



Member's claim form

About filling in this form

- For details of costs you can claim for, see *Green Book* section 1.1
- If you have any doubt about whether you can claim for a cost, please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EAST KILBRIDE STRATHANGUS & LES MAAAGON

Office use only

Costs/Cat 2

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.
- all items costing £250 or more and include receipts – except for food, for which receipts are not required.
- receipts or invoices for any hotel cost even if it is less than £250.

Please list

Please attach

Period of claim

from 01/04/06 to 30/06/06

Total cost of hotel stays attach all receipts

£ / :

Mortgage payments (interest only) or rent

£ 1379 : 42 p ✓

Food

£ 350 : 00 p ✓

Utilities

£ 12 : 00 p

Council Tax/Rates

£ 60 : 00 p ✓

Telephone and telecommunications

£ 46 : 99 p

Cleaning

£ 17 : 00 p ✓

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

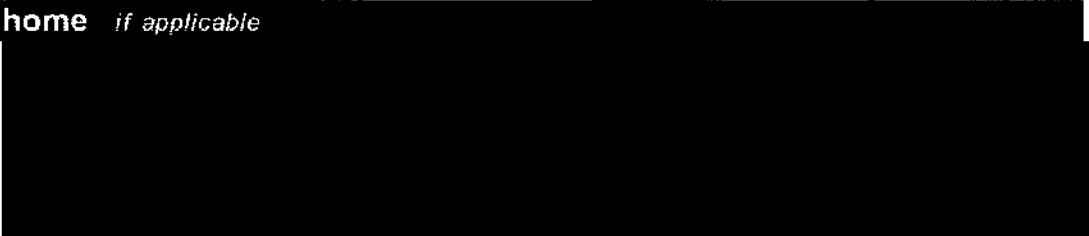
Total

£ 1905 : 41 p ✓

Details of second home *if applicable*

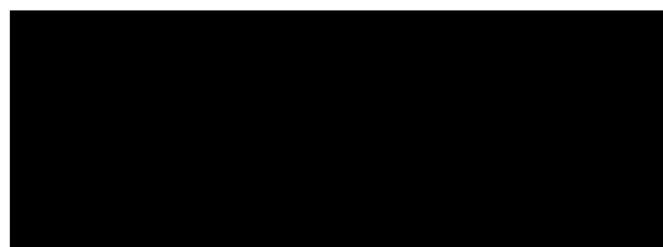
Address of second home

for Additional Costs Allowance



Declaration

Signature



necessarily to enable
the purpose of performing

Date

9/5/06

Data protection

The House of Commons Administration will process the information you provide on this form for the purpose of administering and accounting for the Members' Estimate, making payments and keeping records in accordance with the rules agreed by the House of Commons and the Inland Revenue. The information will also be disclosed to the National Audit Office for audit purposes. The information may also be used within the House of Commons Administration or by its agents for the purpose of business analysis or research.

For the purposes of the Freedom of Information Act 2000 the House of Commons Administration is a Public Authority and therefore the information it holds will fall within the scope of that Act.

Under the Data Protection Act 1998, you have the right to see and receive a copy of any personal data that the House of Commons Administration holds about you. If you have questions about the contents of this notice or how your information is handled or about your rights under the Data Protection Act 1998, please call our Data Protection Officer on 020 7219 2032, who acts on behalf of the Data Controller (the Clerk of the House).

