

# MAKE YOUR HEARTPLEDGE2021



## Your organisation, your pledge, your way.

### Make 2021 a year to remember for your organisation with the Heart Pledge 2021.

2020 has been a strange year for us all. Plans have been shelved, events have been cancelled and life has been on hold.

For charities, it has also been tough. Fundraising events such as the London Marathon and the Great Yorkshire Bike ride have been delayed or cancelled, and businesses charitable plans have had to be paused.

But here at Heart Research UK, we are full of hope. We're asking you and your business to join us in taking the next steps to take on heart disease.

Take the Heart Pledge 2021, as individuals, as an office or with your customers, and challenge yourself to an event or challenge to raise money for the life-saving research that needs to happen for us to take on heart disease.

You can pledge to do anything, from hosting a bake sale in the office or walking laps of your building, to climbing Mount Everest, swimming the Channel or making a one-off donation.

We can work with you and your teams every step of the way, offering guidance and support to ensure that you get the most out of your pledge, build relationships within your teams and come together to support our lifesaving work.

Small or large, anything you and your teams can help us raise will make a difference.

**In the event that social distancing is still in effect, here's a list of fundraising ideas safe for both your office, home workers and a retail environment.**

- Host an online quiz and collect donations
- Host a bake sale
- Walk or run laps of a local park or garden
- Swim laps of your local pool
- Have a clear out of old possessions and donate the money
- Take on a 5k, 10k, half or even a full marathon!
- Sing with your choir and collect donations

For more information, contact Isabel or visit [heartresearch.org.uk/heartpledge2021](https://heartresearch.org.uk/heartpledge2021)

## So, what will your pledge be?

