

Welcome to Heartbeat's News Bulletin... our monthly update to make you aware of news and changes within the Charity; exciting new classes, fundraising events & opportunities, first aid courses and healthy workshops along with information on volunteering roles and store collections.



Heartbeat will be closing for Christmas on Friday 21st December at 12 noon and we will re-open Wednesday 2nd January at the normal times.

We wish you all a very Happy Christmas and a Healthy New Year,

from 'The Heartbeat Team'

How much money does it cost to run Heartbeat services?

We often get asked this question regarding the work Heartbeat does. Every week, over 960 people visit Heartbeat for cardiac rehabilitation and it costs us...

£1 million a year

£83,333 a month

£2,739 a day

£114 an hour

HEARTSTART Classes... Would you know what to do in a life-threatening emergency?



- Every year around 124,000 people in the UK suffer a heart attack
- Many of these people go into cardiac arrest and die before reaching hospital, without resuscitation, cardiac arrest is always fatal
- Performing CPR could double that person's chance of survival

CPR is part of ELS training. It only takes **two hours** to learn how to keep someone alive until professional help arrives.

Next Class at Heartbeat

Thursday 31st Jan 2019 10am-12pm

To learn the simple skills that save lives, call 01772 717147 to book onto one of our sessions. We ask for a minimum donation of £5 per person which helps with the upkeep of the equipment and enable us to run future courses.

FUNDRAISING

over the next few weeks we have many exciting opportunities for you to be involved with and to help support Heartbeat.

♥ Heartbeat Advent Calendar Countdown

1st – 21st December Be in with the chance of opening a door. £1 per go. Daily Winner picked at the end of each day. Prizes include M&S vouchers, wine tasting experiences, Christmas cake and many more!

♥ Christmas Jumper Day Friday 14th December

Don those Christmas Jumpers and support your local heart charity. Simply make a donation or collect sponsorship for wearing those pullovers!

♥ Nuffield Gym Christmas Event 15th – 21st December @ Capitol Centre

Come and see Santa in his grotto. Please phone Nuffield Gym to book 01772 834036.

£5 per child includes present, snack and a donation to Heartbeat

♥ Christmas Fair 15th December @ Nuffield Gym, Capitol Centre 10am to 3pm

for your last minute Christmas buys.



CHRISTMAS STORE COLLECTIONS... volunteers needed, can you help?



♥ Sainsbury's @ Deepdale Saturday 15th December

This is a fantastic opportunity for Heartbeat and something a bit different for our wonderful volunteers. Along with bucket collecting Sainsbury's have some fun games and activities for charities to run and keep the money made from them.

Sainsbury's have also kindly offered to do a Raffle and Tombola throughout December and charities are welcome to sell tickets and keep the money donated.

♥ Iceland @ North Road Saturday 15th & 16th December

Volunteer Today! Contact Lynn on 01772 717147, ask at reception for further details or email lynn.preston@heartbeat-nwcc.org.uk