



Become an Ambassador for HEART UK

HEART UK - The Cholesterol Charity is the only charity in the UK dedicated to supporting people with raised cholesterol and other blood fats and also supporting the health care professionals treating these conditions. Our vision is to prevent premature deaths caused by high cholesterol and cardiovascular disease. We're committed to raising awareness about the risks of high cholesterol, lobbying for better detection of those at risk and supporting health professional training.

Our Ambassadors are a vital part of HEART UK's infrastructure. We rely on Ambassadors to help us raise awareness of the dangers of high cholesterol and also help us fundraise. Our Ambassadors are volunteers who work autonomously around the country with full support from HEART UK. We encourage each new Ambassador to recruit where they can, friends and family to help, with the objective of building networks of Ambassadors nationwide.

Our Ambassadors do some amazing things:

- Organising and setting up patient support groups in local areas supported by HEART UK
- Provide a case study – our PR team are always on the lookout for people who can help us spread the word via media relations
- Provide local GP surgeries and clinics with leaflets for patients
- Speak about HEART UK and our work at events such as school assemblies, work place, libraries etc.
- Arrange fundraising events such as sporting challenges, cake baking, sky-diving
- Recycle CDs and DVDs for money
- Come up with their own ideas for raising funds - for example one of our Ambassador sold all their children's old clothes on e-Bay and donated the money to HEART UK
- Get involved with our National Cholesterol Month in October organising lots of awareness raising and fundraising.

We are always looking to recruit more Ambassadors. To qualify you simply need to be passionate about our cause and have commitment.

To find out more please contact Nicola Streak on 01628 777046 or email ns@heartuk.org.uk

Thank you!