantastic PICU.

You can find a registration form at the back of this newsletter or you can register via email info@cosmiccharity.org.uk As with previous years we need volunteers to help us on the day and we will need help collecting raffle prizes, in particular adult raffle prizes.

Please get in touch via email at info@cosmiccharity.org.uk or call the COSMIC office on 020 3312 6497.

COSMIC Concert by Candlelight

The COSMIC Concert held by candlelight took place on the 13th December raising over £2,700 for critically ill children.

COSMIC's carol concert welcomed over 250 guests and many children. The evening was hosted by Daniel Hill, actor and writer famous for productions such as *Waiting for God* and *No Place like Home*. His witty and charming personality won over the audience as he introduced the acts and kept the evening flowing.

Throughout the evening the full house were treated to wonderful musical performances from Chelsea Quavers, including heart-warming solo performances by Archie Eadie and Thomas Keeley.



Andy Braddel, Andrew Lindsey, Wendy Dadson, and past patient Allannah Shortt, aged 7, also gave brilliantly poignant readings.

The evening was finished off with a visit from Santa Claus, a raffle, mince pies, bubbly and refreshments provided by

Marks and Spencer's.

We are so grateful to everyone who helped the concert to be so spectacular, especially the performers and volunteers who kindly donated their time, and everyone who attended and donated raffle prizes.



St Mary's Children's Christmas Party



One of December's highlights was the children's Christmas party, a truly magical experience for all. Generously organised by Marks & Spencer and Inca Entertainment the party was a children's paradise and made all the difference to children who have been through a very difficult time. Activities included a magical Santa's grotto, gingerbread decorating, face-painting, a photo booth and costumes, scalextric and more! Percy the pig, the Gruffalo, Spiderman, storm troopers and Santa's Elves joined the children on the day and there was great entertainment provided by Conrad and his entertainment team.

We would like to say a huge thank you to the people and companies listed opposite for donating gifts, attending the wrapping parties and volunteering on the day to make it our most successful Christmas party to date! A big thank you to Greene & Co for sponsoring the grotto.



Marks and Spencer's,
Zendesk, CB&I, Lancaster London
Hotel, Merchant Square, London Business School,
Lane Clark and Peacock, Aldwych Housing Group, BDW North
Thames, Zendesk, Kano, Baker Street Quarter, Jares Lang Laselle, Knight
Frank, Poke London, Publicis, Sandaire, The Portman Estate, Great
Portland Estates, Radisson BLU Portman Hotel, Inca Entertainment,
Misys, Virgin Unite, Cardiac Gym, Daniel Hill, Lynette Denzey, Jan
Butcher, Tim Grove, Ginger Sheriff.



Climb Mount Snowdon for More Smiles

24th – 25th September

Climb Wales' highest mountain and enjoy breath-taking views to help us raise money for the More Smiles Appeal. Snowdonia National Park is known for its beautiful, rugged landscapes and spectacular views. The challenge is accessible to new or experienced trekkers and the COSMIC team will help you with training and fundraising. All you have to do is turn up in your walking boots! A group of staff from the hospital and the COSMIC team will be taking part too! Join Team More Smiles today. Registration costs £75 and the minimum fundraising target is £390.

Prudential Ride London, Sunday 31st July 2016

Celebrating the legacy for cycling created by the London 2012 Olympic Games, Prudential RideLondon-Surrey follows a 100-mile scenic route on closed roads through the capital and into Surrey's stunning countryside. The Prudential Festival is considered the world's greatest cycling activity. There is a registration fee of £30 and a minimum fundraising target of £500. The deadline for applications is 13th May – so apply ASAP!

"The ride was great fun. The views were very beautiful. There were a large number of supporters cheering along the route - it really did help!"
Julian Cane, 2015 RideLondon participant

To register an interest or for more info on the trek and Prudential events email info@cosmiccharity.org.uk or call **0203 312 6175**.

Parviz's (aka Eagle Ray) solo English Channel swim



COSMIC unit founder and hero retires

Dr Parviz Habibi, founder of the PICU will be taking on his ultimate challenge - a solo swim across the English Channel to mark his retirement from St Mary's PICU. Parviz founded the PICU in 1992 and has helped COSMIC to raise millions of pounds to save the lives of critically ill children.

