

Don't
need
it?



Donate
it.



How to donate.

bhf.org.uk



Your unwanted stuff could help power lifesaving research instead of cluttering up your cupboards. Here's how to donate it in three easy steps.

Step 1

Dig out your unwanted stuff.

We can take



Clothes
Accessories
Shoes
Books
Small electricals

We can't take



Duvets
Pillows
Broken or dirty items
Food
Knives

Step 2

Where possible, reuse an old bag and bag up your items.

Step 3

Bring it down to one of our drop-off points.

Did you know?

The average bag of donated items is worth **£14** to the BHF? BHF's retail profits help fund our lifesaving research!

£50 could help researchers measure tiny levels of chemicals found in heart tissue or blood samples, which could hold the key to developing new treatments for heart and circulatory diseases.

Your nearest drop-off point is:

