



Hearts & Souls  
WORKING IN BUCKINGHAMSHIRE FOR CARDIAC REHABILITATION

Helping support patient  
cardiac rehabilitation



## **What is Hearts & Souls?**

You may be surprised to learn that the NHS does not provide all the funding for the superb Cardiac Rehabilitation Service we enjoy in Buckinghamshire, and that the Hearts & Souls charity helps to pay for this important service through charitable donations.

## **What do Hearts & Souls do?**

The Cardiac Rehabilitation team does a fantastic job in helping people get their lives back to normal after cardiac events. We support this by providing grants and funding which:

- Contribute towards the Phase III Rehabilitation Classes with instructors and pedometers.
- Supply funds for staff education and training, ensuring skills and knowledge are up to date and relevant.
- Pay for the purchase of medical and exercise equipment.

## **How do we raise money?**

We receive personal and corporate donations. We run fundraising events such as Spring and Autumn sponsored walks and a Christmas raffle.

Some supporters organise their own events to help us too. People are also kind enough to remember us with legacies.

## **Why we need your help?**

Every year around a thousand people benefit from the service, a crucial element of which is the Buckinghamshire Cardiac Rehabilitation (BCR) unit, part of the progressive Cardiac Prevention and Rehabilitation Service in Bucks. BCR provides a professional, monitored and controlled exercise programme to help patients regain their health, fitness and position in society.

Running the exercise programme is a vast expense and is part funded by charitable donations, which is why we need your help to ensure the service continues for patients in the future.

We appreciate all support – donating money, leaving a legacy, attending our events or being sponsored for your own activity. We are also grateful for practical support with events, administration and publicity.

# Donation & Contact Details Form



## Please provide your details so we can keep in touch.

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 and support your rehabilitation.

**Your details can also be used to set up a standing order.** 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.

Title:
First Name:
Surname:
Address:
Postcode:
Email:
Telephone:
Mobile:
Please tick if it OK to contact you with news of our activities <input type="checkbox"/>

## Please return this form:

**By Hand:** Please hand this form to one of the cardiac rehab team on Ward 4A at Wycombe Hospital.

**By Post:** Hearts & Souls, Cardiac Rehabilitation Ward 4A, Wycombe Hospital, Queen Alexandra Road, High Wycombe, HP11 2TT

**By email:** [info@heartsandsouls.co.uk](mailto:info@heartsandsouls.co.uk)

**Register Online:** <http://heartsandsouls.co.uk/register-with-us/>

Your contact details will only be used for Hearts & Souls purposes. Please email us at any time if you wish to unsubscribe.

**Cheque: I wish to make a single gift**£10 ☐ £20 ☐ £50 ☐ £100 ☐ Other £ \_\_\_\_\_

Please make your cheque payable to Hearts & Souls, and complete the Gift Aid declaration below.

Standing Order: I wish to make a regular gift of: £ \_\_\_\_\_

Monthly ☐ Quarterly ☐ Half Yearly ☐ Annually ☐Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_ Or until further notice ☐

Bank:

Account No:

Sort Code:

Account Name:

Address:

Postcode:

Signature:

Date:

Please also complete the Gift Aid declaration below.

To: Hearts &amp; 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 H&amp;S)

**Gift Aid Declaration – At No Extra Cost To You**

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year that is at least equal to the amount of tax that all the charities that I donate to will reclaim on all my gifts for the current tax year. I understand the charity will reclaim 25p of tax on every £1 that I have given

**Gift Aid: Signature****Date****Please tick ☐**

*Please notify the charity if you want to cancel this declaration, change your name or home address, or 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, 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.*

## How can you help?

Please donate today. Ways to donate:

**JustGiving**<sup>TM</sup>

Set up a Standing Order.

A regular donation would be amazing.

**[www.justgiving.com/charity/hearts-souls](http://www.justgiving.com/charity/hearts-souls)**

You can also pay directly through bank transfer

Send us a cheque.



Follow us:



**[www.facebook.com/heartsandsoulsbucks](http://www.facebook.com/heartsandsoulsbucks)**

Please let us know if you can provide practical help?

We really appreciate help from volunteers to assist with events, administration and publicity. Please email us your details and offer of support: **[info@heartsandsouls.co.uk](mailto:info@heartsandsouls.co.uk)**

Or complete and provide us with the form overleaf.

Contact Hearts & Souls

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

Email: **[info@heartsandsouls.co.uk](mailto:info@heartsandsouls.co.uk)**

Website: **[www.heartsandsouls.co.uk](http://www.heartsandsouls.co.uk)**

Thank you so much for your support!

Hearts & Souls is a Registered Charity No. 1074811