

# Heartbeat

36 Autumn 2011

Keeping you up-to-date with the work of Wessex Heartbeat and its supporters



## Royal Reception for new Appeal

[www.heartbeat.co.uk](http://www.heartbeat.co.uk)



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Wessex Heartbeat provides support to the Wessex Cardiac Centre, its patients and their loved ones so they can receive the best possible care and support.

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## Dear Heartbeat Supporter



Since the last newsletter we have sadly lost one of our Trustees and long standing supporter, Ken Ball. We are extremely grateful for all the time and effort that Ken dedicated to Wessex Heartbeat over the years and I know he is going to be sorely missed by all who knew him.

The last few months have been very eventful for many of us with some enjoyable fundraising challenges. I'm still recovering from taking part in the Fitbeat event! However, fundraising with us is fun, rewarding and is great for personal development. Working together we can achieve personal as well as charity goals. I'd love to hear how you have achieved something you thought you'd never do.

In July we were honoured to have a visit from our Royal Patron, HRH The Countess of Wessex, who helped us launch the YACU (Young Adult Cardiac Unit) Appeal. The launch was sponsored by P&O on board their cruise liner Azura. Please see pages 4 and 5 to read about the importance of this new Appeal and the difference it will make to the lives of young people who have been living with a heart condition since birth.

I am very grateful to all our supporters and growing number of volunteers, as we would not be able to achieve nearly as much without you. Catriona Morrice has joined the team as Community Fundraiser and has already made her mark supporting our volunteers and community events. So why not give her a call and discuss your ideas, she'd love to hear from you.

On the training front, we have a series of six seminars during September and October in the Heartbeat Education Centre entitled "The Heart of Your Business", delivered by different experts on subjects that could enhance your business. To find out more please have a look on our website or to see what facilities the Centre offers please have a look on its website [www.conference-southampton.co.uk](http://www.conference-southampton.co.uk)

**D'Arcy Myers**  
Chief Executive

# Royal Launch for YACU Appeal

We were delighted that our Royal Patron, HRH The Countess of Wessex, launched our Young Adult Cardiac Unit (YACU) Appeal at a special reception for heart patients and their families on board P&O's cruise ship *Azura*.

Alicia Jasper, aged 10, who was born with a heart condition, had the honour of presenting a posy to Her Royal Highness.

During the reception The Countess spent time with both child and adult patients treated at the Wessex Cardiac Centre. Her Royal Highness also met medical staff, Wessex Heartbeat volunteers and team members.

Our special thanks to P&O for kindly sponsoring the event.

  
P&O CRUISES



Dave Green, Wendy George,  
The Countess and Dawn Morrison



The Countess with Daniel and James Canham



HRH The Countess of Wessex with Alicia Jasper

Turnover to read about the YACU Appeal



# Young Adult Cardiac Unit Appeal

A unit for the needs of young people with heart conditions

Appeal Target

**£800,000**

Young adults born with a heart condition have been living with the physical and emotional scars since birth. They need support in a different way to a person in their 70s who needs a heart operation later in life.

Mr Marcus Haw,

Senior Surgeon for Congenital Cardiac Services

**Our next major project is to fund a ward suited to the needs of young adults aged 16-30 with heart problems.**

Thanks to advances in cardiac medicine and surgery, babies born with heart defects are surviving into adulthood and living longer than ever before.

This means there are many more young adults who need ongoing treatment and surgery.

These patients often find themselves in a ward with very elderly people with heart problems quite different to their own.

As young adults, they need a place suited to their needs.

A place with people who understand what they're going through.

A place where they can do things they normally would.

A place where they can make friends.

The new unit will provide them with the best possible surroundings and facilities for their physical and emotional wellbeing. So they can get on with being themselves, whilst receiving excellent medical care.

We need **your** support to make this happen.



Sam, 24

Likes going to London, Southampton FC and a pint with his mates.

Dislikes negativity, litter bugs and the time wasted in hospital.

Wishes for a unit where he won't be bored, he can make toast and has a communal room.

*Being in a young adults ward would mean I wouldn't feel so lonely.*

Kirsty, 22

# Help change lives

## We need your support to provide:

Patient bedrooms with en-suite bathrooms.

A social room - where people can interact, play games, watch TV, use the internet.

Patient kitchen facilities - for independence and convenience.

A quiet room - for those moments when people need to take time out.

