

# Will you give 1 hour to ECHO this #GivingTuesday?

Are you tired of hearing about all the bargains brands want you to buy into during the run up to Black Friday and Cyber Monday? Us too!

**Giving Tuesday**, run in the UK by the the Charities Aid Foundation (CAF), is the day to do good stuff for charity, and is somewhat of an antidote to the mass consumerism of this time of year which tends to be all about buying, buying, buying.

## What can I do?

It's an opportunity to give rather than take, and as a passionate charity supporting children with heart conditions and their families, we invite you to [give us 1 hour](#) of your salary this Giving Tuesday.

Just one hour of your time can make a positive change - it might lead to new specialist play equipment, books for young children to help them prepare for hospital, or emergency packs for parents in a time of need. For example, around £12 can provide a comfort pack for families arriving at hospital by ambulance, empty handed having had zero time to pack.

You can also donate to us through setting up a monthly [donation](#), [volunteering](#) and [fundraising](#) in your local community.

Throughout the festive period you can also join our top secret [Secret Santa Club](#) and give magical moments to heart children at Christmas time.

Support **children born  
with heart conditions** by  
giving **1 hour** of your time  
this **#GivingTuesday**



## Why support ECHO?

We receive no government or NHS funding and rely entirely on donations to carry out our work. All of the money raised by our committed supporters goes towards ensuring ECHO can deliver our valuable services - and we thank everyone who contributes.

Just one hour of your time can help us put a smile back on the faces of families experiencing extreme stress. Don't underestimate the difference an hour of your time can make - just look at what a healthy heart can do. If you use an average of 80 beats per minute, your heart beats about 4,800 times per hour!

So, we hope you consider [giving one hour](#) to ECHO this Giving Tuesday, and beyond.

Ben Russell, Director of Communications at CAF: *"Giving Tuesday is a wonderful opportunity for people across the globe to **get involved in a cause they care about**, and last year people covering all seven continents worked together to make a positive impact on the lives of others.*

We'd love to connect with you this Giving Tuesday - you can find us @echoukcharity on [Twitter](#), [Instagram](#) or [Facebook](#). You can make a difference by sharing this post with one person you think would be interested in giving to ECHO. Thank you!