



Pumping Marvellous – SUCK A LEMON CHALLENGE: Cut a lemon into quarters and video yourselves sucking it & share, because heart failure sucks!

Suggested Posts

This document includes suggested content from our digital download packs for Pumping Marvellous' Suck a Lemon Challenge to help grow heart failure awareness. We encourage you all to get involved, and share with your loved ones. You can download media packs containing Images, Video and Pdf posters for Print or individual files from our website here: <http://pumpingmarvellous.org/get-involved/suck-a-lemon-challenge/> We can't wait to see your **#SuckALemonChallenge** videos of your lemony sour pusses!

We hope you will enjoy this fun campaign as much as we do. Like many other countries, heart failure awareness is poor across the UK, but given the best tools for self care, in partnership with specialist healthcare teams patients' quality of life can improve. Heart failure prognosis is worse than many forms of cancer, and patients deserve parity of care, without a postcode lottery or patchy provision of specialist services. The sooner symptoms are recognised, the faster life-saving treatment can be provided and further damage lessened.

Are you heart failure aware? Heart failure can affect any age. It's time to support heart failure awareness!

Suggested video script: ***"I'm taking the Suck a Lemon Challenge because heart failure SUCKS! To donate, text SUCK18 £3 to 70070."*** Please share your film and nominate the next Lemon loving/hating person to take part.

Compressed media pack [ZIP FILES] download contents explained: [Alternatively, to download unzipped files and images please go to [Dropbox by CLICKING HERE](#)]

Video Media Pack –

PRINT Media Pack –

Social Media Cards Pack –

Pumping Marvellous Foundation

Registered Charity No. 1151848 Registered as a company limited by guarantee in England and Wales No. 08370761

Registered Office: Suite 111 Business First, Millennium City Park, Millennium Road, Preston, PR2 5BL

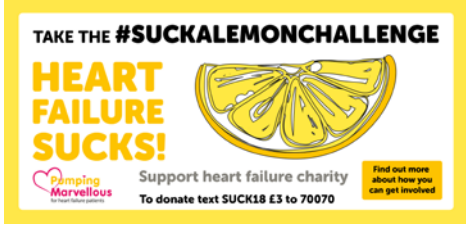

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E-mail: hearts@pumpingmarvellous.org

Website: www.pumpingmarvellous.org Twitter: @pumpinghearts Facebook: Help for Hearts



Twitter

Suggested Post copy	Post image [CLICK to download]	Concept/notes
<p>Join the #SuckaLemonChallenge for heart failure awareness, because heart failure really SUCKS! HF is a condition that affects around one million people in the UK! http://bit.ly/SUCKALEMONCHALLENGE</p> <p>#HeartFailureSUCKS #SUCK18</p>		<p>Introducing Pumping Marvellous' Suck a Lemon Challenge to the UK and linking to information about how to get involved</p>
<p>Do you have a resting lemon face? Share your best lemony sour puss to help raise #heartfailureawareness with the #SuckaLemonChallenge! HF is a condition that affects around one million people in the UK! Pls RT http://bit.ly/SUCKALEMONCHALLENGE</p> <p>#HeartFailureSUCKS #SUCK18 #heartfailurecharity</p>		<p>Encouraging people to take part with their lemony sour puss.</p>

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<p>Visit our heart failure charity's website for our #SuckaLemonChallenge digital downloads to help you and your loved ones get involved. Images, video and posters for print. Pls RT http://bit.ly/SUCKALEMONCHALLENGE</p> <p>#HeartFailureSUCKS #SUCK18 #heartfailurecharity</p>	<p>Image generated by link</p>	<p>Encourage download of useful Suck a Lemon social media pack materials</p>
<p>Have you & your team tried the #SuckaLemonChallenge to raise heart failure awareness yet? Because #HeartFailureSUCKS!! #HeartFailureAwarenessWeek18 @pumpinghearts</p>		<p>Sharing heart failure awareness Encouraging participation Heart Failure Awareness Week</p>

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