

JOIN TEAM 5000 FOR SPORT RELIEF

We're doing 5000 miles to raise £50,000!

**SPORT
RELIEF
2016**

Thank you for signing up to be part of our 5000-mile challenge for Sport Relief. You'll be joining Companies up and down the country to raise money and help people living tough lives in the UK and some of the world's poorest countries. On their behalf, thank you.

Your kit contains:

- Sponsorship form
- An event poster
- Starting line bunting
- Pledges to take home
- Runner Vest print outs
- Thank you certificates
- Info on Bangladesh
- Info on Josh and Champa - two young people already helped by Sport Relief cash
- Info on where your money goes
- Paying in slip

Good luck and happy fundraising.

WHY 5000 MILES?



We know you can do it and it's roughly the distance from the UK to Bangladesh where Champa lives.



For balloons,
posters and stickers,
order our free youth
group pack at
sportrelief.com/youth

THE BOYS' BRIGADE
> the adventure begins here

£50,000. 5000 MILES FIVE SIMPLE STEPS

**SPORT
RELIEF
2016**

1. Choose how many Miles you're doing

Anchors and Juniors could do one Mile and your Company Sections and Seniors could really push themselves with five or more.

1.



2.

2. Decide how you're doing your Miles

You could run, swim, cycle or even space hop your Miles. Or really go for it with an army crawl, ten-legged race or climb up the side of a mountain!



3.

3. Select your date

Sport Relief Weekend is Friday 18th to Sunday 20th March but you can also choose your own date or do it over several Company meetings.



4.

4. Let everyone know

Use your event poster and contact your local radio station and newspaper for extra publicity. Plus, let HQ know you're up for the challenge by completing this survey: www.surveymonkey.co.uk/r/BBsportrelief and email your activities and pictures to newsdesk@boys-brigade.org.uk



5.

5. Get sponsored

Ask friends and family to fill in your sponsorship forms and set up a group online Giving Page.

www.sportrelief.com/givingpages



TAKE FIVE!

Make sure you take a few breaks between your Miles. You could sell cakes and refreshments at the finish line and to friends and family cheering from the side.



PLEASE SPONSOR ME



Name

Company name

is going to for Sport Relief 2016

By being a brilliant sponsor you'll help to change lives for the better.



could pay for life-saving malaria medication for 15 children in Africa.



could provide a young carer in the UK with a fun activity day, giving them a much-needed break from their responsibilities at home.

If you pay UK tax* and tick the Gift Aid box the Government will give us 25% on top of your donation. We use this to help cover our running costs. It won't cost you a penny. **Please give your full name and home address and tick below or we can't claim Gift Aid.**

*You will need to have paid UK Income and/or Capital Gains Tax this year at least equal to the 25% that Comic Relief, and any other charities or Community Amateur Sports Clubs (CASCs), will claim on your donations. Council Tax and VAT do not count for Gift Aid purposes.

giftaid it

Full name	Home address	Postcode		Total amount	Date collected
A. Person	A House, A Town	AB12 3CD	<input checked="" type="checkbox"/>	£5	DD/MM/YY
1.			<input type="checkbox"/>		
2.			<input type="checkbox"/>		
3.			<input type="checkbox"/>		
4.			<input type="checkbox"/>		
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6.			<input type="checkbox"/>		
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24.			<input type="checkbox"/>		
25.			<input type="checkbox"/>		

Please give your sponsorship form and all the money you've raised to your group leader.



giftaid it

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51.				

Please give your sponsorship form and all the money you've raised to your group leader.

Group Leaders!

It's easy to pay in the money raised for Sport Relief – just do one of the following:

- Fill in the paying in slip you'll find in this pack and send it, along with your cheques and sponsorship forms to: Sport Relief 2016 (Youth Groups), EY, PO Box 51543, London SE1 2UG. Cheques should be made payable to Sport Relief 2016 (Youth Groups).
- Pay in online at sportrelief.com/youthgroupspayin using a credit or debit card.

If you paid in money online please write your reference number (found in your confirmation email) here:



So that we can claim Gift Aid, please don't forget to post your completed sponsorship forms with paying-in receipt to: Sport Relief 2016 (Youth Groups), EY, PO Box 51543, London SE1 2UG. *give with confidence*

Total raised

For office use only
Event code 136

WE'RE DOING 5000 MILES TO RAISE £50,000 FOR SPORT RELIEF.

Fill in your Sport Relief event details here:



Get more posters at
sportrelief.com/resources

MILE BUNTING



Bunting instructions

- 1 Photocopy this sheet as many times as you need
- 2 If you want to strengthen the bunting, stick the templates onto strong paper or card
- 3 Get your members to carefully cut around the triangles
- 4 Fold the white tabs over some string and staple or stick with glue



PLEDGE CARDS

Instructions: photocopy, cut out and hand out to friends, family and work colleagues. Deliver with your best smile.



CUTTING LINE ✂

I'M PART OF TEAM 5000

and am helping to raise money for Sport Relief.



Name:

Please come and watch us

on:

at:



And don't forget to sponsor me!

