

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



Halloween
Here's hoping that you've all had a spooktastic Halloween and a fab half term holiday. We are sure you are all looking forward to Bonfire night and whether you have your own fireworks or are going to a display, please make sure that you keep safe and follow the fireworks code of safety.

UK Heart Safe Award presented after the event !

Stuart Ballantyne, Community Defibrillation Officer from the Scottish Ambulance Service presented East Neuk with their UK Heart Safe Award , as sadly they couldn't attend the ceremony.

Stuart told us: "I attended a local meeting last night and presented the award to the East Neuk team - for which they were very happy at receiving. Not as grand an event as your award ceremony I fear but I did get to enjoy roast chicken stuffed with haggis, lovely mashed potatoes with cabbage and bacon through it and a large glass of diet coke. The stormy North Sea nearby with waves exploding over the harbour walls added to the experience.

East Neuk First Responders have a reputation for delivering a first class service in terms of patient care, which they did again earlier in the evening when the duty crew attended a cardiac arrest in nearby Crail and successfully resuscitated the patient using their AED - well done.

Their public access defibrillator project has been the leading example of 'how to do it properly' in Scotland, with 37 now in place. So many other first responder schemes and other organisations have benefited from their knowledge and practical experience, as have patients. This award is well deserved, well done East Neuk Team on winning."

(pictured right The East Neuk Team with their Award.)



Defib Selfie!

Our sincere thanks go to Hand On Heart, Trustee, Rachael Howarth for providing us with her defib selfie. The defibrillator is one of many located in Alicante airport in Spain. If you would like to feature in a future newsletter, find a defib, take a photo and email it to us, telling us your name and where the defib is located.



The Booth Charities

Light Oaks Infant School are soon to receive a defibrillator and training, to make their site Heart Safe.

The purchase of the defibrillator for Light Oaks Infant School has been made possible by funding from The Booth Charities, Salford.

The Booth Charities are one of the oldest and most effective charities operating in the North West and we are proud to be working with them to provide one of the remaining 5 Salford schools, currently without a defibrillator, with the life saving equipment and skills to help save a life.

Our sincere thanks to Booth Charities for their support to our Salford Campaign.



A Huge Thank You!

A massive thanks goes to everyone who supported the EPC golf day, we are pleased to announce that through sponsorship and from events during the day and evening a massive £3,005.00 was raised. This is a great achievement and will help us place more defibrillators in local schools.

Pictured to the left: the Hand on Heart team, consisting of Andy Walker, Keith Webb, John Davies Snr. & John Davies Jnr.

Defibrillator Nomination Winners September 2014

After nominating themselves into our September draw we have been able to ensure that another 2 schools are now Heart Safe. The lucky winners of the draw are:

Welton St. Mary's Church of England Primary Academy in Welton, Lincoln & Garth Hill College in Bracknell, Berkshire.

Now they have their defibrillators on site we are looking forward to training staff and students and giving them the skills and knowledge to help save lives.



Training Feedback

It's always great for us and the trainers to receive feedback from the AED training sessions, have a look below at some of the most recent feedback we have received.

St Monica's—"Really good course. Information given clearly with good demonstrations. Feel a lot more confident now about using CPR and the AED."

Swanton Abbott—"I learnt much more than expected! I feel much more confident now."

St Anne's C of E Primary—"Feeling more confident in using the defib now that we have seen it first hand"

Ellenbrook Primary—"Excellent trainer. Very informative. Made you feel comfortable & confident. "Thank you!"

Funds Released.

Just as the schools were breaking for the Summer, we received news that funds were available for a short period, to provide schools with a free defibrillator when training was purchased.

As we receive a large number of entries into our monthly draws and had very limited time to contact schools, a decision was made to approach the schools who had not been successful in previous draws. It is always a difficult task for the judging panel to choose winners in our monthly draws so it was fantastic to be able to offer something to those who had taken the time to nominate their school.

The team set to work, frantically ringing and emailing the nominees and the schools to make them aware of the offer. The offer was very well received with 31 of the schools approached accepting the offer. We are hoping that more funds will be released at a later date to enable us to make a similar offer.

Duchy of Lancaster Grant

Sharman Birtles, a representative for the Duchy of Lancaster, recently visited the Hand on Heart office to hand deliver a cheque following a successful application for funding support. During her visit to the office, Gina explained about the development and work of the charity. It was lovely to meet Sharman and learn about her and the work that the Duchy of Lancaster do.

The grant has been used to fund a Gold package for North Ridge High School in Blackley, Manchester.



De Stafford School students pledge their support.

Students in 'Patrick House' of the De Stafford School in Caterham, Surrey have chosen us as their charity of the year. To show their support they have put together a power point presentation for their fellow students. The students will be planning and hosting various fundraising events to raise funds to purchase a defibrillator and training package for their school. Kicking off with a pumpkin carving competition we wish them luck in achieving their target.



Annual Ramsay Lancashire Charity Ball 2014

The Ramsay Group, black tie charity ball was held at The Samlesbury Hotel in Preston in October. All money raised on the evening was divided between Fulwood and Euxton Hall's nominated charities. Attendees enjoyed a 4 course meal, followed by music from a live band, a raffle and a disco. A huge thank you to everyone who attended to support Hand on Heart. Following a very successful raffle we are delighted that Hand on Heart will receive £780 towards another defibrillator for a Chorley school.

Christmas Appeal – Join in the Festive Fun and help raise funds

Whilst preparing for joyous holiday celebrations with your friends and family, it is important to stop and reflect on the joy and blessing in your own life, while others have been less fortunate. 270 children will lose their lives at school every year due to having a Sudden Cardiac Arrest (SAC) – Hand on Heart want to help reduce this number.

As Christmas approaches, we ask that you remember Hand on Heart in your holiday plans - please support our Christmas Appeal and raise funds to help provide defibrillators for schools. There are a number of ways you can help, please have a look at some suggestions below.

Xmas Card Donations: Instead of sending Christmas cards to your colleagues, clients & friends, leave your Christmas messages on your social media and web sites or send a large generic card so that everybody who is taking part can sign it, and donate the money you would have spent to Hand on Heart. This is a fantastic way to help out, it saves hours of writing out cards and helps the environment as it's eco friendly.

Christmas Jumper Day: This is something everyone can join in with, choose a day for everyone to wear a Christmas themed jumper to work or school. If everyone takes part and makes a minimum donation we should soon be on the way to funding a defibrillator.

Christmas wrapping station: Do you hate wrapping presents, are you always on the last minute and find you have ran out of paper at the most inconvenient time. Recruit a couple of volunteers who love wrapping and offer a wrapping service to your staff. Make a charge for each parcel wrapped and donate the profits to us.

Every penny will count, 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/handonheartltd/> or you can send a cheque made payable to Hand on Heart Charity to the address below.

Please let us know if you have decided to help and what you are going to do, we would love to see photographs so send them in for us to share on our Face book page.



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