Send your completed form to

Validation Team, Operations Directorate,
Department of Finance & Administration, House of Commons, London SW1A 0AA

Details of second home *if applicable*

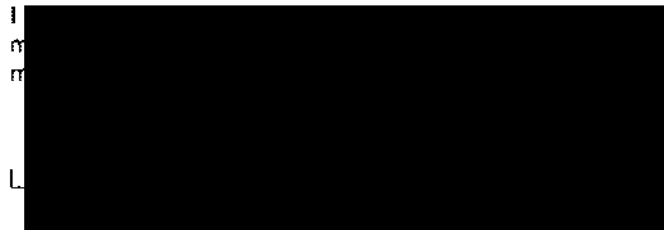
Address of
second home
for Additional
Costs Allowance



✓

Declaration

Signature



I am necessarily to enable
the purpose of performing

Date

31 / 5 / 06

Data protection

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05-11-2005

Member's claim form

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- For details of costs you can claim for, see *Green Book* section 10.
- If you have any doubt about whether you can claim for a cost, please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EAST KILBRIDE STRATHAVON & LESMATHGOW

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.
- all items costing £250 or more and include receipts – except for food, for which receipts are not required.
- receipts or invoices for any hotel cost even if it is less than £250.

Please list

Please attach

Period of claim

from 1 / 05 / 06 to 31 / 05 / 06

Total cost of hotel stays attach all receipts

£ : p

Mortgage payments (interest only) or rent

£ 1379 : 42 p

Food

£ 350 : 00 p

Utilities

£ 12 : 00 p

Council Tax/Rates

£ 60 : 00 p

Telephone and telecommunications

£ 18 : 82 p

Cleaning

£ 17 : 00 p

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Total

£ 1835 : 24p

Details of second home *if applicable*

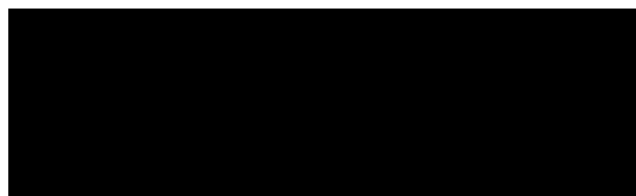
**Address of
second home**
*for Additional
Costs Allowance*



✓

Declaration

Signature



and necessarily to enable
the purpose of performing

MP

Date

3/7/06

Data protection

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**Send your completed
form to**

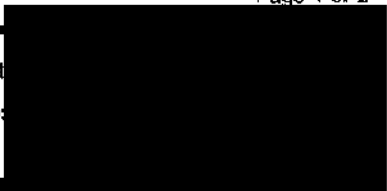
Validation Team, Operations Directorate,
Department of Finance & Administration, House of Commons, London SW1A 0AA



Member's claim form

About filling in this form

- For details of costs you can claim for, see *Green Book* section 1.1
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Your details

Name in CAPITAL LETTERS

ADAM INGRAM MP

Constituency



Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts – except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01, 06, 06 to 31, 06, 06

Total cost of hotel stays

£ : p

attach all receipts

~~Mortgage payments~~ (interest only) or rent

£ 1379 : 42 p ✓

Food

£ 350 : 00 p ✓

Utilities

£ 12 : 00 p ✓

Council Tax/Rates

£ 60 : 00 p ✓

Telephone and telecommunications

£ 19 : 28 p ✓

Cleaning

£ 17 : 00 p ✓

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

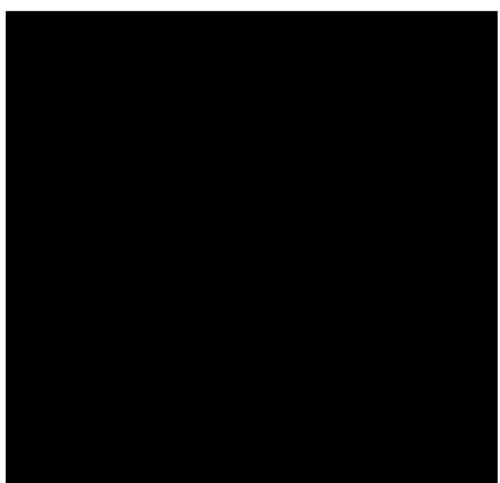
Other

£ : p

▶ please specify

Total

£ 1817 : 70 p



Details of second home *if applicable*

Address of
second home
for Additional
Costs Allowance

**Declaration**

I confirm that I incurred these costs wholly, exclusively and necessarily to enable
for the purpose of performing

