

Newsletter

APRIL 2021

HEART HEROES

GIVE HOPE

Changing lives for Heart Heroes

Join our GiveHope Community

Our GiveHope community are a group of compassionate people just like you who are dedicated to changing lives for our Heart Heroes by donating regularly.

Isolation, loneliness, emotional exhaustion, anxiety, depression are only some of the difficulties that our families face who have a child with a heart condition. Being able to find others who are navigating similar difficulties can provide much-needed solace, comfort, and hope.

GiveHope are a community of amazing people like you, giving anything they can, to make an impact and a difference to these children and their families by removing some of those feelings. By joining GiveHope you will be providing children and families with the crucial support they are desperately in need of.

www.heartheroes.co.uk/givehope/



HERO Q&A

This month Heart Hero Grace puts our Founder Kelly through her paces...

Grace: How much money do you need to raise?

Kelly: *Enough money to be able to run events and all the things we do. We also would like enough money to be able to support all children living with Heart Conditions and their families who need us.*

Grace: Why do you run heart heroes and what do you like best?

Kelly: *The best thing about heart heroes is seeing smiles on faces and I run Heart Heroes because of this.*

Grace: How old are you?

Kelly: 43

Grace: What is your favourite animal and why?

Kelly: *A Monkey because they are cheeky and fun and remind me of our Heart Heroes!!*

Grace: Who is your hero?

Kelly: *My Dad*

If you'd like to ask your own questions please email us at the HQ: email@heartheroes.co.uk

CHARLIE SAYS "GET INVOLVED..."

We're asking all our readers to get in touch and let us know what you'd like to see in future editions of the Heart Heroes Newsletter.

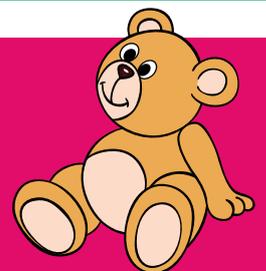
In order to continue to raise awareness and funds for all our Heart Heroes, and their families, it's important that we keep growing the number of our subscribers to help spread the word.

We'd love your suggestions for topics, news, activities or anything else you feel would be important or just good fun! We'd love to feature news from our Heroes

and their families on a regular basis, after all that's what Heart Heroes is all about.

Also, don't forget to encourage your family and friends to sign to our newsletter. We'll be running regular competitions that will be exclusively available to our subscribers, so don't miss out!

You can send your suggestions to Kelly or Amy at HQ: email@heartheroes.co.uk



NEW IN THE HH SHOP

£12.50
EACH

Be
Kind

'BE KIND' Kids & Adults
T-shirt by Rocket & Rose
Available in Navy or Red
Designed, decorated &
finished in Devon, UK.



Heart Heroes Leopard Heart
Kids & Adults T-shirt



White Heart Heroes
Leopard Heart Slash
Kids & Adults T-shirt

VOLUNTEERING

Volunteering and its Surprising Benefits

How Giving to Others Makes You Healthier and Happier...

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health.

Why volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

Kindness begins
with the understanding
that we all struggle.

HEART
HEROES



Benefits of volunteering: 4 ways to feel healthier and happier

1. Volunteering connects you to others
2. Volunteering is good for your mind and body
3. Volunteering can advance your career
4. Volunteering brings fun and fulfillment to your life

Thank you to all that have supported and volunteered in 2020. Get in touch if you'd like to volunteer in 2021

Together we can make a difference

Congenital Heart Disease is a heart condition or defect that develops in the womb before a baby is born.

- Heart defects are diagnosed in at least 1 in 150 births – that's an average of 13 babies each day in the UK – with more diagnoses later in life. Estimates suggest that in total as many as 1-2 per cent of the population may be affected.
- Heart defects are the most common congenital anomaly in babies born in the UK.
- Heart disease is the biggest cause of perinatal and infant mortality from congenital anomalies.
- Before the BHF existed, the majority of babies diagnosed with a severe heart defect in the UK did not survive to their first birthday. Today, thanks to research, around 8 out of 10 survive to adulthood.



The giant iPad Heart Heroes funded has now been installed on the Dolphin Ward (cardiac).

FUNDRAISING

National Children's Day UK 2021 Sunday 16th May - Heart Heroes

National Children's Day UK Sunday 16th May is all about the importance of a healthy childhood, and how we need to protect the rights and freedoms of children in order to ensure that they can grow into happy, healthy adults. It's a day of celebration, but it's also a great opportunity for councils, local services, community groups, hospitals, sports clubs, schools, charities, families, carers - anyone involved with children - to raise awareness about projects they are running or things they care about. Support our National Children's Day by texting to donate....

YES DAY

Our next sponsored fundraiser is being planned and if you know you know..

Clothes recycling - coming soon



Our holiday raffle raised an amazing £1305

This money will go towards our Heart Dads and Grandads day out. A huge thank you to Nicky Pegram Not just travel and South West Upholstery.

THANKS



EVENTS

HEART DADS/ GRANDADS CLAY PIGEON SHOOTING

SATURDAY 19TH JUNE



IT'S A
DAD
THING

BACK BY POPULAR DEMAND

Logo for Duck & Dot, featuring a duck and a dot.

Paint-a-long with Duck and Dot
Saturday 1st May
Starting at 10am
Ages 6yrs-adults

Heart Heroes Young Adults
present a Fundraising
Virtual Quiz Night

QUIZ NIGHT

Saturday 15th May @ 7:30pm

£2.50 donation to enter

Prize for the winning team



£2.50 per team www.buytickets.at/heartheroes/509922



Gloucester Business Professional Network Monday's (not bank holidays) 12pm via zoom. First week free then £20 per month donation to us.

Membership includes monthly network with guest speaker, social media shout outs, invitation to our podcast, website profile, what's app and Facebook group.

www.buytickets.at/heartheroes/513505

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