

While you're helping us save lives by joining National Wear Red Day, don't forget we're here to look after your heart, and your colleagues' hearts, too!



Health at Work – We're working with Healthy Working Lives, Scotland's national body that encourages everyone to be healthy and well at work. Why not encourage your colleagues to be more active, eat healthily and relieve stress? We have a FREE BHF Health at Work programme to help you turn your organisation into an active, energised environment. To join and receive your welcome pack today go to bhf.org.uk/redatwork or call 0870 600 6566

Heart Matters – Our FREE Heart Matters service offers a unique package of support and information for anyone looking to improve their heart health. Member benefits include *heart matters* magazine, an online lifestyle check and tools like our healthy recipe finder.

Visit bhf.org.uk/redmatters to find out more and sign up today.

Heart HelpLine – Our nurses and advisors are on hand to answer any questions or concerns you have about heart health and heart conditions.
0300 330 3311 (lines are open 9am-5pm).

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**Join National Wear Red Day
on Friday 24 February**



**British Heart
Foundation**

SCOTLAND



Why join in?

As well as helping to save lives, joining National Wear Red Day is...

- a great team-building event
- an excuse to dress up and have some fun at work
- a way to motivate your colleagues and beat those winter blues!

Last February, all sorts of companies and organisations across Scotland let their imaginations run wild and put on red-themed events. They helped raise a fantastic £1.4 million in the UK for our life-saving work. Let them inspire you to help us raise even more money in 2012.



"As Healthy Working Lives Gold Award Winners we realise how important it is to maintain a healthy workforce. As well as providing staff with information on how to maintain a healthy heart, we were pleased to fundraise for BHF Scotland."
Sue Strachan, BAE Systems, Hillend, Fife.

"We decided to support Red for Heart because BHF Scotland is our Charity of the Year and it was a great way to get everyone together to boost our fundraising total for the year. We used the free fundraising pack, and had plenty of our own ideas as well."
Una Reilly, the Business Support Team at The Health and Safety Executive in Glasgow.

Send us your photos from your Wear Red Day and we'll add them to our online gallery. You may see your photos here next year!

Send them to red@bhf.org.uk

- Heart and circulatory disease is Scotland's biggest killer.
- British Heart Foundation Scotland is the nation's heart charity and we help to save lives with our information, by campaigning, by caring for people and through our pioneering research.
- **Join National Wear Red Day and help save lives.**

This February, join in the fun of National Wear Red Day

February is National Heart Month and it's an ideal time to think about ways to look after your own heart health and to raise vital funds for BHF Scotland. There's a really easy way to get involved. All you need to do is get your organisation to join in National Wear Red Day on Friday 24 February.

From sporting a red pair of socks to dyeing your hair red – or even going head to toe in red – you and your colleagues will be joining the thousands of people across the country who will be wearing red and making a donation to help us save lives.

How to take part in 4 easy steps

1. Save the date

Tell all your colleagues to wear red on **Friday 24 February**. Send out an email, post it on your company intranet and send out a calendar invite

2. Let us know

Email us at redscotland@bhf.org.uk for your free pack to help you get started.

3. Don't let them forget

Don't forget to remind everyone the day before! Suggest everyone brings a donation of £1, or however much they would like to give.

4. Get your money working ASAP!

When the day is over and you've collected in all the money simply send a cheque payable to 'British Heart Foundation' with the remittance slip on your letter to the Freepost address detailed. You can also pay online at bhf.org.uk/red

We're here to help

If you need any help with your Wear Red Day, would like extra fundraising materials, or have any other questions you can call our Red for Heart team on 0131 555 5891 or email us at redscotland@bhf.org.uk

For lots of other fundraising ideas and games to use at your Wear Red Day visit bhf.org.uk/wearred