Wear red in Feb

Last February, people all across the country did one simple thing to show their support for BHF Scotland – they wore something red.

Offices, schools, clubs and community groups all held their own fundraising day when everyone made a donation and donned scarlet skirts, cerise coats and ruby rugby shirts. Across the UK, our supporters raised an amazing £500,000 last year and had a lot of fun in the process. From red cakes to sweepstakes, raffles to red castles, red was the national colour for the day.

We’re hoping 2013 will be bigger and better than ever. We’re aiming to raise even more funds to help vulnerable people and their families being torn apart by the devastating effects of heart disease.

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Get inspired to Rock Up In Red

It’s easy to take part – just hold an event on Friday 1 February 2013. It could be anything, as big or small as you want, but the important thing is to Rock Up In Red. Then the fun begins. Fancy making some heart-shaped cupcakes? Need an excuse to wear your favourite red dress or shoes to work? Get together with family, friends or colleagues and put on your brightest red attire to help us beat heart disease.

Order a free fundraising pack and we’ll send you everything you need to organise your event, including posters, a fundraising guide, collection box and event ideas. Everyone who takes part gives £2 and it soon adds up.

Every penny raised supports our pioneering research and patient care, and our continued fight for the better treatment and prevention of heart disease that will save lives. With hundreds of thousands of Scots living with heart disease, our work really is vital. So the more people we get to Rock Up In Red, the better!

“Every penny raised supports our pioneering research and patient care”

Well red

Find the red that suits you. To test your skin tone, see if silver (cool) or gold (warm) jewellery looks best against your skin. Cool skin tones suit cherry red, ruby, crimson, and strawberry. Warm skin tones suit fire-engine red, tomato red and maroon.

Order a free fundraising pack or find out more by calling 0300 330 0645 or go to bhf.org.uk/red

Inside

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Welcome...

Welcome to the latest BHF Scotland newsletter. You may have noticed on the front cover that the publication has a new name – Heart of Scotland better reflects our vision of being at the centre of work to improve heart health and support people living with heart disease, across the whole of the country.

One way we’re doing that is through our Heart Towns, and I’m delighted to share the exciting news that Aberdeen has now signed up, joining Falkirk, Paisley and Dunfermline. We look forward to working with the community to raise awareness of heart health, help people make positive changes to their lifestyles, and encourage them to fundraise and volunteer to support our vital work.

Looking ahead to the coming year, I hope to see more people than ever before supporting BHF Scotland when they GetRed or join us as a volunteer. It’s such an easy way to get involved, but every penny really does make a difference.

Thank you from me to everyone who has supported BHF Scotland throughout 2012. The support and dedication of our volunteers and fundraisers is what makes our life-saving work possible. Because together we can beat heart disease.

Marjory Burns
Director
BHF Scotland

True Heart Heroes
INSPIRING VOLUNTEERS

Every one of our volunteers is a real Heart Hero, and we couldn’t carry on our life-saving work without their dedication and support.

We recently presented our Heart Hero awards, to recognise some of our most dedicated volunteers across Scotland. Congratulations to all our winners, and our sincere thanks to everyone who generously gives their time to help us fight heart disease. If you’re inspired to get involved, get in touch with your local Fundraising Volunteer Manager – you’ll find their contact details on the back page.

Raymond Adam, a key member of our Perth Branch for 15 years, for organising popular local events including the annual fishing competition.

Jean Campbell from Kilmarnock, who has been volunteering in her local BHF Scotland shop for 14 years. Jean sorts and processes the vital donations of goods, preparing them for the shop floor.

Jenny Henderson, who works with local funeral directors in Inverurie to manage donations made in memory of loved ones. Jenny also handles local store collections and regularly represents the charity at community events.

Maggie Henderson, whose 14 years in our Bathgate shop has seen her take on a huge range of tasks. Most recently, she has been a great advocate of Gift Aid, helping her shop to achieve some of the best results in the area.

Anne Semple from Beardsen, who is at the forefront of our fundraising with schools across Glasgow. A former teacher herself, Anne represents BHF Scotland in a variety of settings, including nursery schools, primary schools and youth groups.

