

Welcome to Hand on Heart Charity's Newsletter, May Edition!

We hope you enjoy finding out what we and our supporters have been up to.

Next month's newsletter will see a page dedicated to pictures of people with defibrillators, who ever you are, where ever you are, look out for a defib, take a photo, and send it to us. Don't forget to give us your name and let us know where the defib was located. Watch out for your pictures in our June edition.



Image Left:
Defibrillator presentation held at Euxton Hall Hospital with The Ramsey Group, Gina Harris and Dee Wild from Hand on Heart and Representatives from the school with pupils from the four schools.

Euxton Hall Hospital Presentation

On Friday 2nd May, Hand on Heart and Euxton Hall Hospital were incredibly pleased to be able to present four schools with a life-saving defibrillator s and training at Euxton Hall Hospital. The packages were donated and fully funded for the schools thanks to multiple fundraising events hosted by the hospital , fundraising included a charity ball, a charity football match and cake sales!

The 4 schools to receive the defibrillator donations were
Euxton Primrose Hill
Balshaw Lane Primary
Euxton CE Primary
Euxton St Mary's

We'd like to send our congratulations again to all four schools on becoming Heart Safe, and a huge thanks to The Ramsey Group for its fantastic support and contribution to helping local schools.

300 Milestone

We are very proud and humbled to announce that we have now helped over 300 schools across the UK to become Heart Safe!

Through this, we have been able to train 2416 of the schools staff in basic first aid and AED training, and taught 9060 pupils Basic Life Support skills, life lessons which will benefit them throughout their lives.

As a charity we have worked hard to get raise awareness and increase survival chances for anyone suffering a cardiac arrest whilst at school. We are extremely happy to have made so many schools safe, and hope with our commitment to get defibs into every UK school, the statistics of cardiac arrest-related deaths in schools will reduce soon.

We'd like to thank you, our supporters, for helping us to raise awareness and funds for these life-saving devices. We are thrilled schools are recognising the need to have defibrillators on the premises and are looking forward to continuing this challenge as we help UK schools become Heart



Katie Walker

Katie Walker is currently fundraising for Hand on Heart after researching and discovering the work we do in creating Heart Safe environments in the UK with life-saving defibrillators. Katie's father collapsed from a sudden cardiac arrest several years ago whilst out with friends, he was only 49 at the time and thankfully was saved after early defibrillation from an ambulance team which was called at the time of his collapse. It is still unsure to this day why her father suffered a cardiac arrest and so now lives with a pacemaker as an extra precaution.

Since then, Katie has dedicated time to raising money for charities which focussed on helping reduce the statistics of death from sudden cardiac arrest. She has achieved this through taking part in sporting events and boxing tournaments, and would like to continue fundraising for positive causes in the future! Considering her father's incident and with a child starting school this September; she has chosen to support Hand on Heart due to our work with schools and commitment to equipping all schools without defibrillators with the life-saving device. We are incredibly grateful for the help of all of our supporters and fundraisers and we wish Katie lots of luck with her goals to raise funds and awareness of our charity and aims.



Image above:
Katie Walker taking part in a charity boxing match to help raise funds!

Salford Campaign

Continuing to work effortlessly to help all Salford schools become equipped with a life-saving defibrillator and become one of the first Heart Safe cities in the UK we are closing in fast to complete our goal! We have now successfully helped 74 schools become Heart Safe leaving only 22 schools left to equip! We're very pleased with our progress so far, and hope to achieve a Heart Safe City in Salford by the end of 2014!

We're still offering Salford schools that do not yet have a defibrillator the opportunity to claim a FREE AED to make their school environment Heart Safe, please call **0845 071 0822** for more details.

EPC Golf Day

Tuesday the 2nd of September will see EPC-UK host their second Charity Golf Day for Hand on Heart Charity! The event will take place at Macdonald Portal Gold and Spa Hotel with all monies raised going to fund life-saving defibrillators for schools! Please see the flyer attached to the left for further details and for any further enquires please email Gina@handonheart.org.



The tournament will be played with teams of four. You can also choose to enter smaller numbers to make up a team with other participants.

The day will commence with coffee and sumptuous bacon rolls, followed by an 18 hole Texas Scramble competition, with both team and individual prizes. There will be a "nearest the pin" and a "longest drive" competition, rounded off with a chance to relax over a three-course dinner and presentation evening.

Don't miss this excellent opportunity to enjoy 18 holes of golf on one of the finest courses in the North West of England. Join us to network and at the same time help raise money for charity.

All levels of play are welcome.

EPC – UK are delighted to announce their second Charity Golf Day will take place at Macdonald Portal Golf and Spa Hotel on Tuesday 2nd September 2014.