Dr Habibi will retire from daily clinical duties on the COSMIC unit, but will still be based at St Mary's and be on hand to provide his knowledge and expertise to the doctors and nurses on the unit and pursue his research interests into childhood lung diseases.

To mark this momentous occasion Parviz is taking on the ultimate challenge to do a solo swim across the English Channel to France! That is over 15 hours of swimming in cold sea. He says "it will be my final swan song..." but we won't bet on that!

Parviz said: I am enormously proud of what the PICU has achieved but know full well that it would not have been possible without COSMIC and the sterling support of my patients and their parents who will be forever in my heart. The PICU I founded nearly 25 years ago is now showing it's age! There is lack of space for the ever increasing demands on the excellence of it's service to critically ill children. We need more beds in modern PICU. So I am swimming alone, all the way to France to show my determination and to help make it happen, a new modern PICU with more beds to save more children's lives. Children are our future! Please help me meet this challenge.

To kept up to date with Parviz' activities visit here www.eagleray.net or to make a donation visit www.justgiving.com/ParvizSoloChannelSwim

Kawasaki Disease Research Update



An interdisciplinary team of researchers have come together to solve the mystery of Kawasaki disease and will be supported in the UK with the fundraising coordinated through COSMIC.

This unique team, led by Professor Jane C. Burns, MD of Rady Children's Hospital San Diego USA and Professor Michael Levin, one of the COSMIC founders at Imperial College London, have brought together two world leading research groups on Kawasaki disease. Their vision is a future free of this debilitating childhood illness.

Through a collaborative program of work they aim to:

- **Discover the cause** of Kawasaki disease by identifying the environmental factor(s) or infectious agent that triggers the disease
- **Develop a diagnostic test** that can be used worldwide to enable earlier diagnosis and treatment. They already have exciting pilot data that a diagnostic test is possible
- **Understand the Genetic basis of Kawasaki disease** - to explain why some families are affected, and why only some patients develop coronary artery aneurysms
- **Develop new treatments** to protect the heart through clinical trials.

The most common cause of acquired heart disease in children, Kawasaki disease causes inflammation of the coronary arteries. Left untreated, the disease leads to the formation of aneurysms (ballooning of the arterial wall) in 25% of affected children. Major complications include blood clot

formation, which can result in heart attacks, poor heart muscle function, and death. Despite this prevalence there has been a lack of funding and research into this area hence the need for COSMIC to assist in something we have seen on our unit.

Efforts to advance Kawasaki Disease research will now go twice as far thanks to the Gordon and Marilyn Macklin Foundation who will match gifts dollar for dollar up to \$2.5 million!

COSMIC is working closely with Professor Levin and parents of Kawasaki patients to fundraise for this worthy cause. And despite only launching this year we are delighted to announce that we have already received a donation of £75,000 from a parent of a sufferer which will of course be matched! We would like to thank everyone for their generous contributions and support. Every penny really will make a difference. For more information please email chloe.oliver@imperial.nhs.uk.

2016

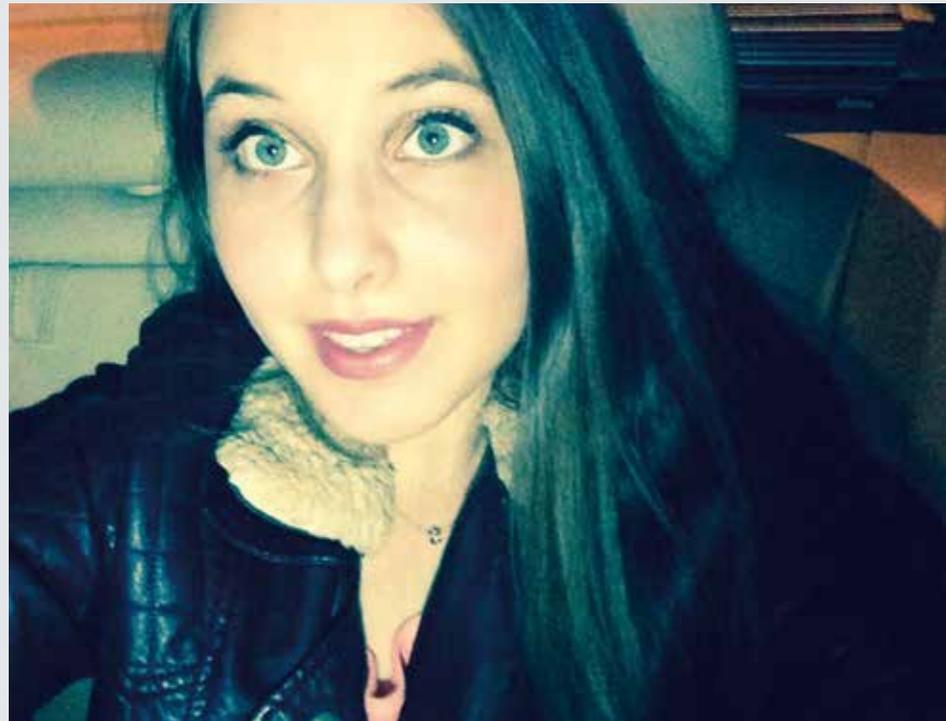
Get involved with our fundraising events with these dates for your diary!

