

Happy Hearts Hamper Challenge

The Irish Heart Foundation is the only national charity fighting Ireland's number one killer -- heart disease and stroke. Our Mission is to affect positive change in the lifestyles of Irish people, to achieve better outcomes for those affected by heart disease and stroke and to challenge when the health of our nation is at risk.

We can't provide our vital services without the assistance of individuals who volunteer, fundraise and support campaigns like Happy Hearts.

What is Happy Hearts?

The Happy Heart appeal is Irish Heart's annual flagship day that consists of fundraising collections at various locations throughout Ireland. This year Happy Hearts takes place on **Friday, 11th May**.

We are asking our corporate partners to form teams to create hampers themed on what makes their Heart Happy. On the days leading up to 11th May, you can display and auction off these creative masterpieces. We will provide a silent auction template, with all proceeds going to the Irish Heart Foundation. Hampers can be themed on anything from food to sports teams to sailing.

Timeline:

1. Recruit teams: 25th April – 2nd May
2. Hamper Creation: 2nd - 9th May
3. Display Hampers and bid: 9th-11th May

Happy Hearts Materials provided:

- Posters, Balloons, etc.
- Silent Auction Bid Sheet templates

Incentives:

You might consider offering internal incentives such as lunch with your CEO or a half-day for the winning team.

Ideas:

- Reading, Baking, Art Supplies, etc
- Exercise: Running, Cycling, Swimming, etc
- Hobbies: Music, Movies, Gardening, Sailing, etc
- Experiences: Mentoring, Match Tix, Dinner Vouchers, etc.



**This is a great team building opportunity for your staff
to join together as 'lifesavers'.**

For further information and details email: ehennessy@irishheart.ie