



# JOIN THE SLEEP APNOEA TRUST

## What is the Sleep Apnoea Trust?

The Trust exists to improve the lives of sleep apnoea patients, their partners and their families. You can help in this valuable work by joining the Sleep Apnoea Trust Association.

## What does the Sleep Apnoea Trust Association (SATA) do?

- **Advocacy**  
The Trust is dedicated to influencing UK authorities to improve healthcare and other issues affecting sleep apnoea patients, such as driving and air travel
- **Medical Alert Cards**  
New members get a complimentary SATA credit card sized plastic medical alert card. The card carries a message warning paramedics and doctors of the medical condition. The card also bears a contact name and phone number of your Sleep Clinic.
- **Newsletters**  
Members are kept up to date with Sleep Matters, our newsletter, which is published several times a year.
- **Help-lines**  
Volunteers offer friendly and confidential advice on practical (not medical) matters to members and non-members alike. Our help-lines are ready to help anyone worried about sleep apnoea. We do not provide medical advice. If you suspect that you may be suffering from sleep apnoea, please consult your own GP, who will be able to refer you to a specialist Sleep Clinic.
- **Conferences**  
Come to SATADay, our annual conference, where members and guests can see the latest equipment, listen to talks by medical experts, discuss problems with sleep nurses, sort out mask problems and exchange views and ideas with other patients.
- **Raise Awareness of Sleep Apnoea**  
The Trust campaigns to let society know the risks of not treating sleep apnoea and how effective treatment can be.
- **Medical Equipment Baggage Tags**  
Available only for members to purchase at £10 each.
- **Research and Development**  
The Trust assists research projects designed to improve the lives of sleep apnoea patients. News of this research is published in Sleep Matters.
- **Website**  
The Trust maintains a comprehensive website, with advice on all the issues surrounding sleep apnoea. Information leaflets like this can be downloaded, as can the newsletter Sleep Matters, and there are links to other sites that may be helpful. Members have exclusive access to a Member's Area where much more detailed information is available.

If you are having difficulty in coming to grips with CPAP treatment or you just need a bit of practical advice ring our help-line, 0800 025 3500 (Freephone). All advice is confidential. Please contact us for friendly advice based on personal experience.

## What is Obstructive Sleep Apnoea (OSA)?

People with obstructive sleep apnoea are unable to sleep properly. Their sleep is constantly disrupted by snoring and obstructed breathing to the extent that they briefly stop breathing. This can happen several hundred times each night.

Sufferers often fall asleep during the day even whilst working or driving.

Treatment, which is normally instantly effective, is to use continuous positive airway pressure (CPAP). This involves the use of a small electric pump connected to a mask either under or over the nose, occasionally the mouth as well.

Central Sleep Apnoea is slightly different. In this variant the brain forgets to breathe during sleep.

## Who has Obstructive Sleep Apnoea?

It is estimated that as high as 13% of men and 6% of women in the UK suffer from OSA. That is 3.9 million people. Many, but not all are overweight, especially around the neck and they all snore. They feel tired and sleepy during the day and at night are often observed to stop breathing.

## This could be me, what should I do?

Speak to your GP and show them the questionnaire results, so they will be able to refer you to a specialist Sleep Clinic.

## How do I find out more?

Contact the Sleep Apnoea Trust directly. Details are at the end of this information sheet and our website has extensive information.

## So - Join Now, Donate Now

Fill in a membership form and become part of this important patient support group. Membership forms are available on our website and you can also join on line, pay on line and donate on line. Opt for Direct Debit as our preferred form of payment, but other means of payment are available.

## Privacy Statement Summary

Preservation of your privacy is important to the Sleep Apnoea Trust Association and we are committed to letting you know how we use your personal information.

### 1. Information about you

- We will collect personal information from you when you register as a member with us.
- This will include your name, title, email address, physical address, telephone numbers, sleep clinic, membership category, gift aid status, payment method, date of joining, renewal date, apnoea type and communications preference.

### 2. Our use of this information

- Your personal information will only be used to process your membership and to provide newsletters and other information that we feel you may have an interest.
- We will not share your information with any other organisations, but will, from time to time invite you to assist research and development programmes associated with sleep apnoea. It is then your decision to share information and your opinion with others.

### 3. Security

- We will take all reasonable precautions to prevent the loss, misuse or alteration of information you give us.
- Communications in connection with your membership will be sent by e-mail unless you opt for postal communication.

