



Hello and welcome to the last newsletter for 2018

On looking back over the year, we can see that we have once again achieved an immense amount throughout the year - from making more schools and community groups heart safe with defibrillators, receiving grants and trust funding to those dedicated fundraising volunteers of Hand on Heart who have undertaken sponsored events, all of which has seen 2018 a very successful year for the charity.

From the start of the year and including the days in December, we have continued to create awareness of sudden cardiac arrest in the young and have played an active part in attending many business to business network groups to allow us to help fulfil our charity aims.

We have also been attending school technical workshops with one our business supporters - Elementary Technology. By doing this, it has provided us the opportunity to discuss the need of defibrillators with heads and deputy head teachers to the many schools that attended those workshops.

We are delighted to share the news that 93 defibrillators have been despatched to schools, community groups and a number of businesses since January increasing their first aid kits ensuring that they are always rescue ready and have the skills to be able to act immediately should they have a life emergency on their sites.

September saw 26 companies support Hand on Heart through the annual charity Golf Day organised by business supporter EPC UK. What started out as a very wet and miserable day ended in sunshine and smiles with donations raising £3,000 to fully fund 3 defibrillator and training packages for schools across the UK.

In October we saw the 7th annual UK Heart Safe Awards with over 350 guests and 13 lucky winners being announced, this year was by far our most successful event with plans to make the 8th awards event even more prestigious than ever for 2019.

As part of our charity aims we have also provided 766 staff members with skills on how to use a life saving defibrillator and given 2033 children Basic Life Support Skills. We are extremely proud of our achievements to date and only goes to show that more and more schools and community groups want to become Heart Safe.

On behalf of the trustees and volunteers; we would like to wish you all a Merry Christmas and happy and healthy New Year and hope you enjoy the read as we look back on some of our highlights of 2018.

Best Wishes
Emma and Lesley



FACT - did you know that 12 Young people will lose their lives every week due to having a Sudden Cardiac Arrest?

Hand on Heart would like to help as many schools, community groups and facilities that children attend to become heart safe and have a defibrillator on site. If you know of a venue that we can help, get in touch.

Kostal raised funds for Defibs

January saw 2018 start with Kostal UK staff raising £3,750 from their annual works Christmas raffle. While staff enjoyed the delightful prizes of flat screen tv's to choc boxes they were busy raising funds to place defibrillator and training packages into 4 schools within their local area of Rotherham.



Money from the fountains

Following on from the very successful intu Trafford Centre coin counts from 2016 and 2017, January meant that we could make a number of schools heart safe and receive their Defibrillator and training packages.



Orchard school, Manley Park Primary, Hindley All Saints, Nicol Mere and Holy Family RC primary schools were the lucky schools to be supported. Over the summer months the school staff and a number of students from each school received AED and Basic Life Support Skills.

Positive feedback

Over the course of this year, our trainers have held hundreds of courses with many school staff in schools across the UK.

When our trainers hold Basic Life Support Skill sessions with students the feedback we get back is always positive and at times we even receive special thank you cards from the children themselves.

Some feedback we received from a student at St Joseph's the Workers Primary school was from Harry from year 5 wrote us a letter saying " I was one of the children that took part in the first aid training - it was brilliant! I loved it! Now I know how to save someone's life."

Well done to all our trainers - who do a fantastic job.

Grant and Trust support through 2018

Throughout the year, Hand on Heart have been successful in receiving a number of grants and trusts that allows us to support a number of schools in the UK but also a number of Football clubs in the North West too.

Our sincere thanks go to City West Housing, Hedley Foundation, Booths Charity, Manchester Guardian Society Trust and the Duchy of Lancaster.

Pictured below one of the Under 15 teams from Failsworth JFC who can be seen proudly showing their new defibrillator which was funded by the Hedley Foundation.



Wear Red for Hand on Heart

February see's us encourage many schools and organisations to wear red for a donation to Hand on Heart as part of National Heart Month. Happily this was our most successful wear red campaign ever.

From baking and eating red cakes, dressing in red to drinking red fizzy drinks thousands of school children and staff raised valuable funds for Hand on Heart.

Even the team in the HOH office took part with Lesley, Emma, Julie and Sue baking and drinking some red delights.

More than £2,000 was raised.

We hope that this event will grow even more in 2019. So set a date in the calendar for February and wear red for Hand on Heart.





Big thanks to the corporate community for their support

Like many charities, gaining support from the corporate community can make a huge difference and gives the staff from these companies the opportunity to not only enjoy their fundraising but also get to present schools with their life saving device to enhance the schools first aid kit ensuring they are always rescue ready.

Companies like Kostal UK, Pink Tie Club, Total UK Ltd , Elementary Technology, EPC UK, Redrow Homes and McGoff Construction have all supported us throughout the year.