DATE	EVENT	SUMMARY
30th May	Vitality, London 10k	One of the greatest most scenic running events, you don't want to miss this one!
12th June	COSMIC Walk, Paddington	COSMIC's favourite event of the year! A 5k family stroll followed by tea and cakes and family fun and activities.
14th July	More Smiles day - dragon boat race/duck race	take part in this fun filled day full of surprises including space hopper races!
31st July	Prudential Ride London	The best cycle event of the year, taking in the iconic city sights of London and stunning scenery in Surrey.
17th September	Sky Dive	Take the ultimate leap of faith to raise money for the More Smiles Appeal.
18th September	Richmond Running Festival	A half marathon or 10k. There is also a 1 mile run for kids to get involved in. This fun filled day also includes stalls, a music festival and fitness expo.
24th – 25th September	Trek Snowdon – the beautiful peak	Join us on this trek to conquer one of the world's most beautiful peaks in Wales

For more information on how to sign up for all of the above events please call 0203 312 6175

Sophie and John's Story

In June 2001 I was looking forward to celebrating my birthday with my wife and daughter Sophie, who was then aged 4. After nipping for a swim after work, I arrived home and a neighbour came rushing out to say that Sophie had been taken to the local hospital after trapping and cutting off part of her finger in the door.



My heart sank, but I rushed to the hospital. From the outset I could see that Sophie would need surgery to reattach part of her finger. She was quickly moved to Mount Vernon Hospital's plastic surgery unit.

It was a nerve-racking time for both my wife and I but we were reassured by the fact that the accident could have been much worse and the plastic surgeon was cautiously optimistic about the chances of a successful operation. Sophie was taken to the operating theatre. Hours passed and I became increasingly worried. The doctor arrived and explained that Sophie had had a bad reaction to the anaesthetic and had aspirated during surgery. As a result some consumed food and gastric juices had entered Sophie's trachea and lungs. We were told that Sophie would need to be transferred to the children's intensive care unit at St Mary's Hospital.

"It can happen to anyone"

Nothing can prepare you for the news that your child is so ill that they need to be transferred to a critical care unit. At 1am in morning having had no sleep, Sophie's simple accident had turned into a nightmare for us all.

We arrived at St Mary's Hospital in a state of shock, disorientation and worry. However, from the moment we arrived we were struck by the professionalism and expertise of the team at St Mary's. The team greeted us, explained what would be happening, and continued to give us regular updates throughout Sophie's stay. Sophie had to undergo some gruelling physiotherapy to dislodge the food and gastric juices that had become stuck. It was tough but the team were amazing – I really can't describe the sense we had as family of truly being in the care of an expert team – it was so reassuring. Sophie's physiotherapy went really well and within 46 hours she was discharged.

I will never forget that day or night and the time we spent on the PICU, and how such

a simple accident turned into potentially our worst nightmare and could have happened to anyone. As a parent, you try to keep it together for your child and family through everything, you want to be strong, but the pressure of knowing your child may die is so overwhelming. You're in complete shock and just have to take one step at a time.

It was only years later that I truly grasped the huge impact Sophie's time on PICU had upon me. I realised that I had not dealt with the trauma and stress of that experience, and it was really affecting my life and health. I realised that I had to do something to address and process what had happened on the unit and decided to take part in the COSMIC Walk.

