Teaching heart disease a lesson

Catalogue for teachers, parents and youth workers of 3-18 year olds

Joe, 17
Heart patient
Heart disease causes more than a quarter of all deaths in the UK. But there are ways we can hit back.

The more we all learn about how our hearts work and how to keep them healthy, the better chance we’ve got of cutting heart disease down to size. A good way to start is by educating our young people and giving them all the knowledge and encouragement we can to help them lead healthier lives.

We at the British Heart Foundation (BHF) support those with heart and circulatory disease, and do all we can to prevent it by promoting healthy lifestyles for all.
Welcome

This catalogue is a guide to our heart health services, programmes and resources for teachers, parents and youth workers.

At the beginning of each section is a quick reference guide which gives details of everything in that section – ideal if you need a quick look at what we offer around a particular topic.

To order items

To order any of our heart health information:
- call the BHF orderline on 0870 600 6566
- email orderline@bhf.org.uk
- visit bhf.org.uk/publications

You’ll notice that every resource has an order code (eg, G186). You can use this code to search and order at bhf.org.uk/publications, or order by email or phone.

Frequently asked questions

How long will it take to receive my order by post?
We aim to deliver your resources within four working days.

How many copies of a resource can I order?
We consider all large orders on a case-by-case basis and we may contact you to find out more. If you’re ordering for an event, please call the BHF Orderline on 0870 600 6566 to find out about stock availability and delivery times.

Can I order and download heart health information through the BHF website?
You can order items using our website at bhf.org.uk/publications and they will be sent via post. Nearly all of our resources are also available to download. Downloading a BHF publication before you order it is a great way of taking a look and deciding if you want to order more.

Do I need to be a member or create an account to order items?
You don’t need to be a member of any BHF service or create any kind of account to order items. If you order items to be delivered by post, we will ask for your address. We might also ask you some questions when you order. This is to help us improve our service. If you choose not to answer, you will still receive your items.

Do you charge for resources?
No. Because we are committed to supporting and caring for heart patients and promoting a heart healthy lifestyle to everyone, our materials are free of charge. If you order in bulk, we may suggest a donation that will help to cover the costs of producing the resources – this is considered on a case-by-case basis.

Does this catalogue contain everything you produce?
This catalogue describes our information and services for teachers, parents and youth workers. To keep up to date with new and improved resources, sign up to our new resources newsletter by emailing newresources@bhf.org.uk.
Discover the facts about heart health and heart conditions.
Watch films and hear the stories of people like you. Get inspired with tips and tools. Connect and share your experiences in our online community. Find out about BHF, who we are and our mission. Explore the heart research we fund. Get involved with events, fundraising and campaigning. Shop online and learn more about our high street shops.

Visit bhf.org.uk
Lesson 1.
Get online

Resources for online learning

“I had open heart surgery when I was 12 and missed loads of school. It was tricky getting back into the swing of things, but the BHF’s website helped me get in touch with people who were in a similar situation. Meeting them really helped. You’d be amazed how much stuff the BHF have online. It’s pretty impressive. Whatever you want to know about, you’ll find loads on there to help.”

Josh, aged 19 – I.T. teacher
Primary school
Ages 3–11

cbhf.net
This website has been designed to make learning about your heart fun. There are healthy food ideas, interactive educational games and cartoons featuring the much loved Artie Beat.

Secondary school
Ages 11–14

Yheart.net
This exciting website helps teenagers make healthy lifestyle choices. Learn about eating, physical activity, smoking and alcohol through a combination of online games, blogs, videos, competitions and interactive diagrams.

A range of videos are available on yheart.net covering everything from staying healthy and campaigning for BHF to living with a heart condition.
Lesson 2.
Get smart

Resources for science

“Science is one of my very favourite subjects and I liked learning about my heart a lot! Our teacher got these books from the British Heart Foundation. They were full of interesting stuff because they know about hearts. I thought it was really good and fun.”

Alex, aged 10 – Science teacher
Primary school
Ages 3–11

Our fun and interactive science based resources help students learn about the heart and the circulatory system.

