



Like to donate right now?

If you'd like to make a donation by cheque or standing order, please fill in your details on the other side of this page as well as below. Please make cheques payable to *Hearts & Souls*. It would be excellent if you could make a regular gift as this helps us to plan. If you are a UK taxpayer, please tick and sign the Gift Aid declaration below which will make your gift even more valuable. Thank you so much.

I wish to make a single gift

£10 £20 £50 £100 Other £

I wish to make a regular gift of: £

Monthly Quarterly Half Yearly Annually

Start Date	
End Date	or until further notice <input type="checkbox"/>
Account Name	
Account No.	
Bank	Sort Code
Address	
Signature	Date

To: *Hearts & Souls*, Barclays Bank plc, 16 High Street, High Wycombe, Bucks, HP11 2BG
 Account No: 60720879 Sort Code 20-40-71
 Quote reference no: _____ (To be completed by *Hearts & Souls*)

Gift Aid Declaration *giftaid it*

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signature Date

Please notify the charity or CASC if you want to cancel this declaration, change your name or home address, no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return this form to: *Hearts and Souls*, Cardiac Rehabilitation Ward 4A, Wycombe Hospital, Queen Alexandra Road, High Wycombe, HP11 2TT. Or hand it to one of the cardiac rehabilitation team.

Want to donate online or by text?



To donate online

It's so easy to make a one-off or regular donation online. Just go to www.justgiving.com/hearts-souls/donate. If you could take a moment to register your details with us online at www.heartsandsouls.org.uk as well, that would be great. Many thanks.



To donate by text

Using your mobile 'phone, simply text **HSG011** followed by the amount you wish to donate and send it to **70070**. For example, to donate £10, text **HSG011£10** to **70070**. Your donation will be collected through your monthly mobile 'phone bill or your mobile 'phone credit. Your text message will be free and you will receive a text asking if you wish to opt in to Gift Aid. Thanks for your donation.



Please remember to Gift Aid your donations

If you are a UK taxpayer please remember to opt in to Gift Aid when you donate. This means that for every £1 you give, the Government will top up your donation to £1.25.

To contact Hearts & Souls

Email: info@heartsandsouls.org.uk

Visit: www.heartsandsouls.org.uk
www.facebook.com/heartsandsoulsbucks



Write to: *Hearts & Souls*
Cardiac Rehabilitation Ward 4A
Wycombe Hospital
Queen Alexandra Road
High Wycombe HP11 2TT

Call: 01494 734291 (Please leave a message with the cardiac rehabilitation team who will pass it on to us.)



Hearts & Souls
WORKING IN BUCKINGHAMSHIRE FOR CARDIAC REHABILITATION

Cardiac rehabilitation helps so many people...



Can you give us a hand to keep it flourishing?



Hearts & Souls
WORKING IN BUCKINGHAMSHIRE FOR CARDIAC REHABILITATION

Registered Charity No. 1074811

Why we need your help



You may be surprised to learn that the NHS does not provide the entire funding for the superb cardiac rehabilitation service that we enjoy in Buckinghamshire. If you or a loved one have experienced it, you will know what a fantastic job the team does to help people get their lives back to normal after cardiac events. Every year around a thousand people benefit from the service, a crucial element of which is *Active Hearts*.

Active Hearts provides a professional, monitored and controlled exercise programme to help more and more patients regain their health, fitness and position in society. It was set up by, and is part of, the progressive Cardiac Prevention and Rehabilitation Service in Buckinghamshire. It operates under the guidance of the NHS Community Cardiac Nursing staff. Running the exercise programme costs in excess of £20,000 a year, which is funded by charitable donations. And that's why we need your help to ensure that the service continues for patients in the future.



About Hearts & Souls

In 1997 a group of grateful cardiac patients and dedicated exercise instructors set up *Hearts & Souls* to support cardiac rehabilitation services across Buckinghamshire, in particular *Active Hearts*. Two years later it became a Registered Charity approved by the Charity Commissioners.

What we do

We provide grants and funding to:

- Pay for the Phase III Rehabilitation Classes so that they are completely free at point of use, making them available to everyone who needs them
- Pay for staff education and training, ensuring skills and knowledge are up to date
- Provide *Active Hearts* uniforms for all the exercise and nursing staff
- Pay for the purchase and maintenance of medical and exercise equipment

How we do it

We receive personal and corporate donations. Many supporters save their loose change in our special collection boxes. We run fundraising events such as quiz nights, dances and our ever popular Annual Race Night & Supper.

We also run a Christmas raffle and a sponsored Bridges Walk. Some supporters organise their own events to help us, too. And people are kind enough to remember us with legacies.



Supporting *Hearts & Souls* is a great way to say thanks to the rehab team



How you can help

The most important thing is to tell us who you are so we can keep you up to date with our activities, which are always good fun. Please can you complete the registration form below? If you prefer, you can register online at www.heartsandsouls.org.uk. You can also donate using the form overleaf. To donate online or by mobile 'phone, please see the back page.

Please let us know who you are

Title	First Name
Surname	
Address	
Postcode	Tel
Email	
Occupation	

Please tell us if you can help

Supporting us with money, leaving us a legacy, attending our events or being sponsored for your own activity are all great, but so is practical help. We need volunteers to assist with events, administration, distribution and publicity. Many hands make light work, so if you can help please let us know.

Leaving a lasting legacy	<input type="checkbox"/>	Joining the committee	<input type="checkbox"/>
Running an event	<input type="checkbox"/>	Assisting at events	<input type="checkbox"/>
Delivering things	<input type="checkbox"/>	Being sponsored	<input type="checkbox"/>
Other...	<input type="text"/>		

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