

# Your local contacts

It couldn't be easier to get involved in fundraising events and activities in your area – and your local Fundraising Manager can give you all the help you need. Find yours below, or go to [bhf.org.uk/volunteer](https://www.bhf.org.uk/volunteer)

## THE MIDLANDS

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The Black Country &  
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The British Heart Foundation is a registered charity in England and Wales (225971) and in Scotland (SC039426)