

Volunteering with the British Heart Foundation

✘ Two in three people (66%) receive at least one gift they don't want every Christmas, according to new research The British Heart Foundation carried out to launch their **Unwanted Christmas Gifts** stock appeal.

The **'festive jumper'** was crowned the most unpopular gift this Christmas with nearly a third of people claiming this was the present they would least like to receive (30%). Other unpopular choices included the **'latest celebrity biography'** with over a quarter of the vote (28%); **'novelty pants and socks'** (16%); homeware and even a jar of pickle! Your donations could mean a great deal to a patient suffering from heart disease.

Mike Lucas, BHF Retail Director said: "People often receive perfectly good presents that are simply not to their taste, are the wrong size or they may have been given two of the same item. Whether it's a jumper that's too small or a book you've already read, your donations could mean a great deal to a patient suffering from [heart disease](#)."

Severe weather conditions in December meant that people across Britain have struggled to get to their local BHF Shop to donate – and a surge of unwanted gifts this Christmas could really help the charity's critically low stock levels.

And even if you don't have unwanted presents to donate perhaps you are thinking of volunteering with the charity? This video might persuade you to consider it as a serious option.

The British Heart Foundation is a charity which plays a leading role in the fight against disease of the heart and circulation, so that it is no longer a major cause of disability and premature death. running shops in all

localities. The local BHF shops in Edinburgh are looking for volunteers. You can find a list of addresses below.

Edinburgh BHF Shop

85 Shandwick Place, Edinburgh, Lothian, EH2 4SD
0131 229 7998

Edinburgh BHF Shop

102 Nicolson Street, Edinburgh, Lothian, EH8 9EJ
01316 677448

Edinburgh BHF Shop

106a Dalry Road, Edinburgh, Edinburgh, EH11 2DW
0131 313 5293

Leith BHF Shop

23-29 Great Junction Street, Leith, Edinburgh, EH6 5HX
0131 555 4861

Portobello BHF Shop

202 – 204 High Street, Portobello, Edinburgh, Lothian, EH15
1EX
0131 669 9375

Edinburgh BHF Shop

Unit 34 Westside Plaza Shopping Centre, Edinburgh, Lothian,
EH14 2SW
0131 442 3200