



# TARTAN

## TEA PARTY

Your Fundraising Goal:

£

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## What's your Tea-Total?

The money you raise will help make sure there is no life half lived in Scotland. **Never underestimate the power of a cup of tea.**

**£50**

could help train a **volunteer kindness caller** to make sure there is always someone at the end of the phone for people in need of help.

**£100**

could fund **8 calls to our Advice Line team** who can support anyone worried about or struggling with the effects of chest, heart or stroke conditions or Long Covid.

**£250**

could give **12 people one hour of vital one-to-one support** through our Community Healthcare Support Service to help them live their lives to the full.

**£350**

could mean that we can support **7 people to attend an online support group for 3 months**, helping them to cope with the emotional and physical impact of their condition.

Set a goal and keep track of how much you've raised at your tea-riffic Tartan Tea Party!



Donate  
here!