

BE A FUNDRAISING HERO

THANK YOU FOR JOINING A SUPER
SPECIAL TEAM OF SCOTLAND'S
HEROES! YOU ARE ABOUT TO DO
SOMETHING TRULY HEROIC.

You're fighting back against loneliness, stopping fear
in its tracks and ensuring that people with chest, heart
and stroke conditions can live their lives to the full.

Whether you take part in one of our events, run, bake,
dance or organise an event – your fundraising
superpowers are helping people do more than just
survive. You're helping them really live!

Chest
Heart &
Stroke
Scotland



YOUR GUIDE TO
FUNDRAISING



OUR TOP FUNDRAISING TIPS

1. PUT ON YOUR THINKING 'CAPE'

What do you enjoy doing? Create a masterplan of everything you can do to smash your fundraising goals. From taking part in one of our events, organising raffles and bake sales to a head shave and everything in between, it's up to you! If you're in need of a little inspiration, help is at hand

Visit www.chss.org.uk/myfundraising or email fundraising@chss.org.uk

2. SET UP A SUPER FUNDRAISING PAGE

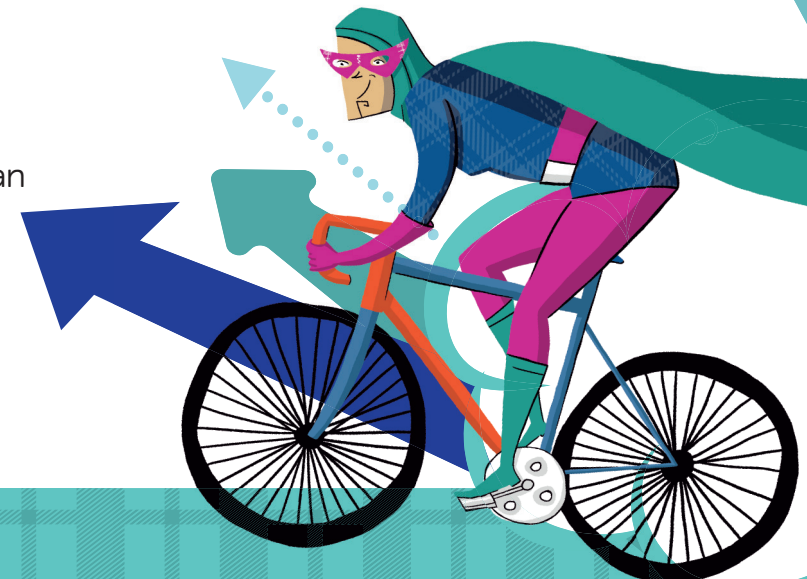
You can do this for free at www.chss.org.uk/mypage. It's an easy way to keep the donations flying in and makes it simple to claim Gift Aid. You can add a photo, a bit about why you're fundraising for us and then share it on social media or with your family and friends and watch the donations roll in!



3. SET A FUNDRAISING TARGET

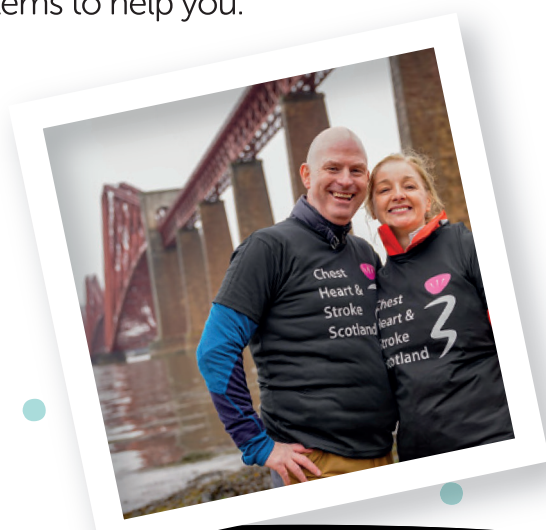
It's really helpful to set yourself a target of how much you'd like to raise. It's a good way to motivate yourself and your friends and family to meet and sometimes beat your target!

