



British Heart  
Foundation

CYMRU

# Thank you Wales

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

**British Heart Foundation (BHF) Cymru'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 around 375,000 people living with cardiovascular disease (CVD) in Wales. It accounts for more than a quarter of all deaths, meaning 9,000 lives are lost to CVD every year. About 2,500 of these are premature (under 75 years of age).

In the past year in Wales, we raised £6.2 million towards our fight against CVD and invested £3.6 million directly

into research, services and support. The remainder was invested in activities and projects in the rest of the UK (such as our world-class research programme) that will ultimately benefit people in Wales.

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



### 23 pioneering research projects

As part of our world-class research programme, we funded three new projects this year at the universities of Cardiff and Swansea. Through our ongoing projects in Wales, we're currently investing £5.3 million investigating all aspects of heart and circulatory disease.



### 293 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 Wales attend each year.



### 1,100 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 1,100 in Wales, including 47 in the last year.

**FIGHT  
FOR EVERY  
HEARTBEAT**

bhf.org.uk

The numbers in this document are unaudited



## 2 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 Torfaen and Neath Port Talbot.



## 35 Heart Support Groups

Heart Support Groups in Wales bring hope and a healthier lifestyle to thousands of heart patients and their carers in communities across the country.



## 117 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 Wales, improving their quality of life.



## 18,000 Heart Matters members

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



## 500 Health at Work members

Our rapidly growing scheme helps organisations and firms in Wales 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 171,000 items of heart health information to healthcare professionals, parents, teachers and health organisations in Wales, including booklets, posters, leaflets and DVDs. These resources are helping people cut their risk of heart disease or manage their heart condition more effectively.



## 34 BHF shops and stores

Our dedicated staff and volunteers raised £1.3 million in profit across Wales to fund our life-saving research. In Wales we have 27 standard shops and seven larger furniture and electrical stores.



## 1,200 volunteers

We're privileged to have so many valuable volunteers who give their time and energy to fight for our cause – in Wales, 850 volunteers work with our retail stores plus a further 350 fundraising volunteers in the community. Visit [bhf.org.uk/volunteer](http://bhf.org.uk/volunteer) to find out more about the ways you can help us.



## £1.5 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 £1.5 million flood in from Wales to help us continue our cutting-edge research.



## £3.4 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 Wales over the past year, we received £3.4 million from wills towards funding our ground-breaking research into CVD.