How your heart works poster
A full-colour poster showing how the heart works and how it can go wrong.

M17

For the grown ups...

Know your heart
Know your heart is our interactive learning tool presented by Dr. Hilary Jones. This tool is designed to help you learn how your heart works. It also helps to explain what you can do to help keep your heart healthy and lower your risk of getting cardiovascular disease.
bhf.org.uk/knowyourheart
Lesson 3. Get healthy

Resources for personal, social and health topics

“At school we use these BHF packs about healthy eating and looking after your heart. I’m not mad about eggs or mushrooms, but I love apples, bananas, broccoli and salmon on toast. I like juicing too. Whizzing up fruit in the blender is my favourite.”

Lilia, aged 7 – Home economics teacher
Pre school
Under 3s

Chompy’s Happy, healthy mealtimes
Pack for early years professionals to use in their settings to help tackle fussy eating in 2–4 year olds containing: 18 recipe cards, a recipe card holder, instruction booklet and samples of information for parents.
M001
Suggested donation £10

Chompy’s ten tasty mealtime tips and set of six postcards
Small booklet for parent containing tried and tested tips on managing fussy or faddy eating in 2–4 year olds. Also comes with 6 postcards to use interactively with children.
M002

Primary school
Ages 3–11

Resources to help under 11’s develop their knowledge and understanding of the importance of a healthy lifestyle.

Artie Beat’s find the fruit colouring sheet
A colour in sheet for under seven year olds.
G475
Suggested donation 50p per 10 sheets

Artie’s 5 a day Hoopla challenge
Sticker activity sheet for under sevens to encourage them to eat five portions of fruit and veg a day.
G177
Suggested donation £3
**Artie Beat’s lifesavers**

A booklet for 7–11 year olds about what to do in an emergency situation. The readers find out how to help someone who is bleeding, choking or have pain in their chest.

AC16

Suggested donation £5 for a set of 10

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**Rosie Resus Story Sack**

The pack contains two characters Rosie Resus and Huggy Heartbeat and tells the story of how Rosie Resus becomes a reporter. She has her own column in a local newspaper and highlights all the lives that are saved through the BHF’s Heartstart Programme. All of the stories used are based on real life stories from Heartstart schools around the UK. Children aged eight plus can read the story on their own or the pack can be used in circle time.

HSC34

Suggested donation £10

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**Ordinary day**

A DVD for 5–11 year olds showing them to take action in range of incidents such as choking, serious bleeding and a suspected heart attack and cardiac arrest. To be used as part of the Heartstart training programme.

DVD17

Suggested donation £10 per DVD
The Small Creature
A beautiful resource pack for children who are coming to terms with the loss of a loved one. This interactive resource encourages the child to express their feelings as well as learning to hold onto the memories of those they loved. The pack includes memory buttons, message tags, and an audio CD of the story.
G458
Suggested donation £10

Artie Beat club
A free club for under 11 year olds who want to be fit and healthy. Members just need to return the membership form signed by a parent or guardian and they will receive a joining pack and a newsletter four times a year packed with interesting facts, activities, competitions and prizes to be won.
G48b

An animated version of The small creature is available to watch, visit cbhf.net

Artie Beat school or club membership
Join Artie Beat as a school or club. One adult will be sent copies of the newsletter to hand out to the club members.
G48a
Secondary school
Ages 11–14

This label could change your life
This leaflet tells you what food labels mean and how to use them to choose the healthiest food options.
G54

Food playing cards
A pack of playing cards containing 56 cards help to improve understanding of healthy eating. Accompanying information sheets can be downloaded from bhf.org.uk/healthyheartskit
G435G Food cards pack two

Take away health lessons
12 fun, 60 minute, interactive and engaging lesson plans to help students understand the importance of healthy eating. The pack includes activities, discussion topics, recipes, teachers’ notes and curriculum links.
G435
Suggested donation £20