Our BHF Scotland branches in Eyemouth and Falkirk, which have both been raising funds and working tirelessly in their communities for many years - organising events, encouraging others to get involved, and raising awareness of heart health.

Heart Towns
LOVE YOUR HEART

Great news from the north east – Aberdeen has now come on board, joining our existing Heart Towns in Falkirk, Paisley and Dunfermline.

Our Head of Volunteer Fundraising, Barbara Osborne (centre), is pictured with Valerie Watts, Chief Executive of Aberdeen and Council Leader Barney Crockett. Planning is now going on for a number of initiatives to help raise awareness of heart health and encourage people to make healthy lifestyle choices, including a new, exciting event in March 2013.

Dunfermline Heart Town
We chose Dunfermline Heart Town to publicise our latest campaign to raise awareness of the devastating effect that heart failure can have on people’s lives.

Almost 1,000 people across Dunfermline and west Fife are currently living with heart failure but almost 4 in 5 Scots don’t understand what the condition is, and don’t appreciate that, for people living with severe heart failure, every day can be a struggle.

But we believe that there is hope. Our Mending Broken Hearts Appeal is currently researching a cure for heart failure, bringing hope to millions worldwide. Find out more and support this vital research at bhf.org.uk/findtheheure.

The town’s Pittencrieff Park was the setting for two events over the summer. The first Heart Town Walk took place on a lovely April day, raising £1,700. Participants in the June family activity day weren’t so lucky with the weather, so our thanks to everyone who braved the rain to take part!

Paisley Heart Town also had a busy summer, with hundreds of people getting on their bikes or lacing up their trainers to raise funds. The Barshaw Park Centenary Walk in June attracted walkers of all abilities, who enjoyed a walk around the park on a rare sunny day, raising over £250 on the way.

The Paisley 10k and fun run was a fantastic event again, with more than 1,000 participants, including a rising star of the running track, Scottish champion Gemma Rankin (pictured) who helped us to promote the event and went on to win the women’s race on the day. Our first inter-Heart Town cycle, from Paisley to Falkirk, was a great event, raising over £2,500 for our Mending Broken Hearts Appeal. Thanks to everyone who took part and made the day such a success. Planning has already started for 2013, so keep an eye on our website for more details.

Falkirk Heart Town also took part in the town’s very successful Charities’ Day in August. The information stand – offering health checks and fitness challenges – was extremely popular, and helped raise awareness of heart health and the benefits of physical activity for all those who got involved.

The BHF Scotland Falkirk Branch celebrates its 30th birthday this year, with a fundraising ‘Scottish night’ on 23 November at Glenbervie Golf Club. The summer has seen the branch’s annual fun run repeat the success of previous years, while the Golf Day raised an outstanding total of over £2,750.

Support Us Online

Each of our Heart Towns now has its own dedicated page at justgiving.com, where you can find out more about what’s going on and make a donation. You can find them at:

- www.justgiving.com/paisleyhearttown
- www.justgiving.com/falkirkhearttown
- www.justgiving.com/dunfermlinehearttown

www.justgiving.com/dunfermlinehearttown
Fundraising news and activities

Glenrothes Loveheart
BHF Scotland and the Scottish Ambulance Service joined forces to raise awareness of learning life-saving skills at the Kingdom Shopping Centre in Glenrothes in August. As well as demonstrations of Hands-only CPR, there was plenty of heart health information encouraging people to get more active, improve their diet, stop smoking, and much more.

Summer in Sutherland
Our East Sutherland Branch has raised a fantastic total of £1,832 at their Summer Ball. Thanks to everyone who helped organise the event to support the Mending Broken Hearts Appeal.

Ed’s a real tri-er
Orkney man Ed Russell recently completed a gruelling 140-mile fundraising triathlon – cycling, kayaking and running – in less than 18 hours. Ed was inspired to take up the challenge from Inverness back home to Orkney in memory of his younger brother Andrew, and has raised around £8,000 between BHF Scotland and the Orkney Heart Support Group.

Owen kicks off fundraiser
Owen McNamara was inspired to organise a fundraising football match in Saltcoats because his mum and his gran have heart problems, and he wanted to do something positive for them and other people living with a heart condition. Well done to 19-year-old Owen, who has raised more than £500.

