

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.

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*

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

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

Name:
Address:
I'm taking part in:



Full name	Full home address (not work address)	Postcode	Amount	Tick for GiftAid*	Received
A. Sample	2, Anyroad Sampletown	XX34XX	£25	✓	✓

* 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.

TOTAL		
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Registered with
**FUNDRAISING
REGULATOR**
Company limited by guarantee number
2350846. Registered Charity Numbers
England 801130, Scotland SC 039714.

Full name	Full home address (not work address)	Postcode	Amount	Tick for GiftAid*	Received

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

TOTAL		
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Any questions?
 Contact the Events Team on:
events@mentalhealth.org.uk
 or call **020 7803 1123**
 Monday to Friday, 9am-5pm
www.mentalhealth.org.uk