

**LET'S BEAT HEART  
FAILURE TOGETHER!  
(ONE MARVELLOUS  
EVENT AT A TIME...)**

**LET'S  
B.E.A.T**  
HEART FAILURE  
TOGETHER

# WHY SUPPORT PUMPING MARVELLOUS

Pumping Marvellous is the only patient-led heart failure charity in the UK. Our responsibility is to help in excess of 1 million people to live better with heart failure. This not only covers the patients' and their families' understanding of the condition and how best to self-manage but also their mental health needs. Peer to peer support is invaluable and we thrive on seeing people living well with heart failure and supporting those within our community going through the same.

By supporting Pumping Marvellous, you will be directly investing in improving people's ability to live well with heart failure.

Examples of this include:

- Our online communities
- Our educational materials
- Supplying over 309,000 pieces of patient information to NHS teams every year

Head over to the Projects page on our website [www.pumpingmarvellous.org](http://www.pumpingmarvellous.org) to find out about our other projects which are funded by generous donations from incredible people like yourselves. Without you we couldn't do all that we do and for that we think you are Marvellous.



**IF YOU HAVE SIGNED UP  
TO A RUN OR RIDE FOR  
THE CHARITY, WE'LL BE BY  
YOUR SIDE EVERY STEP OR  
PEDDLE OF THE WAY!**



## **OUR PLEDGE TO YOU!**

Taking on a challenge no matter how big or small is epic and we will be your biggest supporter from the start through to the finish line.

If you are taking part in a sporting event... First of all that's incredible!!! And secondly along with this guide you should receive:

- A goodie bag that includes a t-shirt and water bottle
- Encouragement and advice from Pumping Marvellous HQ! Please email [hearts@pumpingmarvellous.org](mailto:hearts@pumpingmarvellous.org) so we can support you in your challenge and help promote your event.
- Keep reading for tips on how to maximise your chances to raise funds and smash your target! After all who doesn't want the feel-good vibe of not only completing your challenge but on top of that achieving your fundraising goal! It makes the achievement even sweeter!





If physical endurance events aren't your thing, then why not design your own event there are many other ways in which you can support Pumping Marvellous. For example, do you love to bake or are you crafty enough to knit or have other creative talents? Use your creativity by raising funds through your handmade creations.

Crafting is just one of many ways in which you can fundraise. Other ways in which supporters have raised funds for Pumping Marvellous in the past include:

- Coffee mornings
- Gaming challenges
- Charity auctions
- Sponsored walks
- Charity haircuts

Or what If you are a little 'wacky' and have a different idea to fundraise for Pumping Marvellous!

Well, We would love to hear about your idea! Please contact us and provide us with some information on what you are thinking, and we can help you get planning from there. We will provide you with all the support and advice that we can, no matter how out of the box your idea may seem, we're behind you all the way – drop us an email to get started.

[hearts@pumpingmarvellous.org](mailto:hearts@pumpingmarvellous.org)

As your biggest supporter We want you to achieve your goal, We can promote your event across our social media platforms (if you are happy for us to do this), along with providing you with graphics and imagery to really make your fundraiser stand out from the crowd...



