



Hand on Heart January 2016 Newsletter

2015 saw some major success for Hand on Heart ending the year with being recognised with a prestigious national award. We hope you enjoy this special issue which looks back on 2015 as we share some of the achievements we have had with you.

We hope you had a great Christmas and hope 2016 is prosperous for us all.

Introducing Sol

At the start of 2015 we designed and took delivery of our new mascot, to help us gain awareness when out in the community.



A competition was arranged with some local schools to see if they could come up with a suitable name.

The competition winner was Emmie Rae, a pupil from St Johns C of E Primary School in Cliviger who came up with the name 'SOL' (Saver of lives) .

Emmie Rae and her mum stopped by the Intu Trafford Centre to meet Sol and receive a special certificate of thanks from the Hand on Heart team, who were conducting an awareness event.



House of Commons visit

January saw Hand on Heart visit Parliament and enter the House of Commons to attend

a very special event about improving the survival rates of sudden out of hospital cardiac arrests in the UK.

The key aims of the afternoon were to highlight screening of heart conditions of all children at risk of undiagnosed heart conditions, and have children leaving school with CPR skills.

The team found the whole day really interesting and glad to be able to support NWAS at this event.



New staff and office location

March saw Victoria Burrows our new Chief Executive and Jo Keegan Operations Manager join the team as we also relocated to new premises .

Both Victoria and Jo have brought a wealth of experience to the charity as Victoria commented at the time " This is the start of a new phase for Hand on Heart. I have been so impressed with how much the team have achieved for such a small, young charity.



From Left to right: Dee, Jo, Victoria and Lesley

Schools made heart safe

0 0 7 8 7

Teachers educated

0 4 9 6 8

Pupils trained

1 6 9 8 0

Grants & Trust support

We are extremely grateful for the grant and trust support we have received this year. It has helped support many more schools across the UK and inject funds into our campaign areas, here are just a selection that we have received.



5 lucky schools within the Wigan and Leigh area who after entering into the local media competition courtesy of the Leigh Journal, received their fully funded defibrillator and training package at Leigh Sports village from the funding we received from **Newquest (Gannett) Foundation**.



IGAS Community Fund supported us by generously funding 5 schools in Upton and surrounding areas with their defibrillator and training packages.



St James Foundation after hearing the work of Hand on Heart decided to support our Trafford campaign and fully fund 3 defibrillator packages to Brentwood School, Nexus Education Centre and St Mary's CE Primary Schools.



Our sincere thanks must also go to the **Brian Kennedy Trust** who helped to kick start our Manchester campaign in the summer. Their first funding support helped 12 schools, who received their packages at a special presentation held at the Midland Hotel. So impressed with the response from the schools that they further funded another 12 schools in the same campaign later in the year.

In November we received support from the Morrison Foundation, who helped us fully fund 4 packages for schools in our Manchester campaign. The schools were : Medlock Primary, St Wilfrids Primary, Rack House Primary and West Didsbury C of E Primary.

And finally later in the year, we had news of yet more funding from the **Big Lottery**. With their support it will mean we can inject resources into volunteers, promotional materials, training aids, information leaflets and volunteer uniform.



500th defibrillator was despatched in March

To our delight the school that received our 500th package was Flixton Junior School in Trafford.

This is a wonderful achievement for Hand on Heart and it was great to spend the afternoon with the staff and pupils with SOL to present the school with their defibrillator.



Euxton Hall Hospital continued support

In April we visited Euxton Hall Hospital as they presented defibrillator packages to staff and pupils to 4 schools from their surrounding area.

Following their hospital's successful charity event at the end of 2014, donations came in the Hand on Heart to support more schools within the local catchment areas.

With the staff and patients generosity over a 12 month period Euxton Hall Hospital have been able to create 11 Heart Safe schools and also been able to offer 88 staff skills on how to use a defibrillator and basic life skills to 330 students .

A huge achievement from just one hospital.

housing&care21

Earlier in the year we worked together with Housing & Care 21, as we placed a total of 120 automated external defibrillators (AEDs), in all of their extra care schemes in the UK, as part of national housing provider's new £220k project.

The Hearts & Homes project is the biggest single commitment by a housing provider to place AEDs at its schemes.

Housing & Care 21 funded 120 of the devices with Hand on Heart contributing a further 24 defibrillator and training packages which will be placed at nearby schools.

Monthly Draw Winners:

Congratulations to our monthly draw winners for the following months, by submitting winning entries and receiving their fully funded defibrillator package.

Our winning schools in **October** were :-

- Whitchurch High School in Cardiff
- St Johns C of E Primary in Gloucestershire

Our winning schools in **November** were :-

- Woodside Academy, Little Thurrock.
- St Mark's CE Primary School & Little Bird's Pre-School, Swanage
- St Bernard's Primary in Coatbridge

Congratulations to them all and hope they enjoy their defibrillator and basic life skill training in the coming months.

If you know of any schools that don't have a defibrillator on school grounds, let them know about our online nomination form.

