



RED HEART WEEK

During the week of 21st February 2011, **Gleadless Valley Community Forum** held a “**Red Heart Week**” in support of the British Heart Foundation’s “Red for Heart Month”. The staff and volunteers arranged various events to fundraise for this deserving cause.



Three members of staff were sponsored to quit smoking with the help of our Stop Smoking Adviser, Julie Pass.

Two events were held out in the community where cakes were sold and health information and advice was available.

Our Valley Education & Skills team held a coffee morning which was such a success that it has become a regular activity being held on the last Friday of each month at the Valley Online Centre.

Our Older People’s Project held raffles to raise money and our Youth Project got the kids involved by making red heart name badges on the Playscheme.

Various other activities took place within the offices, such as game playing and wearing red.

In total, we raised £349.87! Thank you to everyone’s effort and to all who donated.