Signature



MP

Date

14 / 8 / 06

Data protection

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Validation Team, Operations Directorate,
Department of Finance & Administration, House of Commons, London SW1A 0AA



Member's claim form

About filling in this form

- For details of costs you can claim for, see *Green Book* section 3.
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Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EAST KILBRIDE STRATHAVON & LEEM ANGLAN

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts – except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01, 07, 06 to 31, 07, 06

Total cost of hotel stays attach all receipts

£ : p

Mortgage payments (interest only) or rent

£ 1379 : 42 p ✓

Food

£ 350 : 00 p ✓

Utilities

£ 12 : 00 p ✓

Council Tax/Rates

£ 60 : 00 p ✓

Telephone and telecommunications

£ 24 : 04 p ✓

Cleaning

£ 17 : 00 p ✓

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

Total

£ 1842 : 46 p

Details of second home *if applicable*

Address of
second home
for Additional
Costs Allowance

**Declaration**

I confirm that I incurred these costs wholly, exclusively and necessarily to enable
n
n
for the purpose of performing

Signature



MP

Date

31 | 8 | 06^U**Data protection**

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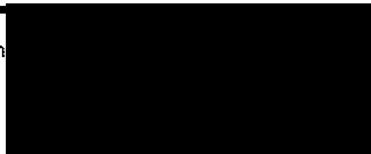


Member's claim form

01 SEP 2006

About filling in this form

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Your details

Name in CAPITAL LETTERS

ADAM INGRAM MP

Constituency



Claim details

You can only claim for

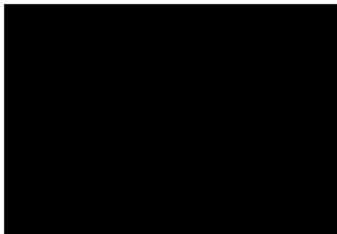
- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts – except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.



Period of claim

from 01, 08, 06 to 31, 08, 06

Total cost of hotel stays attach all receipts

£ : p

Mortgage payments (interest only) or rent

£ 1379 : 42 p

Food

£ 350 : 00 p

Utilities

£ 12 : 00 p

Council Tax/Rates

£ 60 : 00 p

Telephone and telecommunications

£ 24 : 04 p

Cleaning

£ 17 : 00 p

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p please specify

Other

£ : p please specify

Other

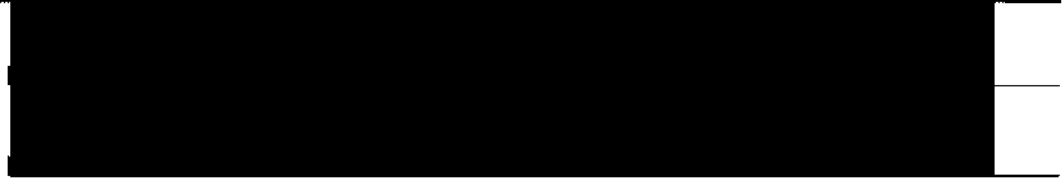
£ : p please specify

Total

£ 1835 : 46p

Details of second home *if applicable*

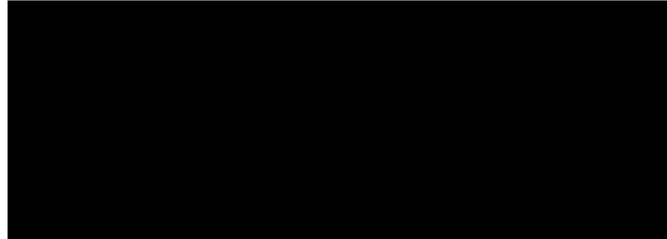
Address of
second home
for Additional
Costs Allowance



✓

Declaration

Signature



necessarily to enable
the purpose of performing

Date

4/10/06

✓

Data protection

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Send your completed
form to

Validation Team, Operations Directorate,
Department of Finance & Administration, House of Commons, London SW1A 0AA