Stub out Smokey Joe
Stuboutjoe.com is an educational game which shows the benefits of avoiding smoking through the characters of Tim and Kym. Teachers notes provide classroom and homework ideas.
G497
How to save a life
A booklet for over 11s to learn how to help in an emergency situation. This booklet shows how to help someone who is bleeding, choking or has pain in their chest. It also shows how to put someone in the recovery position and perform CPR.
G541
Suggested donation £5 for a set of 10

Keep on track
A booklet designed to help over 11 year olds keep on track of important lifestyle changes and personal progress.
C19

Youth workers kit list
Designed for youth workers, a list of available BHF learning tools to inspire young people about their health.
G1005
For the grown ups...

Cut the saturated fat
A bright wall chart with clear guidance on the choices you can make to reduce your intake of saturated fat.

Cut down on salt
Helps you understand how much salt you should eat and how to identify high salt foods.

Eating well
A practical guide to healthy eating.
Losing someone to heart disease
A booklet for anyone who has lost a loved one to heart disease. It aims to provide practical advice and support to help you understand your grief.
G419

Stop smoking
Provides practical tips and discusses different approaches to quitting. With tips and activities for smokers who are thinking about giving up.
G118

Take Heart
A catalogue of all our heart health information for you and your loved ones.
G5

Heart Matters
Heart Matters is a free membership service offering support and information for anyone who has, or is at risk of developing a heart condition, and anyone caring for someone with heart disease.

To join heart Matters, register at our website bhf.org.uk/heartmatters or call 0300 330 3300.
Lesson 4. Get wise

Resources for literacy

“I was born with a congenital heart condition that’s needed quite a few operations. So I’ve learned a lot about hearts and heart disease over the years. I think it’s brilliant that the BHF are making so much information available to everybody, especially colleges and schools. The more people know, the better, is what I say.”

Joe, aged 17 – English teacher
Primary school
Ages 3–11

Our early years reading books help children learn the importance of healthy eating and regular activity so as they grow up they adopt heart healthy habits.

Artie Beat is coming to visit
Artie Beat is coming to stay! A soft Artie Beat toy comes with a journal designed to be used with groups of up to 35. Classes and clubs take it in turns to take Artie home and record their healthy behaviours then report back to the group.

G980
Suggested donation £10

Artie Beat’s museum adventure
Artie and his friends help save the museum from closure and learn all about how the heart and body work.

G385
Suggested donation £3 per book

Artie Beat’s safari adventure
Artie Beat and his friends go to Africa to help teach the animals all about the importance of being physically active every day.

G383
Suggested donation £3 per book
Artie Beat’s carnival adventure
Artie Beat and his friends learn about healthy eating by taking part in a 5 a day theme float at the carnival.

Suggested donation £3 per book

For the grown ups...

Women and heart disease
Read personal stories from real women and learn how to maintain a healthy lifestyle to reduce your risk and keep your heart healthy.

Artie Beat cartoon series
Choose from ten inspirational cartoons featuring Artie Beat on cbhf.net Each encourages children to be more physically active and eat balanced diet. Will you start with Pirate Adventure or Mealtime Mission? Visit cbhf.net
Lesson 5.
Get active

Resources for physical activity

“I’m mad for football. I go training two nights a week and play in a team on a Sunday. I like other stuff too though like swimming and cycling. At school the teachers use these British Heart Foundation packs, so we’re always doing new stuff. I like it. We’ve done dodgeball and different exercises and all sorts.”

Euan, aged 5 – P.E. teacher
Early years
Ages 0–5

The information in our popular physical activity resources help young people understand the importance of being physically active for 60 minutes every day. Our fun and interactive resources offer practical tips and ideas on how they can be active every day.

