Chocs away for the British Heart Foundation

Staff and patients of NHS Ayrshire & Arran’s cardiac rehabilitation service took part in a chocolate detox to raise money for the British Heart Foundation (BHF).

During March the BHF set a challenge for people to detox from the food they crave the most and donate the money saved. Patients and staff from the cardiac rehabilitation classes at University Hospital Crosshouse, Ayrshire Central Hospital and Ardrossan took part in the ‘March dechox’ and raised a fantastic £415.

Jane Holt, Cardiac Physiotherapist, commented: “We wanted to raise money for the BHF as many of our patients benefit from their publications and supporting education. The March dechox wasn’t as easy as we first thought it would be, but our waistlines definitely benefitted! I would like to say a big thank you to everyone who supported the fundraising.”

Ends

Date of release: Thursday 14 May 2015
Staff and patients from the cardiac class at University Hospital Crosshouse present their cheque to British Heart Foundation representative Jeff Holt.

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