

Cash in Action



Ever wondered what a difference your fundraising efforts can really make?

Read on to discover what our fantastic fundraisers got up to for Sport Relief last time and how their brilliant efforts can change lives for the better.

£3

The Humbles family ran a Mile in Clacton and donated £3 to Sport Relief.

Not bad considering that £2 could feed a street child in India for a whole week.

£20

Nurses from Edinburgh University took part in Glasgow's Sainsbury's Sport Relief Mile in fancy dress and raised £20 on their bus journey there.

£20 could pay for the hire of a sports hall in Ipswich so that twenty disabled and able-bodied people can play basketball together - making sure that disabled people no longer feel excluded from their own community.

£50

Rachel Parnham donated £50 online after watching an appeal film on the 2006 Sport Relief TV show.

£50 could supply a young woman in Bangladesh, who lives in poverty, with a sewing machine and materials to set up her own business. With this equipment she can earn a living and look forward to a brighter future.

£100

Josh Robinson did the Sainsbury's Sport Relief Mile on stilts, wearing blue and red clown trousers and pink wellies! He raised a very brilliant £100 for Sport Relief.

That same amount of cash could support a carer in South Africa for one year. The small salary helps to ensure that they can devote their time to looking after local children who have lost their parents to AIDS without having to worry about where their own next meal is coming from.

£500

Teacher Alison Hall organised a Mile event within the army base where she works. She rallied her pupils and together they ended up raising a massive £500 in sponsorship.

£500 could pay for ten young people affected by gang violence in inner-city Glasgow to attend an outward bound activity course. Taking people out of their disruptive home environments gives them the opportunity to gain self-confidence and escape the violence they experience at home.

This is only a glimpse of what Sport Relief cash can do.

All the money you raise for Sport Relief is spent by Comic Relief to change countless lives for the better – both at home in the UK and across the world's poorest countries. To find out more visit www.sportrelief.com

Thank you!