

## Hand on Heart July 2016 Newsletter



The last few months have been a busy time and as you will see from the various articles, we have lots to share with you. From wanting runners for a half marathon to supporting little Heidi to the launch of 'Ani loves Camden' campaign. We hope you enjoy reading this newsletter. If you have anything you would like to share then please get in touch - we would love to hear from you and hope you have a safe and happy summer.



### **WANTED - Runners to take part in the Greater Manchester Half Marathon in aid of Hand on Heart.**

We have 10 charity places available for the marathon - if you would like to take part and raise vital funds to help us place more defibrillators into schools, then get in touch.

These places are available on a first come first served basis.

Please call the team if you would like to take part.



The 5th annual UK Heart Safe Awards shortlist has now been announced, following a very successful judging session held in June.

Check it out... [www.ukheartsafesawards.co.uk](http://www.ukheartsafesawards.co.uk) to see who is on the shortlist and for tickets to attend the evening.

On Friday 7th October at the Midland Hotel in Manchester we will see 13 worthy winners from across the UK celebrate their achievements.

The UK Heart Safe Awards are all about celebrating the success and achievements of individuals and companies, by recognising their contributions to making heart safe environments and helping to save lives.



Judges deliberating over the nominations

We hope this year's event will be bigger and better with new branding, new categories as well as a new and fun way to bid for auction items. Follow @heartsafesawards for the latest updates

**Tickets are already on sale and can be purchased from the award website now !**



## Heidi says thanks

This is Heidi Rose she is 3 years old. When she was 11 weeks old she was diagnosed with long QT syndrome. For those that don't know, it's a heart condition that effects the electric current and rhythm of her heart which can lead to sudden death.

Heidi is a happy bright little girl that has just started pre school at Gorseybrigg primary school but due to her condition there are certain activities she can't take part in.

Her parents, family and friends have been raising money for a defibrillator for school and for staff to receive CPR training. Heidi's teacher got in touch with Hand on Heart and we stepped in and supplied the school with a defibrillator and training not only for staff but a class of children as well.

We would like to say a massive thank you to all at Hand on Heart, you truly are amazing”

Heidi's mum Sam commented “We are so grateful for this, as a family we found it hard letting Heidi go off to pre school but feel much more at ease knowing that every safety measure is in place.

We have now set up a campaign called “HEIDI'S HEART” where we are raising funds for Hand on Heart. Our aim is to make Dronfield a heart safe community and over the coming months, we have various fundraiser and activities were we will be hard at work raising awareness. These will include a family fun day, with bouncy castles and face painting, while supporter Elliott Gallagher will be undertaking 3 x 10k runs in aid of Heidi's campaign.

If you would like to support Heidi and her campaign and make a donation please go to :-

[www.justgiving.com/Heidis-Heart](http://www.justgiving.com/Heidis-Heart)

## Cycle London to Paris 20th - 24th Sept 2017

- Are you a keen cyclist?
- Have you thought about taking part in a charity bike ride?
- **Plus - Have the chance to win a £2,000 voucher towards a new bike!**

If you fancy cycling from London to Paris, covering just over 300 miles in 4 days, whilst enjoying tree lined routes through historic towns and villages, with a spectacular finish beneath the Eiffel Tower then let us know.



Please email Lesley to find out more details at - [lesley@handonheart.org](mailto:lesley@handonheart.org)

## We need YOU !

Hand on Heart are looking for a number of successful and talented individuals to fulfil various roles within the charity.

If you would like to know more about these roles and how you can make a difference to a young and successful charity please contact Victoria.

Email - [Victoria@handonheart.org](mailto:Victoria@handonheart.org)



## New campaign area's for Hand on Heart

With the success of our current campaigns, we are delighted to announce that Oldham and Wrexham have become our latest areas to increase defibrillators and CPR training into schools within the local communities.

Over the coming months we will be working with the school to help them become heart safe and not only have the equipment but also the skills that one day could help to save a life, if anyone was to suffer a cardiac arrest whilst on school grounds.

