and Robbie Williams, We have seen comedian Catherine Tate in her belligerent school girl avatar, visit former Prime Minister Tony Blair at Number 10 and give him a hard time (all in good humour of course). Not to be outdone by his predecessor, current Prime Minister David Cameron also made an appearance in A Red Nose Day skit of Master Chef where he was made to taste the culinary skills of three celebrity comedians and presenters.

The famous actor comedian Rowan Atkinson is a regular on Red Nose Day and has played his most loved and well known character Mr Bean, done a take of the age–old show Dr. Who, a parody of Spider Man called Spider Plant Man and has been in numerous spoofs and kept us laughing over the years. Singer and songwriter Gary Barlow from Take That lead a group of celebrities up Mount Kilimanjaro and raised £3.5 million!

I could go on and on about the number of celebrities that have played a part in Red Nose Day but I would run out of space. But it is not just about the people in the public arena but the millions of people from all walks of life and all ages that have been the backbone of this initiative. Every year they come up with the ideas to raise money. Some people bake to raise money, others have pie thrown in their face to do it. Many people get sponsored to dress up in the most bizarre of costumes and be seen in public, others have a theme and show up to work in fancy dress and pay money to do so. Schools have children come in wearing only red or wear their pyjamas to school to raise money. Some adults/children raise money by dying their hair a bizarre colour or have it entirely shaved off. It's all done in the name of fun but all for a great cause and it is humbling to see what lengths people will go to in the name of charity.

To try and involve even more people to help with their appeal to raise money, Comic Relief, in association with BBC Sport, created another biennial charity event called Sport Relief in 2002. This is yet another huge fundraising campaign that brings together people from the sporting community and entertainment world to incentivise the public to be active while they raise cash which in turn helps to change the lives of people in the UK and across the world's poorest countries.

In fact Sport Relief has even found its way to Bangladesh. According to ICDDR,B drowning causes more deaths in children aged between 1 -4 than any disease. In 2007 it was estimated that approximately 17,000 child deaths every year in Bangladesh are caused by drowning. The Monorhardi Swim Safe project is supported by money raised through Sport Relief which teaches children to swim and provides them with the skills to help save others in trouble.

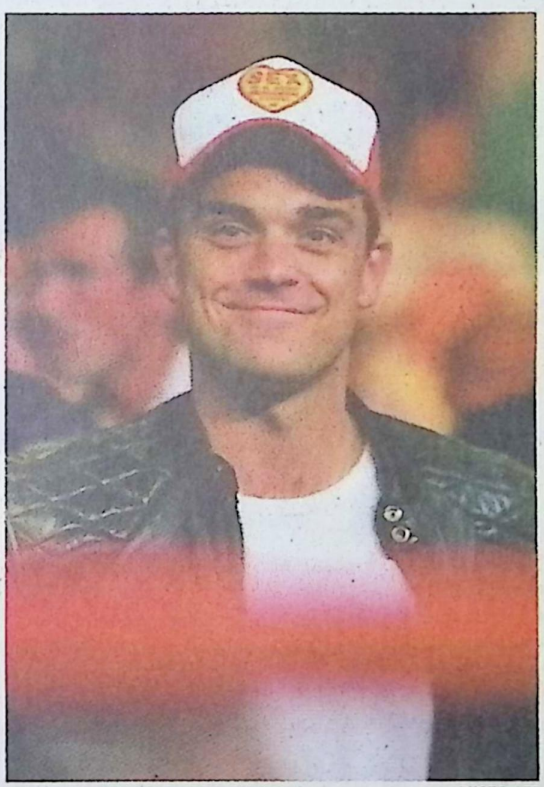


PHOTO: AFP

**Robbie Williams taking part in Comic Relief like other celebrities.**

Red Nose Day may get people to laugh at themselves but sport relief makes people push themselves to the extreme to raise money. For example, TV personality David Walliams swam the Channel from England to France in just 10 ½ hours which is one of the 50 fastest times ever and raised the sum of £1 million in the process and then a few years later swam 140 miles along the River Thames for Sport Relief. Comedian Eddie Izzard took on the challenge to run around the UK, completing a mind blowing 43 marathons in 51 days and helped raise £1.8 million!

We have seen sporting heroes such as David Beckham, Gary Lineker, Sir Stephen Redgrave, Dame Kelly Holmes, Pat Cash, Nick Faldo and countless others do their bit for Sport Relief during the year and on the night of the telethon have had a whole host of other celebrities joining in and appealing to the general public to keep the money coming in.

This year Comic Relief and Red Nose day has raised more than £75 million and the figure is still rising. So far I may have been taking the easy option and donating from the comfort of my chair but maybe its time I did my bit as well. I could shave my hair off (maybe not), or sit in a bathtub full of baked beans (definitely not) or dress up as an eighties pop star (that might work)...any suggestions?