Sport Relief is an initiative of Comic Relief, registered charity 326568 (England & Wales) and SC039730 (Scotland).

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Instructions: photocopy, write name and hand out to all your brilliant fundraisers to wear on the day.

SR16_548. Sport Relief is an initiative of Comic Relief, registered charity 326568 (England & Wales) and SC039730 (Scotland).

TEAM 5000



Helping to make the world miles better

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HIGH FIVE!



**SPORT
RELIEF
2016**

THANK YOU

.....
for taking part in our 5000-mile challenge for **Sport Relief 2016!**

**THE BOYS'
BRIGADE** 
> the adventure begins here



HIGH FIVE!

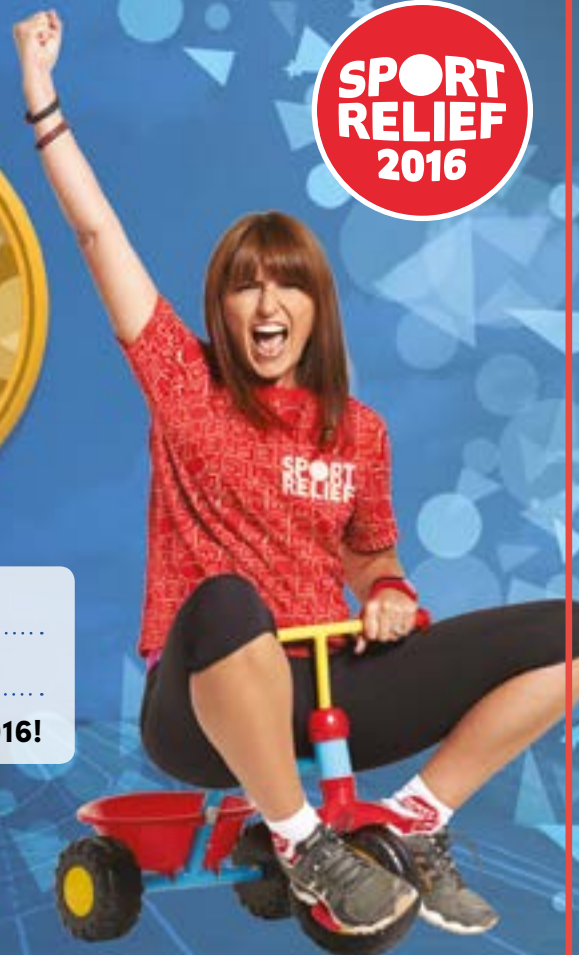


**SPORT
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STREET AND WORKING CHILDREN IN BANGLADESH



Friday 18 March

BANGLADESH IS ONE OF THE MOST DENSELY POPULATED COUNTRIES IN THE WORLD.

67.3
MILLION
PEOPLE IN
BANGLADESH
LIVE ON LESS THAN

\$1.25
— A DAY —

156
MILLION INHABITANTS



JUST £1
COULD BUY A HOT
NUTRITIOUS MEAL FOR
FIVE CHILDREN
LIVING ON THE STREETS
OF BANGLADESH

£5 COULD
BUY TEXTBOOKS FOR A
CHILD LIVING IN A
BANGLADESHI SLUM SO
THEY CAN GET AN EDUCATION



3.2
MILLION
CHILD LABOURERS
IN BANGLADESH⁽ⁱ⁾

20.2
MILLION PEOPLE
DO NOT HAVE ACCESS
TO CLEAN DRINKING
WATER IN BANGLADESH⁽ⁱⁱ⁾

AN ESTIMATED
1.1 MILLION CHILDREN LIVE ON THE STREETS
IN BANGLADESH'S CITIES.⁽ⁱⁱ⁾

DISCUSSION POINTS

WHY DO CHILDREN
HAVE TO WORK?

WHAT ARE THEY
MISSING OUT ON?

⁽ⁱ⁾ WFP (2010) STATE OF THE WORLD'S CHILDREN. STATISTICS. TABLE 1. ⁽ⁱⁱ⁾ WFP (2010) BANGLADESH: JOINT MONITORING OF CHILDREN LIVING ON THE STREETS. ⁽ⁱⁱⁱ⁾ WFP (2010) FACTSHEET: CHILD LABOUR IN BANGLADESH. ^(iv) WFP (2010) JOINT MONITORING PROGRAMME: JOINT FOR WATER SUPPLY AND SANITATION (JWS)

WHAT DO JOSH FROM LEEDS AND CHAMPA FROM DHAKA HAVE IN COMMON?

**SPORT
RELIEF
2016**

Friday 18 March

When Josh was nine he was rushed to hospital with a nerve disease that left him paralysed and needing a wheelchair. Thanks to Sport Relief cash, he now plays wheelchair basketball every week with a local team.

They've both been helped by money raised by people like you.

Half the money raised by youth groups like yours for Sport Relief is used to help people in the UK and half goes to helping people living tough lives around the world. Thank you. You can find out more at sportrelief.com

Champa lives in a slum with her family in Dhaka, Bangladesh. She collects rubbish to earn money and has missed lots of schooling. Thanks to Sport Relief cash, she is now learning to read and write so she can go to school.