Kickstart your fundraising by being the first to donate on your page – this might help encourage your friends, family and colleagues to give what they can too.



4. MATCH FUNDING

Could your employer double your funds? Lots of companies will offer to match what you raise. If not, they may be willing to sponsor you as a company or donate items to help you.



DON'T FORGET
YOU MAY NEED PERMISSION IF YOU
ARE HOSTING AN EVENT IN A PUBLIC
PLACE OR NEED TO THINK ABOUT
HEALTH AND SAFETY ISSUES OR
INSURANCE. GET IN TOUCH WITH US
AND WE CAN HELP GUIDE YOU.

5. GET SOCIAL AND HAVE FUN!

Make the most of your social media channels and fundraising page by sharing updates with your friends and family. Taking photos or videos is a brilliant way to let people know what you're doing and celebrate your fundraising milestones along the way.

We recommend posting 3+ updates to your page to remind people of the amazing difference you're making and thanking them for their support! Also remember to tag us in any posts and we can help share your page [#ChestHeartStrokeScotland](#)



6. LET US HELP!

We're here to support you every step of the way and make your fundraising as easy and fun as possible. Don't hesitate to get in touch or just send out the signal – email us at: fundraising@chss.org.uk

Tag us on social media and we can help spread the word about your amazing fundraising.



YOU ARE A HERO

FOR PEOPLE LIKE TIM AND HIS FAMILY

TIM IS A DAD, HUSBAND AND A YOUNG STROKE SURVIVOR.

Tim suffered a life-changing stroke at the age of 33 while enjoying a barbecue with his young family. In total, he suffered three strokes in three days

"My wife and children watched me have a stroke right in front of them. It was terrifying. The last stroke of the three was two days later while I was in hospital and it was massive. I had to have emergency surgery on my brain and they had to take part of my skull away. I wasn't expected to survive. Thankfully I did, but that is when my real battle for recovery began. I had to learn how to swallow again, how to walk and talk again.

"It was after I left hospital that was actually the most difficult and isolating time for me and my family. Thankfully that is when Chest Heart & Stroke Scotland came into my life. They provided such special support and help when we needed it most. If there is one thing I have learned it doesn't matter how healthy, fit or young you are; when stroke strikes, it can devastate lives in an instant.

"Chest Heart & Stroke Scotland were there for me supporting me to make the best recovery possible and I want to make sure that other people like me and families like mine get the help and support they need."



EVERY £20 will help to provide an hour of vital one-to-one support

EVERY £10 will help fund a call to our expert advice line

EVERY £40 will help train a kindness caller volunteer

IF YOU'VE SET UP AN ONLINE GIVING PAGE,
YOU CAN SIT BACK, HANG UP THAT HERO
CAPE AND RELAX. YOUR FUNDRAISING
WILL COME DIRECTLY TO US.

OR YOU CAN USE ANY OF THESE
EASY PAY-IN METHODS:

IN OUR STORES :

Drop into any of our stores
and hand over the hard earned funds

PAY IN CASH :

Please pop along to any branch of RBS
and pay directly into our account.

Sort Code: 83-51-00 Account No: 00126003

Quoting your ID as your reference,
which is detailed on your letter.

PAY OVER THE PHONE :

Call 0131 297 2750

with your credit or debit card.

PAY ONLINE :

www.chss.org.uk/donate

PAY IN BY CHEQUE :

Post a cheque made payable to:
Chest Heart & Stroke Scotland
2nd Floor, Hobart House
80 Hanover Street
Edinburgh, EH2 1EL

HOW TO PAY IN

GET IN TOUCH WITH YOUR LOCAL
FUNDRAISING TEAM FOR ANY
HELP ON HOW TO MAKE YOUR
FUNDRAISING REALLY FLY

OR SCAN HERE
TO DONATE



EMAIL
fundraising@chss.org.uk
CALL
0131 297 2750

**NO LIFE
HALF LIVED**

Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761), Chest Heart & Stroke Scotland is a wholly Scottish charity. It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114