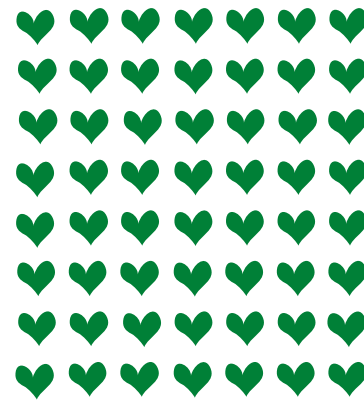
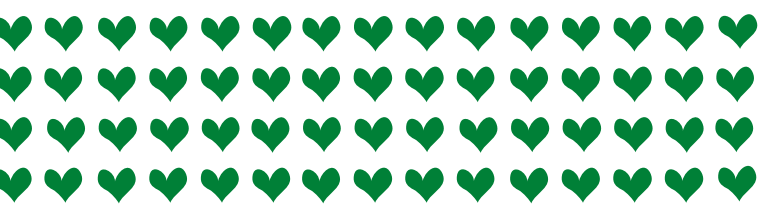




FUNDRAISING PACK



Your raised funds will help us save
lives in Wales!



CALON HEARTS
THE HEART SCREENING AND DEFIBRILLATOR
CHARITY

THANK YOU

First and foremost, thank you for choosing to support Calon Hearts. We would not be able to carry out our work without people like you.

We've put together this pack to help you make the most of

your fundraising efforts. From fundraising ideas to tips and advice, we've got you covered.

We're proud to say that every penny raised in Wales is spent in Wales, so you know that you will really be making a difference and helping us save lives.

Once again, we couldn't do our lifesaving work without you, so thank you. We can't wait to help you get started!



HOW YOUR MONEY WILL MAKE A DIFFERENCE

Calon Hearts doesn't receive any government funding, which means we rely solely on kind donations from our generous supporters. Here are some of the ways your money could be used:



Your donation will cover the cost to train a community in lifesaving CPR and Defibrillator skills



Will allow us to place a Public Access Defibrillator in a community where it is needed most



Will pay for an adult to have their heart screened.



Will pay for a child to have their heart screened.



ORGANISING YOUR EVENT

1

Decide what kind of event you want to do, or how you want to go about raising funds. Do you want to do something in work or at school? Do you want to do something solo or do you want to get your friends together for a quiz night, sports match or group challenge?

2

Think about where you could hold your event. Community centres are a good idea to get the local community involved. Alternatively you may want to hold your event at home, school or your place of work.

3

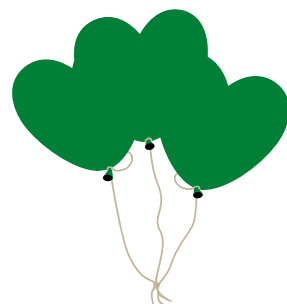
When will you hold your event? Think about whether it's better to hold your event on a weekend or weekday. Allow yourself enough time to properly plan your event to get the most out of it. Consider whether other events or national holidays may clash with your event. Perhaps you could even plan to coincide your event with a holiday, for example, Halloween events can be fun!

4

How can you make the most out of your fundraising? You could charge an entry fee for your event or hold a raffle/auction. Bake sales are always popular but you could raise funds by selling other things too. You may want to set yourself a target amount of how much you want to raise to keep you focused, but remember to be realistic with your target.

5

Spread the word and make sure everyone knows about your event. You could create posters or leaflets and ask shops, restaurants, gyms and other local businesses to display them. Social media is also a great way to get the word out about your event.



ORGANISING YOUR EVENT

6 You may want to contact your local newspaper or radio station to garner a bit of publicity for your event. Let them know what you're doing and why you're supporting Calon Hearts.

7 Get in touch with local businesses to see if they can help you by sponsoring you or donating a raffle/auction prize. You may also be able to get your venue at a reduced cost or even free since it's for a charity event. Get your friends and family involved if you like, and decide who is going to be responsible for each task.

