



**CALON HEARTS UK**  
THE HEART SCREENING AND DEFIBRILLATOR  
CHARITY

CHARITY NUMBER - 1193404

# FUNDRAISING PACK



# THANK YOU FROM THE BOTTOM OF OUR HEARTS

First and foremost, thank you for choosing to support Calon Hearts. We would not be able to carry out our work without your generous fundraising efforts,

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 by 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:

- |    |                |  |
|----|----------------|--|
| 1. | <b>£70</b>     | <b>Pair of defibrillator adult training pads</b> |
| 2. | <b>£250</b>    | <b>Defibrillator replacement battery</b>         |
| 3. | <b>£280</b>    | <b>Subsidised heart screening over 26 yrs</b>    |
| 4. | <b>£895</b>    | <b>Charity grant defibrillator</b>               |
| 5. | <b>£1200</b>   | <b>Public access defibrillator</b>               |
| 6. | <b>£2,500</b>  | <b>ECG Machine</b>                               |
| 7. | <b>£7,200</b>  | <b>Full screening day</b>                        |
| 8. | <b>£40,000</b> | <b>Echo cardiogram machine</b>                   |

# 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 focussed, 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 Virgin Money Giving.

**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 [info@calonhearts.org](mailto:info@calonhearts.org) 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.

**For more fundraising ideas, head to <https://www.justgiving.com/for-fundraising/fundraising-ideas>**

# CHECK OUT OUR FUNDRAISING IDEAS

## AFTER DARK

- **'Come Dine with Me' night** – show off your culinary skills amongst your friends.
- **Bingo night** – get creative with some homemade bingo cards. You can be as silly or as random as you like!
- **Night in** – pamper yourself and your friends and feel good knowing the money you would have spent on a night out is going to make a difference.
- **Karaoke night** – get together for a good old singalong.
- **Quiz night** – put your general knowledge to the test.

## GET YOUR TEAM INVOLVED!

- **Dress funny for money** – you could do this in your workplace or at school. Alternatively, dress up, dress down or dress in red – check out our Big Red Heart Appeal.
- **Garden party** – a perfect way to spend quality time with friends and family during summer months! Download our Tea @ 3 fundraising pack for inspiration.
- **Talent show** – 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.
- **Bake sale** – an opportunity to show off your baking skills and give Mary Berry a run for her money! Heart shaped goodies are sure to go down a treat.



# TAKE ON AN EPIC CHALLENGE...

**Sporting event** - 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.

For more sporting ideas and inspiration, download our My Char-a-thon fundraising pack!



**FOR MORE FUNDRAISING IDEAS, SCAN THE QR CODE TO EXPLORE OUR RANGE OF FUNDRAISING PACKS**



## **ADDITIONAL TIP:**

### **DONATE UNWANTED ITEMS TO COLLECT MY CLOTHES WALES**

If you've recently had a clear out and need to find a new home for your unwanted clothes, shoes, bags and accessories, head to [collectmyclotheswales.co.uk](http://collectmyclotheswales.co.uk) and select us as your chosen charity. Alternatively, give us a call to arrange a collection anywhere in Cardiff.



# 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 the country. 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 @CalonHearts
- For more information go to [calonhearts.org/get-involved/fundraise](http://calonhearts.org/get-involved/fundraise) or call our team on 02922 402670

# SET UP A JUSTGIVING PAGE

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

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

It only takes a few minutes to set up a JustGiving page. They are free for you to set up and they are ideal for teams and individual fundraising as they are a super accessible way of contributing funds.

Getting sponsored for your activity or event couldn't be easier; with just one click, there are plenty of share options to help spread the news to your friends and family. You could even go one step further and link it to your social media profiles to keep the momentum going for your event.



# SPONSORSHIP FORM FOR

I'M HOPING TO RAISE  
FOR CALON HEARTS

£

Over the phone

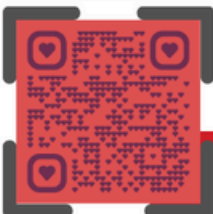
Other

GIFT AID  
(TICK)

TICK IF YOU DON'T  
WISH TO HEAR ABOUT  
CALON



NAME	AMOUNT	GIFT AID	FULL ADDRESS



calonhearts.org  
02922 402670

Please scan the QR  
Code to donate online!



**CALON HEARTS**  
SCREENING AND DEFIBRILLATORS UK  
CARDIAC ARREST HAS NO BOUNDARIES  
NO: 1193404





# WE'RE FUNDRAISING FOR



**CALON HEARTS UK**  
THE HEART SCREENING AND DEFIBRILLATOR  
CHARITY

CHARITY NUMBER - 1193404

**Time:**

**Where:**

**When:**

# ***PAYING IN YOUR RAISED FUNDS***



**Over the phone with your credit or debit card, please call 02922 402 670**



**Online with your credit or debit card at [calonhearts.org/donate](https://calonhearts.org/donate)**



## **By bank transfer**

**Account name: Calon Heart Screening**

**Account number: 48384366**

**Sort code: 23-05-80**

**Please use a reference so we know how to allocate your donation**



## **Send a cheque by post**

**Please make cheques payable to Calon Hearts.**

***(Please include your full name, address and email if you wish for us to Gift Aid your donation)***

**Send your cheque to:**

**Calon Hearts, White House Cottage,  
The Cathedral Green, Llandaff, Cardiff,  
CF5 2EB**



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SCREENING AND DEFIBRILLATORS UK  
CARDIAC ARREST HAS NO BOUNDARIES  
NO: 1193404

***WE RAISED***

***FOR CALON  
HEARTS***



*Sharon* 

Sharon Owen  
Charity Director





02922 402 670 [www.calonhearts.org](http://www.calonhearts.org)

# THANK YOU DIOLCH O GALON

CARDIFF: WHITE HOUSE COTTAGE, THE CATHEDRAL GREEN,  
LLANDAFF, CARDIFF, CF5 2EB

   @CalonHearts

Registered charity no 1193404