WHERE YOUR MONEY GOES



We believe in helping people to help themselves. It's the only way to actually make things better in the long run, and the money you raise will help to do just that. We don't only fund international projects either. In fact, **50% of the money raised by the public for Sport Relief goes towards transforming lives right here in the UK.**

Share the stories below with your group and **download our films** about Champa and Russell, two young people in Bangladesh who have been helped by Sport Relief cash. sportrelief.com/champa and sportrelief.com/russell

UK grant making

50:50

International grant making

AMAR

“ It makes me feel proud and happy when I get a fast time. Having Multiple Sclerosis has made me train harder and motivated me to get where I am. ”

A talented sprinter from an early age, when Amar woke up one morning, unable to walk, see or speak properly, his hopes of pursuing his life's passion seemed to lay in tatters. Aged only fourteen, he'd just experienced the early symptoms of Multiple Sclerosis.

He's now back in training though, thanks to his incredible determination and Connie Henry's Track Academy, which is using Sport Relief cash to help him fight the illness and pursue his dreams.



£15 can pay for a young person, living with a disability in the UK, to take part in sporting activities for a week.

MILLIKA

“ If I hadn't been in hospital I would have died. I was cared for very well when I was pregnant and I now want to do what I can to help others. ”

Millika, 52, would have died in childbirth if she hadn't been lucky enough to give birth in hospital by C-section. Motivated by her own experiences, she decided to train as a Traditional Birth Attendant and ensure that other women get proper medical support during pregnancy and labour.

Based in Zambia, the Centre for Infectious Disease Research uses Sport Relief cash to improve care standards and training for health workers, so fewer mothers and babies die from preventable illnesses.



£180 could train a midwife to provide life-saving care for thousands of pregnant mothers and their babies at a health centre in Africa.

WHERE YOUR MONEY GOES



UK grant making

50:50 International grant making

£30

£30 could enable six UK veterans to attend a local mental health support group.

£10

£10 could buy a school uniform for a former child-labourer in Nepal, so they can go back to school and get an education.

£100

£100 could enable a young man, living with mental health issues in the UK, to attend a 10-week sports course to build their confidence and make new friends.

£40

In Africa, £40 is enough to fully vaccinate 10 children against a deadly virus that causes diarrhoea.

£320

£320 could provide professional training and support for four people in the UK who are caring for loved ones with dementia.

£50

£50 could pay for a young woman, living in the slums of Kenya, to do an apprenticeship programme and gain the skills she needs to build a brighter future.

£1,000

£1,000 could pay for 10 disadvantaged young people to go on a personal training course so they can develop the skills and experience they need to find work.

£200

£200 could help reunite two children, found living on the streets of India, with their family.

PAY IN YOUR CASH

THE BOYS' BRIGADE
> the adventure begins here



SPORT RELIEF 2016

101 gold stars for getting involved in Sport Relief 2016!
To pay in the money you've raised, simply fill in this form and post it to the address below with your cheques and any completed sponsorship forms.

Sport Relief 2016 (Youth Groups)
EY, PO Box 51543
London, SE1 2UG

Been sponsored?

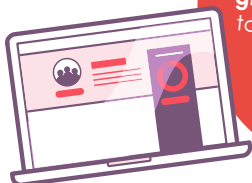
If you have any completed sponsorship forms please send them to us alongside proof of payment so we can claim Gift Aid on behalf of your sponsors. Don't forget to let us know how much you raised on youthgroups@sportrelief.com

Posting your payment?

Then remember to include your sponsorship forms with your cheque.

Paying in online?

Then be sure to write your payment reference number on your sponsorship forms and send them to the address above.



Why not set up a giving page
at sportrelief.com/givingpages Don't forget to email and let us know you've set up a page
youthgroups@sportrelief.com

By post:

Sport Relief 2016 (Youth Groups)
EY, PO Box 51543
London, SE1 2UG

Cheques should be made payable to **'Sport Relief 2016 (Youth Groups)'**

Online:

You can also pay in online using a credit card or debit card at:
sportrelief.com/youthgroupspayin

Thank you

Please pay in your money using the instructions here, as it's the only way we can ensure your company gets a thank you certificate.*

*The certificates are lovingly designed and printed for each youth group. This takes a bit of time, so please bear with us – we promise yours will arrive in due course.

Your name Title _____ First name _____ Last name _____

Job title _____

BB Company _____

Address _____

Postcode _____ Phone _____

Number of cheques _____ Total amount _____

Please note this slip is for postal donations only and cannot be used at a bank.

If you have any queries please email us at youthgroups@sportrelief.com

Comic Relief would like to send your youth group materials about campaigns.

If you would prefer NOT to receive this information by post, please tick here ☐

If you would like to receive this information by email, please write your email address here:

For office use only. Event code 136

Read our privacy policy at sportrelief.com to see how we look after your information.

SR16_550. Sport Relief is an initiative of Comic Relief registered charity 326568 (England/Wales); SC039730 (Scotland).