Member's claim form

- 6 OCT 2006

RECEIVED

About filling in this form

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- If you have any doubt about whether you can claim for a cost, please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

BRISTOL

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts – except for food for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01, 09, 06 to 30, 09, 06 ✓

Total cost of hotel stays attach all receipts

£ : p

Mortgage payments (interest only) or rent

£ 1379 : 42 p ✓

Food

£ 350 : 00 p ✓

Utilities

£ 22 : 04 p ✓

Council Tax/Rates

£ 60 : 00 p ✓

Telephone and telecommunications

£ 12 : 00 p ✓

Cleaning

£ 17 : 00 p ✓

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Total

£ 1820 : 46 p

Details of second home *if applicable*

Address of second home
for Additional Costs Allowance



Declaration

Signature



necessarily to enable
the purpose of performing

Date

5/11/06



Data protection

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Validation Team, Operations Directorate,
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Member's claim form

08 NOV 2006

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Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

Claim details

You can only claim for

- costs you have actually paid
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Please list

- all items costing £250 or more and include receipts – except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01, 10, 06 to 31, 10, 06 ✓

Total cost of hotel stays attach all receipts

£ / : / p

Mortgage payments (interest only) or rent

£ 1379 : 42 p ✓

Food

£ 350 : 00 p ✓

Utilities

£ 12 : 00 p ✓

Council Tax/Rates

£ 60 : 00 p ✓

Telephone and telecommunications

£ 19 : 55 p ✓

Cleaning

£ 17 : 00 p ✓

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Other

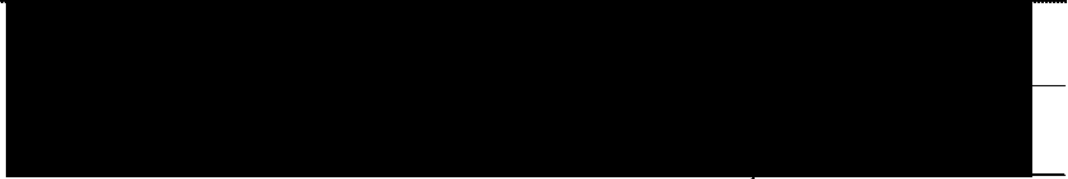
£ : p ▶ please specify

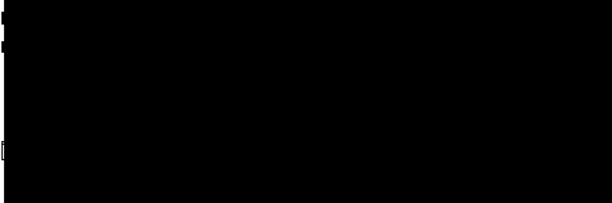
Total

£ 1935 : 97p

Details of second home *if applicable*

Address of
second home
for Additional
Costs Allowance

**Declaration**

I confirm that I incurred these costs wholly, exclusively and necessarily to enable
 for the purpose of performing

Signature

MP

Date

30/11/08

Data protection

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Member's claim form

About filling in this form

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Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EASTKILBRIDE STRATHAVEN & LESMATHAGOW

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts – except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01, 11, 06 to 30, 11, 06