Every donation really does make a difference

## To donate

**1** Text **YACU11** plus the amount you wish to donate to **70070**, e.g. **YACU11 £2**

**2** Go online:  
**[www.heartbeat.co.uk/yacu-appeal](http://www.heartbeat.co.uk/yacu-appeal)**

**3** Call the fundraising team on **023 8079 5927**

**4** Post cheques made payable to 'YACU' to the address below

## To get involved

### Be a fundraiser

For ideas go to **[www.heartbeat.co.uk/fundraising-ideas](http://www.heartbeat.co.uk/fundraising-ideas)** or call **023 8079 5927**

### Be a corporate supporter

Donate or hold an event. Great for team morale, great for customer loyalty, great for the community, great for business.

# Community



## Ambassadors Lunch

We were delighted to welcome the Wessex Heartbeat Ambassadors to our Education Centre for a special lunch. The Ambassadors met members of the Wessex Heartbeat team and had the opportunity to have a healthy heart check done. They also heard from Wessex Heartbeat's Chairman, renowned cardiac surgeon, Jim Monro.

Our ambassadors play a vital role in helping us to co-ordinate fundraising efforts in their local area and to spread the word about Wessex Heartbeat's work. We are very grateful to them for the time they dedicate to our cause.

## How do our Community Groups work?

### Ambassadors

- Heads up a Community Group and acts as the main contact point between the Community Group and Wessex Heartbeat
- Recruit volunteers from their local area to create a volunteer network
- Organise fundraising events with the support of their volunteers
- Encourage volunteers to organise events and support each other

### Community Group Volunteer

- Undertake fundraising activities in their area
- Assist at Wessex Heartbeat events that are local to them
- Run own events
- Keep in contact with the ambassador in their area

Our ambassadors and volunteers give time as and when it is suitable for them.

We are looking for **Ambassadors** in the following areas:

- Portsmouth
- Romsey
- Hamble
- Salisbury
- Fareham/Gosport
- North Hampshire - Basingstoke
- Isle of Wight
- East Dorset
- Somerset
- Jersey

We are looking for Community Group volunteers in all areas in the Wessex region.

If you'd like to find out more about what's involved with being an ambassador or part of a community group, please call Catriona Morrice or email [catriona@heartbeat.org.uk](mailto:catriona@heartbeat.org.uk)

### Text Giving

We now have an easy, quick way that you can donate to help people affected by heart conditions and their families.

Just text **WXHB11** plus the amount you wish to donate to **70070**, e.g. **WXHB11 £2** (max £10)

You will receive a reply with 'Wessex Heartbeat' on thanking you for your donation.



*I shall never forget the welcome and support I received at Heartbeat House.*

**Trefenna Mitchell**  
Wife of heart patient

Heartbeat House is just what it tries to be, a home-from-home, which is a vital facility for hundreds of people like me and my family every year. I don't know what we would have done without it.

**Peter Canham**  
Father of two year old Daniel, who was born with a heart condition

# HEARTBEAT HOUSE £200 CHALLENGE

We are looking to challenge 100 people to raise £200 each by 14th February 2012 with the aim of giving our much loved Heartbeat House a £20,000 'makeover' in the Spring of 2012.

Wessex Heartbeat House is just a 2 minute walk from the cardiac unit at Southampton General Hospital. Relatives can stay at the 25 bedroom House free of charge for as long as their loved one is in the hospital, which can be weeks or months at a time. The House aims to provide a comfortable home-from-home and it can really help people to be around others going through similar experiences.

The Fundraising team have plenty of ideas to help you reach your £200 target which we're sure will make your next 6 months fun! Cakes sales, car washes, quiz nights, sponsored 'you name it!' - check out [www.heartbeat.co.uk/fundraising-ideas](http://www.heartbeat.co.uk/fundraising-ideas) to get you started.

## The £20,000 'makeover' plans for Heartbeat House:

- New sheets and towels for the bedrooms
- Renew & refresh our bathrooms and toilets, new bathroom accessories (towel rails, bathmats, towels)
- Paint interior/exterior of the House
- Replace stair treads for the main stairs and any other worn out carpets
- New kitchen strip lighting and kitchen appliances
- Replace tumble dryer and boilers
- New signage for the House

For more information please contact our Event Organiser Tina Richardson on **023 8079 5928** or email [tina@heartbeat.org.uk](mailto:tina@heartbeat.org.uk)

[www.heartbeat.co.uk/wessex-heartbeat-house](http://www.heartbeat.co.uk/wessex-heartbeat-house)

# Events Coming Up

## Concorde Quiz and Curry Night

Tuesday 27 September

Join us for a fun evening exercising the little grey cells at our Quiz and Curry Night at the Concorde Club, Eastleigh. A raffle will also be held on the night.

