

£10 TO JOIN THE RACE

runthenhs.co.uk

100%
GOES TO

LIAISON
Amani



RUN THE NHS AIMS TO GET EVERYONE IN THE NHS, CLIENTS, LIAISON STAFF, FAMILY AND FRIENDS TAKING PART IN A VIRTUAL RACE AROUND THE NHS.

We've divided the NHS into regions - **North, South, Scotland, Wales, London and Midlands** - and have an extra race covering **Singida in Tanzania** where the Amani charity is based.

You can have fun moving and competing between regions and raising sponsorship along the way.

RUN, WALK OR EXERCISE ANYWHERE YOU WANT!

Then log activity and see yourself move on our map and leaderboards. Catch a Google Street View of your virtual locale, then cheer your real fellow racers!

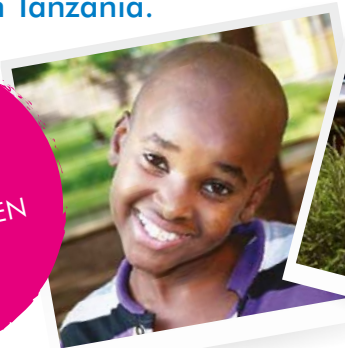




Dedicated to supporting the work of the Amani Children's Home Charity in Tanzania.

The aim of the charity is to take children off the streets and to give them an education, tackle any drug dependency issues and then, most importantly, re-unite them with their families.

YOUR FUNDRAISING CAN ENRICH THE LIVES OF STREET CHILDREN IN TANZANIA...



ALL SPONSORSHIP RAISED WILL BE MATCH FUNDED BY LIAISON.

£5

THREE MEALS PER DAY FOR ONE CHILD FOR A WEEK.

£37

SCHOOL BOOKS FOR ONE CHILD FOR ONE YEAR.

£28

SCHOOL UNIFORM, SHOES AND SCHOOL BAG FOR ONE CHILD FOR ONE YEAR.

£35

MEDICAL COSTS FOR ONE CHILD FOR ONE YEAR.

£70

RESIDENTIAL CARE FOR ONE CHILD FOR A MONTH.

£210

ONE YEAR OF PRIMARY SCHOOL FOR ONE CHILD.

£840

FULL CARE FOR ONE CHILD FOR A YEAR.