Early movers
A resource to help under fives live active and healthy lives. Seven booklets are available to download to help early years practitioners to plan, organise and deliver physical activity with the under-fives. Visit bhf.org.uk/earlymovers

Help your child move and play every day
Information leaflet for parents with ideas for active play with your child.
G611
G611W Helpwch eich plentyn i symud a chwarae bob dydd
Gwybodaethirien
G611NI For parents and child care settings in Northern Ireland

Help your baby move and play every day
An information leaflet for parents with tips and ideas for active play with your baby.
G610
G610W Helpwch eich babi i symud a chwarae bob dydd
Gwybodaeth
G10NI For parents and child care settings in Northern Ireland
Early movers stickers
A book of stickers to use as a reward for children or for use on play equipment or around the setting.
G613
Suggested donation £3

Let’s get active award pocket planner
A resource to encourage 7–11 year old children to record how much activity they do each day in working towards the 60 minute a day target.
G417
G417W Cynllunydd poced gwobr dewch yn fywiog
Suggested donation £10 for 30

Early movers posters
Six A3 motivational physical activity posters for use in an early years setting.
G614
Suggested donation £3

Primary school
Ages 3–11

Get kids on the go
An information booklet for parents of 7–11 aged children with useful tips, hints and physical activity ideas on how to encourage and support their children to be active.
G80
G80W Rhowch hwb I blant I gadw’n hein
Archebwch gymaint ag sydd ei angen ar ayfer rhieni pob disgybl yn eich dosbarth
Teaching resources for schools

Active club pack
The Active club pack provides an introduction to delivering health related out of school hours activities for children 4–14. Ideal for schools as well as community and voluntary groups.
G132
Suggested donation £20

Active school resource pack for primary schools
Split into nine sections, the Active school resource pack contains practical tips, templates and ideas on how to establish physical activity at the heart of your school. Additional supporting material can be downloaded from bhf.org.uk
G70
Suggested donation £20

Make a move programme
The Make a move programme helps schools become active schools that can increase activity levels among secondary students, in particular those who are inactive or have low activity levels. Make a move is divided into two parts:

Make a move: The Motivator pack
Eight class based learning activity sessions to encourage students to become more active. These are designed to be used with a whole class or year group in years seven or eight. The pack comes with supporting materials and hand-outs. Additional supporting material can be downloaded from bhf.org.uk/teachers
G656
Suggested donation £10

Make a move: The Activator pack
A resource to help deliver a physical activity based peer mentoring scheme. The activator scheme is based on year nine and ten students becoming mentors to year seven or eight students for a programme of six weekly one to one mentoring sessions. Additional supporting materials can be downloaded from bhf.org.uk/teachers. You will need to attend a training course to access the resource.
Email bhfnctraining@lboro.ac.uk
Suggested donation £10
Training and development

Training workshops must be attended to obtain one of the resource packs to help ensure they are used easily and effectively.

Physical activity for all

A one day course for professionals working with children and young people with asthma, obesity, diabetes and congenital heart conditions. The course is designed for those wanting to improve their knowledge of medical conditions that may cause concern during physical activity sessions. For more information contact 01509 226419 or visit bhfactive.org.uk

Active ability

Active ability is a practical training course that has been developed to help support the inclusion of young people with different abilities in physical activity. For more information contact 01509 226419 or visit bhfactive.org.uk

BHF Alliance – The More We Know, The Stronger We Grow

Do you want to be part of a valued network of over a thousand healthcare professionals? The BHF Alliance is free to join, and seeks to grow and nurture a supportive and inspirational network of people who work with those affected by, or at the risk of developing, cardiovascular disease (CVD). Alliance members are equipped with information, resources and development opportunities to help them impact positively on patient care, survival rates from CVD events and prevention of disease. As a member you can maximise your potential to make a difference, share your experiences and support the development of others.

Joining is simple, visit bhf.org.uk/alliance where you can learn more about the benefits, hear what our members have to say and complete the short online application form.
Lesson 6. Get prepared

Resources for children and young people with heart conditions
Primary and Secondary school
Ages 3–11

Information for healthcare professionals, parents and carers of under 11 year olds with heart conditions.