7.30 for 8pm start

Club Members £10 / Non-members £12  
Ticket price includes curry served in the interval. Teams of 6 max



## Debenhams Teddy Bear Treasure Hunt

Tuesday 27 September

Join us at the launch of Debenhams Southampton's new look store and see if you can find our Heartbeat bears amongst the fixtures and fittings.

Treasure Hunt 11am-3pm, £2 to enter  
Store open 9.30am-9pm



## Hospital Open Day

Saturday 15 October

Wessex Heartbeat will be opening the Heartbeat Education Day. Come and tour our Education Centre and see it in action. Join in on the other activities in the Hospital, such as the theatre tours and teddy bear hospital.

11am-3pm

F level, North Wing, Southampton General Hospital. Car parking free

## Lymington Stall

Saturday 22 October

Come and see Wessex Heartbeat at their stall, there will be a selection of cakes, books and stocking fillers available.

From 10am

Moore Blatch Forecourt,  
High Street, Lymington



## Fashion in the Forest

Wednesday 9 November

Join Wessex Heartbeat for a glamorous evening of Fashion in the Forest. Fashion show by Phase Eight of Lymington plus a chance to do some Christmas shopping on the many stalls selling lots of glam goodies!

6pm

Tickets £15.00, includes  
a glass of wine  
Lyndhurst Park Hotel



## Quiz Night

Thursday 17 November

Another chance to join us for our popular quiz night.

Teams of 6

Tickets £10, includes supper,  
bring your own drinks.  
Heartbeat Education Centre,  
Southampton General Hospital





## Wessex Heartbeat Ball

Friday 24 February 2012

Join us for a fabulous evening of the Swinging Sixties. Drinks reception, 3 course dinner, charity auction, raffle and dancing to the popular soul band "Madison Heights".

Tickets £65 - book by 28th October and get an early bird discount of £60 per head

Dress code: Black tie or your 60s best  
De Vere Grand Harbour Hotel,  
Southampton



## Wightlink Wight Challenge

Saturday 19th May 2012

This event is for fun-loving, adventurous and fit teams of three. Could you - cycle 18 miles, canoe 3 miles and run 8 miles and raise money for Wessex Heartbeat? Yes! Then, sign up now for one of the 2012 dates.

**Saturday 19th May 2012**

Registration now open

**Saturday 22nd Sept 2012**

Registration opens 17th September 2011

For more details or to book your place email Joanna Minchin at [info@wightchallenge.co.uk](mailto:info@wightchallenge.co.uk) or visit [www.wightchallenge.co.uk](http://www.wightchallenge.co.uk)

## Event list at a glance

Date	Event	Contact
Sep 27th	Concorde Quiz and Curry Night - Concorde Club, Eastleigh	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
Sep 27th	Teddy Bear Treasure Hunt - Debenhams, Southampton	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
Oct 15th	Hospital Open Day - Southampton General Hospital	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
Oct 22nd	Lymington Stall - Moore Blatch Forecourt, Lymington	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
Nov 9th	Fashion in the Forest - Lyndhurst Park Hotel	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
Nov 17th	Quiz Night - Heartbeat Education Centre	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
Feb 24th	Wessex Heartbeat Ball - De Vere Grand Harbour Hotel, Southampton	<a href="mailto:tina@heartbeat.org.uk">tina@heartbeat.org.uk</a>
May 19th Sep 22nd	Wightlink Wight Challenge 2012 - Isle of Wight	<a href="http://www.wightchallenge.co.uk">www.wightchallenge.co.uk</a>

For more details or to enter one of these events call the Fundraising Team on 023 8079 5928 or email [tina@heartbeat.org.uk](mailto:tina@heartbeat.org.uk)

Check out all our events at: [www.heartbeat.co.uk/events](http://www.heartbeat.co.uk/events)

For more sponsored challenges go to: [www.heartbeat.co.uk/fundraising](http://www.heartbeat.co.uk/fundraising)



The 2011 Dragon Boat teams gave it their all

## Events Round-Up

### Dragon Boat Challenge 2011

Thank you so much to everyone who took part in our second Dragon Boat Festival and helped make the day a lot of fun despite the heavens opening. The 'Save Our Heart Unit' team won the day (hopefully this is a sign of things to come for the children's heart surgery service at Southampton), despite being given a good run for their money by RWP Group, Domino's Team Solent and medical staff.