It was one of the best decisions I ever made. Not only is it a great family day out, there is also a huge sense of community, of shared experience, of understanding – you get to meet and talk to people who have been through a similar experience, who understand what that means, and to

meet all the COSMIC supporters. Many of the staff from the unit attend and is led by Dr Parviz Habibi. I also decided I needed to go back to the unit to really face my fears, so I arranged to pop in that day. It truly was difficult, but having done that and attended the COSMIC walk I felt like a weight had been lifted. For anyone who is struggling to cope and process their time on the unit, I would say, please don't keep it all inside, take a positive step forward and come along to the COSMIC walk – it's such a lovely day of shared understanding – it's a great way to reconnect and does help you process what you went through.

Sophie is now a happy 18 year old, and I am an extremely proud dad. I was worried that she would be bullied because she has part of her finger missing, and there is a such pressure on young women and body image, but she has been strong and is now going on to study psychology at university. She even did work experience at Imperial College and plays amazing piano!

More Smiles Appeal – and we're off!



St Mary's Hospital
MORE SMILES APPEAL
Support St Mary's Hospital
Children's Intensive Care Appeal

COSMIC were delighted with the success of the More Smiles Appeal launch last November.

The joint appeal by COSMIC and Imperial College Healthcare Charity is aiming to raise £2m to help fund the redevelopment and expansion of the PICU at St Mary's Hospital to enable us to care for some of the 200 children we currently turn away each year. TV news crews from both ITV London and BBC London News came and filmed on the unit and we were featured in Evening Standard, Hello and the Mailonline. We are also thrilled that HRH the Duchess of Cambridge, lent her support to the appeal.

"As someone who was so brilliantly cared for by St Mary's, I am delighted to support the Children's Intensive Care Appeal, and commend the important work of all those involved in the project."

So far a number of schools, companies and supporters have signed up to raise money. For more information on how you can get involved and raise funds for this vital appeal please email info@cosmiccharity.org.uk or call 020 3312 6175.

In memory of Sir Terry Wogan COSMIC Patron



Sir Terry Wogan was a patron of COSMIC since 1994.

Dr Habibi PICU Founder had this to say about Sir Terry:

"We are very saddened by the news of Sir Terry Wogan's passing. Sir Terry first learned about the work of the unit at St Mary's Hospital London

in 1993 and became a committed supporter of COSMIC Charity, attending key fundraising events. With his charm and wit he persuaded people to dig deep into their pockets to support this good cause. Terry himself also gave generously to my team of COSMIC Rays who swam the English Channel. Giving his patronage to COSMIC raised the profile of the charity and with money raised meant the PICU soon became fully equipped and established as a centre of excellence for treating children with life-threatening illnesses. Sir Terry's patronage was invaluable and meant that the unit was able to become established and continue its innovating work in the treatment of critically ill children."

Beverley Habibi, Founder of COSMIC and Trustee added:

"Sir Terry was the first celebrity to take an interest in COSMIC and the important work of our PICU. His patronage played a major role in the launch of COSMIC. Certainly we would not have achieved what we have without him."

Connect with us



COSMIC loves connecting with all of its supporters, whether that's through Twitter, Facebook or LinkedIn!

Please get connected with us, and you will be able to stay even more up to date with our latest news and fun!

Twitter: [@cosmiccharity](https://twitter.com/cosmiccharity)

Facebook: www.facebook.com/cosmiccharity.org.uk

LinkedIn: www.linkedin.com: search COSMIC (Children of St Mary's Intensive Care)

Top Tweets:

Some of the recent top tweets to @cosmiccharity:



Anne Gates

[@cosmiccharity](https://twitter.com/cosmiccharity) From soon after life support, to now being a fit and healthy 6ft 4 man mountain. thanks for his life.



Bonnie

[@cosmiccharity](https://twitter.com/cosmiccharity) 11 years ago today my little warrior was rushed off to St Mary's after being diagnosed with Meningitis B and Septicaemia. Thanks to the amazing Drs and nurses in the PICU at St Mary's he made a full recovery. So lucky to have my boy fit and strong.