1. THINK OF AN IDEA

2. GET IN TOUCH WITH PM HQ

3. SET UP A FUNDRAISING PAGE

4. SHARE YOUR EVENT



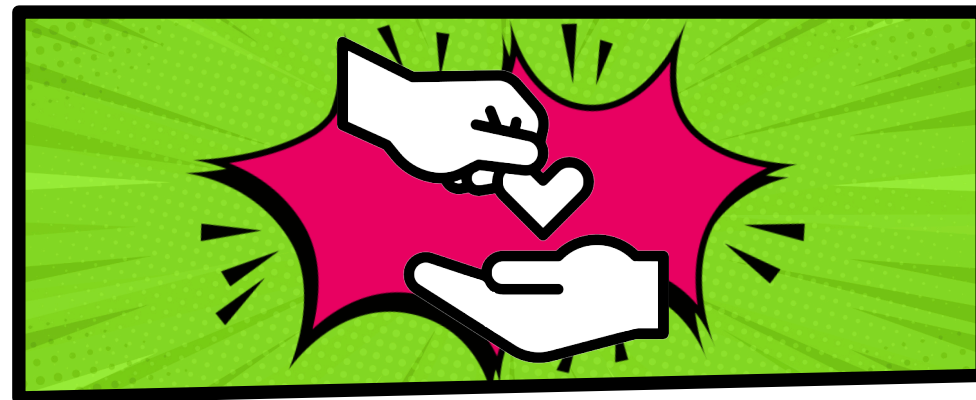
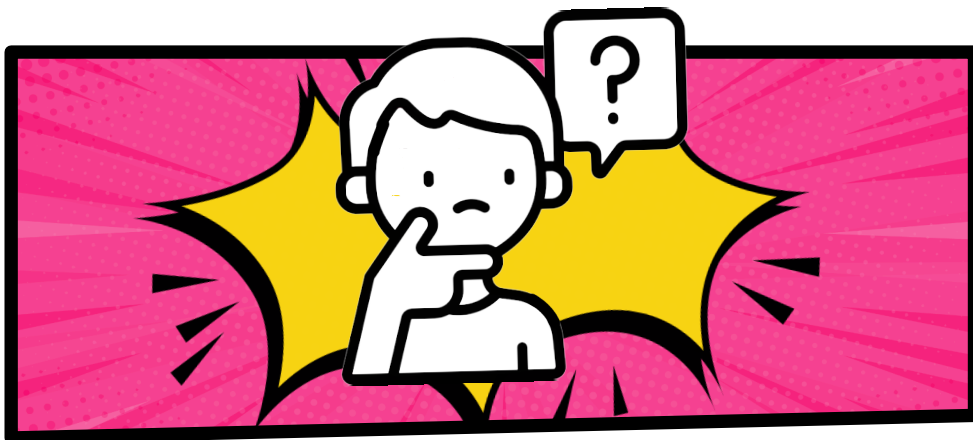
5. THE MOST IMPORTANT BIT - 'ENJOY YOUR EVENT'

6. CELEBRATE YOUR TRIUMPH

7. SEND IN YOUR DONATIONS

8. APPRECIATE HOW MARVELLOUS YOU ARE

**JUMP ON BOARD BEATIE  
OUR MARVELLOUS  
AWARENESS CAMPAIGN  
VAN WHO WILL LEAD  
YOU DOWN THE ROAD TO  
SUCCESS...**



### **1. THINK OF AN IDEA! WHAT WOULD YOU LIKE TO DO? AND HOW WILL YOU ACHIEVE THIS I.E:**

- \* What event are you wanting to take part in?
- \* When/where is the event?
- \* How can we support you?
- \* How will you let people know about your event?
- \* Think about the logistics and getting a support team of friends or family to help you.

### **2. GET IN TOUCH WITH OUR TEAM**

- \* Drop us an email and we can help support from the start and help you to achieve your goal!

[hearts@pumpingmarvellous.org](mailto:hearts@pumpingmarvellous.org)



### **3. SET UP A FUNDRAISING PAGE**

- \* Decide which platform you want to use i.e. JustGiving, Enthuse etc. - or both!
- \* If you need any imagery or funky graphics for your page please just let us know and we will happily create some for you! We can even provide you with a nifty GiveTap QR code for your supporters to scan!

### **4. SHARE YOUR EVENT, FAR AND WIDE!**

We know there's nothing more inspiring or motivational than seeing your fundraising total go up! Make sure you don't forget to share the page with us too! We want to shout about what you are doing as much as you do.



### **5. THIS IS THE MOST IMPORTANT ONE... ENJOY YOUR EVENT**

You have done all the hard work in the run up to the event, so now is the time to enjoy it.