**Raised: over £5,000**

### Wightlink Wight Challenge 2011

Heartfelt thanks to the 'super troopers' who took part in this ever popular three-challenges-in-one event.

**Raised: over £10,000**

### Bupa Great South Run 2011

Good luck to all the Heartbeat runners!

#### Prizes Needed

We would be very grateful for any donations of prizes for our raffles and tombolas. Please help us by donating any bottles, vouchers, gifts, new goods or vouchers.

**Thank you.**



Staff from Domino's Team Solent

### Skydive

17 brave souls took a leap of faith with the Red Devils – **THANK YOU** for putting your heart where your mouth is.

**Raised: over £6,459.54**

If you would like to do a sponsored skydive with the Red Devils please call our Community Fundraiser **Catriona Morrice** on 023 8079 5927 or email [catriona@heartbeat.org.uk](mailto:catriona@heartbeat.org.uk)



Looking the part and about to make that brave leap for Heartbeat

# Pledge today, help change tomorrow

Heart and circulatory diseases cause more than one in three of all deaths in the UK. Unfortunately, this means many of us or those we know will have our lives touched by these diseases and felt the consequences.

By leaving a gift to Wessex Heartbeat in your Will you can help secure a better future for people with heart conditions and their families.

We understand your Will is often the most important gift you will make to a relative, friend or organisation. It is only by having a valid Will that you can guarantee your bequest being received by those you care about.

There are several types of gift that can be made to Wessex Heartbeat:

**A Pecuniary Gift** - Leaving a specific sum of money.

**A Residual Gift** - Leaving the total or a percentage of the value of your estate after all other bequests and costs have been deducted.

**A Specific Bequest** - Leaving a particular named item as a gift, for example, a piece of artwork or household item.

If you already have a Will and would like to add a gift for Wessex Heartbeat to it, then what's called a **codicil** is the easiest way to make minor alterations or additions. We strongly advise that you consult your solicitor for professional advice on making amendments or writing a Will for the first time.

“ I think it's a fantastic charity, and with all the time I've spent in hospital I'd be quite lost without it. ”

Marc, aged 28

The important information to include in any legal document is our full name (**Wessex Cardiac Trust**), address and registered charity number so that there is never any confusion with regards your wishes.

**Wessex Cardiac Trust, PO Box 270,  
Southampton General Hospital,  
Southampton, Hampshire SO16 6GE**

**Registered Charity Number 1116510**

**Limited Company Number 5924982**

Should you decide to leave Wessex Heartbeat a gift, please let us know so that we may thank you and plan for the future. You can rest assured that it will be dealt with in the strictest confidence.

For more information about leaving a legacy in your Will please contact me on **023 8079 5912** or by email at **tiffany@heartbeat.org.uk**



*Tiffany Friend-Seddon*

Tiffany Friend-Seddon  
Fundraising Manager

Visit our website  
**www.heartbeat.co.uk/legacies**

# Heartfelt Thanks

So many of you have been doing great things in aid of Wessex Heartbeat. So much so that we would need a newsletter double this size to thank you all. Please rest assured all our Heartbeat fundraisers are very close to our hearts and we are extremely grateful to every one of you. Check out:

[www.heartbeat.co.uk/inspiring-stories](http://www.heartbeat.co.uk/inspiring-stories) to read more about the stories behind these inspiring fundraisers.

Here's a snapshot of how terrific you all are...

## YACU APPEAL

### Ocean Trading

This super team had a sale and raised a whopping **£7,000**. Thank you to everyone who supported the day and special thanks to Jo Christy and Sophie Spongale for their wonderful idea.

### Abseil



Organised by heart patient Tracey Ellison, 4 brave children and 15 adults, including Nurse Specialists Lynda Tellett and Mel Finch and Consultant Aisling Caroll raised **£3,167.63!** Heartfelt thanks to all who sponsored them.

