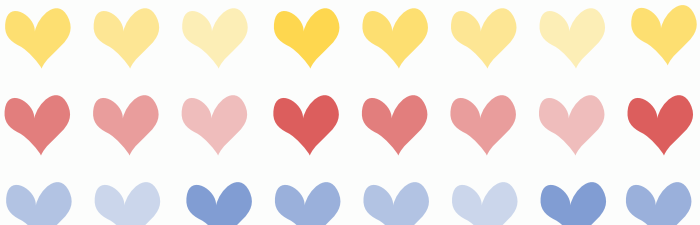
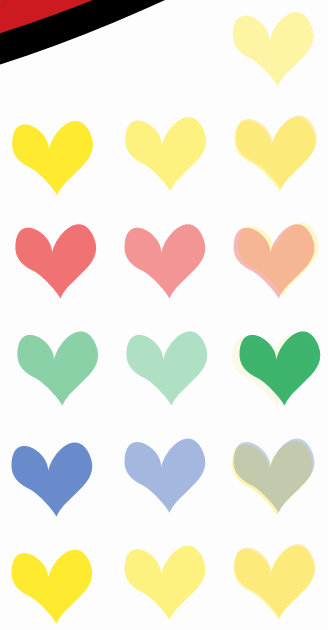




STEP UP TO THE BEAT!

FUNDRAISING PACK

Step Up To The Beat-
Healthy Schools Fundraising Pack



CALON HEARTS
SCREENING AND DEFIBRILLATORS
THE HEART CHARITY FOR WALES
1193404



STEP UP TO THE BEAT

What is Step Up To The Beat?

Step Up To The Beat is our Healthy Schools Fundraising Campaign to help raise funds for our Calon Heart! We are raising money for Heart Screening and Defibrillators all around Wales for all ages!

With this Campaign we are asking *you* to fundraise in your school for example by, holding a Fun-Run, Dance-a-thon, Dodgeball or even a Skip-a-thon! Any ideas welcome!

Read on for more info on how to get involved!



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SCREENING AND DEFIBRILLATORS
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**STEP UP
TO THE
BEAT**



**Get your school
involved!**

We are asking you to fundraise in your school by, holding a Fun-Run, Dance-a-thon, Dodgeball or even a Skip-a-thon!

Any ideas welcome!

Help Save Lives in Wales with Calon Heart Screening and Defibrillators!

For more information on how to get involved -
visit our website or call us on 029 2240 2670



www.calonhearts.org

THANK YOU DIOLCH

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.

Calon Hearts doesn't receive any government funding, which means we rely solely on kind donations from our generous supporters.

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!

**STEP UP
TO THE
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ORGANISING YOUR EVENT

1 Think about where you could hold your event- Most likely in your school or alternatively you may want to hold your event at a local community center!

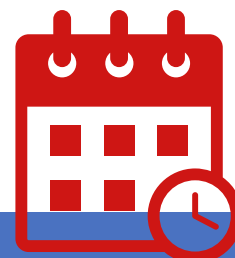
2 When will you hold your event? Think about whether it's better to hold your event on a weekend or weekday? During School hours or an after school event? Consider whether other school events or national holidays may clash with your event.

3 How can you make the most out of your fundraising? You could charge an entry fee for your event or hold a raffle/auction. 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.

4 Spread the word and make sure everyone knows about your event. You could create posters around the school or leaflets for pupils to give to their parents! Social media is also a great way to get the word out about your event.

5 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@cymruhearts.org and we'll see what we can do.

6 Once your event is over, please 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.



**STEP UP
TO THE
BEAT**

ideas!

DANCE-A-THON



FUN RUN!



SKIP-A-THON



DODGEBALL

FUNDRAISE FOR A HEART SCREENING!



£280 per adult

£695 per child

Heart screening reduces the risk of cardiac arrest by 89%,
by detecting heart abnormalities that can then be treated

www.calonhearts.org

What can your fundraiser do?

£300 DEFIBRILLATOR GRANT

Fundraise for a defibrillator for only £845(including free training!)



If you hold a #StepUpToTheBeat fundraiser

Let us know if you would like a defibrillator!

Please contact Sharon on

sharon@calonhearts.org or 02922 602 470

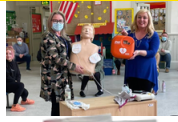
#StepUpToTheBeat

**STEP UP
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FUNDRAISING

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WISH LIST



A £36

Replacement defibrillator pads



B £47

Defibrillator and CPR training pads



C £100

One hour of CPR & defibrillator training for up to 50 people



D £280

One Adult heart screening session



E £185

Little Anne Training Dummy



F £193

Defibrillator indoor cabinet (unlocked)



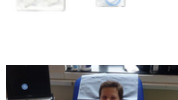
G £230

Defibrillator replacement battery



H £270

Training defibrillator & kit



I £695

Child Heart Screening



J £845

Defibrillator



K £1,295

Public access defibrillator



L £2,200

ECG Machine



M £7,200

Full screening day



N £40,000

Echo cardiogram machine

SAVING A LIFE = PRICELESS

DON'T FORGET

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



Print off the sponsorship form below and ask family and friends to sponsor you!

If you would like a custom poster for your event, please don't hesitate to get in touch and we'll design one for you! info@heartscreening.wales

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 02922 402670

SET UP A JUSTGIVING OR VIRGIN MONEY GIVING PAGE

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

www.justgiving.com

www.uk.virginmoneygiving.com

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.



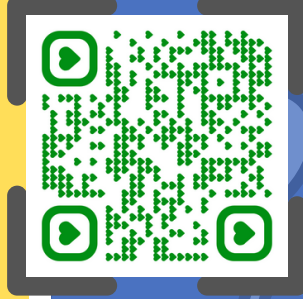
SPONSORSHIP FORM

12 people under 35 die suddenly and unexpectedly in the UK every week from an undiagnosed heart condition

My fundraising target: £

Full Name	Donation £	Date Paid	Gift Aid	House No./Name
Miss Heather Hearts	£20	14/02/2021	<input checked="" type="checkbox"/>	

Only fill out if gift aid box is ticked and donation is over £30



Save Hearts in Wales

STEP UP TO THE BEAT



For every £1 you donate, we can claim an extra 25p at no extra cost to you. If you are a UK tax payer you can Gift Aid your donation.

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
(scan this barcode)**



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.

(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



REMITTANCE FORM

FOR CHEQUES **Save Hearts in Wales**

Please send this form into us alongside your cheque

We would love to hear about your Step Up To The Beat Fundraser!



Name



Address

Email

Phone



For every £1 you donate, we can claim an extra 25p at no extra cost to you. If you are a UK tax payer you can Gift Aid 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:

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Cathedral Green, Llandaff, Cardiff, CF5 2EB



WE'RE FUNDRAISING FOR



CALON HEART

SCREENING AND DEFIBRILLATORS

THE HEART CHARITY FOR WALES

1193404



Event:

Where:

When:

Time:






#StepUpToTheBeat



**THANK YOU VERY MUCH
DIOLCH O GALON**

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

   @CalonDefibs
@CalonScreening
Registered charity no 1193404

Presents

Step up The to Beat



Get involved!



Healthy Schools Fundraising Campaign to help raise funds for Calon Heart Screening and Defibrillators! We are raising money for Heart Screening and Defibrillators all around Wales to help save lives!

www.calonhearts.org