<http://www.handonheart.org/index.php/how-to-help/nominate>



Amazing events all in aid of Hand on Heart

Over the year, we have had so many people give up their time, given their commitment to training and undertaken various fundraising events. All of which has resulted in them all funding defibrillator packages to schools in their areas that have had some connection to them.

Below are just a few we wanted to share with you.



Julie Statham went to Peru to do the Inca Trail and has raised enough funds to support 3 schools. Not only that but she also gained support to place a defibrillator into her sisters home. Pamela and all the family are affected by Long QT Syndrome. Well done!

In the summer we had 2 Military Intelligence Battalion Team from Pewsey tackle the Ox races marathon, an arduous twenty six mile cross country trail. It is far from a road marathon, with multiple steep hills, tracks and rough woodlands. Well done!



With a capacity of 300 starting runners, last year only 83 of those crossed the finish line; some of them taking over 8 hours. 16 members of 2 Military Intelligence Battalion decided to take on this epic race. Our congratulations to them all for their efforts, they supported 2 schools close the camp.

Our congratulations also went to Paul Moss who was brave enough to throw himself out of a plane to raise funds towards a defibrillator package.

Paul jumped from 10,000ft at a skydiving centre in Bridlington.



Sadly due to space we cant highlight every, but we do thank them all for their continued support to helping us make schools Heart Safe and have the equipment and skills to save a life. Well done!

Successful UK Heart Safe Awards

We are delighted that our fourth UK Heart Safe Awards was a huge success this year. Held on Friday 9th October at the Midland Hotel, Manchester, we saw over 300 individuals join us celebrate the night away, as we applauded our 16 amazing winners plus new to this year we also had 2 highly commended awards.

The Hand On Heart team are still feeling very proud after a wonderful evening that highlighted what truly fantastic work is being carried out across the UK. With Andy Crane as acting MC, an evening raffle and silent auction important funds were also raised for Hand on Heart and raised a phenomenal **£16,865** a tremendous achievement. Without the support of all our sponsors and guests generosity it wouldn't have been possible to host such a successful evening, our sincere thanks goes to everyone involved.

Here are just a few photos taken from the evening.



Date for your diary - Next years event will be on Friday 7th October 2016 at the Midland Hotel
If your interested in supporting our 2016 annual UK Heart Safe Awards, call us now on 0845 071 0822

Midland Hotel 2015 support and beyond

We are extremely pleased to have had the hotels support during 2015.

From hosting a school defibrillator presentation, supporting our annual UK Heart Safe Awards and being their chosen charity of the year the staff and customers have exceeded our expectations resulting in the hotel funding their first defibrillator package to a local school in the summer.



With recent fundraising activities the staff are almost ready to place their second defibrillator package into a school within the Manchester area. It has been a delight to have had their support. The staff have always been warm, welcoming and accommodating.

Our sincere thanks to everyone for their input and support and we look forward to another successful year of fundraising with the staff and the hotel during 2016.

QHOTELS

The Midland
Manchester

Hand on Heart are winners of The Guardian Charity Award

The Guardian Charity Awards aim to showcase excellence among small and medium-sized charities.

When judging the winners, The Guardian judges look for entries that fulfil the following criteria:

- Innovative aims and objectives
- Evidence of having made an impact
- How an award would boost sustainability and growth
- Overall contribution to social welfare

We are pleased to announce that in December we were chosen as one of the papers Charity winners. This is a huge achievement for us and one that will help us gain and achieve so much more in the following year. From staff training, to workshops, charity advice and more publicity will ensure a successful year in 2016 for Hand on Heart. Attending the presentation in London in December was Chief Executive Victoria Burrows with Chairman and Founder David Howarth.



Volunteers needed !

In February we will be starting the first of six coin counting sessions as part of the support we will be receiving from the intu Trafford Centre's Fountain Fund.

Can you help us ?

We are looking for people who can offer their time from 9.30am to 3.30pm to wash, dry and count coins on various Mondays and Friday's throughout the year, **starting on Monday 8th February**.

If you would like to offer your help and time, please get in touch with Jo Keegan now.

Contact details are below.

Many thanks



A few words from our Chief Executive:

I hope you have enjoyed reading about many of our achievements last year, we really have ended the year on a high with the largest UK Heart Safe Awards to date and of course the recognition from the Guardian.

On a personal note there have been a number of occasions that have stayed with me this year, many of which have been when I have had the privilege to spend time with those who have given their time to support Hand on Heart. We are fortunate to have a number of individuals who are as passionate as the team. They continue to raise awareness and funds on our behalf. Many are volunteers and some also participate as part of their role in their workplace. I would like to say thank you to everyone that has supported us this year. We have big plans for 2016 starting with our Wear Red for Hand on Heart day in February.

I hope you will be able to support us along the way.

Best Wishes, Victoria Burrows

Join us on Friday 12th February as we hold our first annual Awareness Day in aid of Hand on Heart - 'Wear RED' and show your support

Hold a dress down day, donate your £1 and help us to continue placing defibrillators and training packages in schools across the UK.

For more information about the day and how you can participate please email the team.

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