



**NO LIMITS
TO HEALTH**

SPONSOR FORM

WHO

WHAT

WHEN

WHERE

I am raising money for No Limits to Health to help more people access the benefits of cycling which can include improve physical and mental health and belonging to a great community.
Please consider sponsoring me.

First name	Surname	Home address	Postcode	Date	Donation	<i>giftaid it</i>
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TOTAL RAISED £

How Gift Aid makes a big difference
No cost to you, essential funding for us. By ticking the box, every £1 you sponsor or donate can be worth £1.25 to us. It doesn't cost you a penny more, you just need to be a UK tax payer.

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YEAR OF CYCLING