

Name:

Address:

# SPONSORSHIP FORM

We are the only mental health charity working to protect mental health at all stages of life. Your support will enable us to help the 1 in 4 people who experience mental health problems each year.

giftaid it

Make your sponsorship worth 25% more by ticking the Gift Aid box.

If you are a UK tax payer and you tick the Gift Aid box on this sheet, the Inland Revenue will give us an extra 25% on top of your donation. It doesn't cost you a penny to do\*

### Please complete so we can match your sponsorship money against your fundraising target.

| am taking part in: |   |          |        |                       |          |  |  |
|--------------------|---|----------|--------|-----------------------|----------|--|--|
| Full Name          | Full Home Address<br>(not work address) | Postcode | Amount | Tick for<br>Gift Aid* | Received |  |  |
| A. Sample          | 2 Anyroad, Sampletown                   | XX4 7XX  | £25    | /                     | <b>/</b> |  |  |
| Full Name          | Full Home Address                       | Postcode | Amount |                       |          |  |  |
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| Full Name          | Full Home Address                       | Postcode | Amount |                       |          |  |  |

Company limited by guarantee number 2350846. Registered Charity Numbers England 801130, Scotland SC 039714.





<sup>\*</sup> If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

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|-----------|---|----------|--------|-----------------------|----------|
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| Full Name | Full Home Address                       | Postcode | Amount |                       |          |

## Create an online sponsorship page

Fundraising online can be a huge boost to your sponsorship go to www.virginmoneygiving.com/charities/mhf and follow the instructions.

#### Paying it in

Once you have collected your sponsorship money, please return the sponsorship form with your donations as a cheque made payable to *Mental Health Foundation* to:

**TOTAL** 

#### Any questions?

Contact the Events Team on: **events@mentalhealth.org.uk** or call **O2O 78O3 1123** Monday to Friday, 9am to 5pm

www.mentalhealth.org.uk





Mental Health Foundation, Studio 2, 197 Long Lane, London, SE1 4PD