

MARWOOD ROCKS



Colleagues at Marwood Group decided to Rock Up In Red in February 2012 to raise funds for the British Heart Foundation. They had lost both their Engineering Director and I.T. Manager to heart related issues and so they thought it would be the perfect way to remember them, while also raising money for the nation's heart charity.

Over 120 Marwood Group staff got involved on the day which they found very easy to organise. Everyone enjoyed the day and they raised a total of £500!

Ray from Marwood Group said that "Not only did everyone donate to dress up in red, but cakes, heart shaped cookies and vegetarian curries were also sold on the day. The sales office was decorated and the sweepstake game was made full use of by everyone taking part."

"When you Rock Up In Red," Ray went on to say, "you'll be helping a charity that is totally committed to preventing heart disease from devastating people's lives."

ABOUT THE BRITISH HEART FOUNDATION

We are the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. But we urgently need your help. We rely on your donations of time and money to continue our life-saving work. Because together we can beat heart disease.

As the single biggest independent funder of cardiovascular research in the UK, the British Heart Foundation has already played a part in developing many of the heart treatments that are saving lives today.

Find out more at bhf.org.uk

British Heart Foundation is a registered Charity No. 225971.
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Registered office at Greater London House, 180 Hampstead Road, London NW1 7AW.
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HOW WILL YOU
**ROCK UP
IN RED?**

Friday 1 February 2013

COUNTDOWN TO ROCK UP IN RED

RED HAIR



CRIMSON
CARDIE



1 month to go. Shout about it!

Put up posters, tell everyone you're taking part, and share it on Facebook and Twitter. You can download extra copies of the poster at bhf.org.uk/red

1 week to go. Sticker time.

Send a reminder email to everyone taking part, and hand out the stickers to colleagues and friends. If you need extra stickers, download them from bhf.org.uk/red – and share them by emailing the file or saving it in a shared folder.

1 day to go. Final reminder.

Give your colleagues and friends a nudge, with a final reminder email. Then get ready to Rock Up In Red – it's as easy as that.

On the day. Rock Up In Red.

Dress up in red, use the collection box to get as many donations as you can and play the sweepstake game. Don't forget to thank everyone for taking part. And thank you, too – you rock!

Once you've rocked up.

Don't forget to send your donations back to the British Heart Foundation. You can either send a cheque made payable to 'British Heart Foundation' using the enclosed envelope, call us on **0300 330 0645** or visit bhf.org.uk/red Just remember, every penny counts in the fight against heart disease.

ROCK UP YOUR WAY AND HELP US BEAT HEART DISEASE

There are lots of ways you can raise money for Rock Up In Red – here are a few ideas to get you started. And if you can't decide, just ask yourself "which type am I?"

(CHERRY CUP CAKES
YUMMMM...)



The cherry cup cakes type.

Love cake? Who doesn't? Organise a cake sale and get everyone to bring in some homemade treats to sell. You'll find lots of extra fundraising ideas at bhf.org.uk/red

The ruby rocks type.

See if you can get your red fever to catch on, lending your crimson clothes and scarlet accessories to colleagues and friends, for a small donation.

The scarlet shopper type.

Don't have anything red? Nail polish, hair accessories, socks and ties are great ways to add a touch of scarlet. You could even find some clothes and accessories at your local British Heart Foundation shop. Visit bhf.org.uk/shops to find your nearest one.



RED STRIPEY SOCKS

The competitive crimson type.

Like to win? Don't forget to play the sweepstake game in your office or staff room. It's a fun and easy way to raise even more money on the day.

Find lots more ideas for fundraising at bhf.org.uk/red