British Heart Foundation

SAVE THE DATE.

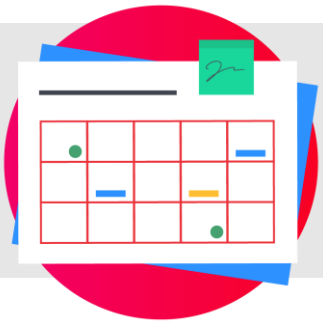
Go Red in Feb 2024

In February, we're calling on you to go red any way you can to help raise funds for lifesaving research. From red cakes to red costumes, go red to raise money. Any day. Your way.

With your support during Heart Month, we can help save and improve lives.

Heart Month
February 2024

Getting started
fundraising ideas



Fundraise in February, any day, your way. You'll join supporters across the UK going red to raise money for lifesaving research.

Go Red!
Whether it's a big ball, an office dress-up day or wearing red fancy dress every day for February – red is an exciting theme to have some fun with.

A Classic Coffee Morning
A table full of home-baked treats is a sure way to tempt people into giving donations. Keep a red velvet cake whole and play 'guess the weight of the cake' to raise more.

Have a Hearty Party!
Pump up the music and throw a party with fundraising activities like an auction or a fancy dress contest.

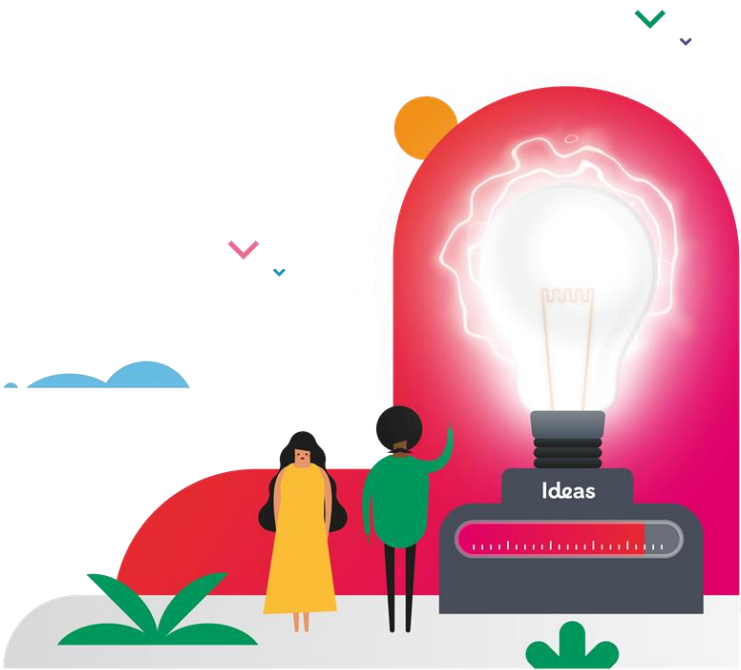
Treasure Island
Print a map with gridlines and select a square to 'hide' the treasure. Sell squares for suggested donations, marking players' initials on the square to help keep track. The winner wins a prize!

Who doesn't love a Quiz?
Host a love themed quiz and take donations as entry fees for teams to enter. A raffle will help draw in teams and raise a little extra so ask local businesses if they can donate a prize.

Red Carpet Ready
Not a fan of fancy dress? Roll out the red carpet with your colleagues, by going all-out formal for a day! Make sure you take photos and donations!

A Sweet Sweepstake
Fill a jar with red goodies to guess the number, or draw lots for the score of a sports game. Sweepstakes are an easy way to involve lots of people in something exciting.

Sports Tournament
Golf days, five-a-side tournaments and dance-a-thons are great to get people together for some fitness and fun.



Our vital work

Every year we fund millions of pounds of research into heart and circulatory diseases and the things that cause them. Heart diseases. Stroke. Type 2 diabetes. Vascular dementia. They're all connected, and they're all under our microscope.

CPR Skills

Knowing CPR could save someone's life. You can learn CPR in just 15 minutes through RevivR™, our free online training course. All you need is a mobile or tablet and a cushion to practise on.

Community Impact

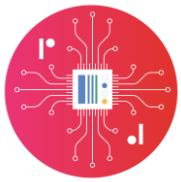
We support hundreds of volunteers and community groups who have experienced the impact of heart and circulatory diseases first-hand.

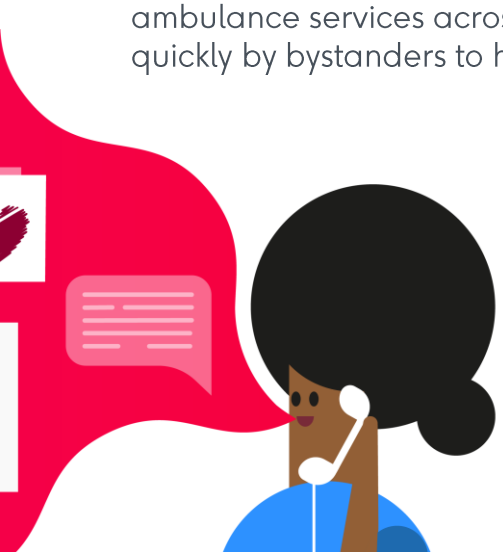
Campaigning

We develop evidence-based policies that will help to inform and influence Government and health service decisions relating to heart and circulatory diseases and research.

