



Hand on Heart May 2015 Newsletter

May has been a busy month this year with lots of work on the UK Heart Safe Awards. With the deadline looming, we have been busy finding companies to nominate to win one of the 16 awards. Look on the Award website, if you know of anyone who should be one of our worthy winners. www.ukheartsafeawards.co.uk

Midland Hotel smash fundraising target

Congratulations to the 17 hotel staff who took part in last month's Morrison's Manchester 10K run.

On a sunny Sunday morning the staff warmed up and ran the 10K course in record time to a rapturous applause as they ran past the finish line knowing all their efforts will make schools around the Midland Hotel Heart Safe. Hand on Heart have been chosen by the hotel as their Charity of the Year and have planned many fundraising activities over the course of the year to help our aims and objectives and raising awareness of sudden cardiac arrest in the young and to place life saving devices and skills into schools in local communities.

A grand total of £776.00 was raised for their efforts and hotel, Sales Coordinator, Rachel Thomas visited the Hand on Heart office recently to hand over the teams donations.

The first school to receive the hotels support will be Cardinal Langley RC High School. Watch out for next month's newsletter with more news on this story.



Hotel staff showing off their medals above and below with HOH team



Funding support from St James Place Foundation, arranged by Sarah Gibney of Sterling Financial Advice Ltd

We are delighted to share some really exciting news following a recent funding application, we have been granted £2500 from the St James Foundation.



ST. JAMES'S PLACE
FOUNDATION

This has helped to inject additional funding support to our Trafford Campaign and 3 schools have already received their defib packages.

Congratulations to – Brentwood School, Nexus Education Centre and St Mary's CE Primary School on receiving their packages.

Sarah commented "given my own personal experience of being told I had an undiagnosed heart condition which had been present since birth, and being advised that I required my own personal defibrillator, I came across an article which brought my attention to Hand on Heart.

Having met Lesley, Victoria and the team at Hand on Heart and discovered what they do I knew, I could and had to help.

Through our own corporate social responsibility programme we have our own charity that raises funds to help others, particularly children. I knew in an instance we could help out financially.

I was very pleased that I was able to co-ordinate a £2,500 grant which will now ensure that the pupils, staff members and members of the public attending the 3 local schools mentioned above, are now 'Heart Safe'.

I wish them every success and really do hope that the equipment is not required, however will provide peace of mind to the teachers, pupils and parents alike".



Hand on Heart team Jo and Lesley with 'Flat Stan' out and about in Eccles.

The girls were out and about in Eccles shopping centre recently recruiting local volunteers to offer help and skills to the charity.

Jo commented “ We always need help and assistance when out in the community. We would like to have a bank of willing helpers that can offer their skills to us, whilst at the same time we can offer them new skills including life saving CPR”.

Flat Stan - is the latest in a training manikin that we are currently trialling. With his smooth surface and smiley face, he's already a success.



If you have the time and would like to offer your help and support to become a willing volunteer, then please get in touch with Jo.
Call her on 0845 071 0822 or email - jo@handonheart.org

Thoughts of a Hand on Heart Trainer.....

My name is Keith and I've been involved in First Aid and AED training for ten years.



Since my first training session with Hand on Heart just over 3 years ago I have trained staff in 25 schools across the North West, totalling 200 teachers, teaching assistants and other school staff. Leaving a school in the knowledge that they have the AED and the skills to use it, gives me great job satisfaction. In fact probably more so than other situations as you know that it could be the life of a young child that may one day be saved because of the defibrillator and the training provided through Hand on Heart.

For me however I find the sessions with the children the most rewarding. Teaching the basic skills of the primary survey and CPR to the children is tremendous fun, making them aware of what are the basic steps to take in any emergency not only helps them but could one day be the lifesaving help for someone else - perhaps even a member of their own family.

One of the really rewarding aspects of working with the children comes from making the training very practical, even to the point of getting them to exercise and get out of breath to show how looking at someone's breathing tells you what their heart is doing.

You probably could not get grownups to do star jumps on a training course. Then again maybe I could try.....



May Draw Winners: Congratulations to our two monthly draw winners for submitting winning entries and receiving their fully funded defibrillator package.

Our winning schools in May were :- Heatherwood School, Doncaster and St Johns Mosley Common C E Primary.

Congratulations to them both.

270 children will die in School in the UK every year due to SCA - By training members of staff and children in CPR and providing the school with a defibrillator, these figures could be reduced.

FACT :-

SCA is the most extreme case of an emergency, as the patient loses consciousness at once and stops breathing immediately!

More funds released from Hand on Heart to support more schools



Congratulations to the schools in our campaign areas, who have successfully won a defibrillator and training package.

Campaign winners in Wigan & Leigh were Standish Lower Ground St Annes Primary School & Orrell Newfold Community Primary School.

Campaign winners in our Kendal campaign were Holme Primary, Carnforth and Heversham St Peter's C of E Primary School, Milnthorpe.

Holy Rosary School say thank you.

We are pleased to announce that following successful fundraising from one of our supporters, Paul Moss, Holy Rosary Primary school who the recipients of a fully funded defibrillator package recently.

The school were so thrilled to receive it that they have held a very special fundraising day to help us continue our work.

Their 'Big Breakfast' fundraising event was held on Friday 22nd May 2015.

Families, staff and children all tucked into their bacon or sausage muffins whilst selling raffle tickets to win some amazing prizes.

One quote we received from a grateful parent said " 'Raising funds for a defibrillator is an excellent idea - but let's hope we never need to use it'. The 'Big Breakfast' raised £93.00 and we collected £55.00 in donations.

On behalf of everyone at the HOH office - many thanks to everyone at the school and to Paul Moss for his generosity.



Wanted - new Ambassadors and Trustees

We are currently recruiting for Trustees who can offer their skills and enthusiasm to help move the charity forward. If you are interested in sharing your skills and experience with us, let us know.

Calling Celebrities - do you now a celebrity that would like to support a children's charity and help create awareness of sudden cardiac arrest to the wider community ?

If you do, then please get in touch.

Please speak to Victoria for more details and to request a job description.

Victoria@handonheart.org



Fundraiser Julie Statham braves the snow in May !

Its always nice to hear and have the support of many individuals who firmly believe in the work that we do and want to do something that they know will make a difference.

Please look on our **just giving** page www.justgiving.com/handonheartltd/ and see who is currently raising funds to help us and if you can support them, then thank you on their behalf.



This picture belongs to Julie Statham who has braved the snow in May to practice walking for her big adventure later in the year. Here she is following her successful climb on Scafell Pike at the beginning of May.

Another successful fundraiser has been Dave Wood who is raising funds from his Big Fun Run in Edinburgh, later in the year. His fundraising has been so successful he can already fully fund a defib and training package for Eyemouth High School in Berwick-upon-tweed. Well done Dave!

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 **Hand on Heart**
Funding defibrillators for schools
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