For immediate release

**[Insert your area] [select as appropriate: man/woman/business] celebrates raising [£XXX] for the British Heart Foundation**

***[Event name/type]****to raise money for life saving research*

A [select as appropriate: woman/man/business] from [insert area] has raised a phenomenal £XXX by holding a [insert event] to support the British Heart Foundation’s (BHF) life saving research.

[Insert name], [insert age], joined the fight against heart disease by [insert details here of the fundraising event, when and where it was held, what you did, who attended and other highlights.]

The event was held because [insert reasons why you held an event for the BHF e.g. after losing a loved one to heart disease/a friend or relative has heart disease / think the charity does great work].

Every three minutes in the UK someone loses their life to heart and circulatory disease which devastates the lives of those they leave behind. The BHF is committed to funding half a billion pounds of research by 2020, which will be central to discovering new ways to beat these terrible conditions.

To help accelerate the fight against heart disease, the nation’s heart charity is calling on people across the UK to organise their own fundraising events to help save lives. To order your free fundraising pack full of ideas, materials and support at [www.bhf.org.uk/doyourthing](http://www.bhf.org.uk/doyourthing)

[Insert name], who organised the event, said “[We are / I am] delighted to have raised [£XXXX] for the BHF’s life saving research. It was an amazing day, so thank you to everyone who made it a success.

“I would encourage anyone who is thinking of holding a fundraising event for the BHF, to go for it! It was a good excuse to get everyone together whilst raising money for a great cause.”

From zumbathons and treasure hunts, to bake sales and quizzes, whichever way you choose to fundraise you can help make a difference to the lives of millions.

**Donna Spriggs-Elliott, Head of Community Fundraising at the BHF said:** “We never cease to be amazed by the extraordinary ways people like fundraise for the BHF and we’re incredibly grateful to them for raising [£XXXX].

“We urgently need more people to join our fight for every heartbeat and help power our life saving research. Every contribution, big or small, plays a crucial part in every breakthrough we make so that’s why we’re calling on everyone across the UK to organise their own fundraising event to help support our vital work.”

To sponsor [insert your name] visit [insert a fundraising link if you have a JustGiving account or similar]

**For inspiration and everything you need to organise a successful event, sign up to get your free fundraising pack by visiting www.bhf.org.uk/doyourthing**

**ENDS**

For more information, an interview or images please contact [insert your contact details]

About the BHF

Coronary heart disease is the UK’s single biggest killer. For over 50 years we’ve pioneered research that’s transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease. But so many people still need our help. 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.