

Newsletter

JANUARY 2021

HEART HEROES

HEART HERO PHOENIX

A morning in the life of HEART HERO PHOENIX...

'I wake up in the morning around 8.30 although I could probably sleep some more! Mummy gets me changed and she gives me my injection (to thin my blood) I don't like this very much but mum says I am very brave! I then have my breakfast (usually granola) as that is my favourite! My mum then gives me some medicine, captopril, sildenafil and iron as these help my heart to work better! I then like to watch TV for a while as I'm still quite sleepy and I like to rest! I like to have a bath before lunch as I have quite some trouble going to the toilet and I have a sore belly so a warm bath helps me!'



A day in the life of HEART HERO LORAYA...

Loraya's day starts at 7am when her carer wakes her up, she will take her CPAP Off and give her oxygen, she will then brush her teeth, which can be a task as she don't always cooperate and you have to suction her at the same time. 8am is medication time which is done through her NG tube, nappy changed and dressed (if I ask to be dressed). 8.30 her carer leaves and then is her chair time which helps Loraya with her posture for a hour. 10am Loraya's feed will finish and her flush of water will be given nappy changed I will then dress her if carer didn't. 11am time to go back on to CPAP and nap time (this can take up to a hour to change nappy/settle!). 1pm Loraya wakes up check nappy and goes in her chair to have her water feed through her NG tube so we have to test her tube to check it's in the right place by putting a syringe on the end and pulling back hopefully some content and putting it on a testing strips to check the pH level. 2pm ish water is finished nappy changed! 3pm CPAP time off and oxygen on And it's our favourite time as she can just play for a couple of hours. 5pm bath time.



HEART HERO LORAYA

6pm feed time! Some days we have to check Loraya's blood sugars sometimes before 6 pm so any time of day or sometimes at 6 pm if she is showing symptoms of having low sugars if she is having low sugars gluco-juice is given if no improvement she will require hospital. Feed set up and given, medication given pjs are now put on. 7pm Loraya goes back on CPAP. 7.30 Loraya's bedtime! Brush teeth as earlier with suction and sometimes a battle, then bed which can take up to a hour to settle! 7.30pm-10.30pm I have to make sure her mask stays on her face. 10pm feed change. 10.30pm carer arrives to take over. 11pm medication. 2am feed change. 6am feed change. Loraya can require suction at anytime of the day due to vomiting or secretions and needs constant supervision on CPAP and feed as she likes to pull them so that's why Loraya has carers 10.30pm-8.30am. Her heart rate and oxygen is monitored with her sats machine. Sometimes Loraya can require emergency oxygen. Also at bed time the humidifier needs topping up with water and checked through the night.

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

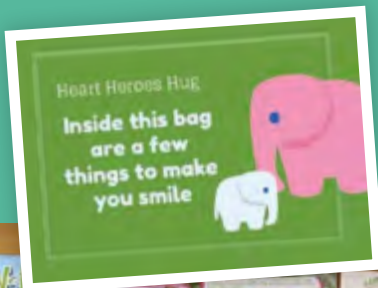
Tel: 07951 835360

HOT TUB RAFFLE

Our recent hot tub raffle raised an amazing...

£1,500

Thank you to anyone that supported, donated and shared. A big thank you to Hot Tub Rocks for their continued support. With the money raised we can send out our heart heroes hug in the form of art boxes and nature boxes to the heart children.



FUNDRAISER...



A Virtual Game show.

Be the contestant in your very own TV Game show

About this Event

Our Virtual Game-show includes a live, interactive host who will not only lead the rounds, present the scores and award the winners but will ensure it's full of laughs too. As well as a mixture of quiz rounds we'll also present fun TV game-show style games and challenges such as those listed below. The best bit is we run the session with a smartphone app that collects everyone's answers and presents the scores, so no one can sneakily add answers to their sheet of paper when we present the answers. It's really simple, really fun and completely Covid secure meaning no Government Restrictions or Local Lockdowns will cancel your plans.

Great fun, limited numbers Saturday February 6th- 6-8pm

£10 per household/family

Tickets available here....<https://www.eventbrite.co.uk/e/135732861643>

HEART HEROES SKY DIVE



On March 13th 2021, an elite team of 20 superheroes will don their capes of courage to boldly go where so many would fear... a skydive above the rolling, Devonshire hills with Sky Dive Buzz. Would you like to join us? Jump for free whilst raising funds.

Please do get in touch via email@heartheroes.co.uk or all details on our websites under events.

RUNNING EVENT



LOVE YOU TO THE MOON AND BACK

It's lovely to see lots taking part in this Virtual running event whilst supporting Heart Heroes with Virtual Running Events.

Medals still available. Adults and children of all ages welcome. The event can be run or walked in one, or in a series of walk/runs. You can claim your medal as soon as you have run/walked the distance and the event is now open. You will be sent your medal as soon as your evidence has been received, you don't need to wait until the end of the challenge. Why not add a fundraising page to your challenge <https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1019218>
<https://www.virtualrunningevents.co.uk/product/love-you-to-the-moon-back-28-miles/>

NATIONAL HEART MONTH

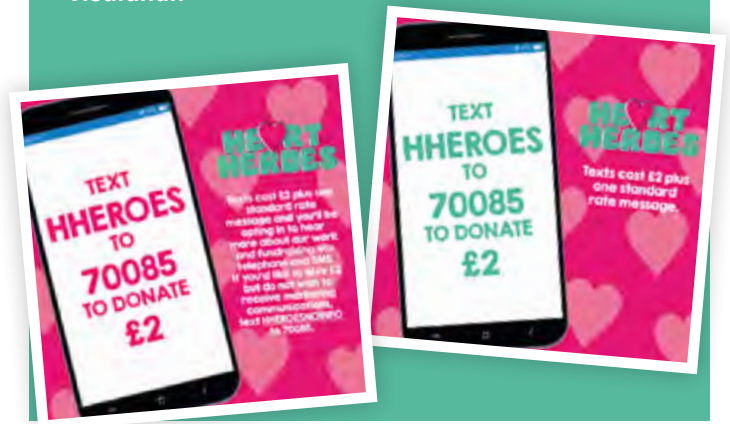
What are you doing in February?

We will be hiding knitted hearts created by local supporters, sealed in a clear bag. The poem contained reads...

*'A heart Heroes Hug is what you have found,
We want to create lockdown smiles so don't
leave it on the ground.'*

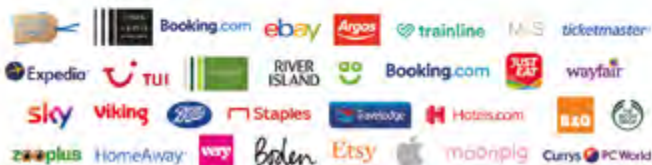
*'We're just raising heart month awareness,
Tag us on social media to boost
everyone's happiness!'*

We will be launching a 'text to donate campaign' and a 'valentines' animated giving heart powered by Visufund!!



SHOP ONLINE

Raise FREE funds for us when you shop over 4,000+ online stores



Every time you shop online you could raise FREE ££'s for us! It takes 2 minutes to sign up to @GiveasyouLive and they'll turn a percentage of everything you buy into a donation to us.

- ♥ It's free
- ♥ There's a handy app
- ♥ There are over 4,000 stores!

https://www.giveasyoulive.com/join/heart-heroes?utm_source=charitytoolkit&utm_campaign=CTGenericCampaign&utm_medium=post

HEART FAMILY EVENTS...

On 31st December at 2pm we held a Virtual New Years Eve Party hosted by Party Peeps funded by Heart Heroes. The children all had great fun playing games and taking part in the challenges.

