



# FUNDRAISING PACK

Your raised funds will help us save  
lives in Wales!



**CALON HEART**  
SCREENING AND DEFIBRILLATORS  
THE HEART CHARITY FOR WALES  
1193404

# 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

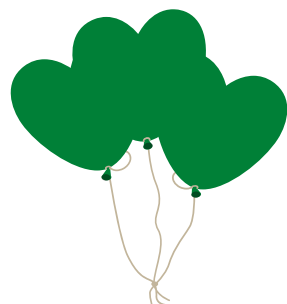
**1** Decide what kind of event you want to do, or how you want to go about raising funds. Do you want to do something in work or at school? Do you want to do something solo or do you want to get your friends together for a quiz night, sports match or group challenge?

**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](mailto: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? find out more at [heartscreening.org/campaigns](https://heartscreening.org/campaigns)





# 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](http://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](https://calonhearts.org/get-involved/fundraise) or call our team on 02921 661420

## SET UP A JUST GIVING OR GOFUNDME PAGE

[www.justgiving.com](https://www.justgiving.com)

[www.gofundme.com](https://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](https://calonhearts.org/donate)



With the bank

Sort code 20-18-17

Account number 73399591

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 HEART**  
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# SPONSORSHIP & GIFT AID FORM



Your name

Event name

Address

Event date

Postcode

Total amount raised

Date paid to us

Telephone

How was it paid?

☐

Cheque enclosed

☐

Over the phone

Email

☐

Paid online

☐

Other

SPONSOR FULL NAME	HOME ADDRESS	POSTCODE	AMOUNT	DATE PAID	GIFT AID (TICK)	TICK IF YOU DON'T WISH TO HEAR ABOUT CALON

**If you are a UK taxpayer, Calon Heart Defibrillators can reclaim the tax you have paid on every donation you make. For every £1 you give, we can claim up to 25p from HMRC at no extra cost to you**

By ticking the Gift Aid box, I confirm that I want to treat all donations I have made to Calon Heart Defibrillators for the last 4 years and any future donations I may make, as Gift Aid donations until further notice. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year that is at least equal to the amount of tax that all the charities I donate to will reclaim on my gifts for that tax year, and understand that other taxes such as VAT and Council Tax do not qualify.

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Once you have collected your sponsorship money, please return this form so we can claim Gift Aid to White House Cottage, The Cathedral Green, Llandaff, Cardiff, CF5 2EB. Please make cheques payable to Calon.



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**THANK YOU!**



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Calon Hearts  
White House Cottage, The Cathedral Green,  
Llandaff, Cardiff, CF5 2EB  
02922 402 670 [www.calonhearts.org](http://www.calonhearts.org)

   @CalonDefibs

Registered charity no 1193404