

Newsletter

AUGUST 2019



FUN ON THE FARM

On July 6th Heart Heroes, Heart families South West and Heart Children Gloucestershire all came together for a Heart Family day out at The Noah's Ark Farm and Zoo in Bristol. The trip was part funded by The Grand Appeal and Heart Heroes.

We had 65 adults/children attend and it was great to see everyone having fun. Heart Heroes set up a base so the families could come and go as they wished especially as it was a very sunny day. Everyone met back up at the same time for lunch and each Heart child received an ice lolly.



Reviews from two Heart parents...

“ As a parent of a heart hero, days out are sometimes often quite isolating and lonely and its lovely to be part of the group. The volunteers are amazing so approachable, friendly and it was so helpful to be able to pop to the toilet etc and the kids be watched. My kids had the most amazing day making lots of new friends. having a base was great as my heart warrior tires easily so we were able to sit relax and rest for a bit. Having an opportunity to chat with other heart mums is so important and we were able to catch up with some families we haven't seen for some time and a couple of families we have met through the hospital. Thank you so much for providing us with this amazing opportunity!

“ Thank you so much for organising the day out, we had a lovely day. I still feel more wobbly than I realise about my daughters heart, and being able to meet other people yesterday was really wonderful, also just to have a lovely day out and see other families, it still feels like a whole new part of our lives and I really appreciate your support yesterday. I think it was good for my older 2 to come too, because they don't come to appointments and only visit when she's been in hospital they are removed from it and I want them to feel involved.

I'm sure it was a lot of work but I wanted you to know how much I appreciated it and how lovely it was to meet you.

www.heartheroes.co.uk
email@heartheroes.co.uk
Tel: 07951 835360





FUNDRAISING AFTERNOON TEA

RAISED £500



We are the chosen charity at this event below
<https://www.aitchandaitchbee.buzz/christmas-2019>

HEART FAMILY EVENTS

6th October - Little Hearts First Aid for heart children and their siblings/family members.

15th December - Heart Heroes Heart Family Christmas Party at Hatton Court, Gloucester 1-4pm. Disney theme.

FUNDRAISING EVENTS

The month of September - Hold a coffee morning/cake sale raising awareness and funds for Heart Heroes.

September 14th Inflatables 5k at the Cheltenham Racecourse - Heart Heroes are putting in a team, come and support.

7th December Sky Dive - at Sky Dive Buzz.

We have been invited to attend...

SUNDAY FAMILY MOVES EVENT IN AID OF MAGGIE'S

JOIN OUR SUNDAY SESSIONS IN PITVILLE PARK AS WE SHOW YOU HOW TO MOVE IN A VARIETY OF FUN WAYS IN THIS FAMILY MORNING OF FITNESS, EXERCISE, MUSIC AND PLAY. SEE WEBSITE FOR DETAILS.



BOOK YOUR SPOTS TODAY
cheltenhamwellbeingfestival.com

SUPPORTED BY
Active Gloucestershire



HEART HEROES

HEARTHEROES.CO.UK/EVENTS