

# Newsletter

SEPTEMBER 2020

# HEART HEROES

## HOLD STILL



Heart Heroes recently took part in The National Portrait Gallery named HOLD STILL.

This was our entry. 'It's been a bunny time!'

Here are two of the 100 pictures which made us smile, we hope they do you.

33/100 HOME-SCHOOLING GOING

93/100 WE'RE REALLY LUCKY TO HAVE A GARDEN

## A MESSAGE FROM THE QUEEN



Thank you so much for taking part in Hold Still, a portrait of our nation in 2020. Over 31,000 submissions were received from across the country, with entrants ranging from 4 to 75 years-old. We were overwhelmed by the huge number of incredible photographs that were submitted and selecting just 100 images for the exhibition was not an easy task.

To mark the launch of the Hold Still digital exhibition. Her Majesty The Queen has written a message sending her best wishes and congratulations to all those who submitted an image to the project.

## NAAYT AND THE GREAT FETE

NAAYT AND THE GREAT FETE support book, available soon!



## FIRST MONTH



Well what can I say, it's been fantastic. I've woken up each day excited for work. Coming up with the idea of our Heart Heroes Hug Bear has been a real highlight as I just wanted to spread a little light during this

epidemic and to spread some awareness about Heart Heroes which we totally got. Another highlight has been the people that I have met and introduced to whether that has been from other charities we work with, suppliers and most importantly the heart Children and parents during our coffee meeting was so fantastic catching up and meeting parents and creating a touch of normality for them. Everyday is different and I am learning so much. I can't wait for what the next few months bring.

THANK YOU  
LODGE OF  
GRACE 8566

AWARD  
£2000



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# BOOK RELEASE



Next month is Down Syndrome awareness month and The Abilities in me upcoming book release will be with Illustration and released \*EARLY\* November!!! This book is beautiful which is inspired by little

Gracie and her family, who absolutely love the storyline. This will be the 12th book released into the series and is aimed at children 3-8 years old. However, we do know of some older children with global delay, who also love the book series!

My favourite part of book publishing is watching it come to life through Adam Walker-Parker Illustration. He works so hard behind the scenes. We've almost finished our JIA book. So I will share a preview of this soon.

This book is supported by charities Heart Heroes, Happy Smiles Blog CIC and Share a Star. ★

# TRS TRIALS

TRS ONLY TRIAL  
Supported by TRS UK



18th OCTOBER 10.30 am start at Breakheart Quarry.  
15 secs 3 laps. With very special guest appearances.  
All funds generated from this event will be split between Breakheart community project and local charity Heart Heroes. Entries open 1st October 9am.  
Phone Ray 01453 547422. £25 Pay on day.  
ENTRIES LIMITED TO 60.

# PARTIES

Hosted by Fundzzle on 30th October.  
In collaboration with Fundzzle for spooky entertainment, games & fun for all ages.  
Heart families only please.



Christmas Heart Family VIRTUAL Christmas Party November 29th 2-4pm.



# VIRTUAL Christmas Fair

November 22nd 10-4.30pm  
Raffle £1 a ticket all proceeds to

**HEART HEROES**

Baby to Bears	Wild & Brie
House of neon	Zs Beautique
Little Pricks	Chez Rose
(Nursery & Garden gift shop)	Flamingo Crafts
Sisu Pancakes	F&M Cosmetics
Beas Bows	...and more!

**HEART HEROES**

# VIRTUAL BINGO

December 11th  
6.30pm  
£5 for 3 games

**HEART HEROES HUB \*GLOUCESTER\***

# coffee MORNING

For heart families and their children

30 max in our own venue away from the general public with Covid safety precautions

22nd October 10-12.30pm  
The Club Tuffley Park, Gloucester

<https://www.eventbrite.co.uk/e/122551088605>