

CUBA VIVE

MEDICAL AID APPEAL



Fundraising Guide

Cuba's commitment to health as a human right has helped the country achieve world-renowned health services for its people. Today, these achievements are under threat. 62 years of an illegal US blockade and Cuba's inclusion on the US State Sponsors of Terrorism (SSOT) list have taken a terrible toll on the health service.

Cuba's dedicated health professionals struggle with limited resources to treat patients. From surgical supplies to spare parts, paracetamol to sutures: items that are in plentiful supply in the UK, are increasingly hard to come by or cost up to three or four times more.

The Cuba Solidarity Campaign and UNISON regions have launched a medical appeal to send containers of life-saving medicines, surgical supplies and medical equipment to Cuba. Help break the blockade on health. Support the Cuba Vive appeal to provide urgent medical aid for Cuba.

CUBA VIVE FUNDRAISING IDEAS

- Hold a sponsored Cuban dance event and learn salsa at the same time! We can send you links to great online Cuban salsa lessons for you to follow, or Cuban dance music.
- Organise a Cuban cocktail making night and charge for your creations! We can provide links to cocktail recipes.
- Organise a fundraising quiz night. We can provide the questions on Cuba!
- Baseball is the national sport of Cuba. Why not organise a sponsored baseball match (or the British equivalent rounders/softball), or a sponsored walk, run, swim.
- Hold a cake sale
- Organise a film show with Cuban films, and ask people to donate to watch.

Please contact us if you would like support with links to music, dance classes, films, quiz questions, cocktail recipes, Cuban flags and bunting, or if you have any other ideas.

Email office@cuba-solidarity.org.uk
or call **0207 490 5715**

