

All of us need support from time to time - whether you're an elite athlete a small sports club in your community.

And thanks to the National Lottery we were all able to show our appreciation of our fantastic Olympic and Paralympic athletes during the parade in Manchester and celebration in London earlier this month. But the Lottery does so much more than support our fantastic elite athletes. It supports arts, culture and heritage projects across the country bringing communities together and having a positive impact on people's lives.

Lottery funding gives vital support to thousands of local projects from upgrading sports facilities to supporting veterans and restoring historic churches. As a consequence, its impact reaches far and wide but we must always remember that the thousands of lottery projects that do so much good are down to the generosity of the public who purchase tickets.

National Lottery players raise over £36 million each week for National Lottery projects – that's the equivalent to £3,571 every minute. And the majority of National Lottery grants are for £10,000 or less, helping smaller local projects make a huge impact on their communities.

Over the course of next week we will be celebrating the National Lottery with a reception in Parliament and myself and my Ministerial colleagues visiting local projects to champion the amazing work the Lottery helps deliver.

Each day will be themed to represent the many different good causes that receive lottery funding and I urge anyone that has benefitted to get involved and tell their story through social media about why you #LoveLottery.

Oh and don't forget to keep buying your lottery tickets, either. While there is a chance you might win big there is a certainty that the money you spend on a ticket will do so much good to help change lives for the better.