Understanding your child’s heart series
A series of booklets written for parents of babies and children with congenital heart disease. 18 titles are currently available to download. For more information visit bhf.org.uk/congenital

Little hearts big questions: Children with congenital heart disease DVD
A DVD for parents of children with congenital heart disease offering practical information, help and support. DVD24

My dad’s heart attack
This beautifully illustrated book helps children and their families understand what a heart attack is and why someone has had one. It tells the story of Megan and her brother Alfie who are worried when their dad goes into hospital. It shows his steady recovery and the healthy changes the family make to make sure they all take care of their heart health. G1016

Little hearts big questions: Children with congenital heart disease DVD
A DVD for parents of children with congenital heart disease offering practical information, help and support. DVD24

Sammy’s heart operation
An illustrated story of Sammy’s visit to hospital for his heart operation to help children who are facing heart surgery. M83
Meet@teenheart
Meet@teenheart is the BHF’s programme for young people aged 13–19 who are living with a heart condition. The programme allows young people to meet each other, feel more confident, support each other and have fun. For more information go to yheart.net/meet

Straight from the heart
This resource will help young people who are going into hospital for a heart procedure. It’s called Straight from the heart because all the tips have come from young people who have been through the experience. G562

My story/their story
Developed in collaboration with young heart patients and based on true events, these films tell the story of Jamie – a teenage girl who is unexpectedly diagnosed with a heart condition. Together these films form a resource that has been designed to encourage people to talk about how heart conditions can affect young people and those close to them. G995

Update
M@TH update newsletter
A free newsletter for young people with a heart condition featuring information about upcoming events, resources and other interesting news. If you would like to start receiving a copy of update then please email meetatteenheart@bhf.org.uk

For the latest information, competitions, resources and ways to get involved visit yheart.net or facebook.com/yheartfan

Picture your journey
Making the transition from child to adult care
A pack for 13–19 year old heart patients to keep all their medical contacts, appointments and health care information together in one place. Three booklets offer information and support as they become and adult and start to take responsibility for their own health. G690
Suggested donation £10
Endocarditis card
Infective endocarditis is a rare condition where the inner lining of the heart becomes infected. This card explains the symptoms associated with endocarditis and how you can reduce the risk of it happening.

M26a

Information leaflets for young people with congenital heart disease
A series of leaflets for young people with a heart condition to help understand more about their condition as they start to take more responsibility for their own health. 14 titles are currently available to order and download:

- C1T Aortic stenosis
- C2T Coarctation of the aorta
- C3T Large ventricular septal defect
- C4T Pulmonary stenosis
- C5T Tetalogy of Fallot
- C6T Transposition of the great arteries
- C7T LQTS
- C8T Pacemakers
- C9T ICDS
- C10T Tricuspid Atresia
- C11T Hypoplastic left heart syndrome
- C12T Pulmonary atresia with intact ventricular septum
- C13T ASD
- C14T Arrhythmias

To download any of these titles visit bhf.org.uk/publications

In charge of my future
Information, guidance and support for 13–19 year olds who have a pacemaker or an ICD.
G1015

The BHF card
An ID card for young people who have an ongoing heart condition. Filled out by a healthcare professional, it can be shown at times when their condition is questioned. Available to order by healthcare professionals only for them to give out to patients.

G486
Fundraising

Raise money and help us fight heart disease

“Dodgeball is brilliant. I love it. I wish it was as big as football. The British Heart Foundation think it’s great too. They helped arrange this Ultimate Dodgeball competition at school and my team got all the way to the final. It was ace. The whole thing raised loads of money for them. So it was a fantastic day and we helped a really good charity too.”

Brandon, aged 10 – Fundraiser
Primary and Secondary school
Ages 3–18

We have three fun activity-based fundraising events for teachers, youth leaders and workers to help them show their children that keeping fit and healthy can be fun, whilst raising funds for their school, nursery or youth group and our life saving work.

These fantastic activities are suitable for boys and girls of different abilities. They are simple to organise and we provide everything needed to organise a fun, successful event.