### New Forest Rotary Club

President Tim Richardson chose Wessex Heartbeat as his charity of the year. The Club raised **£5,000!** A sterling effort. We are very grateful to Tim and all the Club members for their fundraising efforts.

## Top Teams



### Team Feat

Team Feat completed the epic 3,000 mile race across the USA, in 5 days, 13 hours and 29 minutes! They were the fastest British 4 man team and the 2nd fastest 4 man team overall. Quite simply an outstanding achievement. Congratulations to Nick, Ian, James and Wayne and their fantastic support crew. They raised over **£8,500!** We think they're amazing! Many thanks to their title sponsor Data Techniques.

### Daneshill School

Pupils from Daneshill School did the Three Peaks Challenge, raising a fantastic **£1,140.67!** The 13 years old pupils, who organised their challenge, are classmates of heart patient Beth Jordan.

## Inspiring Individuals



### Cherida Ann Patchett Award 2011

The Award this year went to Dave Harrison, who since 2003 has organised the Dave Butcher Memorial Golf Day, assisted by his daughter Sharon Hennen. Heart patient Dave Butcher was a good friend of Dave's. To date the event has raised **£19,803.20**, a brilliant achievement. Our very warm thanks to Dave, your dedication and tribute to Dave is inspiring. Our special thanks to everyone who has supported the event over the years.

## Will Butler

Will Butler set himself the target of climbing Mount Blanc whilst recovering from heart surgery. Well, he did it! Will's determination and courage has shown us all what you can do when you set your mind to it. We applaud you Will. Will raised **£1,321.37**, and is very grateful to his family, friends and colleagues and so are we.



## Jon Williams

Jon did a sponsored head shave and raised **£562.80**. Many thanks Jon for being a good sport and special thanks to the Flix Hair Salon.



## Plymouth Half Marathon

**John McKenna**  
Time: 1hr 55mins  
Raised: **£337.68**



## Virgin London Marathon Runners

**Louisa Blair**  
Time: 6hrs 3mins  
3secs  
Raised: **£4,780.93**



Louisa Blair (right) with friend Olivia Winstone who she ran for

**Andrew Lewis**  
Time: 4hrs 33mins  
21secs  
Raised: **£1,131.38**



## Pam Middlemast

Pam is simply a super woman! Not only did she climb Mount Kilimanjaro but she did a skydive as well! We're extremely grateful to Pam for all her fundraising efforts and to those who supported her.

## John Mills

John kindly asked for donations to Wessex Heartbeat in lieu of presents for his 70th birthday. Thank you very much John and family and to everyone who made a donation.

## Outstanding Organisations

Many thanks to the following organisations that have given some heart on our behalf

**Blackmore Vale Lions Club** – kindly donated a new TV and stand for Heartbeat House.  
**Burnham on Sea Rotary Club** – raised **£1,000**  
**Greystone Border Lodge** – raised **£100**  
**Greenslade Taylor Hunt** – raised **£1,000**

## Excellent Events

A big thank to all who attended Fitbeat. Special thanks to Ruth Dancer and George Turner for all their work on the event and to Fitbeat's sponsors.



## The Very Best of Brass

Our very warm thanks to all those involved with The Very Best of Brass concert in aid of Wessex Heartbeat again this year.

## Keep in touch

As a valued supporter, we'd love to keep you up to date in-between newsletters. If you'd like to receive our monthly e-newsletter with our latest news and events, then simply send us an email to [info@heartbeat.org.uk](mailto:info@heartbeat.org.uk) with 'e-newsletter' as the subject.

Please include your full name, first line of your address and postcode in the email so that we can update your record on our database.

## Corporate support

Wessex Heartbeat is delighted to welcome Fowler Penfold, part of the A-One Insurance Group (AOIG), onboard as our latest corporate supporter.



AOIG's new travel insurance policy is open to people who have had cardiac treatment (subject to some additional questions), are a family member or a Wessex Heartbeat supporter. The policy would extend to include all covers you would expect from a leading travel provider.

AOIG are kindly making a donation to Wessex Heartbeat for every policy purchased through them. Please contact **Tim Richardson** on **01202 851155** for a quotation.

[www.aoig.co.uk](http://www.aoig.co.uk)

Wessex Heartbeat accepts no responsibility for the insurance provided by Fowler Penfold. Please note that terms and conditions apply and cover cannot always be guaranteed.

