

# 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!

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## 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](#)