8 Social media is not only a fantastic way to spread the word about your event, but you can also set up a fundraiser on Facebook so people can donate that way. Or, you can set up an online sponsorship page using websites like JustGiving and GoFundMe.

9 We can arrange some bucket collections and tins if you need them, as well as Calon Hearts information flyers, t-shirts, and other merchandise. Email us at sharon@heartscreening.wales and we'll see what we can do.

10 Once your event is over, collect the money you have raised and send it in to us. If you would like us to feature you on our website and social media channels, don't forget to send us any photos you have, so we can thank you for all your hard work.



CHECK OUT OUR FUNDRAISING IDEAS

Have a dine-in - why not host a 'Come Dine Wine Me' style event , where you can show off your culinary skills to your friends

Have a bingo night - Here's a chance to get creative with some homemade bingo cards. You can be as silly or as random as you like!

Hold a quiz night - Put your general knowledge to the test and hold a quiz that everyone can get involved in.

Have a night in - Staying in is the new going out. Pamper yourself and your friends and feel good knowing the money you would have spent on a night out is going to save lives instead.

Karaoke night - Get together for a good old singalong.

Get together for a garden party.



QUIZ

ARE YOU A TEAM PLAYER?

Dress funny for money - you could do this in your workplace or at school. Alternatively, dress up, dress down or dress in

red, the choice is yours.

Put on a show or concert - this is the perfect chance to show off any hidden talents.

Guess the baby photo - get your colleagues to send in their embarrassing baby photos and have a competition to guess who is who.



TAKE ON AN EPIC CHALLENGE...

You could give something up or take something on for a hearty cause.

Take part in a sporting event/marathon/walk. If there's not an official event going on in your area, you can make one up of your own! Push yourself to the limit and help save lives in the process.

Fancy something more extreme? Perhaps you want to do a skydive, climb a mountain or go on an overseas expedition. Do it for us! Get your heart racing by doing something brave, conquer your fears and raise some money for a brilliant cause.



DONATE UNWANTED ITEMS TO OUR CHARITY

If you've recently had a clear out and need to find a new home for your unwanted clothes, you can donate them through <https://collectmyclotheswales.co.uk> or with any unwanted books, games and bric-a-brac you can give us a call and drop them off at our office in Llandaff



READY STEADY BAKE

A cake sale and tea party is another good idea for school or your workplace. Why not host a Char-i-Tea party and help raise some dough for heart screenings and defibrillators throughout Wales?

AND THEN THERE'S THESE IDEAS TOO...

1

Be a do-gooder - Perhaps you could offer your services to neighbours who need a helping hand for a small fee - washing their car, cutting their grass, clearing out their attic. Helping out in more ways than one.

2

Did you know you can donate your used ink cartridges? Go to recycle4charity.co.uk for more information.

3

If you have a birthday, wedding or anniversary coming up, you could ask your guests to make a donation instead of buying you a gift.

4

Do you drink coffee? Why not give that up for one month and donate the money you would spend on your morning latte instead?

5

Do you love chocolate? Why not give that up for one month and donate the money you would spend on that instead?

6

Organise a supermarket or work collection.

DONATE YOUR LOOSE CHANGE

Or perhaps every time you get a £2 coin, keep it aside and the money will soon add up.

GET CRAFTY

If you have an eye for arts and crafts, maybe you could sell some of your homemade items and donate the proceeds.

DON'T FORGET

Why not check out our handy checklist to make sure you have everything you need

- Print off the sponsorship form in this pack and raise as much money as possible for Calon Hearts.
- Download your posters and sponsorship form supplied in this pack.
- Arrange your event, spread it far and wide across Wales. Get as many people involved as you can.
- Check out Instagram, Pinterest and other social media for other great fundraising ideas. Don't forget to share your photos with us @CalonDefibs
- For more information go to calonhearts.org/get-involved/fundraise or call our team on 02921 661420

