

WHAT'S HAPPENING IN FIFE?

LOCAL VOLUNTEERS

Our Kirkcaldy Fundraising Group have been active in Fife since 1982! They are wonderful ambassadors for the charity and have raised hundreds of thousands of pounds for BHF Scotland. We also have some fabulous volunteers in our shops and out and about in the community attending events and giving talks.



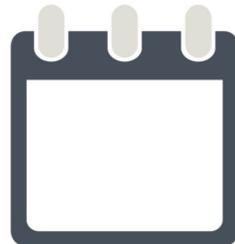
GREAT PARTNERSHIPS

We work together with clubs, associations and companies across the county to create strong partnerships. Our recent Charity of the Year partnership with Clayton Caravan Park saw them raise an amazing £4,177 from various events throughout the year!



FANTASTIC EVENTS

Here in Fife we have the most dedicated volunteers and fundraisers who organise exciting events to raise money. Coming up is the Kirkcaldy Group's Masked Ball on 18th November.



If you would like to find out more about BHF Scotland or how you can continue to support us, please contact your local fundraising manager Lisa Stafford

Email: staffordl@bhf.org.uk

Call: 01259 753983 or 07920 088318



SCOTLAND

DINE & DONATE TO KEEP HEARTS BEATING IN FIFE

WELCOME

Thank you for supporting British Heart Foundation (BHF) Scotland at Grill 48.

This leaflet will give you a little bit more information about BHF Scotland in Fife and how the money raised by you today could help save lives.

DID YOU KNOW?

There are **670,000** people living with heart and circulatory disease in Scotland.

Every year around **1,064** people in Fife lose their life to this devastating disease.

This means, TODAY, around **3** Fife families will be devastated by their loved one not returning home.

THERE IS HOPE

In Fife:

- **2** cardiac rehab programmes
- **6** shops
- **23,776** information resources such as leaflets sent out to households
- **37** organisations signed up to our Health at Work initiative
- **197** Volunteers helping us fight for every heartbeat



Research is the key to us beating heart disease for good

£400,000 is currently being spent in Fife on research

In the 55 years since we were founded, our research has helped turn the tide on heart disease. In the 1960s, 7 in 10 people died of their heart attack. Today, thanks to medical breakthroughs, 7 in 10 survive. Genetic testing helps identify, and pacemakers help control, potentially life-threatening heart conditions. Statins are lowering cholesterol for millions and stem cells are helping to unlock the riddle of regenerative medicine. The BHF has been involved in so many critical breakthroughs - and we are still leading the way.

£2

can help our researchers visualise faulty heart cells under the microscope, allowing them to understand more about debilitating conditions like heart failure

£300

will pay for one day of a project to build new healthy pieces of heart. New heart tissue could be used in the future to treat heart failure.

At the University of St Andrews Dr Alan Stewart is studying the processes involved in blood clotting and identifying what happens when this process goes awry.

People with diabetes or cancer, or those who are obese, have higher blood fat levels, and are at greater risk of abnormal blood clotting. Histidine-rich glycoprotein (HRG) is a protein in the blood that controls clotting by binding to and preventing the natural anti-clotting protein, heparin, from working. A molecule called zinc boosts HRG-heparin binding.



In this project, Dr Stewart will work out exactly how zinc interacts with heparins and HRG, and determine how this affects blood clotting. This project could reveal new ways to prevent and treat potentially fatal blood clots and may help doctors predict which anti-clotting drugs are most likely to work in certain patients.

£80,000 pays for the complete costs of a research project for a whole year - including vital staff, funds for the equipment and lab materials.

Call Push Rescue: Nation of Lifesavers



Across Scotland, there are over 3,500 out-of-hospital cardiac arrests every year, but the survival rate is just 1 in 20. Put simply, thousands more mums, dads, grandparents and children could be saved every year if more people had lifesaving CPR skills.

We're fighting hard to keep hearts beating and by training more people in CPR, we can save lives. In partnership with other organisations, schools and workplaces we're determined to make the country a Nation of Lifesavers. We want to ensure that everyone is confident to do CPR before the emergency services arrive.

£1,000 pays for a Nation of Lifesavers CPR training kit for an entire school - hundreds of pupils and teachers trained!

It takes just 30 minutes to learn these vital skills using our simple and interactive Call Push Rescue training kit. No instructor is needed as all of the techniques are taught using the DVD. It will teach trainees how to recognise a cardiac arrest and carry out CPR on adults and children. It also shows how public access defibrillators work and their role in the live-saving process.



We have placed **4** CPR kits free of charge into schools across Fife and encourage all schools who have not yet registered to receive a **FREE** kit, to get in touch.

Public access defibrillators have a vital role in the live-saving process. We have helped to fund **27** defibs across Fife alone.



£391 +VAT buys a CPR training kit for your workplace - train **10** employees at a time and it is fully reusable to ensure all your staff join our Nation of Lifesavers!