Jump Rope For Heart
information leaflet
A popular skipping event that encourages children to get active and raise money for their school as well as BHF. Schools and children’s groups receive a free kit with skipping ropes and teacher’s resource pack.
G18 Primary school
G37 Secondary school
G489 Children’s group

Ultimate Dodgeball
information leaflet
A great way for children of different ages and abilities to have fun and get active. Just choose your teams, create a team identity and organise your own fun event. Three dodgeballs and teaching resources are provided.
G469 Primary school
G470 Secondary school

Artie’s Olympics
A fantastic event that encourages children under eight to get active and have fun through taking part in a number of games and activities. Gold medal stickers, balloons and laurel crowns are provided, as well as an organiser’s guide, which is packed full of helpful hints, tips and ideas.
G117 Nursery and infant schools

For the grown ups...

We’ve got a great range of events that you can take part in too. From bike rides to runs, hikes to triathlons, skydiving to swimming, there’s sure to be an event just right for you. Visit bhf.org.uk/events for more information.
Help teach heart disease a lesson

The BHF is the nation’s heart charity, saving lives through pioneering research, patient care, campaigning for change and by providing vital information.

Our resources are free of charge, but we would welcome a donation. Please make a donation in one of these three ways:

- By calling our donation hotline on 0300 330 3322 with your credit card details
- By visiting bhf.org.uk/donate
- By completing and sending in the donation form opposite to: British Heart Foundation, PO Box 5050, Sherwood Park, Annesley, Nottingham NG15 0DJ

Donation form
Help teach heart disease a lesson

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Please make your cheque / postal order / CAF voucher payable to the British Heart Foundation

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We would like to keep in touch with you, to let you know your support has made a difference. By supplying your email address you agree that the BHF may use this to contact you about work and tell you about the BHF and its activities. If you do not wish the BHF to contact you tick here:

- [ ] Please tick here if you do not wish the BHF to contact you. (MP0059)
- [ ] From time to time we will allow other similar organisations to write to our supporters. If you do not wish to be contacted by them, please tick here. (MP0060)

The British Heart Foundation is the nation’s heart charity, registered in England and Wales (225971) and in Scotland (SC039426).

108500 CC12CC

Or please debit the above sum from my:

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To make an instant donation, please call 0300 330 3322 with your credit card details. Lines are open Monday to Friday, 9am to 5pm. Or visit bhf.org.uk
Make your gift worth almost a third more
At no extra cost to you

giftaid it

Are you a UK taxpayer?
If you are a UK taxpayer please tick the first box so we can claim back up to 25p for every £1 you give at no extra cost to you.

GA1
Yes, I am a UK taxpayer and would like the BHF to reclaim the tax on this donation, any donations I have made in the last 4 years and any future donations I may make.*

Date _____ / _____

GA2
No, I am a non-taxpayer.

*To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the tax that all the charities and Community Amateur Sports Clubs (CASCs) that you donate to will reclaim on your gifts for that tax year (6 April one year to 5 April the next). Other taxes such as VAT and Council Tax do not qualify. For more information about this, or the amount of tax that BHF is able to reclaim, please contact our Supporter Care team on 0844 847 2787.

Heart helpline
Call us on 0300 330 3311*
Our cardiac nurses and heart health advisors are on hand to help with any questions or concerns you have about heart health and heart conditions.
*Lines are open 9am–5pm Mon to Fri

Thank you to Wakefield Girls’ High School, Senior School
With a distinguished history and an exciting future, Wakefield Girls’ High School and Queen Elizabeth Grammar School together form Wakefield Grammar School Foundation, providing boys and girls with an exceptional single-sex education from 4–18 years. Together with Mulberry House Nursery (Co-ed 3–4 years) the schools offer far more than just an education, an inspirational journey.

Images were taken at Wakefield Girls High School, Wentworth House, Wentworth Street, Wakefield WF1 2QS
For over 50 years we’ve pioneered research that’s transformed the lives of millions of people living with cardiovascular disease. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But cardiovascular disease still kills around one in four people in the UK, stealing them away from their families and loved ones.

From babies born with life threatening heart problems, to the many mums, dads and grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people’s lives.

**Text FIGHT to 70080 to donate £3**