

## Hand on Heart April 2015 Newsletter

April has been a busy month in the office and as you will see from the various photos our new mascot 'Sol' he has been busy visiting schools and helping to launch our UK Heart Safe Awards. We hope you enjoy this months news. If you have anything you would like to share get in touch - we would love to hear from you.



### Euxton Hall Hospital presents schools with much needed defibrillators.

In April we visited Euxton Hall Hospital to present defibrillator packages to staff and pupils from 4 schools ( St Georges C of E Primary/St Joseph's Catholic Primary/Eccleston St Mary's and Buckshaw Primary.)

Through the tremendous fundraising efforts of Euxton Hall Hospital staff and patients over many months they have been able to provide life saving equipment and AED and basic life skill training to 11 schools, which is a tremendous achievement. The schools involved are :

- Buckshaw Primary, Eccleston St Mary's, St Georges C of E Primary, St Joseph's Catholic Primary , Withnell Fold, Mayfield School, Balshaw Lane Community Primary, Euxton CE Primary, Euxton Primrose Hill Primary, Euxton St Marys Catholic Primary and Westholme School.



Lesley Clarkson, School Business Manager commented 'The staff and pupils of St Joseph's School are very grateful for the kind donation of a defibrillator from the Ramsey Group Trust - Euxton Hall Hospital. We now feel safer for having this life-saving device in our school.'

It was a lovely afternoon and our mascot Sol went down fantastically well with all the children.

Our sincere thanks to everyone at Euxton Hall Hospital for their tremendous support to us and the schools surrounding the hospital.



### More cash raised by the Cross Family.

**Pictured** Daniel, Emma and Head teacher on receiving their defibrillator

Congratulations to Daniel and Emma Cross, family and friends who over a period of time have successfully raised over £3,500 for defibrillator and training packages.

We are pleased to report that they have already placed two packages into schools and are about to place a third one to another school.

Many congratulations to everyone involved.



**Do you have some spare time on your hands?**

**Would you like to help make a difference to the local communities across the UK?**

If the answer is yes ....then we are looking for people to help us when we are out and about or who have some spare time – if you're interested in becoming a volunteer for Hand on Heart, please get in touch.

**Call Jo on 0845 071 0822**

# IGAS ENERGY Community Fund

... supporting our neighbours in local communities

We are delighted to announce that we have been granted support and funding from **IGAS Community Fund** and this will result in us supporting 5 schools in Upton and surrounding areas.

Each school will shortly receive their defibrillator and training packages.

## Eccles 'A' Curling Club visited the Hand on Heart office.



6 team members called into our new premises recently to have a 'show and tell' on how to use their brand new defibrillator with staff member Dee.

Over a cup of coffee the team were shown how to use their life saving device and get to practice CPR skills on a training manikin.

The team left the office feeling happy and confident about their new skills and hope that they never have to use them.

If you would like to purchase a defib for a club that you know... then please get in touch, we will be happy to provide a quote for you.

Schools made heart safe

0 0 5 3 3

Teachers educated

0 3 8 4 0

Pupils trained

1 4 4 6 0

### FACT :-

By performing CPR and using a defibrillator will increase survival rates from 6% to 74% if someone suffers a SCA !



### In Memory of Nic.

Nic 26 years old with a zest for life, a smile to make you smile even on a gloomy day, who tragically died suddenly the day after his birthday in 2013.

He had no symptoms, no health complaints of any kind. Life was good, he had hopes, plans & a life to be lived, all cut short by a Cardiac episode.

"There are no words to adequately describe the impact that had on his family : his mum, dad, sister and brother, that Nic's death has had, or the loss felt throughout the whole family, close friends, Nic's friends and colleagues".

Now 15 months on the family feel that they would like to do something positive in Nic's memory.

From various fundraising activities that the family have planned, Nic's very own website showing his photos that you can download and use called **Little Visuals**, to donations already received from their just giving site ... [www.justgiving.com/nicjackson26](http://www.justgiving.com/nicjackson26) - the family have so far raised over £1,208 which is amazing and their hope is to fully fund 2 defibrillator packages to schools, one of which Nic attended himself.

We wish Nic's family every success and look forward to sharing more news about their efforts in future newsletters.

We would like to take this opportunity to congratulate all the runners who supported Hand on Heart in the Manchester 10K Run – Sunday 10th May.

There were 17 staff from the Midland Hotel supporting us and staff from Hand on Heart were there to support them for their efforts.

Visit of website for more news and photos.



## Campaigns get extra boost.

Funds have been released from the Hand on Heart fundraising pot to give our current campaigns an extra boost. Two lucky winners from each of the campaign areas will receive a fully funded defib and training packages, just by entering into a draw.

Our lucky winners so far from the Chorley campaign :- Brindle St James Church of England Primary School and Coppull Primary School.

And from the Trafford campaign :- Navigation Primary School and Egerton High Special School.

Next on our list will be the Kendal campaign.

Each school will receive :- 1 defibrillator, adult pads, paediatric pads, battery, rescue kit, carry case, wall bracket, AED locator wall sign along with 4 hour defibrillator training course for up to 8 staff and 30 students from each school will also receive basic life skill sessions.

Providing life-saving equipment and training to these schools, Hand on Heart are successfully reaching the charity aims to educate and raise awareness of cardiac arrest to young people.

## 2 MI Battalion to run in the OX Races on 24th May, 2015.



The military is always looking for new challenges and this one is no exception.

The Ox races marathon is an arduous twenty six mile cross country trail. It is far from a road marathon, with multiple steep hills, tracks and rough woodlands.

With a capacity of 300 starting runners, last year only 83 of those crossed the finish line; some of them taking over 8 hours. 16 members of 2 Military Intelligence Battalion have decided to take on this epic race, not only to challenge themselves, but also to raise money for Hand on Heart.

Their hope is to raise sufficient funds to place 2 defibrillator and training packages into schools close the Army camp in Pewsey.

We wish the team every success.

## Skydiving to success

Many congratulations to Paul Moss who has been brave enough to throw himself out of a plane to raise fund towards a defibrillator package.

Paul jumped from 10,000ft at a skydiving centre in Bridlington in April.



**April Draw Winners:** Congratulations to our two monthly draw winners for submitting winning entries and receiving their fully funded defibrillator package.

- Kingsway Primary, Davyhulme, Manchester
- St Edmunds Catholic Primary, Whitton, Twickenham

Kingsway Primary's nomination included a unique way of making their entry standout... they sang for us with their very own rendition of Kylie Minogue's 'Hand on your Heart'. The judges felt that this was the most surprising entry received and made it our most entertaining one ever!

Check their singing on our facebook page.....  
HandonHeartcharity  
Remember any school that doesn't have a defibrillator can enter into the draw.  
If you know schools close to you that aren't Heart Safe and don't have a defibrillator, then point them in the direction of our website NOW.

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 **Hand on Heart**  
Funding defibrillators for schools  
Hand on Heart Charity - Registered Charity Number: 1145316