



**This pack gives you some ideas on how your pub can help– and have a lot of fun whilst doing so!**

**Below is a little bit of information about who we are and what we do.**

**SUPPORT AFTER A SUDDEN DEATH** - The premature death of a healthy person is incomprehensible and devastating. The cardiac charity SADS UK has qualified counsellors and helpers who understand and offer support. The charity also holds annual Retreats to help provide comfort to the bereaved.

**SADS UK:**

- ♥ Donates Automated External Defibrillators (AEDs) to schools and the community.
- ♥ Donates cardiac equipment to doctors' surgeries and other medical establishments.
- ♥ Provides information and support to families and individuals after a sudden death or who may be living with a life-threatening arrhythmia.

**If you would like to hold a fundraising event then please contact SADS UK. Sarah French, our Fundraising Manager, will be only too pleased to assist you in organising your event and can help in many ways, including:**

- ♥ Printing posters for you to display to advertise the event.
- ♥ Contacting local press to advertise the event & word a press-release for you.
- ♥ Sending you SADS UK t-shirts and sashes to wear on the day.
- ♥ Providing you with collection boxes, stickers, balloons, key-rings and other promotional items to have around on the day.
- ♥ Sending you leaflets about SADS UK and the work we do to save lives to pass to customers and friends.

***We look forward to hearing from you!***

**Tel: 01277 811215 or E-mail: [info@sadsuk.org](mailto:info@sadsuk.org)  
Suite 6, Churchill House, Horndon Park, Station Road, West Horndon, Essex CM13 3XD  
Registered Charity 1113681**

# QUIZ NIGHT – *DATE*

Have you got the answers?

*QUIZ ADDRESS*



*DATE*

*Time to arrive for Time to Start*  
£*cost* per ticket, *supper included*

If you would like to join the quiz night  
**In support of the cardiac charity**



Please contact *Phone contact details*  
e-mail:*email address*



**SADS UK**  
Registered Charity 1113681

# **Barbecue – *Venue, Date***



**Have fun with friends and family come along to our Barbecue at *Time, its only price per person***

**If you would like to come along to venue  
BBQ in support of the cardiac charity  
SADS UK**

**Give *name* a ring on Tel: .....**

**e-mail:.....**

***Tickets also available on the Day***



**SADS UK  
Registered Charity 1113681**

**SADS UK has places in organised runs all over the country - or organise a sponsored event centred around your club!**



### Garden parties

**£600 for SAD Trust**

● Garden fundraisers give their event the thumbs up, and raise £600 for the Ashley Jolly SAD Trust

THOSE suffering from rare heart conditions were given a boost through a special back-garden fundraiser which made a bumper £600 for charity.

The event was at Susan Murphy's home. Her niece, Louise, died at just 12 years old from Wolf-Parkinson-White Syndrome – which poses a risk of sudden death.

Susan welcomed about 50 people, over the course of the day, to buy cakes and hidden gems in a jumble sale at her Harrow Drive, Hornchurch.

home on Saturday, May 10. All cash raised goes to The Ashley Jolly SAD (Sudden Adult Death) Trust, based in Brentwood.

The Trust was first set up in memory of 16-year-old Ashley, who was a victim of SADS (Sudden Arrhythmic Death Syndrome).

Louise's mum, Penny Hurrell, of Billericay, said of the day: "It went extremely well and we raised about £600. That's not bad for selling some cakes and bric-a-brac."

## Darts Tournaments



## Band and Barbecue



**Themed evenings/events/ideas**  
**Easter Bunny or ducks – as glamorous as you like!**



### **Halloween Evenings**



Kind courtesy - The White Horse Pub, Middlewich

### **Family fun days**

**Family fun day  
will raise vital  
cash for SADS**

Triangle Pub, Lower Willington

**Raffle - Easter/Spring or Christmas hampers**



**Name the Spring Lamb (or teddy) !**