This is a day to have a fun, challenging round of golf followed by a networking dinner and prize-giving. The day is very much an occasion to enjoy good company and to raise as much money as possible for charity.

We are pleased to announce that this year's Golf Day is in support of:

Hand On Heart Charity

Hand on Heart has a simple goal; to prevent the deaths of the 12 young people who die due to sudden cardiac arrest each week.

The Golf Day includes:

- 18 holes of Championship Golf
- Bacon rolls and coffee
- 3 course evening meal
- Trophies, Prizes and a Raffle

Accommodation: if you are planning to stay over after the evening meal and would like a room looking at the hotel, please let us know and we will get a room booked for you, however you will be expected to take care of your own bill at the end of the stay. Prices for the room are: £100 for a single room and £121 for a twin room.

Wellington School Charity Golf Day on course for a fantastic profit of £3,184...



Many thanks to all who participated in the first ever Wellington School Charity Golf Day. Played in excellent conditions at Dundonald Links Golf Club, 76 intrepid golfers did battle for Wellington's very own "Claret Jug".

Coming out on top was the team captained by one of our parents, Dr Shamprasad Konamme. Alongside his playing partners, "Team Jimenez" included Konamme, Neil, Lawrie and Morran. Team names were based on the Ryder Cup. Team Jimenez triumphed with an unbelievable stableford score of 90 points. There was a selection of prizes available for on course excellence and a prize draw to wrap up proceedings.

Head Boy, Andrew Kerr and Head Girl, Alyssa Shepherd wish to extend a huge "thank you" to everyone who helped make the event such a success, particularly Kirsty Thomas and all of the staff at Dundonald Links, Laings of Glasgow for their generous gift of the trophies, Balmoral Mill for sponsoring the "nearest the pin" competition and all of the other parents and friends of the school who kindly donated prizes.

Salford School Run

After receiving their defibrillator package, St Philips C of E, year 6 children ran in the annual school run at Salford City Reds Stadium on the 27th March to raise sponsorship money for Hand on Heart Charity. The children thought this would be a great opportunity to raise awareness whilst keeping fit.

The whole class did extremely well completing the 2 km course and all children were rewarded with a medal and a well earned drink at the end.
Well Done year 6

Along with other events the school have raised well over £400. Keep up the good work St Philips.



Meet the Trainer

We'd like to introduce Hand on Heart, First Aid Trainer Jeremy Hinchcliffe, who is based in Kent.

Jeremy Hinchcliffe has been a qualified first aider since his early twenties and has been running The First Aid Team with his wife, Fiona, also a qualified trainer, for the past five years.

Jeremy thoroughly enjoys his training work and takes a straightforward approach to first aid to ensure his teachings are within everyone's capabilities. He focuses heavily on building the confidence of all learners no matter what their age, ensuring he instils the reaction to act in an emergency situation.

His work with Hand on Heart is extremely valuable to us as it educates children how some very simple actions can make the difference between life and death, we're very pleased to have such a passionate trainer on the Hand on Heart team who helps us raise awareness of sudden cardiac arrest and the importance of teaching children basic life support skills.



Fundraising

We would like to send a big thanks to Lindsay McColl, Ehona McGeoch, Tracey Morrison and Linda McLean from Mactaggart and Mickel Homes Ltd in Glasgow for their incredible support and fundraising!

Between the 4 of them, £1,000 was raised as they all took part in The Bupa Great Women's 10k run to raise money for Hand on Heart! The run took place earlier in May and welcomed more than 10,000 ladies to take part in the run through the streets of Glasgow.

UK Heart Safe Awards 2014

Preparations are in full force for our 2014 UK Heart Safe Awards and with October only a few short months away, we are buzzing with excitement for the successes this year's event will hold! If you're a business wanting to be involved, we have some fantastic sponsorship opportunities still available for the evening, if you would like to enquire for further information, please email Lesley@handonheart.org. Nominations are also still open if you know someone who has saved a life, you can nominate them to be a winner in our 2014 awards and receive some well deserved recognition! Please visit <http://ukheartsafeawards.co.uk/> for all nominations and ticket purchases for the evening's event.

Image above and right:: Hand on Heart Trainer Jeremy Hinchcliffe.
Image above and left: Lindsay McColl, Ehona McGeoch, Tracey Morrison and Linda McLean after their Bupa 10K run!



Defibrillator Nomination Winner April 2014

We're very happy to announce that **Harpenden Free School** are the proud winners of April's nominations, winning a Gold Defibrillator Package courtesy of Hand on Heart! The Hertfordshire school was nominated by a parent of a pupil at the school, congratulations to both for your efforts to make your school a Heart Safe environment!

If you have a school in mind that you would like to see win, visit our website and nominate them to be in with a chance of being the May winner of a life-saving defibrillator!