

## Hand on Heart February 2016 Newsletter

A belated Happy New Year to you all and hope 2016 brings happiness and success to us all. In this issue you will read about our first 'Wear Red' day plus the continuing support from the Lanes Group Plc plus our experience in washing and counting coins at the intu Trafford Centre

Our sincere thanks for your support and hope you enjoy our first newsletter of 2016 - Happy reading everyone 😊

### Our first Wear Red Day is a huge success.

Our sincere thanks to everyone who supported our first annual wear red day on Friday 12th February.

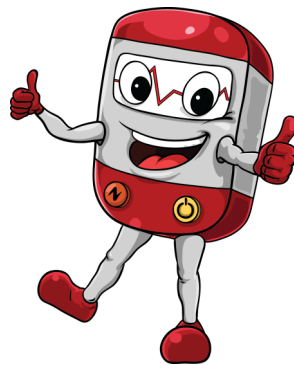
With many schools getting ready for their half term break they still found time to support us. Thousands of school children across the country were wearing an item of red clothing and making their donation to Hand on Heart.

Companies joined in too with many staff baking and organising cake sales and 'red' raffles.

Here are just a few of the many photos we received from our supporters. If you didn't join in this year, please make a note in the diary as this will be an annual event in February.



### THANKS FOR WEARING RED



## Lanes Group help another school with defib package

We are pleased to announce that the Lanes Group, has presented Pudsey Primrose Hill Primary School with their very own defibrillator, as part of the Group's 'Protecting Life' is Close to Our Heart' initiative, which helps people in local communities who suffer potentially fatal cardiac arrests..

The school was selected in a vote by staff at the company's Leeds operational depot, and is the third school in the UK to receive a defibrillator

Headteacher Lesley West at the school said: "The defibrillator gives us extra assurance that we are ready to do all we can to help should the worst happens".

Debi Bell, Lanes Group Head or HR Services said: "Health and safety is absolutely central to the drainage services we provide, so we are very pleased to extend that principle, by giving schools the means to save lives. We have close ties with the community and can make sure local people know the device is available, and trained staff are ready to help save a life.

The life-saving training given to staff and the life-saving awareness session held with pupils by Hand on Heart will continue to have a positive impact for years to come."

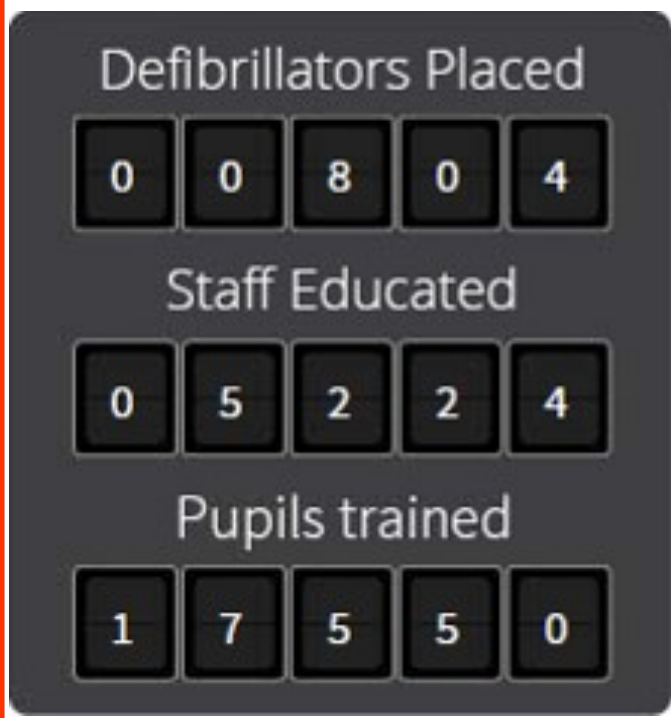
Lanes Group will over the next few years be working with Hand on Heart to donate a defibrillator and provide training, to a school close to each of its depots across the UK.

Our sincere thanks to the Lanes Group for their continued support to our charity aims. We look forward to working with them in making more schools heart safe over the next few years.



Helping save lives with a new defibrillator, back row, l-r: Lanes Group Head of HR Debi Bell and Head Teacher Lesley West, with, front row, l-r: school pupils Ellie, Kai, Krish and Emily

With the continuing support we receive we have achieved the following. ....  
Our sincere thanks to everyone involved for allowing us to do this.



## The Traynor Foundation - support school in Manchester campaign

Our sincere thanks to the foundation for wanting to show their support to one of our campaign areas.

Currently our campaigns cover : Trafford, Wigan & Leigh, Kendal, Chorley, Manchester and Salford.

Our aim is to help provide defibrillators and training packages to every school in these area's that currently doesn't have one on school premises.

It is through the various grants, trusts and donations we receive that helps us to do this.

If you or your company would like to get involved and support a school near, call or email Lesley in the HOH office.



**Dates for the calendar - Hand on Heart's forth coming events:**

**Irlam Live** - 4th, 5th and 6th June

**EPC Golf Day** - 8th September

**UK Heart Safe Awards** - 7th October

**Count Coin sessions at intu Trafford Centre** are :-

- Friday 8th April
- Monday 6th June
- Friday 29th July
- Monday 19th September
- Friday 4th November

If you can help with any of our coin counting or wish to have more details on any of our events above please get in touch and we will be happy to provide you with more details.



## **Brian Kennedy Trust supports more schools in Manchester**

We are delighted that once again the trust have supported a further 12 schools in our Manchester Campaign area.