Total cost of hotel stays attach all receipts

£ : p

Mortgage payments (interest only) or rent

£ 1379 : 42 p

Food

£ 350 : 00 p

Utilities

£ 12 : 00 p

Council Tax/Rates

£ 60 : 00 p

Telephone and telecommunications

£ 19 : 55 p

Cleaning

£ 17 : 00 p

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ 131 : 50 p

▶ please specify

TV LICENCE

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

Total

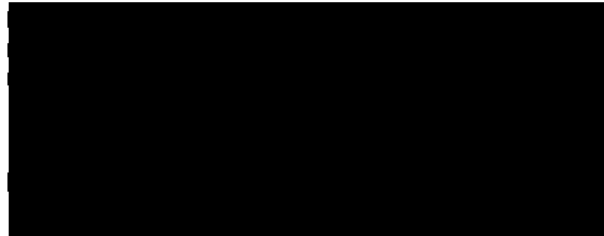
£ 1969 : 47 p

Details of second home *if applicable*

**Address of
second home**
*for Additional
Costs Allowance*

**Declaration**

Signature



and necessarily to enable
for the purpose of performing

MP

Date

8 / 1 / 07

Data protection

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Member's claim form

11 JAN 2007

About filling in this form

- For details of costs you can claim for, see *Green Book*
- If you have any doubt about whether you can claim for a cost, please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EAST KILBRIDE STRATHANGW & LISMATHGOW

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.
- all items costing £250 or more and include receipts – except for food, for which receipts are not required.
- receipts or invoices for any hotel cost even if it is less than £250.

Please list

Please attach

Period of claim

from 01, 12, 06 to 31, 12, 06 ✓

Total cost of hotel stays

£ : p

attach all receipts

Mortgage payments

£ 1430 : 75 p ✓

(interest only) or rent

Food

£ 350 : 00 p ✓

Utilities

£ 12 : 00 p ✓

Council Tax/Rates

£ 60 : 00 p ✓

Telephone and telecommunications

£ 25 : 85 p ✓

Cleaning

£ 17 : 00 p ✓

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Other

£ : p ▶ please specify

Total

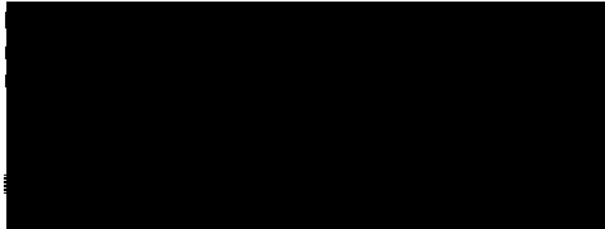
£ 1895 : 60 p

Details of second home *if applicable*

Address of second home
for Additional Costs Allowance



Declaration



and necessarily to enable
for the purpose of performing

MP

Signature

Date

14/2/07

X
X

Data protection

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Department of Finance & Administration, House of Commons, London SW1A 0AA



Additional Costs Allowance

Member's claim form

01 FEB 2

About filling in this form

- For details of costs you can claim for, see Gr
If you have any doubt about whether you can please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM IN YRAN

Constituency

East Kilbride Strathclyde & Leith

Claim details

You can only claim for

- costs you have actually paid
additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts - except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01/01/07 to 31/01/07

Total cost of hotel stays attach all receipts

£ - : - p

Mortgage payments (interest only) or rent

£ 1430 : 75 p

Food

£ 350 : 00 p

Utilities

£ 12 : 00 p

Council Tax/Rates

£ 60 : 00 p

Telephone and telecommunications

£ 25 : 85 p

Cleaning

£ 18 : 00 p

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p

please specify

Other

£ : p

please specify

Other

£ : p

Total

£ 1896 : 60 p



Member's claim form

06 MAR 2007

About filling in this form

- For details of costs you can claim for, see *Green Book* section 3.
- If you have any doubt about whether you can claim for a cost, please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EAST KILBRIDE STRATHAVEN & LESMAHAGOW

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.

Please list

- all items costing £250 or more and include receipts – except for food, for which receipts are not required.

Please attach

- receipts or invoices for any hotel cost even if it is less than £250.