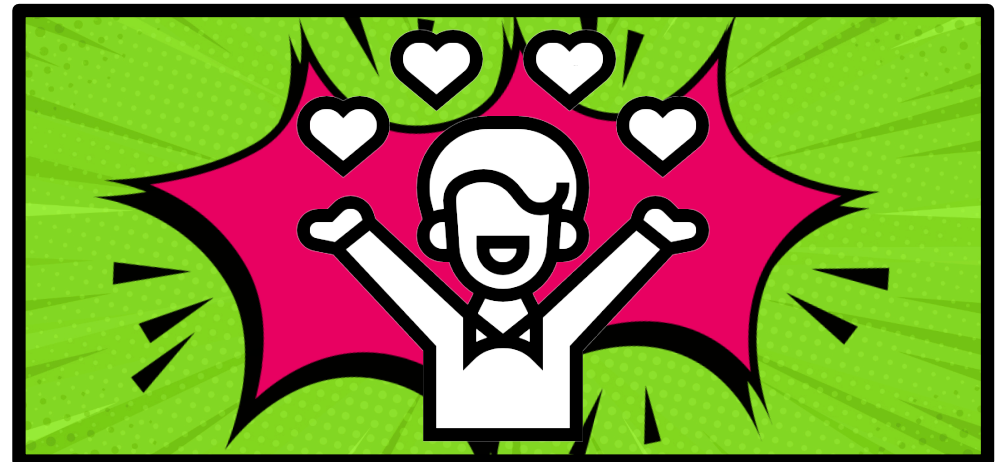
### **6. CELEBRATE YOUR TRIUMPH!**

Share your achievement with the world and let all your supporters know how you got on... be proud of yourself!

This is also a brilliant opportunity to give a final push on your fundraising page! Seeing your achievement might even inspire others to do something similar themselves!

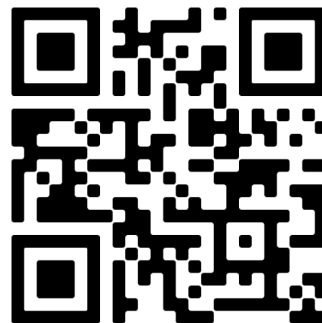
### **8. APPRECIATE HOW MARVELLOUS YOU ARE...**

Whether you just ran a marathon, got down and dirty in a Tough Mudder or held a bake/craft sale, know that you have helped us to BEAT Heart Failure by supporting people to live better with the condition.



### **7. SEND IN YOUR DONATIONS**

If you used a fundraising platform such as JustGiving or Enthuse to raise funds, they will be transferred to us automatically so you won't need to do anything. However, if you collected cash or received funds in a different way, there are a few ways you can get the funds to us. Please use one of the services listed on our Donate page to securely transfer the funds to us.





# HOW YOUR EVENT WILL HELP US TO BEAT HEART FAILURE

**£50**

**WILL ENABLE BEATIE TO VISIT A HEART FAILURE TEAM/COMMUNITY**

**£100**

**IS THE AVERAGE COST TO PROVIDE ALL THE PATIENT INFORMATION AND BOOKLETS IN ONE HEART FAILURE NURSE ORDER TO A HOSPITAL/SERVICE**

**£250**

**WILL HELP SET UP AND RUN A FACE-TO-FACE PATIENT SUPPORT GROUP FOR 12 MONTHS**

**£1,000**

**IS THE AVERAGE COST TO PROVIDE ALL THE PATIENT INFORMATION AND BOOKLETS TO A HEART FAILURE NURSING TEAM FOR 9 MONTHS!**

**£2,000**

**WILL HELP US AMPLIFY A HEART FAILURE CAMPAIGN ACROSS SOCIAL MEDIA, MAXIMISING HOW MANY PEOPLE SEE IT**

**£3000**

**ENABLE BEATIE AND THE PM TEAM TO RUN A HEART HEALTH POP-UP EVENT, RAISING AWARENESS OF THE CONDITION WITHIN A COMMUNITY EVENT WORKING WITH THE NHS**

