



The Hearty
Pancake
Party

FEBRUARY IS NATIONAL HEART MONTH

Hold a Hearty Pancake Party!

A pancake party is a fun and easy way for people to support the work we do at the VSF. It's easy, cheap and lots of fun!

Join us in having fun and raising awareness during National Heart Month - it's "flipping" easy!

Holding a Hearty Pancake Party

The most simple party will be lots of fun! Having a few friends round for pancakes at home couldn't be easier - just ask for a small donation to raise money.

Below are some ideas of where else you could hold a party and how you could make a bit more of it:

In the Work Place

Make lunchtime a bit more interesting - have a Hearty Pancake Party in it!

Make, or buy, some pancakes and take them into work - heat them up in the microwave, take a selection of toppings in and ask people to make a donation for providing them with delicious pancakes in their lunchtime!

What could be an easier way to raise money and brighten up your day!

In Schools, Youth Groups, Scouts, Brownies

All children love Pancake Day! A pancake party can be held in conjunction with your school's curriculum, to help towards their cooking badges at Scouts and Brownies or as a reward for a particularly good sports practice session!

As well as making and eating pancakes at your party you could also have pancake races, pancake tossing competitions, create a Hearty Pancake Party wordsearch or host a quiz with the facts in our pack!

To request a Hearty Pancake Party pack or for more information about the VSF:

Online www.vsf.org.uk Email: info@vsf.org.uk

Vital Signs Foundation - charity no. 114 0141