One of the schools being supported has already undertaken their defibrillator and basic life skill sessions.

Linda Mills from the Trust visited the school during their training sessions , she commented “ it was a very interesting session though I’m not sure that I would remember what to do should the situation arise”

Colette Holroyd from Christ the Kings Schools stated “ We found our training day was an informative day for both children and staff. The staff were very complimentary towards the trainer stating that they had been on many first aid training sessions and that was by far the best.

The children really enjoyed their practical session with their response asking if they could do it again the following week, then a big groan when they were told no. I've even been fortunate to

## **And the winner is - Tori**

Kick Boxing for Hand on Heart - Tori Baker is a registered nurse and Resuscitation Training Officer for a large Teaching Hospital and is taking part in a Pink collar Boxing match in aid of getting defibrillators into schools.



Tori has recently signed up to do the charity boxing challenge ([www.pinkcollarboxing.co.uk](http://www.pinkcollarboxing.co.uk)) where, over the course of 8 weeks, will be training with a group of other like-minded ladies culminating in charity boxing matches!

If you would like to support her or our many other volunteers undertaking activities please look on our just giving page : [www.justgiving.com/handonheartltd/](http://www.justgiving.com/handonheartltd/)

We wish Tori all the best on her forth coming bout and hope she wins for Hand on Heart.



hear some parent feedback that their child was so enthused by the training, she went home and demonstrated what she had learnt on all family members.

We feel privileged to receive the AED device from the Brain Kennedy Trust and feel better equipped to manage life saving situations with fully trained staff through Hand on Hearts complete package “.



## Gareth Cole climbed and conquered O2

A huge thank you to everyone who donated and supported Gareth on his recent charity event. Along with other cardiac arrest survivors, wore some warm clothing as they all climbed and conquered the O2 building.

An exhilarating experience for Gareth on the expedition to walk over the roof of The O2 via a fabric walkway.

Suspended 2m above the surface of The O2 arena's tent canvas, the walkway is 52m above ground level and 380m long. At its steepest point the walkway has an incline of 28° on the way up and 30° on the way back down and has a slight bounce to it to replicate the surface of the tent. Thankfully there's a hand rail on the walkway and a balustrade on the observation platform to admire the view. Our congratulations to Gareth for raising £521 for Hand on Heart Charity.

A truly amazing experience and a memory that will last a life time.



## Hand on Heart donate defibrillator to baby Felix



Just days before his first birthday little Felix Kershaw was given CPR by his dad after he was discovered laying unresponsive in his cot after crying out.

His parents Kelly and Ben, fought to save the youngster as they desperately awaited help from paramedics. The 11-month-old had to be shocked three times with a defibrillator to restore his normal heart rhythm before being placed in an induced coma and ventilated in hospital for three days. Felix spent a week in intensive care, forcing his parents to celebrate his first birthday by his bedside.

Brave Felix, has now been diagnosed with the rare Wolff-Parkinson-White syndrome, a condition that causes the heart to beat abnormally fast for periods of time. Since the terrifying incident and on hearing the news about Felix the team at Hand on Heart wanted to help and made a trip to the hospital with a defibrillator to allow Kelly and Ben to take Felix home.

The defibrillator was purchased by Hand on Heart volunteer Janet Jackson who has been fundraising through various events to help the aims of the charity. Victoria Burrows, CEO of Hand on Heart, said: "With Janet's generosity Hand on Heart were thrilled to be able to help Felix. We were thrilled to be able to provide the defibrillator for Felix and to facilitate one family who has been affected by Sudden Cardiac Arrest in supporting another. We hope the defibrillator will provide peace of mind for Felix's family as it can be taken where ever he goes. "We wish this special little boy well with his continued recovery."

## Local Cub Group learn CPR

Our team member Dee was invited to Tyldesley Cubs Group recently to give the boys and girls in the group an awareness session on basic life skills. The pictures show Dee demonstrating CPR and the Cubs practising the recovery position. One parent commented that her son had gone home and put his dad and sister in the recovery position and thanked Dee for teaching him something worthwhile!



## We're cleaning money with a concrete mixer !

In January Dee and Lesley from Hand on Heart joined other charity workers attend a training session to learn how to count money, you maybe thinking why?

Hand on Heart are one of 3 chosen charities from the Intu Trafford Centre to receive their support from the Fountain Fund. Over the course of the next two years , we have the opportunity to wash, dry and count all the loose change that shoppers donate into the many fountains within the centre.

As you can see from the pictures, a concrete mixer is used to clean the coins, hair dryers are then used to dry the coins before volunteers sit and count the coins into their various money bags.

These funds will help and support the remaining schools within our Trafford and Manchester Campaigns to receive a defibrillator and training package.

### Would you like to join us ?

We are looking for companies that can release staff and or willing individuals 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.

If you would like to offer your help on any of the following dates and would like to know more, please get in touch with Jo Keegan. Call her on 0845 071 0822.

**Dates are : Friday 8th April, Monday 6th June, Friday 29th July, Monday 19th September and Friday 4th November.**



### 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 **December 2015** were :- St Edmunds Catholic School, Portsmouth and Ysol Merilyn in Flintshire

Our winning schools in **January** were :- Pattishall CE Primary school in Towcester and Gorseybrigg Primary School and Nursery in Dronfield

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.



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**Hand on Heart**  
Funding defibrillators for schools  
Hand on Heart Charity - Registered Charity Number: 1145316