

Heartwize Highlights 2017

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National recognition: Heartwize win prestigious BMJ award Education Team 2017



(left to Right) Dr William Toff, Julie Young and Dr Doug Skehan accepting the BMJ award for education team of the year 2017

When I heard that we had been shortlisted for the BMJ awards I was pleasantly surprised but a little worried that we would not stand a chance against the stiff competition. So I focused more on what a great opportunity it would be to meet similar organizations and make new contacts. You can imagine how surprised and delighted I was when we were named as winners in our category and called to go on stage and collect our award. This may be the first and only time I have known Bill and Doug to be lost for words. When they finally recovered thanks were given to all who have made this possible and a special tribute to all our volunteers who tirelessly continue to give their time and skills to this programme.

LCFC Foxes Foundation make £50K contribution to Heartwize following club ambassador's brush with death

When Alan Birchenall (The Birch) collapsed with a cardiac arrest earlier this year fate was on his side. He was lucky enough to be in the presence of someone who knew what to do and have a defibrillator close by. The Birch has been a supporter of our programme since it started so we were delighted when once again, he showed his support for Heartwize by donating the proceeds of his end of year charity run to us. He raised a staggering £43,000 which was then topped up by the club to a round £50k. Many thanks to the Birch and the Foxes Foundation. Donations like this enable us to continue our good work.



(Left to right) Jim Croucher, Dr Hannah Hawrot, Dr William Toff, Dr Doug Skehan, Susan Whelan (CEO) & Alan Birchenall.

Heartwize Cyclethon

As I'm sure some of you will remember in May this year we had a 24 Hour Cyclethon event with Millbrook Medical conferences. This event was hugely successful, with reports from Gem radio & Leicester Mercury raising awareness locally, plus an incredible £5,000 raised in donations. The Birch also came and looked in on us and even got on a bike himself and did his bit of pedalling for us (cardiologist was on standby). After 24 hours of tag team cycling we clocked up over 1800 miles and some rather sore backsides. A huge thank you the Millbrook and their staff and the volunteers who joined us for this event. Next time we will try and do something a little more comfortable!



The cyclethon team! others joined us for various stunts throughout the 24 hours but these were the ones who were there at the end. Most of them at the start too! Lizzie, Andrew, Mark, Fiona, Vicki, Bill, Alan, Julie, Doug, Dom, Tony, Dean, Ali, Becky, Emma and Emily.

Heart Aware Cricket (HAC) is launched.



January saw us launch Heart Aware Cricket (HAC) Leicestershire CCC are rolling out training to all their league clubs and academies over the next 2 years. It is also going to encourage all the county's clubs to do the same and have defibrillators available at each ground. Heartwize supported training of staff at LCCC who will be rolling out the programme countywide.



Long awaited Heartwize website goes live!

Its been a long time coming but we are putting the final touches on the website this December. We should have it ready to launch in the New Year. As well as the usual facts and figures there will be ways for schools and volunteers to interact with the site. So please let us know what you want from this site so we can try and build it in.

We will be giving regular training updates and the latest Heartwize news and events. We will also be keeping a running count of schools and community training. We would be delighted to hear from you with some of your news and stories for the site. It may encourage others to volunteer.

We hope to have a fully interactive training schedule that will be kept up to date with all booked training. Volunteers will be able to sign up for the relevant sessions online themselves. Don't worry We can still do things via email too if that is not your cup of tea. Please make sure you take a look and let us know your thoughts and ideas. www.heartwize.org

Big Bang Science Shows

For those of you who have yet to join us for a Big Bang event there are plenty of opportunities coming up next year. They are hard work but immense fun, training up to 300 people per day in short 20 minute burst training sessions. Its not for the faint hearted.



Trainer Sam interacting with primary school students

If you would like to get involved we are going to the national Big Bang Science event in March next year. It will be at the NEC Birmingham for 4 days. Check the training schedule for further details.

We will also be going to the local East & West Midlands Big Bang Events in June/July time if you can't make March. It's a fast and furious pace but ultimately, its very rewarding and great fun.

A Message From the Co Directors

Local Rotary Clubs Get

As you will have seen from the schedules that have been sent lately, we have become very involved with the local Rotarians. They have embraced the Heartwize training programme, with training now taking place at Rotary clubs up and down the region. With Rotarian volunteers participating and leading the training. If you are a member of a Rotary club why not ask them about their training with us. Check your schedule too see if there is a training session at your local Rotary. This partnership has helped us boost our volunteer base and increased awareness and BLS skills throughout the region. Of course it also has given us new opportunities to liaise with communities across the region.

Heartwize Welcomes a new Staff Member Vicki Urch



This April we welcomed a new member to the Heartwize office team Vicki Urch. Vicki has come with a wealth of skills and experience from the charity sector. In the true Heartwize spirit we threw her in at the deep end with training and a 24 hour cyclethon within the first month of starting. Here's what she had to say about her first impressions of Heartwize.

I arrived for my first day at Heartwize with trepidation; was I going to get on with everyone? how difficult would I find the CPR training? Would I enjoy the work? Emotions that we all experience when we move to a new job.

The first challenge was mastering CPR on the manikins and learning the Heartwize way of delivering training. After a few attempts I could get the 'click' and remember DRSABC. I was also astounded at how easy it was to use an AED (Automated External Defibrillator). Why didn't everyone know this?

Next, I had to face the teenage challenge! Following the see one, do one with support, go it alone method we use with all trainers I was soon in the swing of things. More than that I found I really enjoyed it. Of course, some of the students were a challenge, but most were enthusiastic and engaged. I came away from sessions

tired but with a real sense of achievement. My favourite session to date was with the young people at Forest Way. A small group with special needs they were an absolute delight to work with.

In the months since April I have honed my training skills, worked hard to ensure that our administration is running smoothly and supported the Heartwize team. I've completed a cyclethon, drawn down some funds from Magna Park, learnt how to de-lung a manikin and enjoyed meeting trainers old and new.

It's certainly been a change from my previous job but so far, I'm really enjoying being part of the Heartwize team.