Zendesk Neighbor FDN

Let the [@ExtraLife4Kids](https://twitter.com/ExtraLife4Kids) games commence! [@cosmiccharity](https://twitter.com/cosmiccharity) joined our London office kicking it off w/ a game of Twister



Aldwyck Housing

A massive thank you to [@ScottScottBlack](https://twitter.com/ScottScottBlack) who delivered all the [#Christmas](https://twitter.com/cosmiccharity) presents to [@cosmiccharity](https://twitter.com/cosmiccharity) today.

Corporate Partners

Aldwyck Housing



A huge thank you to Aldwyck Housing Group who collected stacks and

stacks of presents for the children at St Mary's Hospital, and held a Christmas themed raffle that raised a fantastic £435 for COSMIC. Thank you to Scott Black, Executive Director of Housing & Customer Services for playing Santa and dropping off the presents to the unit.



BDW North Thames

A team of 11 took part in a 'Cycle the Sites Challenge' as part of their COTY activities. The team, made up of complete beginners to lycra clad pro's from all areas of the business, cycled from office site to site totalling

a distance of 100km! The team started at Canterbury Park in High Cross, and then travelled to Madden Gardens in Letchworth, The Ridgeway in Dunstable, over Dunstable Downs to Sandbrook Park in Bushey, and finally reached the finish line at their divisional office in Watford. The team raised an incredible £3268! Thank you to our cycling hero's for helping raise money for sick children.



CB&I

Hundreds of staff from CB&I collected toys and donations for the children's Christmas Party to make Christmas extra special for the Hospital children. This year, a team of 5 runners from CB&I will be taking on the big one – the London Marathon! A huge thank you to CB&I for their continued support.

Kano

We are delighted to announce a new charity partner Kano. Kano produce an

innovative product – the Kickstarter Kano box – a DIY computer kit designed to help people of all ages assemble a computer from scratch, and learn basic coding skills. They are very generously donating some Kano sets to help the children at the hospital learn how to code.



Lancaster London

We are enormously grateful for Lancaster London's generous support throughout the year and for hosting the magical Children's Christmas Party.

Merchant Square

A big thank you to Merchant Square for collecting bags of toys for this year's Children's Christmas party.

Zendesk

2015 saw Zendesk host their first ever 'Games Night' in aid of COSMIC. Colleagues from across the business had fun getting competitive over games of Twister, ping pong, and Monopoly. At Christmas Zendesk and its clients kindly donated presents and their office and time to wrap hundreds of gifts for St Mary's Hospital children's Christmas party, as well as volunteering at the COSMIC Christmas concert – where their support is invaluable in making the event successful.

A big shout out also to James Marlow who took part in the Abseil down the side of St Mary's Hospital raising a whopping £790.00

COSMIC would like to say a huge thank you to Zendesk, its staff and clients who have raised over £46,000 in 2015 for COSMIC.



TOUR DE BROOKE

On 5th September Nick Cornwell and family friend Andrew Russell are taking on 'Tour de Brooke' an epic cycle challenge, named after Nick's daughter Brooke, aged 10, who was treated on the COSMIC unit. The challenge will see the pair cycle from London to Barcelona in just 10 days – that's 100miles a day!



Brooke is one of just 125 people across the UK who has Diamond Blackfan Anaemia, a disorder which means her bone marrow cannot produce enough red blood cells to carry oxygen around her body. Brooke has been in and out of

hospital for most of her life and has endured hours of chemotherapy and a bone marrow transplant.

Last year Brooke's health worsened following a severe infection and she was admitted to the intensive care unit at St Mary's Hospital in a critical condition. Brooke was placed on life support to help fight the infection and her family held vigil by her side, day and night, for weeks on end. Brooke condition's gradually improved and she was brought off life support, but still faced a long stay on the unit as she needed intensive care and support.

The unit became a second home to the family and the nurses and doctors arranged a number of activities to keep Brooke's and her parents' spirit up – including arranging a visit from her pet dog Rosebud and creating a superman

outfit for Brooke's dad made out of medical gloves and aprons.

To help Nick pedal up those mountains – please donate to their charity page at <https://www.justgiving.com/pedalfatboyspedal/>



Southern Knights Motorcycle Club – create Christmas smiles

When our very own senior sister Debbie Lee, told us about her plans for Christmas we were delighted. To support the More Smiles Appeal to expand the children's intensive care unit, Debbie asked her motorcycle club SKMC to collect toys and donations for the unit.

