

Welcome, to Hand on Heart Charity's Newsletter, January issue!

Happy New Year! 2013 was a great year for us, from providing defibrillators to schools across the UK to receiving incredible support and accolades which has helped us create more awareness of SCA in the young! We're excited to be back in the swing of things and look forward to your continuing support to help us make 2014 our most Heart Safe year yet!

Happy Birthday to Us!

January 2014 marks our 2nd year of being a registered charity and 2nd year of making UK schools Heart Safe!

In the two years of operation, Hand on Heart has been able to make 250 schools Heart Safe, educated 2,000 teaches in the use of an AED and 7,400 pupils in basic life support skills! Our defibrillator and training packages mean not only the individuals who learn the skills can benefit, but also the communities they live in have residents who are first aid trained in an emergency situation!

Our Birthday was celebrated by a visit from the Salford Ceremonial Mayor, Councillor Alan Clague and the Mayoress Margaret Clague. The pair were able to handle one of our training AEDs to experience exactly how a defibrillator works and how it can save a life! Both Mayor and Mayoress were incredibly passionate about our goals as a charity and will be fully supporting our campaign to help make Salford one of the first Heart Safe cities in the UK!



Image Above (L-R)
Salford Ceremonial Mayoress, Margaret Clague, Salford Ceremonial Mayor, Councillor Alan Clague, Gina Harris (Fundraising Manager), Lesley Groome (Fundraising Co-ordinator)

Image Bottom Left
Sale Grammar Students with their donated defibrillator from Hand on Heart! This was donated as a part of our Trafford Campaign!



Trafford 999 Campaign Offer

After the success of the "999" offer with Salford schools, we have decided to reinstate this offer for Trafford schools! This comes after successfully helping all Trafford High Schools become Heart Safe, we'd now like to follow this accomplishment by helping all primary schools become equipped with a life-saving defibrillator and training!

The "999" offer allows schools to purchase a Gold Defibrillator Package worth over £2,000 for just £999 plus VAT. This will provide the school with not only a life-saving defibrillator but training for staff and students and much more! If you're a local school in Trafford or know of one in your area, please help us spread the word and help us make the Trafford community Heart Safe!

Defibrillator Nomination Winners

December 2013

Every month, Hand on Heart offers the public the chance to nominate a school to win a free Defibrillator Package on the Hand on Heart website. Your school or yourself can fill out our nomination form to outline why they deserve to win.

We were able to make 3 Schools Heart Safe this month through our nomination entries, here are this months winners

- Urmston Junior School, Urmston
- South Gosforth First School, Newcastle Upon Tyne
- Hockley Heath Academy, Solihull

Congratulations to all of you on becoming Heart Safe Schools!

Do you know a school that needs a defibrillator? Send them to our website where they could be the next winners of a free Defibrillator Package!

Wellington School

Wellington School in Scotland have been incredibly generous in their efforts to fundraise for Hand on Heart Charity. They have generously offered to raise £10,000 by June 2014 for us to fund defibrillators for schools across the UK which would be an astonishing and life-changing amount to raise. In September of 2013, the grammar school hosted a bake sale which turned a great success and they have followed the event with a

Christmas craft fair which has raise an incredible £4,000! This will go towards their final total and they will continue to raise awareness and promote our charity and goals. Thank you



Image above
Wellington School fundraising for
Heart Safe schools with a
Christmas craft fair!

Work Booklets

Following the revamp of our new website, we have designed new workbooks for children to download, right from our website! These workbooks will allow them to learn more about SCA, tips of how to perform successful CPR and much more based around the importance of a healthy heart and lifestyle. We're incredibly excited for our new workbooks which will not only help raise awareness but will educate children (and parents!) of the risks and prevention of SCA. These workbooks can be downloaded from our website free of charge, NOW!



Social Media

So far, we're up to an outstanding 1,044 followers on twitter and 574 "Likes" on Facebook! Please be sure to Mention, Retweet and Favourite Hand on Heart on all of our social media platforms to help us reach 2,000 by the end of this year!



[@HandonHeart](http://www.facebook.com/handonheartcharity)
www.handonheart.org

Your Support

In 2013 we were able to donate a total of 158 fully and partially funded defibrillators to schools across the UK! Of course, we couldn't have achieved this without the help from our supporters! We'd like to thank the following companies in particular who support Hand on Heart as their Charity of the year 2013-14! Euxton Hall, Fulwood Hall and Oaklands Hospital which are part of the Ramsay Health Group; Sainsbury's Stockton Heath, Oldham, Westhoughton and Culcheth who have helped create Heart Safe environments in their local communities and EPC and Raring2Go! For hosting such fantastic fundraising events, all with an aim to equip local schools with life-saving equipment.

We're incredibly thankful to every Hand on Heart supporter who have helped us achieve so much in 2013, in addition to the support of individuals and companies, we have also received incredibly generous grants from businesses and organisations all over the UK! It is because of your help we are able to create so many Heart Safe environments and continue to do so in 2014!