

Hi,

I'm taking part in Jump Rope for Heart (JRPH), a sponsored skip for the British Heart Foundation (BHF). I'm trying to get as many sponsors as possible to support me.

By sponsoring me to take part in JRPH you are helping the BHF fight heart disease and improve the lives of families across the UK.

Thank you for your sponsorship.

Skipper's name: _____

Name of school / group: WELLS SWIMMING CLUB

Organiser's name: KAREN TEMPLE

Organiser's phone no.: 07824 828278

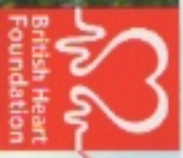
Skippers

Once your sponsors have completed the form, return the form and money you have kindly raised to your school/ group organiser by the date they have given you.

Schools and youth groups can keep up to 20% of their fundraising to use for resources of their choice.

How to fill in the form

- **Write your name in full**
To claim Gift Aid, the form must be clearly completed in the sponsor's handwriting.
- **Fill in your home address**
Please do not use your work address as HMRC need to know where you live to claim Gift Aid.
- **Avoid "ditto" marks**
Please enter full details and total sponsorship with each new line.
- **Write down your donation**
The most important bit – how much would you like to sponsor someone for their event?
- **Tick the Gift Aid box**
If you've read the declaration and are happy to include Gift Aid, please tick the box.



Jump Rope for Heart
**GET ACTIVE,
 HAVE FUN,
 SAVE LIVES**

SPONSOR FORM

FIGHT FOR EVERY HEARTBEAT
 bhf.org.uk