Asda cheques out
Thanks to Jennifer Murray and the other members of the social club at Asda Dyce. Their recent fundraising clairvoyant evening raised £500.

Zumba hits the beach
Summer arrived just in time for the sponsored Zumbathon at Leven Beach, which organiser Lisa Cooper is hoping will raise around £500 for our Mending Broken Hearts Appeal. Thanks to Lisa and all who took part, raising their heart rates too!

Caroline’s ‘Ramblins’ raise funds
A book of Doric verse by Caroline Fowler, in memory of her late husband Rob, who died suddenly aged just 56, has been raising funds for the Mending Broken Hearts Appeal. Caroline is pictured with Bruce Sandillands of our Forchabers Branch (picture courtesy of the Banffshire Advertiser).

Climb for Joe reaches great heights
Joe Wilson was only 17 when he died suddenly in 2011 from an undiagnosed heart condition. His friend Chris Lawlor decided to organise a sponsored walk up Ben Nevis in memory of Joe – it was a walk they’d done together before for charity, and had planned to do again.

With family, friends and other pupils from Motherwell’s Taylor High School taking part, Chris’s ‘Climb for Joe’ has now raised an incredible total of more than £15,000 for BHF Scotland, as a remarkable tribute to his friend. Our thanks to everyone who took part and contributed to this outstanding total.

Without the support of our fundraisers, branches and volunteers, we simply could not do what we do.”

Asda cheques out
Congratulations to our Langholm Branch volunteers, who are celebrating another year of fundraising success. Their popular local events include an annual walk, and they’ve been raising funds for BHF Scotland for more than 30 years.

Owen McNamara was inspired to organise the event to support the Mending Broken Hearts Appeal. Caroline is pictured with Bruce Sandillands of our Forchabers Branch (picture courtesy of the Banffshire Advertiser).

Best foot forward in Langholm
Congratulations to our Langholm Branch volunteers, who are celebrating another year of fundraising success. Their popular local events include an annual walk, and they’ve been raising funds for BHF Scotland for more than 30 years.

Zumba hits the beach
Summer arrived just in time for the sponsored Zumbathon at Leven Beach, which organiser Lisa Cooper is hoping will raise around £500 for our Mending Broken Hearts Appeal. Thanks to Lisa and all who took part, raising their heart rates too!

Hugh gets on his bike
BHF Scotland is one of the charities benefiting from Hugh Crossey’s fundraising cycle from Thurso to Stranraer and back to Glasgow, which has raised £3,000. Hugh stopped off at points along the 671 mile route to raise awareness of the work of The Advisory Group – an organisation run by people with learning disabilities to promote social inclusion – and of BHF Scotland.

Raising funds in memory of Jim
“Without the support of our fundraisers, branches and volunteers, we simply could not do what we do.”
Put your heart into our events

Our events are a great way for you to have fun, get fit, and save lives. And this summer, more than 120 participants took part in a monster challenge – our first-ever fundraising Loch Ness Duathlon. Combining a run with either a mountain bike or road cycle, the event passed through some of Scotland’s most breath-taking scenery, along the side of the loch from Fort Augustus to Inverness. From gentle walks to adventurous overseas treks, skydives to tough mountain bike challenges, there’s something to suit everyone. You can also take on our famous London to Brighton Bike Ride during the day, at night or off-road. By registering for an event, you’ll have an unforgettable experience. But more than that, you’ll help save lives.

To find out how you can get involved with one of our events in 2013, visit buddh.org.uk/events

The new contact details are:

Postal Address
BHF-Customer Services
Lyndon Place
2096 Coventry Road
Birmingham
B26 3YU
Freepost Address
BHF
Freepost
Mid 16396
B26 3BR
Telephone
0121 661 5100

Fax
0121 742 9571
Email
scotland@bhf.org.uk
(for all enquiries)

Broaden your horizons

Across the BHF, we continually strive to increase efficiency and minimise costs to allow us to put more money towards our goal of beating heart disease.

To help us achieve this, we are establishing a Customer Services Centre in our Birmingham office to give all supporters throughout the UK a first-class, professional and prompt service. This means closing the offices in Mansfield and Lambethurst and moving some operations from London and Edinburgh. Alongside other changes, this improvement to our working could release an additional £1.5m each year to help beat heart disease.