# WIN WIN WIN

## Grand Prize Draw

Fantastic prizes that could come in very handy for the Christmas shopping or perhaps just to spoil yourself!

### 1st Prize

£500 John Lewis Vouchers

### 2nd Prize

£250 M&S Vouchers

### 3rd Prize

iPod Touch

Tickets enclosed with this newsletter. Money and counterfoils must be received by 2nd December 2011.



Looking for an audience?

Want to get noticed?

If you're looking to raise the profile of your business, what better way to do it than whilst backing a good cause. To discuss sponsorship opportunities for this newsletter please call Dawn Morrison **023 8079 5217**.

# Help us make a difference

Mr/Mrs/Ms First Name ..... Surname .....

Address .....

..... Postcode .....

Telephone ..... E-mail .....

I would like to receive more information on:

Events  WHB Community Groups  Healthy Heart Campaign

## How to make a donation

### 1 By Cheque

I enclose a cheque for £.....  
made payable to Wessex Cardiac Trust.  
Please send cheques to the address at the  
bottom of this form.

### 2 By Credit or Debit Card

To make a donation by debit/credit card  
please call the Fundraising Team on  
**023 8079 5927**. We regret that we cannot  
accept American Express or Diners Club cards.

### 3 Direct Debit Mandate

We are very grateful for any amount you are able to give.  
Please complete the Direct Debit section below.



I / we wish to pay Wessex Heartbeat the amount of £..... Monthly / Quarterly / Annually,  
until further notice.

#### Instructions to your Bank or Building Society to pay by Direct Debit

Bank Name .....

Bank Address .....

Account Name(s) .....

Account Number ..... Branch Sort Code .....

Starting on ..... Signature ..... Date .....

By completing your details  
below, we can reclaim an  
extra 25p for each pound  
you donate.

*giftaid it*

I am a United Kingdom taxpayer and want this  
donation and all future donations to be treated as  
Gift Aid until I notify you otherwise.

Signature ..... Date .....

#### Please send this form to:

Wessex Heartbeat, PO Box 270,  
Southampton General Hospital,  
Southampton SO16 6GE

T **023 8079 5927**

E [info@heartbeat.org.uk](mailto:info@heartbeat.org.uk)



All data is protected under the Data Protection Act  
and not shared with any other organisation. Wessex  
Heartbeat would like to keep you updated with our  
work. If you do not wish to receive information from  
us please tick the box

# Christmas Card Order Form

Oh yes, it's nearing that time of year again! Send a heartfelt card this year. All of the profit from each pack sold will go towards our work. Simply choose from the designs below and fill out the order form.



**Christmas Carol**  
Size 126mm x 172mm



**Mr Robin**  
Size 140mm x 140mm



**Merry Christmas Bauble**  
Size 140mm x 140mm



**Greetings of the Season**  
Size 140mm x 140mm

The greeting in all four card designs is "With Best Wishes for Christmas and the New Year".

We also have packs of Christmas cards from previous seasons at reduced prices. The designs can be viewed on our website at [www.heartbeat.co.uk/Christmascards](http://www.heartbeat.co.uk/Christmascards).

## How to order your Christmas Cards

**1 Complete the order form below making sure to include the postage and packaging cost**

Card designs	Price per pack	No of packs required	Total
<b>Christmas Carol</b> (pack of 10)	£4.00		£
<b>Mr Robin</b> (pack of 10)	£4.00		£
<b>Merry Christmas Bauble</b> (pack of 10)	£4.00		£
<b>Greetings of the Season</b> (pack of 10)	£4.00		£

### Postage and packing:

Up to 6 packs add **£3.50**    21-50 packs add **£9.00**  
 7-10 packs add **£5.00**    Over 50 packs **Free**  
 11-20 packs add **£7.50**    Collection **Free**

Postage & Packaging	£
<b>Total</b>	£

Alternatively your cards can be collected from Southampton General Hospital (North Wing, F Level Reception). Please call first on **023 8079 5927** to arrange a collection time.

**Orders sent by post must be received by Friday 25 November 2011**

**2 Please complete your name and contact details overleaf at the top of page 15**

**3 If you also wish to make a donation then please use one of the methods listed on page 15 making sure to sign the Gift Aid declaration.**

**4 Please post this completed form to the address at the bottom of page 15 along with a cheque made payable to Wessex Heartbeat.**

**THANK YOU**