Period of claim

from 01, 02, 07 to 28, 02, 07

Total cost of hotel stays attach all receipts

£ - : - p

Mortgage payments (interest only) or rent

£ 1430 : 75 p

Food

£ 350 : 00 p

Utilities

£ 12 : 00 p

Council Tax/Rates

£ 60 : 00 p

Telephone and telecommunications

£ 33 : 23 p

Cleaning

£ 18 : 00 p

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

Other

£ : p

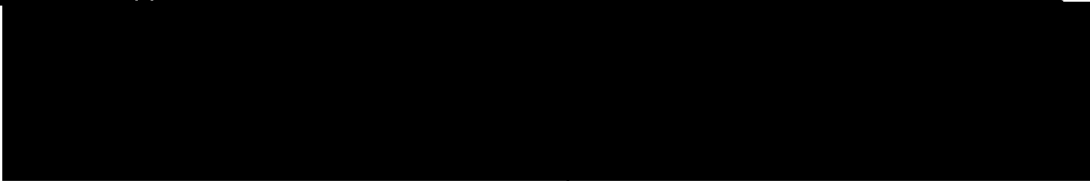
▶ please specify

Total

£ 1903 : 98 p

Details of second home *if applicable*

Address of second home
for Additional Costs Allowance



Declaration

I confirm that I incurred these costs wholly, exclusively and necessarily to enable
purpose of performing



Signature

Date

3 / 3 / 07

Data protection

The House of Commons Administration will process the information you provide on this form for the purpose of administering and accounting for the Members' Estimate, making payments and keeping records in accordance with the rules agreed by the House of Commons and the Inland Revenue. The information will also be disclosed to the National Audit Office for audit purposes. The information may also be used within the House of Commons Administration or by its agents for the purpose of business analysis or research.

For the purposes of the Freedom of Information Act 2000 the House of Commons Administration is a Public Authority and therefore the information it holds will fall within the scope of that Act.

Under the Data Protection Act 1998, you have the right to see and receive a copy of any personal data that the House of Commons Administration holds about you. If you have questions about the contents of this notice or how your information is handled or about your rights under the Data Protection Act 1998, please call our Data Protection Officer on 020 7219 2032, who acts on behalf of the Data Controller (the Clerk of the House).

Send your completed form to

Validation Team, Operations Directorate,
Department of Finance & Administration, House of Commons, London SW1A 0AA



Member's claim form

2007 237 50

About filling in this form

- For details of costs you can claim for, see *Green Book*
- If you have any doubt about whether you can claim for a please call 020 7219 1340.

Your details

Name in CAPITAL LETTERS

ADAM INGRAM

Constituency

EAST KILBRIDE STRATHAVON & LISMATHGAW

Claim details

You can only claim for

- costs you have actually paid
- additional expenses wholly, exclusively and necessarily incurred to enable you to stay overnight away from your only or main home for the purpose of performing your Parliamentary duties.
- all items costing £250 or more and include receipts – except for food, for which receipts are not required.
- receipts or invoices for any hotel cost even if it is less than £250.

Please list

Please attach

Period of claim

from 01, 03, 07 to 31, 03, 07

Total cost of hotel stays attach all receipts

£ - : - p

Mortgage payments (interest only) or rent

£ 1430 : 75 p

Food

£ 350 : 00 p

Utilities

£ 12 : 00 p

Council Tax/Rates

£ : p

Telephone and telecommunications

£ 41 : 89 p

Cleaning

£ 18 : 00 p

Service/maintenance

£ : p

Repairs/insurance/security

£ : p

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify

Other

£ : p

▶ please specify


Total

£ 1852 : 64p

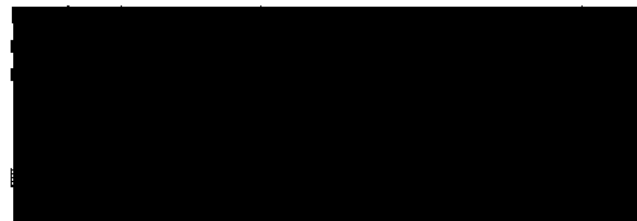
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Details of second home *if applicable*

Address of
second home
for Additional
Costs Allowance

**Declaration**

Signature



necessarily to enable
the purpose of performing

Date

3/4/07

Data protection

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