



Friends of Yeovil Heartbeat



As you may know **Yeovil Heartbeat** is a stand-alone registered charity which seeks to enhance cardiac rehabilitation in a range of ways for patients in the wider Yeovil area. To finance the services offered we undertake a number of fund raising activities every year. Some of these, such as sponsored events and craft sales, are very generously undertaken by individuals. Others, such as prize draws and social events are offered by the charity trustees.

When we undertake fundraising events we often need additional volunteers to help us to staff and support them. Previously, we have recruited people by advertising in the gym and by emailing 200 Club members. We would now like to introduce a new system to formalise and better structure the recruitment of volunteers.

So, we are introducing a new group called "Friends of Yeovil Heartbeat".

Who can become a Friend? Anyone who would like to support **Yeovil Heartbeat** in a practical way.

What is the commitment? You do not have to commit to anything other than agreeing to be on a contact list - email or phone. We would hope that when you are asked you would try to help if you are available at the time.

What would you do? Typical activities would be selling draw tickets in YDH; promoting and publicising **Yeovil Heartbeat** events and helping to raise the profile and awareness of **Yeovil Heartbeat**; serving food & drinks at a social event etc.

What will you get from it? It has become well established that volunteers gain considerable self-esteem from the act of helping others and it is good for your general wellbeing. We would want you to feel included in the **Yeovil Heartbeat** charity and so we would issue newsletters and updates to keep you informed.

Application to become a Friend of Yeovil Heartbeat

Name (please print clearly)

E mail address

Telephone number

Preferred method of contact

E mail / phone / no preference



Declaration: I agree with Yeovil Heartbeat contacting me with details of fundraising events.

I understand Yeovil Heartbeat will not share my contact details with any other individual or organisation.

Signature:

Please return your completed form to a trustee; to your gym instructor or to the Cardiac Rehabilitation Office at YDH

Thank you for your support

September 2025