From construction site staff undertaking fundraising events, charity golf days to Conor from Elementary Technology undertaking the Tough Mudder challenge - collectively they have made 28 schools heart safe and all have received their defibrillators and staff have successfully attended a AED training course, while 30 students from each of the schools receiving basic life support skills - which is simply amazing.

A big thank you to everyone involved in the many events held throughout the year, and on behalf of the schools that these companies have supported, we say a huge THANK YOU.



New Campaign area for Hand on Heart

This year we created a new campaign in the Macclesfield area.

Through a number of fundraising events that have involved students from Kings College in Macclesfield to receiving funding support from Redrow Homes, we have to date increased 6 school first aid kits to include a defibrillator in the Macclesfield area.





UK Heart Safe awards 2018 a big success

Amazing, loved every bit of the evening, to it was really emotional, these were just some of the words to describe this years UK Heart Safe Awards event back in October, at the Hilton Deansgate, in Manchester .

Attended by over 350 guests from all around the UK with people travelling down from the Trossachs in Scotland down to guests coming all the way up from Cornwall to Manchester it was a true national event.

13 awards were announced in all, with categories ranging from Community Responder, Not for Profit to Large Business, with two special awards; also being presented.

The Life Saver of the Year was won by 13-year-old Joe Rowlands who saved his dad's life and the Special Recognition award going to BBC Lincolnshire and their amazing efforts to train over 22,000 people in CPR in just 8 months.

Congratulations to all of the finalists and well done to the 13 winners from the evening. Congrats also to Swallowfield Community Responders, McGoff Construction Limited, Welsh Hearts and Gloucestershire Constabulary who all received a Highly Commended award for their outstanding work with defibrillators.

Other highlights of the evening was the amazing Diamond Dazzle Raffle that raised a staggering £2,000 in just 7 minutes. Overall the evenings fundraising activities raised a huge £20,000 to Hand on Hearts fundraising pot.

It was a truly emotional and heart-warming night with stories shared from survivors and their families of children and adults of cardiac arrests.

This highlights that sudden cardiac arrest can happen to anyone at any time and the importance of having defibrillators and the need for bystanders to perform CPR whilst waiting for the emergency services to arrive.

Next years date for the awards will be Friday 4th October at the Principal Hotel, Manchester, so save the date in your diary.



Successful Re-Start your Heart day

With training manikins at the ready and an open invitation to join the team from Hand on Heart, employees from the many companies within Birchwood Park had the opportunity to learn basic CPR skills as part of World Re-start Your Heart day on Tuesday 16 October.

46 willing and excited individuals joined Lesley and Emma to learn more about using a defibrillator, understanding how the heart works as well as gaining valuable hands on experience with manikins doing basic CPR skills and getting to know what a defibrillator looks and sounds like.

Feedback from the attendees has been really positive and the hope is that further sessions can be available for others.

More workshops will be planned for the New Year.





Park Road Choir raises £979 in just 3 1/2 hours

On Thursday 6th December, we had 60 children from the choir at Park Road Primary School in Sale descend on intu Trafford Centre to sing Christmas carols to the many centre shoppers all in aid of Hand on Heart.



From the '12 days of Christmas', 'Away in a Manager', 'Dear Santa' to 'Hark the Herald' the children delighted thousands of shoppers during their afternoon performance. Everyone had such a good time, from £5.00 notes being dropped from the overhead balcony to a £50 note donation in one of the volunteer collection buckets, in total the children's beautiful smiles, dancing and singing encouraged a mass of donations totalling £979.00 !

This funding will go towards part funding 2 defibrillator and training packages to schools in our campaign areas. We can't wait to do this all over again next year.

Little Eva pops into the HOH office

Sometimes in life you take a phone call and know that you can help and make a difference.

Recently in the Hand on Heart office, we took a call that resulted in little Eva and her Mum and Dad popping in to collect a '**Families for Defibs**' defibrillator. Although still very young, Eva has been diagnosed with having a heart issue and was referred to us from hospital to see if we could help her.

As a charity dedicated to saving lives from sudden cardiac arrest, we were so pleased that we can offer peace of mind over the festive period to Eva and her parents through our '**Families for Defibs**' scheme with having a defibrillator at home.

This initiative was set up to help families with young children who are poorly, have serious heart issues and may need to have their own defibrillator for home, then Hand on Heart step in and offer a defibrillator on loan until funds are in place to provide a permanent solution.

Hand on Heart have a number '**Families for Defibs**' that are available for loan and with recent demand, all 5 defibs are currently out with families with a waiting list for more to help. We are so grateful to the Brian Kennedy Trust for funding these defibs that allows Hand on Heart to help families in need.

We only wish we had more.



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