

Newsletter

NOVEMBER 2020

HEART HEROES

SONG RELEASE

Heart Heroes very own awareness song called:

'I AM THE SONG'. Release date 7th December which will be downloadable on most platforms iTunes, Spotify, Amazon, Tick Tock etc.

Created by the amazing Richard Lane and sung by Raene who's voice is simply beautiful. Thank you to them both.

The song was very much written with our heart families in mind but we truly feel it will resonate with many people. Our plan was and still is to sing the song and have it filmed with our heart families and a choir in the amazing Gloucester Cathedral as soon as we can.



CHOSEN CHARITY '21



Harbour's Charity of the Year 2021

Heart Heroes!



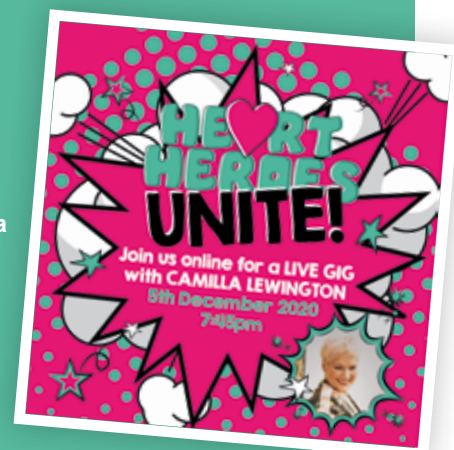
A huge thank you to Harbour Business Supplies for choosing us as their charity of the year 2021. For all your business supplies visit...

www.harbourbusinesssupplies.co.uk

CAMILLA LEWINGTON

There is still time to purchase a Zoom link for a Live fundraising gig 'An evening with Camilla Lewington' on December 5th starting at 7:45pm. £10 per household. A live gig from the comfort of your own home.

Let's kick off December with a night to remember.



www.heartheroes.co.uk | email@heartheroes.co.uk

Tel: 07951 835360



HAMPER RAFFLE



From the 1st December till the 6th December we will be raffling off the following hampers:

- ❄️ XMAS HAMPER
- ❄️ FAMILY FESTIVE CHOICE HAMPER
- ❄️ PAMPER HAMPER
- ❄️ WELLBEING HAMPER

All the contents have either been donated by local businesses and the Heart Heroes team.

It will be £2 per ticket to enter, please follow our social media pages for updates and how to purchase tickets.

SKY DIVE

March 13th minimum £395 to raise to jump for free.



FUND RAISING

FUNDRAISING.

A huge thank you to Heart Mum Rachael for raising funds for us from creating Christmas edits from photos being sent of the children to superimpose them looking out of a window with a festive theme. £290 raised so far!!



BOOK UPDATE



Our latest Books to be realised...

TALES OF THE HEART

A Collection of personal accounts written by our heart families.

They come in two volumes, Volume 1- under 5yrs & Volume 2- 5yrs+.

We are incredibly proud of these books as they are stories of hope and joy of celebrating the journeys are families have been experiencing and a great resource to share with others.

£6.99 to buy a copy from www.heartheroes.co.uk

YOUTH GROUPS



On Saturday 21st November Kelly and Amy held two meetings and invited any Heart children aged 6+yrs and 11+yrs to meet via Zoom.

As a group they discussed any ideas for 2021, either virtual or in person and Kelly and Amy also set each age group a challenge.

They came up with so many great ideas and we will share these with you and their challenges very shortly.

They also decided on a name for each of these groups and how often they would like to meet via Zoom.

They decided on 'Heart Heroes Cool Kids' ages 6+yrs and 'Heart Heroes Young Adults' ages 11+yrs. They will be meeting virtually once a month.

Kelly and Amy both said 'It was so great to have held both of these group meetings and for them to take the lead and share ideas and suggestions. It also allowed them to make new friends during a time where we can't do this physically we can offer to do this virtually, were excited to put in place their ideas and share them with the rest of the families and supporters'.

SUPERSTAR

HEART HERO ISLA

"Isla's recent achievement is.. She has been 4 months NG tube FREE. MUM SAID 'I never thought she would ever come off it but Isla decided to start drinking all her bottles. Isla also mastered walking. I want to wish everyone a merry Christmas and a happy new year'.



HEART HERO BECCA

In September Becca celebrated 10 years since her first open heart surgery and asked to go to Devon so she could swim in the sea and also wanted to do archery. We celebrated with a heart cake. Becca loves living life to the full!!



FIRST AID FOR MENTAL HEALTH

Over the last 5 weeks some of the Heart Heroes team trained with Su at Respond Training to complete their First Aid for mental health level 3 qualification which covered areas such as Anxiety, PTSD, Stress and more. All underwent an assessment and all passed with flying colours. Su will now be working alongside the Heart Heroes parents to offer support and well-being techniques via zoom.



XMAS PARTY REVIEW

Heart Heroes Children's Christmas party.

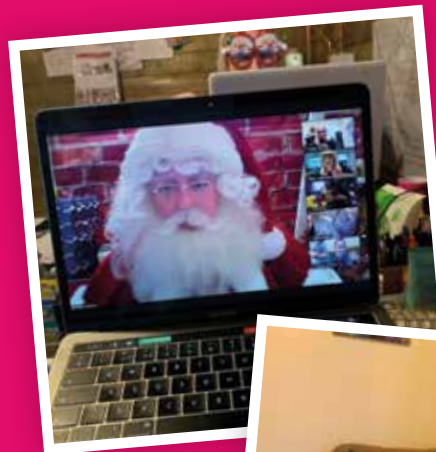
Our Christmas Party was a huge hit with the children who played lots of games and did great dancing. We were lucky to have guest visits from Olaf, Elsa, Ozzy the magician and Father Christmas. Each child had received a goodie box before the party with lots of goodies and a wrapped present from Father Christmas.

What the families said....

“ Thank you for putting in so much hard work to put smiles on all these young faces ”

“ Thank you for an amazing party and seeing Santa was the best, I've actually came away crying that I have this support ”

“ It was great thank you so much for a much needed lift on a Sunday afternoon. Our little one has told everyone she was at a party with Elsa, Olaf and Santa ”



HEART HEROES WOULD LIKE TO THANK AND WISH ALL OUR FAMILIES AND SUPPORTERS A VERY MERRY CHRISTMAS. WE LOOK FORWARD TO SEEING YOU IN THE NEW YEAR!