### 4. Website Use and Cookies

- Please look at our website and read our website and cookie policy

### 5. Other information

- If you would like us to correct or update any information, then please email us at [info@sleep-apnoea-trust.org](mailto:info@sleep-apnoea-trust.org)
- This privacy policy may be updated from time to time, so please check it periodically.
- Links within our sites to other websites are not covered by this privacy policy.

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### Direct Debit Payments

Direct debit is by far the most cost/time effective way of paying your membership year on year but you must have an email address.

It is really so easy and SATA uses GoCardless, our online Direct Debit provider, as follows:

- Open the SATA website [www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org) and click on the Join SATA/Buy Medical Equipment Tag link in the leaflet hand side menu.
- Fill in the details we need and click on submit.
- Advise SATA that you are registering by sending an email to: [chris.rogers@sleep-apnoea-trust.org](mailto:chris.rogers@sleep-apnoea-trust.org)
- At the same time tell us how much you wish to pay either £17 or £5. A donation can be added if you wish. You have complete control.
- Then, click on this link to register with GoCardless:  
<https://pay.gocardless.com/AL0000CXJN00FB>
- This takes you to the SATA GoCardless page (shown in the attached pdf) which you can fill in and submit.
- The Trust will then set up this amount and you will be advised by email this has been done, and that sum will be debited on 1<sup>st</sup> Oct 2018 or soon after and then annually.
- In future you will be notified by email a week in advance of the payment date, giving you the opportunity to change anything if you wish.
- If you would like pay via this method and need more information, please contact Chris Rogers by email or call 0800 025 3500 (Freephone) and choose Option 3.

## SLEEP APNOEA TRUST ASSOCIATION

WORKING TO IMPROVE THE LIVES OF SLEEP APNOEA PATIENTS, THEIR PARTNERS AND FAMILIES

PO Box 60, Chinnor, Oxon, OX39 4XE.

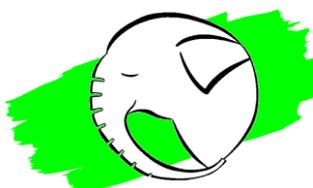
Tel: 0800 025 3500

[info@sleep-apnoea-trust.org](mailto:info@sleep-apnoea-trust.org)

[www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)

Patron: The Earl of Buckinghamshire

Registered Charity No 1056963



The Sleep Apnoea Trust is mainly managed by unpaid volunteers

**Disclaimer:** The information in this publication is given for general information purposes only. It is in no way intended to replace the professional medical care, advice, diagnosis or treatment of a doctor. If you are worried about any aspect of your health, you should consult a doctor in person.

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# SLEEP APNOEA TRUST ASSOCIATION MEMBERSHIP FORM

<b>Title:</b>	<b>First Name:</b>	<b>Last name:</b>

**Address:**

<b>Postcode:</b>	<b>Telephone:</b>	<b>Email address:</b>

<b>Clinic:</b>	<b>Complaint:</b>	<b>CPAP User Since:</b>
	Obstructive Sleep Apnoea (OSA) <input type="checkbox"/> Central Sleep Apnoea (CSA) <input type="checkbox"/> Nocturnal Hypoventilation (NH) <input type="checkbox"/>	

Please enrol me as a member of the Sleep Apnoea Trust Association. Annual subscription £17 (or £5 in cases of supported membership) NB. A complimentary medical alert card is provided to all new members.	£
I would like to make a donation to the Sleep Apnoea Trust	£
By Post – Please enclose a cheque/PO payable to the <b>Sleep Apnoea Trust</b> Or Direct Bank Transfer - A/c Name: <b>Sleep Apnoea Trust</b> \ A/c No: <b>83589805</b> \ Sort Code: <b>60-11-01</b> <b>NB: Please quote surname and postcode as the payment reference for our administration.</b>	<b>TOTAL</b> £

NB: If you wish to apply and pay on line, please visit our website and choose the **Join SATA/Buy MA Card/Medical Equipment Tag** button

[www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)

**Gift Aid**

The government supports charities by allowing us to reclaim tax you have paid on income donated to the charity. Your subscription is a donation to the Sleep Apnoea Trust (Registered Charity No. 1056963).

To take part in the Gift Aid scheme, you must pay an amount of income tax or capital gains tax at least equal to the tax we reclaim on your donations (currently 25p for every £1 you donate).

**If you pay income tax and or capital gains tax, please sign the following statement;**

*I want the Charity to treat all donations I have made in the six fiscal years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations:*

Signature:	Date:
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If you do not pay tax please tick.....

Please return this form to: Chris Rogers, SATA, Downland View, Broadbush, Blunsdon, Swindon, SN26 7DH