



## Your chance to support SportsAid Week

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YOU can make a real difference to the future of British sport by supporting SportsAid Week 2019 this September!

The week of fun and fundraising is open to everyone as Olympians, Paralympians, National Governing Bodies (NGBs), schools, universities, commercial organisations and individual supporters come together once again to give their backing to the next generation of talented young athletes.

SportsAid Week takes place from September 23–29. [Click here to request your free fundraising pack.](#)

Fundraising is a key income stream for the charity and SportsAid Week has generated close to £150,000 since 2016. The annual initiative is being supported by five-time Paralympic champion Ellie Simmonds OBE among other ambassadors.

SportsAid helps over 1,000 athletes across more than 60 sports each year, the majority aged 12 to 18, by providing them with an average award of £1,000. Among the young table tennis players to have received funding in recent years are Charlotte Bardsley, who was named [SportsAid athlete of the month](#) last November, plus Amirul Hussain, Jamie Liu, Josh Weatherby and Jasmin Wong, plus para player Felicity Pickard.

SportsAid Week is a fundraising drive designed to support the country's most talented young sports stars as they strive to represent Team GB and ParalympicsGB at future Olympic and Paralympic Games.

All the money raised assists athletes with training and competition costs, including equipment, accommodation and transport, during the critical early stages of their careers. The initiative also acts as an opportunity to shine a spotlight on SportsAid and the work the charity does to provide athletes and their parents with support at the beginning of the talent pathway.

SportsAid Week really is for everyone. You can [sign up for a fundraising pack](#) today and take the first step towards planning your involvement. It really is up to you as to how you show your support – whether it's on your own or with friends, family or colleagues. You decide the size of your event, no matter how big or small, and see how much you can fundraise for the charity!

Some ideas are:

The #MyMiles Challenge  
Bake sales  
Healthy eating challenges  
Sports quizzes  
Athlete demonstrations  
Fancy dress days  
Bucket collections  
Prize draws and raffles

These are just a few ideas for fundraising activity you could undertake which have proven to be popular in previous years. Please email Grace Hughes, SportsAid's Partnership and Activation Manager, on [sportsaidweek@sportsaid.org.uk](mailto:sportsaidweek@sportsaid.org.uk) if you have any questions about SportsAid Week 2019 and she'll look to assist with your plans for September!

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