



Fundraising ideas from The BHF

Bag it Beat it – Our national stock generation campaign – donate bags of your unwanted items for our shops.

Dechox – can your members go through the whole month of March without chocolate?

My Marathon – a marathon your way at your pace: run, walk, skip, swim, cycle, or zumba 26.12 miles in 30 days. I'm sure there are many other ways you could complete the distance, time to get creative!

Nation of lifesavers CPR Training – How great would it be if every Smart Cover colleague had the skills to save a life? Our partnership could make that happen. Our Nation of Lifesavers training is available to each and every one of you. Not only that, our simple DVD-lead training would also be available to friends and families so that you would play a big part in creating that nation of lifesavers.

Quizmas – The readymade BHF Christmas Quiz event just waiting to happen.

Skydive as a BHF HeartFlyer! – I wonder how many of your colleagues have this on their bucket list? Can be done at any time of year.

Wear It Beat It – Wear red and host an event while raising funds to help us beat heart disease.

World Heart Day – 29th September. Raise awareness of heart disease and raise funds for the BHF

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Free Resources

Access to leaflets like our **10 Minute Challenge**, our simple downloadable guide to getting active and helping your heart, and **HeartMatters**, our FREE bi-monthly magazine which is available to all colleagues, delivered straight to their doorstep or online.

Fundraising materials such as balloons, bunting, red tablecloths, collection boxes and buckets.

We also have a large array of other resources to purchase, e.g. T-shirts, red wigs and moustaches, plus items to sell, e.g. pens and badges

FIGHT FOR EVERY HEARTBEAT
bhf.org.uk