



NATIONAL COURT
REGISTER (KRS)
0000270809
SPECIFIC PURPOSE
IN THE TAX RETURN
(CEL SZCZEGÓŁOWY):
Cuper, 19560

ACCOUNT NUMBER:
62 1600 1286 0003
0031 8642 6001
PAYMENT TITLE:
Cuper, 19560

Thank you for your support!

ENORMOUS, CONSTANT PAIN HAS TAKEN MY LIFE AWAY

Since mid-2024, I have been living with an incurable, chronic, and treatment-resistant condition — **fibromyalgia**. At first, the name "fibromyalgia" meant nothing to me. Today, it defines every moment of my life. This illness is a life sentence.

I live with severe, widespread pain every day (ranging from 3 to 9 on a pain scale), often unbearable and overwhelming. The pain affects my muscles, joints, and soft tissues, making even the simplest daily activities extremely difficult. Walking increases the pain. Touch — even bedsheets or clothing — can be painful due to skin hypersensitivity (allodynia). Loud sounds intensify my symptoms and make concentration almost impossible. I also suffer from severe, treatment-resistant insomnia, which further worsens the pain.

Fibromyalgia is a disorder of the central nervous system, yet proper diagnosis and treatment are extremely difficult. I have spent years seeking help, consulting countless specialists, undergoing therapies and treatments — all with little to no relief.

Treatment is long-term and extremely costly. Despite all efforts, my condition has not improved. I am asking from the bottom of my heart for your support.

The photo shows me before the illness — a happy, energetic young man. I am fighting every day to survive and hold on to hope.



Scan the QR code to **learn more**
about **available support options**.



Avalon Foundation - a non-profit organization that has been operating in Poland since 2006 and has held the status of a public benefit organization since 2009.

It supports people with disabilities and chronic illnesses. While headquartered in Warsaw, **the foundation provides support to individuals in need throughout Poland.**

The foundation offers financial assistance to those seeking help and runs a variety of social and educational programs aimed at activating people with disabilities and changing how they are perceived in Polish society.



Donation

How to make a donation?

When making a donation in PLN, please enter: Account number:
62 1600 1286 0003 0031 8642 6001
Payment title:
Cuper, 19560

If you file your taxes in Poland, you can support the beneficiaries of the Avalon Foundation with 1.5% of your annual tax. To do this, when filling out your annual tax return, enter the following details:

National Court Register (KRS): **0000270809**
Specific purpose in the tax return (Cel szczegółowy): **Cuper, 19560**

15% e-pity®



Donation

How to make a donation?

You can help by donating to the following bank accounts:

Donations in EUR:

IBAN: PL07 1600 1286 0003 0031 8642 6021

Donations in USD:

IBAN: PL77 1600 1286 0003 0031 8642 6022

Donations in other currencies:

IBAN: PL62 1600 1286 0003 0031 8642 6001

Receiver:

Fundacja Avalon – Bezpośrednia Pomoc Niepełnosprawnym, ul. Żegańska 21/23
04-713 Warszawa, Polska

Receiver's bank address:

BNP Paribas Bank Polska SA
Oddział w Warszawie, ul. Grzybowska 4
00-131 Warszawa, Poland

SWIFT/BIC: **PPABPLPK**



How to make a donation with BLIK transfer?

To make a donation using **BLIK** enter the phone number of the Avalon Foundation:
666 324 328. As the title, enter:
Cuper, 19560



Donation made via SMS Charitable SMS

To support a beneficiary of the Avalon Foundation via SMS, send a message with the content **POMOC + 19560** to the number **75 165**. The cost of the SMS is **6,15 PLN (including taxes)**.



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