

Welcome to Hand on Heart Charity's Newsletter, Sept 2014 Issue!

Children are back in school after a fantastic summer and we have been busy sending out a record number of defibrillator packages this month making more of the schools across the country Heart Safe. Keep a look out for our new promotional DVD next month where we speak to a survivor of Sudden Cardiac Arrest.

Schools made heart safe

0 0 3 7 9

Teachers educated

0 3 0 3 2

Pupils trained

1 1 3 7 0

2014 UK Heart Safe Awards

Everything is now organised for our Awards evening this year and we are really looking forward to an amazing evening celebrating the successes and achievements of our worthy winners. Look out for our Award newsletter coming soon with details of the winners and stories from the evening.

Paddy McGuinness supports Hand on Heart

We are extremely pleased to announce that Paddy is supporting Hand on Heart. Following his attendance at our 2013 UK Heart Safe Awards, television personality and presenter Paddy McGuinness has become the newest ambassador and supporter to Hand on Heart.

Paddy said: *"To be asked to be an ambassador for the Hand on Heart charity was a real honour. Having spoken to the people involved and seeing first-hand the energy they inject into funding defibrillators and first aid training in schools is remarkable and what they're trying to achieve is truly inspiring. The statistics involving young people and sudden cardiac arrest are truly horrifying. Raising awareness is key, which is something Hand on Heart are striving to do. Maybe one day we'll be able to get our mobile defibrillators in all schools throughout the UK that would be a fantastic achievement."*

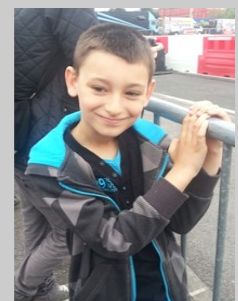
We look forward to working with Paddy over the coming months.

Photo: Paddy with the Hand on Heart girls, Dee, Lesley & Gina.



Prize winner has fab day out.

Congratulations to Marly who was the lucky winner of the Extreme Torque Show tickets following our attendance to the City Airport Family Fun Day in June. Marly went along to the event with her son Kieran who loved watching the shows and stunts and even learnt some CPR skills. We hope you enjoy the photos that Marly kindly sent us and we are really pleased that they both had a fabulous day.



Meet the Trainer



Hand on Heart contacted Gary Bell to find out more about him.

What area do you work in?
Mainly in the North West of England. Though I have also been lucky enough to travel further afield e.g. Dubai, Cyprus and Germany.

How long have you been a first aid trainer for?
I have been delivering First Aid Training for over 15 years.

How do the Hand on Heart training sessions differ from others that you do?
I would have to say it is the enthusiasm and eagerness of the students to learn. They are aware of the benefits from having an AED on the premises and are incredibly keen to learn as much as they can about how to use it and the supporting techniques.

What other jobs have you had?
Very few really, after leaving college I joined the Army and served for many years in the Medical Corps, during my military career there were a great many different roles that I was required to undertake.

Do you have any hobbies or interests?
I enjoy trekking and long distance walks, one of my favourite being the Camino, which is a long distance walk through Spain, which finishes at Santiago de Compostella, some 650 miles.

What do you do to relax?
Again I enjoy walking, reading and the theatre. I am also lucky enough to live by the sea and it is great to take early morning walks on the beach as there is always something different to see.

St Hilda's C of E Primary School

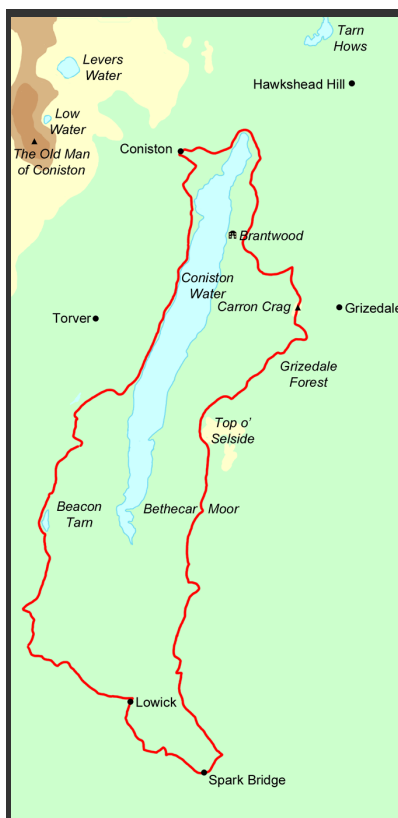
St Hilda's Primary School in Stretford, have been extremely fortunate in receiving a piece of potentially life-saving equipment with the donation of a defibrillator.

As part of the package pupils at the school were taught basic first aid skills whilst staff were trained to use the defibrillator and also given CPR training to ensure that they would have the knowledge and confidence to deal with an emergency should anyone suffer from a cardiac arrest whilst in school.

The defibrillator was been donated by Janet Rowley, who's husband died suddenly in February this year, the funds were been raised by Jo Jackson - Eddie's daughter - through the *just giving* page of Hand on Heart. A second package has just been donated to Moss Park Junior School and will be presented to them in the autumn.



Pictured Above: Miss Hanrahan, Mrs Linehan, Miss Howe, Mrs Homer (Deputy Head), Janet Rowley, Jo Jackson, Mrs Dunning & Mr Thomson.



Big Lottery funding for rural schools.

Schools in and around Coniston will benefit from a £10,000 grant that we have recently received from the Big Lottery Fund. 13 schools will be receiving a defibrillator package that includes CPR training.

Children from the schools will receive training in Basic Life Support and staff will be trained on the use of the defibrillator. We are extremely pleased to be able to help some of the smaller rural schools, where ambulance response times can be up to 45 minutes and where Community Response teams are relied on.

Our Summer Winners

July and August nominations were combined and this month we are pleased to announce that we have made another 4 schools Heart Safe. Our winners are:

St Therese of Lisieux Primary School, Belfast.

Wood End School, Harpenden, Hertfordshire.

Walton High School, Milton Keynes, Buckinghamshire.

Henleaze Junior School, Bristol.

As always we received a huge number of nominations which always ensures that the judges have their work cut out to choose the winners. Congratulations to our winners!

EPC Charity Golf Day

Our congratulations to EPC, staff and supporters for yet another successful charity golf day in aid of Hand on Heart.

The event took place at the Portal Golf Club in Tarporley.

Everyone had a tremendous time and many 'Birdies and Eagle' shots were made on the day. An amazing £3,005.00

was raised from the day which will make 3 schools Heart safe with each receiving a defibrillator and training package.



Pictures: EPC Golf team with Lesley Groome, Hand on Heart Charity Fundraiser

Sainsbury's Bike ride

Whilst staff from other stores across the UK were out on the road, staff and construction workers from the Sale store took to the exercise bikes indoors to raise money for Hand on Heart Charity.

Other activities included face painting, cake sale and a balloon release, in total the store raised £1144.00. Our sincere thanks to all involved and we hope to be announcing details of the first school to receive a defibrillator package from the store shortly.

Staff from Sainsbury's Sale keeping fit!



Positive feedback for Hand on Heart Trainers



One of Hand on Hearts aims is to educate staff and students how to save lives. We are always delighted when we receive feedback from our training days and wanted to share some of them with you in our newsletter :-

“Great course which has made me confident to use a defib and removed myths or misconceptions. Thank you.” (Greswold Primary School)

“Very informative course, the trainer was able to relate information to working environments” (New Park High School)

“Excellent contextual information and practice, very well delivered, personalised and practical” (Harwood Meadow Primary School)”

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