

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.**

This handy guide will enable you to show just how much of a difference people could make by supporting you. With any luck, it might even encourage them to give that little bit extra.

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 now I 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.

**DOUBLE YOUR
DIFFERENCE
AROUND
THE WORLD**

Of all the money you raise this Sport Relief, the 50% that's spent internationally will be matched by the UK government up to £10 million.

Matching your
donations with

UKaid

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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.