



British Heart  
Foundation

SCOTLAND

# Thank you Scotland

## You've helped us in the fight for every heartbeat

**British Heart Foundation (BHF) Scotland's** staff, volunteers and supporters have been working hard to help fund pioneering research and provide vital services and support for people living with heart and circulatory problems.

There are 650,000 people living with cardiovascular disease (CVD) in Scotland. It accounts for more than a quarter of all deaths, meaning 15,000 lives are lost to CVD every year. About 5,000 of these are premature (under 75 years of age).

In the past year, we raised £10.9 million towards our fight against CVD in Scotland and we invested £24.2 million on activities in the local area, including on research and support for all those affected by heart disease.

Please read on for a snapshot of our successes in Scotland over the last year.



### 122 pioneering research projects

As part of our world-class research programme, we're funding vital research at key universities including institutions in Glasgow, Edinburgh, Dundee, Aberdeen, St Andrews and the Highlands. This year we've invested £18.2 million in new research in Scotland, investigating all aspects of heart and circulatory disease.



### 734 Heartstart schemes

Our Heartstart schemes provide free cardio pulmonary resuscitation (CPR) and other emergency skills training in schools and communities. Thousands of adults and school children in Scotland attend each year.



### 1,000 defibrillators

With your help the BHF has placed life-saving defibrillators across the country, in the places they're needed most. Since 1996, we've placed over 1,000 in Scotland, including 60 in the last year.

**FIGHT  
FOR EVERY  
HEARTBEAT**

bhf.org.uk

The numbers in this document are unaudited



## 5 Hearty Lives projects

Our Hearty Lives programme aims to reduce heart health inequalities, and since 2009 has helped nearly 160,000 people across the UK fight back against cardiovascular disease (CVD). In 2013-2014, we've focused on communities in Ayrshire & Arran, Dundee, Glasgow, Inverclyde and Renfrewshire.



## 78 healthcare professionals

We support many healthcare practitioners, including specialist heart nurses, so they can care for and advise heart patients in hospitals and the community in Scotland, improving their quality of life.



## 19,000 Heart Matters members

Our free membership scheme includes a vibrant and informative magazine which drops through thousands of letterboxes across Scotland. You can become a Heart Matters subscriber by joining up at [bhf.org.uk/heartmatters](http://bhf.org.uk/heartmatters)



## 600 Health at Work members

Our rapidly growing scheme helps organisations and firms in Scotland promote workplace health and wellbeing. Our Health at Work members are encouraging thousands of their colleagues to get active and eat well at work, quit smoking, or try to improve their general wellbeing.



## Heart health information

Last year we provided 371,000 items of heart health information to healthcare professionals, parents, teachers and health organisations in Scotland, including booklets, posters, leaflets and DVDs. These resources are helping people cut their risk of heart disease or manage their heart condition more effectively.



## 72 BHF shops and stores

Our dedicated staff and volunteers raised £4.7 million in profit across Scotland to fund our life-saving research. We have 59 BHF Scotland shops and 13 furniture and electrical stores.



## 2,200 volunteers

We're privileged to have so many valuable volunteers who give their time and energy to fight for our cause – in Scotland 1,900 volunteers work with our retail stores plus there are a further 300 fundraising volunteers, including in branches and fundraising groups, across the country. Visit [bhf.org.uk/volunteer](http://bhf.org.uk/volunteer) to find out more about the ways you can help us.



## £2.7 million in fundraising

From the supporters who committed to a monthly gift, to the active individuals who supported us by taking part in our outdoor events, we saw over £2.7 million flood in from Scotland to help us continue our cutting-edge research.



## £3.5 million of legacies left in wills

Over 40 per cent of our life-saving research is funded by people leaving gifts in their wills. In Scotland over the past year, we received £3.5 million from wills towards funding our ground-breaking research into CVD.