

Join us in February to celebrate National Heart Month 2025!



Support children and young people with heart conditions, and their families by going Red this February with ECHO. From Wearing Red to getting Baking, there are lots of fun ways to get involved!

Whatever you do, make sure you Register your fundraising using the form below to be part of the Team!

Also, check our [ECHO Heart Month Guide](#), and the attachments:

[General fundraising poster to print out](#)

[Wear Red poster to print out](#)

[ECHO Paper Chain Template](#)

[Eddie ECHO Heart Month Colouring-In Sheet](#)

[ECHO Template Letter to Schools and Parents, Heart Month 2024](#)

[ECHO Heart Month Slides for Schools](#)

[Sponsorship form](#)



Wear Red

- Easy peasey to do and organise!
- Whether at **School, Work, your Community Club or with Friends**; it could be a red t-shirt, jumper, dress, trousers, a onesie, socks, shoes or a hat! Just Make it Red! The more the better! If you're limited to office attire, why not try a red pair of socks or a tie, and encourage colleagues to do the same!
 - Could they also include a section about ECHO and National Heart Month in their Assembly or enews?
 - You can use our template letters to ask your School or Workplace to take part
 - Then just choose your day for everyone to donate to the ECHO Wear Red campaign and Wear Red to School or Work

Be Bold and Be Loud, Wear Red, Fundraise and Snap a Selfie - tag @echocharity and #NationalHeartMonth #TeamECHO #WearRed



Choose a Challenge!

Fancy doing something else? The choice is yours but here are some ideas to get your started:

- **Get Baking!** You can hold your own bake sale, or ask friends and family to bake too and donate cakes and biscuits - then sell them to raise funds for ECHO!
- **Red Raffle!** Ask your local shops and businesses to donate something Red, and then sell raffle tickets for ECHO!
- **Red themed Quiz!** You can do it online or choose a venue like your local pub or hall. Have a red themed round for bonus points!
- **Sports Tournaments!** Part of a sports league or do your children play? From footy and rugby to swimming, could you gather the troops for a fundraising tournament for ECHO?
- **Get musical!** How about a sponsored singathon? Or singing some Red songs?! Think Simply Red and Lady in Red ☐



Organising your fundraiser

1. **Decide** what you'd like to do
2. **Register your event below**
3. **Set up your fundraising page through [JustGiving](#)**

Need some more ideas? Just get in touch to chat through!

Prefer to make a donation?

You can donate to the ECHO Heart Month campaign by:

- Donating through JustGiving by clicking the pink 'donate now' button at: <https://www.justgiving.com/campaign/echonheartmonth>
- On our website: To pay in cash (offline) donations or to make a single donation, just go to www.echo-uk.org/heartmonthdonate or do a bank transfer with our details below.
- **Bank Transfer**
 - Please do just include 'Red' and your surname as the reference so that we can easily identify you and that you are taking part in National Heart Month
 - Account Name: Evelina Children's Heart Organisation Limited
 - Account Number: 00089883
 - Sort Code: 40-52-4
 - Reference: Red and your Surname

Register your Fundraiser here and we'll send you your pack!

"*" indicates required fields

Some details about you

Name*

Address

Email

Telephone number

Tell us more about what you have planned!

What are you going to be doing?

Date/s you will be doing it

Reason for supporting ECHO

If you are supporting ECHO due to a connection with the charity, please do share the person's name with us if you are happy to, as this helps us to connect families and friends and understand relationships which means we can support you better.

When you send us photos in connection with your fundraising, we might like to post them on our social media channels and possibly our eNews, magazine or other marketing materials to raise awareness and inspire others to support ECHO. Please let us know your preference below by deleting as appropriate:

Photos

Yes I am happy for ECHO to use my photos

No thank you, I'd rather you didn't use my photos

Can we stay in touch by email and/or phone?

From time to time, ECHO would like to keep you informed about our fundraising, awareness and policy campaigns by email. Your details will only be used to communicate with you. We will always store your details securely and never give your information to other organisations to use for their own purposes. If you agree to be contacted this way, please tick all the boxes that apply below. Information will be used only to monitor and improve our services to you and will not be passed on to third parties. Please contact us to find out about your rights under the Data Protection Act 2018.

You can change your mind at any time, just let us know by emailing: hello@echo-uk.org

Email

Yes please

No thank you

Phone

Yes please

No thank you

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Submit

[Download your ECHO Heart Month pack](#)

Download each resource by clicking the individual link or click the white button to download the entire pack:

- [Heart Month Guide](#): Ideas, tips and information to help you take part
- [Social media graphics](#): for your Instagram, Twitter and Facebook
- [A Heart Month poster](#): you can print and put up anywhere you want to raise awareness
- Template email/letter: you can send to send to [nurseries/schools](#) and your [workplace](#) to invite them to get involved
- [PowerPoint slides](#): you can send to school to host assemblies
- A [text donation poster](#) and social media graphic: Letting people know how they can donate to ECHO via text
- An [Eddie ECHO colouring in sheet](#): for your little ones!

[Download ECHO Heart Month Fundraising Pack](#)

Your Heart Month Photo Gallery

Fundraising challenge ideas:

Thank you

On behalf of our members, thank you for helping us to connect up the heart community and offer support which without your help would not be possible. If you have any questions you can contact the ECHO team.

If your family, friends, school or workplace take part in National Heart Month we would love to hear about it so please get in touch!