



TARTAN TEA PARTY

Your Fundraising Goal:

£ _____



Donate
here!



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.

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£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.

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£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.

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£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!