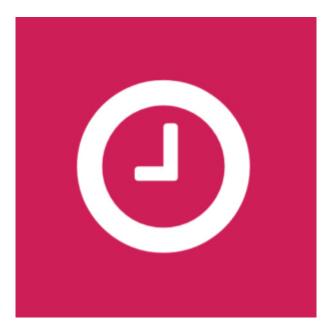


#### Give an hour



Just one hour of your salary 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.

And just one hour of people's 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!

# Donate an hour of your time ideas:

Volunteer as an ECHO Champion





If you have an hour to spare pop along to one of our fundraising sporting events to cheer on our competitors.

Volunteer

### Get outside and shake a tin for ECHO!



Organise a street or station cash collection before or after work. Order a collection box

# Share your story with others



Members really value hearing other people's stories – spend an hour sharing your story to help others. Your stories



# **Care Packages**



Pop into our office and help prepare our emergency care packs, discharge and prenatal packs for families at Evelina London.

Find out more

# Wrap Christmas presents



We give every child at Evelina London a Christmas gift – it's a lot of wrapping! Why not lend a hand? Contact us