

Immediate release

9 October 2006

GIVE THE MOST VALUABLE GIFT YOU CAN THIS CHRISTMAS – YOUR TIME AS A VOLUNTEER

***Join our team of friendly volunteers at your BHF Shops in
Cambridgeshire!***

British Heart Foundation (BHF) is launching an appeal in Cambridgeshire to encourage people to put their spare time and talent this Christmas to good use by volunteering at their local BHF Shop. Volunteers are absolutely essential to the success of the BHF and play a vital role in raising funds for the Charity to help fight heart disease – the UK's single biggest killer.

During the busy Christmas period, BHF Shops particularly need more volunteers as they will see a rise in custom as people come in search of festive bargains or presents for loved ones from the BHF range of extensive new gifts. BHF shops also stock a range of beautiful and festive cards and need extra help to sell raffle tickets for their delicious Christmas hampers!

Volunteering at your BHF Shops in Cambridgeshire during the festive season is the perfect way to join in the Christmas spirit of good will to all. It is also a fun and practical way to get involved with the Charity's cause and a great way to make new friends. The BHF welcomes volunteers from all walks of life and with no age restrictions – enthusiasm and a desire to help are all that is required.

Chief Executive, Ken Blair explains; "Most people know someone affected by heart disease and by joining the team of BHF Shop volunteers during our busiest time you can help the Charity really make a difference. Without the help from local volunteers BHF Shops would not be able to raise the staggering £9 million that they do every year.

GIVE THE MOST VALUABLE GIFT YOU CAN THIS CHRISTMAS CONTINUED

Volunteering at a BHF Shop can also be a valuable way of gaining work experience and can help you to learn new skills. There is a huge range of volunteering opportunities available at BHF Shops, and whether you can spare two or three hours or one or two days, it all helps. Here are just a few ways that you can get involved:

Raffle Tickets- Are you a natural sales person with a lovely smile? If so, we need you to sell raffle tickets for our annual Christmas hamper, stuffed with festive goodies and treats!

Stock sorting and pricing –Over Christmas we receive a huge range of new gifts and cards as well as stock from house to house collections and donated stock through the door. We are in need of volunteers to help display and restock Christmas gifts and cards as well as sort and price stock ensuring that we get the best price for these quality items.

Christmas Window dresser – Do you have a festive flair for colour and fashion? We need volunteers to help create a winter wonderland for our fashionable window displays.

Collectables – Would you know how to spot a valuable vase or priceless painting? We need people with an interest in collectible items to ensure that we recognise and get the right price for valuable donations.

For more information on volunteering opportunities in the Cambridgeshire BHF Shops, please pop into the shop and ask to speak to the shop manager.

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For further information please call Sally Gray at the British Heart Foundation press office on 0207 487 7124 or email grays@bhf.org.uk.

Notes to editors:

BHF distributed a survey to all 9,500 volunteers in May 2005.

BHF Shops raise over £9 million for the Foundation every year to help fight heart disease – the UK's single biggest killer. The BHF funds research, education and

life-saving equipment and helps heart patients return to a full and active way of life.

The BHF now has over 500 shops. Our aim is for everyone in the UK to have access to a local British Heart Foundation Shop.

For more information on British Heart Foundation Shops please visit [bhf.org.uk/shops](https://www.bhf.org.uk/shops)