# IF YOU ARE STILL STRUGGLING FOR IDEAS, HERE IS OUR A-Z GUIDE ON WHAT YOU COULD DO!

A.	C.		F.
<p>Arts and crafts fairs</p> <p>Afternoon tea</p> <p>Auction</p> <p>Abseil</p>	<p>Car boot sale</p> <p>Charity car wash</p> <p>Coast to Coast - walk/run/cycle</p> <p>Cake sale</p>	<p>Dress down day</p> <p>Dress up in a ridiculous costume for a day</p> <p>Darts</p> <p>Drawing competition</p> <p>Diet challenge</p> <p>DIY projects</p>	<p>Fun run</p> <p>Firework display</p> <p>Film night</p> <p>Football tournament</p> <p>Family camp</p> <p>Fill a jar with spare change</p> <p>Food challenges</p>
B.	<p>Come Dine with Me evening</p> <p>Climb a mountain</p> <p>Cocktail night</p> <p>Coffee morning</p> <p>Comedy night</p> <p>Car share</p>	E.	G.
<p>Bake off</p> <p>Book sale</p> <p>Blooming Marvellous sunflower competition</p> <p>Bingo</p> <p>Beard shaving</p> <p>BBQ</p> <p>Birthday fundraiser</p>	D.	<p>Egg painting</p> <p>Easter egg hunt</p> <p>E-bike ride</p> <p>eBay sales</p> <p>Eurovision party</p>	<p>Games night</p> <p>Girl's night in</p> <p>Give something up</p> <p>Gin tasting</p>
	Disco		

Go green send digital cards and donate	<b>J.</b>	Land's End to John O'Groats - walk/run/cycle	New Years party
Golf day	Jumble sale		<b>O.</b>
Grow a beard/tash	Jazz night	<b>M.</b>	Odd jobs
Guess the number	Jurassic Coast challenge	Masked ball	One day fast
Gift aid	Jumper days	Magic shows	Open garden
Give as you live	<b>K.</b>	Murder mystery parties	Open mic night
Garage sale	Karaoke	Makeover	Online quiz
<b>H.</b>	Knobbly knees competition	Moonlight walk	<b>P.</b>
Halloween party	Knit'athon	Match funding	Park run
Hike	Karting day	Music night	Pumping Marvellous picnic
Haircut	Kitchen disco	Monthly donations	Pool competition
<b>I.</b>	<b>L.</b>	<b>N.</b>	Poker night tournament
International evening	Line dancing competition	No drinking week	Pamper day
It's a knockout	Ladies night	Night in - invite the girls/boys round and host them for the evening	Put on a play
Iron Man	Livestream your talent	Name the bear	Pop up cafe
In memory giving	Leave the tech day		Pet show



Picnic	Salsa evening	Triathlon	Watersports challenge
Poetry night	Sponsored silence	Tower to Tower - Blackpool Tower to Eiffel Tower walk/run/cycle	Waxing
Party night	Skydives	Three Peaks climb	Will writing
Payroll donations	Santa dash		Writing competition
	Sweepstakes		Wordle challenge
<b>Q.</b>	Salary giving	<b>U.</b>	<b>X.</b>
Quiz night	Slimming group	Underwater party	Xbox tournament
Quiet time	Street party	Uniform day	Xmas fair
Quit a habit	Silent auction	Unplug the tech day	
	Sportsman's dinner	Upcycle your items	<b>Y.</b>
<b>R.</b>	Sell your skills	Unwanted gifts	Yoga
Race night	<b>T.</b>	<b>V.</b>	Yodelling competition
Raffles	Tough Mudder	Valet	
Readathon	Tea party	Vintage items	<b>Z.</b>
Recycle your items	Theme evenings	Village fete	Zodiac evening
<b>S.</b>	Treasure hunt	<b>W.</b>	Zoo themed fancy dress
Swear box	Tombola	Wine tasting evening	Zumba
	Tuck shop		Zip wire

# **YOU ARE MARVELLOUS!**

By choosing to support the Pumping Marvellous Foundation you are helping us in our drive to BEAT Heart Failure. All funds raised, along with the awareness of the condition that your event will have is helping us to achieve this. We ask that you continue to support us in our mission to help all those living with the condition to live well.

**EMAIL US**  
**HEARTS@PUMPINGMARVELLOUS.ORG**

**CALL US**  
**01772 796542**



Registered Charity No 1151848  
Company No 08370761