SET UP A JUST GIVING OR GOFUNDME PAGE

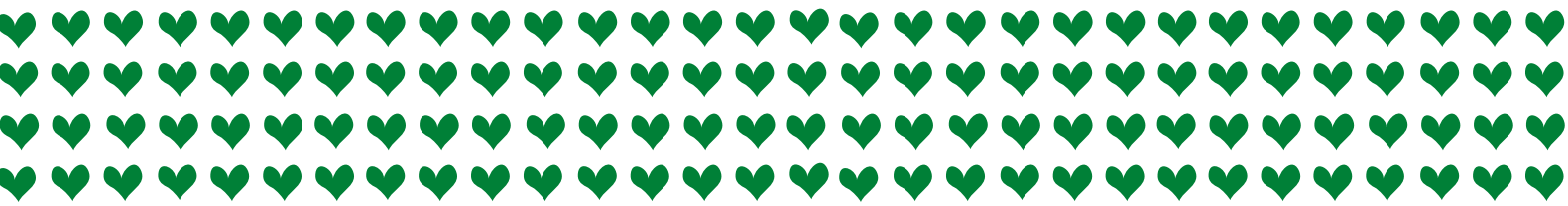
www.justgiving.com

www.gofundme.com

IT'S AS EASY AS 1, 2, 3!

It only takes a few minutes to set up a JustGiving or GoFundMe page, and they are ideal for teams and individual fundraising. They are free for you to set up.

Getting sponsored for your activity or event couldn't be easier; with one click share options you can email friends and family directly about your page. Go one step further and link it to your social media and send out some buzz about your awesome event in your community.



PAYING IN YOUR RAISED FUNDS



Over the phone with your credit or debit card
Call 02922 402 670



Online with your credit or debit card
at calonhearts.org/donate

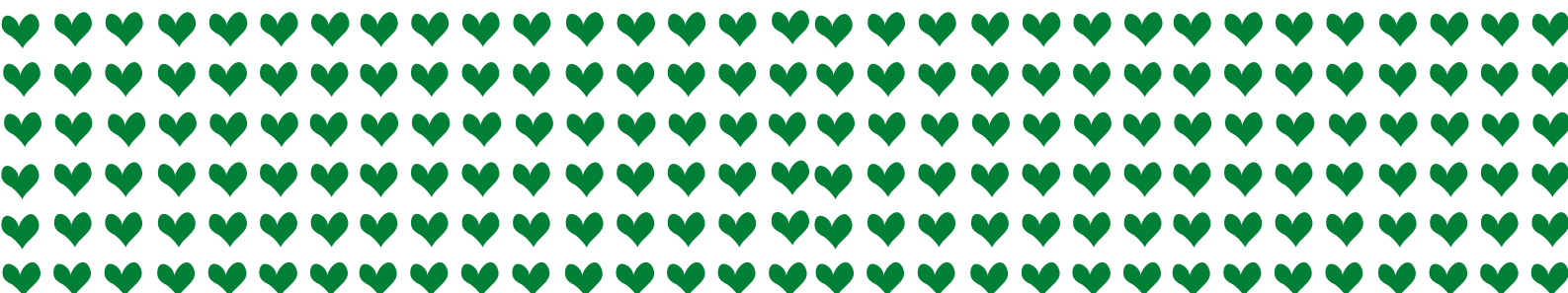


With the bank
Sort code 23-05-80
Account number 48384366
Account name Calon Hearts
Please use a reference so we know how to allocate
your donation



Send a cheque by post
Please make cheques payable to Calon Hearts

Send your cheque to Calon Hearts, White House
Cottage, The Cathedral Green, Llandaff, Cardiff,
CF5 2EB



WE'RE FUNDRAISING FOR CALON HEARTS!

Event:

Where:

When:

Time:



CALON HEARTS
THE HEART SCREENING AND DEFIBRILLATOR
CHARITY





THANK YOU DIOLCH O GALON

Calon Hearts
White House Cottage, The Cathedral
Green, Llandaff, Cardiff, CF5 2EB
02922 402 670 www.calonhearts.org

   @CalonDefibs

Registered charity no 1193404