



Hand on Heart December 2014 Newsletter

As the end of a very successful year draws to a close and we share what we have been up to this month, we would like to take the opportunity to thank everyone for their support through 2014, it has been an absolute pleasure working with you and we wish you all a very Merry Christmas and a Happy New Year.



Success as Salford becomes UK's first Heart Safe City

We are delighted to announce that we have just created our first Heart Safe city. Salford has become the first city in the UK to have defibrillators in every one of its 97 schools. Nationally over 600 young people die every year from sudden cardiac arrest – twelve young people each week – and 270 of these deaths happen in schools. That's why Hand on Heart, and Salford City Council have worked together to ensure every school in the city is now fully equipped with the life-saving devices.

David Howarth, Charity Chairman and Trustee, said: "We have a strong belief that charity starts at home, which is exactly why we wanted to successfully create a Heart Safe city in Salford. We're still helping other schools throughout the UK become equipped with the much-needed devices."

Salford City Mayor, Ian Stewart, helped by backing the campaign. He said: "Once again Salford people have blazed a trail that I hope every other school in the country will be able to copy. These devices literally save lives and it is a fantastic achievement for Hand on Heart to put one in every school in Salford."

With early access to a defibrillator, chances of survival can increase from 6% to 74% if used within the first three to five minutes. Survival rates can reach 90% if used within 60 seconds of collapse. For every minute which goes by with no treatment, a victim of cardiac arrest's chances of survival decreases by 10%.

The charity has supported schools in fundraising towards the defibrillators and has had grants from Salford organisations such as Armitage Residents Group, City West Housing Trust, Booths Charities and Salford City Council. Many Salford businesses have also sponsored schools, these include Oaklands Hospital, Morrisons plc, Kingsland Wines and Spirits, WSP Group, Lanes Group and Hells Angels.



Our sincere thanks to everybody who has helped to make Salford our first Heart Safe city. This is a fantastic achievement and one that we are extremely proud of.

Schools made heart safe

0	0	4	6	3
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Teachers educated

0	3	4	8	0
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Pupils trained

1	3	0	5	0
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November Winners

Congratulations to our November nominators on their successes in making 2 more schools Heart Safe.

St Lawrence C of E Primary School in Warwickshire and Lord Deramore's Primary School in York were both delighted to learn that they had been nominated and won one of our Gold packages.

Schools can be nominated into our December round by visiting our website:
<http://www.handonheart.org/index.php/how-to-help/nominate>

Trafford Mayoral Campaign Cheque Presentation

Saving lives is at the centre of a campaign to provide additional defibrillators across Trafford and this month, Former Mayor of Trafford, Cllr Dylan Butt presented a cheque for £24,600 to Hand on Heart Charity. The



money will be used to install defibrillators at priority places in Trafford including shopping centres, recreational facilities and places of worship. "The success of the campaign has been down to the generosity of the borough residents, charitable organisations and businesses." He added: "We all wish these defibrillators do not have to be used but two lives have already been saved by diligent staff at separate leisure centres in the borough during the course of the campaign, making it all worthwhile and potentially saving lives in the future."

Pictured above members of the Hand on Heart team receiving the cheque from Cllr Dylan Butt and his team.

Charity support for 2015

Intu Trafford Centre and The Midland Hotel, Manchester

We're very excited to announce that Hand on Heart Charity have recently received exciting news from two North West based organisations. The Intu Trafford Centre' and The Midland Hotel, Manchester have both chosen Hand on Heart as their Charity of the Year for 2015.

A spokesperson of Intu Trafford Centre said; "We are committed here at the centre in providing the best support possible to our communities and feel this is a fantastic project to be working with you on. There are some exciting potential life-saving activities with this partnership moving forward."

Staff at the Midland Hotel are really excited about helping to create Heart safe schools close to their city centre location.



We are delighted to be working with them both next year and look forward to some fantastic fundraising and awareness days.



Celebrating
volunteering
in Salford

And the winner is.....Hand on Heart!

On Monday 8th December the 2014 Heart of Salford Awards were held at Buile Hill Park Hall. After nominating Hand on Heart into the Charity of the Year Award for the work that we have done to create a Heart Safe city in Salford, Lesley attended the event and was delighted when we were announced as the winners of the category. At the time of writing the nomination, 94% of Salford schools were equipped with defibrillators, on the announcement of us winning we were able to share our success in achieving our 100% target. The judges felt that we were worthy winners for the work we have done across the City of Salford.

Pictured below: Dee, Lesley and Gina with the Award trophy and certificates.



UK Heart Safe Awards 2015 Save the Date!

Hooray! After many phone calls, meetings and visits, we are able to announce the date and location of our 2105 UK Heart Safe Awards. The event will take place at the **Midland Hotel in Manchester on Friday 9th October 2015**. After the success of this years event we have had to move to a larger venue and holding the event on a Friday next year we are hoping to offer those attending the opportunity to enjoy some music and dancing to round the evening off. More details in the New Year.

Don't forget our Christmas Appeal....



With Christmas on our doorsteps, cards sent, presents wrapped and festive jumpers donned please remember Hand on Heart when choosing your Christmas Charity this year.

For those of you that have already made your Christmas donation please accept our sincere thanks.

Every penny counts, so please make your Christmas contribution today. Please note that individual donations can be gift aided.

If you would like to help us, simply go to our just giving page <https://www.justgiving.com/HandOnHeart> or you can send a cheque made payable to Hand on Heart Charity to the address below.

As we approach our 3rd Birthday, we would like to reflect on our achievements this year and take this opportunity to share some highlights with you .



- 463 Defibrillators have been despatched with 245 of these going out this year.
- Training has been provided for over 3400 staff and 13000 pupils.
- We have been awarded over £49,000 from different grant applications.
- Increased our staff from 2 to 3.

We have received continued support from many organisations over the year. From trainers, businesses, large organisations to the small supporters to those who have undertaken to do individual challenges - thank you all so much.

We hope that with your continued support 2015 can be just as successful.

On behalf of the Trustees, Ambassadors, and ourselves we wish you all a Merry Christmas and prosperous New Year.

Best Regards to you all - Gina, Les and Dee



Dean Gibson Primary School

After receiving the gift of a free defibrillator, pupils and staff at Dean Gibson primary school in Kendal successfully raised £210 to help make other schools in the country Heart Safe. Each class thought of items they could design, make and then sell to make a tidy profit at their Christmas Enterprise Fair which was attended by parents, friends and neighbours of the school. Pictured left are Arthen and Sonny, from the reception class manning their stall and selling their truly scrumptious Christmas treats. Well done to everyone it looks like great fun was had by all.

Fantastic Feedback!

It's always great when we receive feedback from our training sessions and is testament to our fabulous trainers and the wonderful work that they do.

Brandwood Community School—“Our trainer was very knowledgeable and put everyone at ease. His experience was apparent and he gave ample opportunities for questions. A very enjoyable afternoon learning new skills..”

Moss Park Infants—“Lynne’s little stories were a great help in understanding the practicalities of the course”

Shrewton Primary—“Fab! Held my interest ‘all’ day”

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