'The Circuit'

We're proud to be working with other leading organisations to support and promote 'The Circuit', connecting thousands more defibrillators to NHS ambulance services across the UK, so that in an emergency they can be found quickly by bystanders to help save lives.





Heart Helpline 0300 330 3311

Our cardiac nurses are on hand to help people understand their test results, after an operation. We also have lots of resources at bhf.org.uk

Over 60 years of scientific success

3D printed heart models. Stem cell coated patches. Clot busting drugs. Transplants. Minuscule devices to correct irregular heartbeats. Over the past six decades, the BHF has supported lifesaving breakthroughs which previously were the stuff of science fiction...

Surgeries

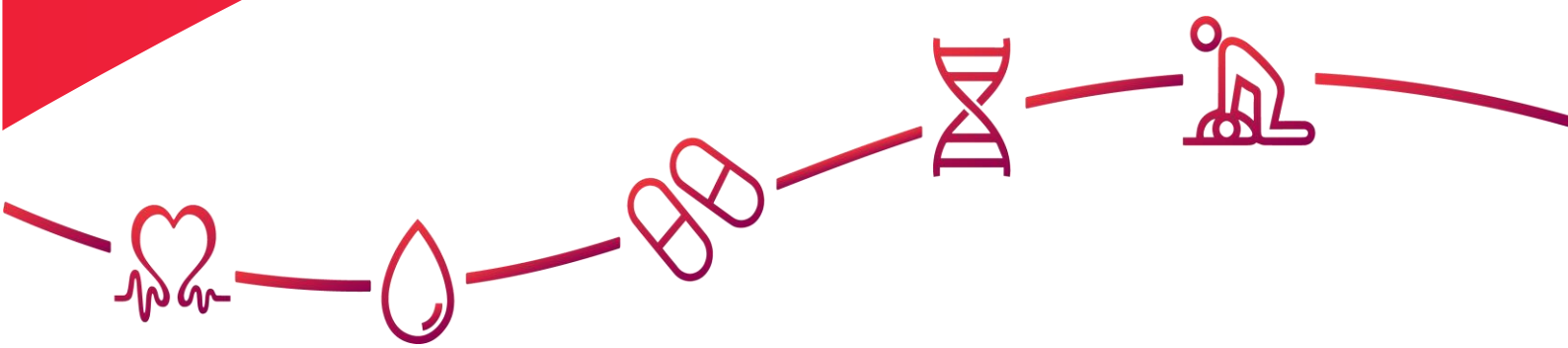
BHF-funded researchers pioneered heart transplants in the UK and have since made them safer to perform as well as contributing to developing a fluid to preserve donor hearts for longer which is now used in hospitals all over the world.

Pacemakers

Research we funded helped pave the way for the miniature, sophisticated pacemaker devices that can today transform people's quality of life. Early pacemakers were bulky and required an invasive operation to open the chest, to sew electrodes directly onto the heart. The next generation of pacemakers are so tiny they fit inside the heart itself, and don't need leads.

Statins

Thanks to world-leading BHF-funded research, statins are now routinely prescribed to patients who have had a heart attack or are at high risk of coronary heart disease. This is estimated to save thousands of lives each year across the UK, and even more around the world.



The landscape of future breakthroughs

Your support this Heart Month will help fund the breakthroughs of tomorrow, to power science that keeps families together for longer.

From Professors and PhD students...

Research we've funded has shown that technology developed using artificial intelligence can identify people who are potentially at high risk of a fatal heart attack at least five years before it strikes. Other cutting-edge research we fund explores using stem cell 'patches' to heal heart tissue. We also fund a new centre to foster excellence in data science as we enter an exciting era of digital medicine and see its huge potential.

... to people in hospitals and homes

We fund research that aims to translate scientific findings from the laboratory into advances in human health in the form of new treatments that reach people in hospitals and homes across the UK. We also fund clinical trials which aim to find better ways to prevent, diagnose and treat heart and circulatory diseases in practice. In the future, treatments for some heart diseases are likely to become more personalised.

Clinical trials in preventing vascular dementia

Bionic pacemakers to slow the progression of heart failure

Stem cell technology to examine the effects of coronavirus

Genetic breakthrough for targeted care of relatives of hypertrophic cardiomyopathy

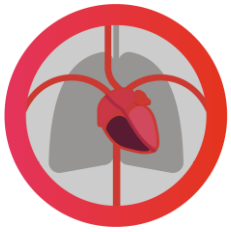
Thank you
let's speak soon

Join us this February... Go Red and raise money to help us keep hearts beating and blood flowing.

£100 could support one of our PhD students for a day. They are essential for the day-to-day progress of our life saving research and we currently fund over 300 PhD students on their path to becoming the world class scientists of the future.

£250 could help buy a month's supply of tiny molecules that light up under a microscope – these are used by researchers to see what's going on inside our heart and blood vessel cells.

£500 could buy human blood vessel cells, so researchers can study how our blood vessels work, a vital part of understanding how to diagnose and treat several heart and circulatory diseases.



£2,000 could help pay for one week of a project to build new patches of healthy heart tissue. New heart tissue could be used in the future to treat heart failure.

Thank you for your support.

Fundraising Manager name
Contact email
Contact phone