

# SPONSORSHIP FORM

Mental Health Foundation is the only UK charity solely focussed on preventing poor mental health and building and protecting good mental health. We're here whether you're looking to support yourself or loved ones or make fundamental change in society. Every pound you donate supports our vital work.

*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.

<b>Name:</b>
<b>Address:</b>
<b>I am taking part in:</b>

Full Name	Full Home Address (not work address)	Postcode	Amount	Tick for Gift Aid*	Received
<i>A. Sample</i>	<i>2 Anyroad, Sampletown</i>	<i>XX4 7XX</i>	<i>£25</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Full Name	Full Home Address	Postcode	Amount	<input type="checkbox"/>	<input type="checkbox"/>
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Full Name	Full Home Address	Postcode	Amount	<input type="checkbox"/>	<input type="checkbox"/>
Full Name	Full Home Address	Postcode	Amount	<input type="checkbox"/>	<input type="checkbox"/>



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

<b>TOTAL</b>	
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Full Name	Full Home Address (not work address)	Postcode	Amount	Tick for Gift Aid*	Received
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Full Name	Full Home Address	Postcode	Amount		
Full Name	Full Home Address	Postcode	Amount		

<b>TOTAL</b>	
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**Create an online sponsorship page**

Fundraising online can be a huge boost to your sponsorship go to [www.justgiving.com/mhf](http://www.justgiving.com/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**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



**Any questions?**

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

**Everyone deserves  
good mental health.**