We are aiming for a seamless transition from late September for around a month, with mail, calls and emails being diverted as work is transferred from the Edinburgh office.

From October, all processing and supporter care services will be provided from Birmingham. If you have any queries about this development, please contact Rachel Briden on 0207 534 0202.

Please rest assured that this administrative change does not affect BHF Scotland in other ways. Our team of Fundraising Volunteer Managers is still in place, helping you to raise the funds which will continue to be dedicated to beating heart disease in Scotland. Our current annual review shows you just how we have done that over the past year and we are even more determined than ever to continue this effort, with your help.

We’re continuing to help provide Automatic External Defibrillators (AEDs) – machines that can save a life by giving the heart a controlled electrical shock during cardiac arrest.

Banchory Medical Practice, Blair Drummond Safari and Adventure Park and Herriot-Watt University have all recently received this life-saving equipment, part-funded by BHF Scotland with the rest of the money raised locally. We’ve also been working in partnership with ferry operator Caledonian MacBrayne and the Scottish Ambulance Service to provide defibrillators on CalMac ferries across the west of Scotland, from Arran to the Isle of Lewis.

New awards to help heart patients

The BHF is investing more than £1 million in innovative projects to help heart patients under a new award scheme involving healthcare professionals. All the projects focus on integrated and long-term care in community settings. They will improve health outcomes for people living with heart disease and help generate evidence to drive wider improvements to heart services across the whole of the UK.

Nine NHS trusts and health boards spread across the UK made- successful bids for funds, including three in Scotland.

In Fife, we’ll be working with NHS Fife to provide a community-based heart failure nurse service that meets patients’ needs closer to their homes. In Lanarkshire and Tayside, we’re working with the local health boards to improve services for people with arrhythmia, which is an irregular heartbeat.

Work on these three projects is currently getting underway, and they will benefit thousands of heart patients.

We’re funding pioneering research at the University of Dundee that could help detect ‘silent’ heart disease.

Professor Allan Struthers and his team have shown that a combination of blood tests could identify early stage damage to the heart that occurs without obvious symptoms.

The tests trialled are already used in heart patients for the diagnosis of more obvious, developed heart disease. A total of 102 of the 300 participants were found to have silent heart disease through heart scans and then the researchers correlated their scan findings with the results of the blood tests, confirming that the tests did pick up a large proportion of those with early heart damage.

Saving lives in Lanarkshire

BHF Scotland has launched a campaign to raise awareness of the signs and symptoms of a heart attack, in partnership with Chest Heart & Stroke Scotland and the Scottish Ambulance Service.

Launching initially in Fife and Lanarkshire, the campaign aims to reduce the number of heart attack deaths by encouraging people to dial 999 as soon as they experience chest pain, or the other symptoms of a heart attack. The campaign includes a video of heart attack survivor Charlie Scott from Cumbernauld. Calling an ambulance quickly and getting the right treatment from the paramedics may well have saved his life.

You can watch Charlie talking about his experiences, and find out more about the signs and symptoms of a heart attack, at: http://bit.ly/ChestPainScotland
Thank you

We don’t have space to highlight all of our fantastic fundraisers and supporters. Lots of people and organisations have been raising vital funds, including our volunteer Branches and Fundraising Groups throughout Scotland; schools, colleges and university students; businesses, councils and other organisations, and the many individuals who raise funds for us in different ways.

Thank you to everyone who is mentioned – and to those of you who aren’t. Your donations, fundraising and support allow us to carry on the fight against heart disease.

Get social with BHF Scotland

There are lots of ways to interact with us and show your support for BHF Scotland with your favourite social media.

‘Like’ our Facebook page and you can post on our wall, share our stories with your friends and give us feedback on what we’re doing in your area. Follow us on Twitter to get our news and views directly to your Twitter feed so you can retweet or respond.

Online community – share your experiences, stories and thoughts with other people like you. Whether you’re living with heart disease, volunteering, taking part in an event or you live in one of our Heart Towns, there’s an online discussion that’s relevant to you.

Have a look, sign up and get started at community.bhf.org.uk

Get in touch to donate by credit or debit card, or by cheque – BHF Scotland contact details are on page 6.

Thank you

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