On 20th December 13 bikes and 19 passengers set off from the Bike Shed in Shoreditch, dressed as Santa's with bikes covered in tinsel, carrying bags of toys. They rode through the streets of London, past Buckingham Palace and the Houses of Parliament and were greeted by cheers and applause from onlookers as they passed by.

Arriving at St Mary's, they were met by Modern Matron, Scott O'Brien, the COSMIC team and some of the nurses. The bikers delivered bags full of toys to the children and raised a whopping £740.00 for the More Smiles Appeal.

Debbie Lee senior sister said: "No family wants to be in hospital over Christmas, and the thought of helping create a few more smiles over Christmas for these families truly inspired everyone - people really got into the spirit of it – we had lots of present donations, Santa costumes and a great turnout of bikes. The generosity of everyone was amazing"

COSMIC would like to say a huge thank you to all the bikers for their support, to Debbie for nominating us, to Neil Paul at Datrix for creating an amazing poster and to law firm Linklaters for match funding the donations. A particular shout out must go to D who helped organise much of the ride.



Charity update – we say goodbye and hello!



It is with great sadness that we said goodbye to Ilsen Cafer at the beginning of March. Ilsen has been an integral part of the COSMIC team and has done a sterling job of looking after our community events and

fundraisers including our marathon runners. We wish her every success in her new role at the Juvenile Diabetes Research Foundation.

And we say hello to Emily Hughes who will be joining us at the end of March! Some of you may remember that Emily completed an internship for us at the end of 2014 and we were delighted that she wanted to come back when a vacancy became available. Emily will be working on our community events, the More Smiles appeal and our social media.

We also say a belated hello to Danielle Byrne who joined in September as our Fundraising Assistant. Danielle is helping with the day to day running of the charity, supporting fundraisers and thanking donors, attending events and helping promote and support our ever expanding events calendar!

And finally Chloe Oliver will be leaving to go on maternity leave at the end of May to have baby number 2! Look out for news on the new arrival on our facebook page sometime in June (she hopes!) In her absence please contact Vicky Rees on victoria.rees@imperial.nhs.uk.

COSMIC WALK REGISTRATION FORM



We can't make the walk

We would like to make a donation of £..... instead. You can make your donation at <http://uk.virginmoneygiving.com/fund/COSMICwalk2016> Or use the form below:

Name:

Address:

Postcode:

Phone no.: Email:

Card no:

Start date: Expiry date:

3 digit Security code: Issue number:

Name on Card:

Signature: Date:

We'd like to organise our own COSMIC Event on a different day during the summer. Please send a fundraising pack to help us out.

**COSMIC (Children of St Mary's Intensive Care),
St Mary's Hospital, Room 31, Salton House, South Wharf
Road, London W2 1BL**

Tel: 020 3312 6175

**Email: info@cosmiccharity.org.uk
www.cosmiccharity.org.uk**

Registered charity no 1043697

Name of team leader:

Address:

Postcode:

Email address:

Tel:

Name of team members

Please contact me in regards to buying COSMIC t-shirts for my team

Please send our COSMIC walker's pack via:

Post Email

Getting in touch

COSMIC (Children of St Mary's Intensive Care)

St Mary's Hospital, Room 31 Salton House, South Wharf Road, London W2 1BL

TEL: 020 3312 6175 OR 020 3312 6179 Email: info@cosmiccharity.org.uk Web: www.cosmiccharity.org.uk

- Please add me to the COSMIC Events Mailing List.
- Please tick this box if you would like to receive this newsletter by email (Please fill in email address below)
- I would like to make a donation of £
- I enclose a cheque (payable to "COSMIC") – **preferred**
- I would like to pay by card. Please note we can only accept card payments over £10 (please complete your credit / debit card details below)

Name:

Address: Postcode:

Phone no.: Email:

Yes, I would like to save COSMIC money and help the environment by receiving the COSMIC Newsletter by email (please complete your full details above)

Card no: Start date: Expiry date:

3 digit Security code: Issue number:

Name on Card:

Signature: Date:

- Please tick here if you would like to request a Direct Debit form
- Please contact me about holding a collection at a London Station – email address above
- Please tick if you want the COSMIC to treat your donation as a Gift Aid donation.

If you are a UK tax payer, COSMIC can reclaim tax on your donation (provided that you pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year – currently 25p for each £1 you give!)