If you know of a school, within the area - share the news. If you would like to support a school and sponsor a defibrillator and training package, please get in touch with Lesley . Email her at .... [lesley@handonheart.org](mailto:lesley@handonheart.org)



## Wear Red donations

Donations from our very first 'Wear Red' day, held in February are still being received but we are delighted to tell you that so far our total has reached **£2,000** with schools already committing to take part again next year.

Make sure you have the date for 2017 in your school/company calendar , next year it will be held on **Friday 10th February, 2017.**

## Thank you to our Volunteer Fundraisers



We are so grateful for the dedicated individuals who give up their time to support our charity aims and to help raise funds to allow us to make schools heart safe. Their support really makes a difference to the schools that they fund defibrillators for.

If you would like to do the same, please get in touch.

## Hare & Hounds Classic Vehicle Club show their support

Over 100 classic cars took part in the 20th annual 'Peaks and Dales' charity run in June in aid of Hand on Heart.

Following on from a visit to their meeting hall by our fundraiser Lesley back in May to talk about the charity, the members enjoyed a 70 mile adventure around the scenic Derbyshire Peaks and Yorkshire Dales, departing from Maple, Stockport and finishing the rally at the Pavilion Gardens at Buxton.

Lesley had the honour of starting all 100 cars off and received a classic car lesson from club Chairman Steve on the day.



Their next meeting will be in September when Lesley will attend a cheque presentation from the club to support 2 local schools.

## Calling all Community Groups

As part of our support to communities, Hand on Heart would like to help and support as many community groups in local areas.



If you have children in Scouts, Brownies, football or rugby clubs, karate clubs or youth clubs and their premises don't have a defibrillator, then get in touch.

Our SAVER package not only offers a defibrillator but also basic life skill sessions for children while leaders and teachers can get to learn CPR training.

For more information, please call or email [enquiries@handonheart.org](mailto:enquiries@handonheart.org) or speak to Lesley in the office.





## Ani ❤️ Camden

We are delighted to share the news that a number for schools in the Camden area of London will shortly be supported and receive defibrillator and training packages courtesy of Rosh and her supporters . Rosh is the mum to Ani who sadly lost her life due to sudden cardiac arrest.

As Rosh states “ My daughter Ani died from Sudden Cardiac Arrest (SCA) on 17th October 2002. She was 14 years old, a vibrant and passionate member of her school, Camden School for Girls in London. (CSG). She would be up early every morning to meet up with friends and always spoke with such love and enthusiasm for the school, a true Camden Girl!



This has impacted me, therefore in memory of my daughter's time at CSG, I am raising 10K to fund the purchase of Defibrillator machines including training for the school and 9 other nominated Camden Schools.

My research shows there are no schools in Camden that have a Defibrillator in place, therefore the only access would be via the emergency services....this may be too late ,as was the case for my Ani.

A quote Rosh received from The Baroness Tessa Jowell on hearing of her Camden campaign stated "Hand on Heart is a wonderful initiative that will save lives. It is particularly poignant as it was prompted by Rosh's families tragic loss in Ani's death. I am delighted to support it particularly as, when I was Public Health Minister I started the programme of defibrillators in public places. Congratulations on this invaluable asset for young people's health."

So far with Rosh's efforts we can make Camden School for Girls safe with a further 8 schools in the Camden area receiving their defib and training packages following her fundraising event which was held in June. Watch this space for more news on Rosh's progress. The whole team at Hand on Heart wish Rosh and supporters well and success.

If you wish to make a donation to Ani ❤️ Camden, click on just giving link -

<https://www.justgiving.com/Rosh-Keegan>

## Akcross Charity Committee support local rugby club

We are delighted to thank the Charity Committee from Akcross for generously donating a defibrillator and training package to a Salford rugby club. After hearing the news that Folly Lane ARLFC were wanting to have a defibrillator on the training ground, the committee were only to pleased to support them.

Folly Lane ARLFC club secretary Gary commented “ All of our committee , coaches , team managers and parents are so pleased with the kind donation of the defibrillator from Akcross , and the hard work Hand on Heart do to secure these machines for organisations such as ourselves at Folly Lane.”

Gary and his team are now looking forward to receiving the defib training in the coming months.



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