

# Newsletter

JULY 2021

# HEART HEROES

## A LETTER FROM DOLPHIN WARD

Over the last few years the relationship between Heart Heroes and Dolphin Ward at Bristol Royal Hospital for Children has continued to grow and develop. The support Heart Heroes provides to children and families with events, online resources and Hubs (just a few examples) when they are at home is fantastic. However, this network of support has gradually been growing so that parents and children in hospital are able to benefit from it too. This support has come in so many forms such as online activities, ride on trike games & electronic devices, Christmas gift boxes, support packs and vouchers for parents who literally arrive in the clothes they are wearing, books containing amazing first hand advice, tips and sharing of experiences from heart families.

These are just a few as there have been so many but on top of this I have noticed the name Heart Heroes is mentioned by so many families who come to Dolphin Ward. Whether it's because they see some of the resources, get to use them, pick up a leaflet or are part of the HH family. The positivity that comes with these conversations is lovely to hear and even more so when I hear families chatting about it amongst themselves. It can be lonely sat with your poorly child away from your family and friends so parents get chatting. Some parents are new cardiac mums & dads and others have been through the journey many times but HH is often mentioned and shared as a great place to get support, a friendly ear who many just understand a little of what you are going through, fun activities focusing on all the things families can do together and essentially some help when you may really need it. From my perspective this is the best way to get this information shared with new families as there are so many internet sites out there it can be so scary knowing which ones to trust and use. A recommendation from real experience is priceless I

think. We have resources and posters up on the ward in a small area for families to see, take away information, scan a link on their phones as well as the HH newsletter to read in those quiet moments and we keep it up to date with any activities we are aware of that are planned.

With families coming from all over the South West it's great to be able to tell them that activities and the support Hubs are now happening more locally to them. This makes such a difference to families who can't travel too far, so I will often chat about HH when I wander around and chat to parents. It's great to be able to point the older children and teenagers towards groups HH have set up for them as well.

The relationship with HH for our parents and children in hospital will continue to grow and in the future we hope to bring that support more physically into the hospital with the opportunity to catch up with a HH member and have a coffee and chat if a mum or dad would like too. Kelly did this recently for one of our mums and it made such a difference as what would have been a long anxious morning turned into one of support, chat, cake and the finding of some much wanted chop sticks for a very happy little girl.

Finally the fab HH team care about the staff looking after these amazing children and families so we get a little treat now and then too.

Thank you

**Zoe Trotman**  
Ward Sister, Dolphin Ward



**Arnold Clark**

**COMMUNITY FUND**

**£1000**

We are absolutely thrilled to have been given this incredibly kind donation by the Arnold Clark Community Fund!

Helping us to continue supporting heart children and their families post-pandemic!

We can't thank Arnold Clark enough for this generous donation! #arnoldclarkfoundation



**“** What is a Heart Hero?  
It's me, can't you see?  
I hide it well, you'd never tell,  
I am resilient as can be.

*My NG tube gives me away,  
I don't know how long this will stay,  
I just can't eat enough of dinner,  
So my tube stops me getting thinner!*

*I am a tiny little dot,  
And I have gone through such a lot.  
When I was born my Heart failed,  
Such rocky waters, I have sailed.*

*Because of Congenital Heart Disease,  
I've had five Heart Surgeries.  
Three of my heart valves have been replaced,  
My fourth is leaking at quite a pace.*

*I have a pacemaker in my tummy,  
without this I'd feel rather funny.  
My bones are uneven in my chest,  
Huge scars are hidden under my vest.*

*Complications? I've had lots,  
From collapsed lungs to blood clots.  
Infections? I've had so many,  
Sepsis, Endocarditis, Respiratory.*

*I've had the Doctors scratching heads,  
as I've hopped around the hospital beds.  
Sometimes I've not even been able to walk,  
And sometimes I've not stopped for breath as I  
talk!!*

*I am only four years old,  
I don't know what the future holds.  
Still I fight on everyday,  
Smashing obstacles in my way.*

*My life's been hard since it began,  
But I find joy in all I can,  
I don't let small things get me down,  
I love to smile and rarely frown.*

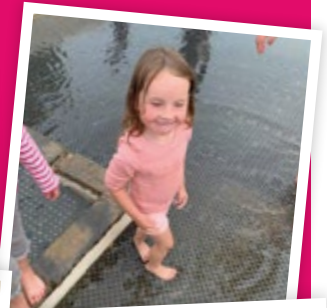
*I'm a Heart Hero, can't you tell?  
Maybe not, I hide it well. ”*



On Sunday 25th July Heart Heroes funded a day out to Noah's Ark Farm and Zoo. We welcomed 50 adults and 50 children for the day.

Heart Hero adult Ella said ' We had the privilege of going to a Heart Heroes event, we all had the best day, especially Harri with his new buddy Archie!

***“I can't believe how amazing Heart Heroes is, the support and connections that grew yesterday between heart families was just beautiful to see. Kelly Cornish I am so proud to say I know you and I know how much this charity means to you, never stop doing what you do. It is so very needed, you are a wonderful human for putting your dreams into reality and helping so many people.”***





So-so



Good



Perfect

## SURVEY RESULTS

We recently asked our Heart families to complete a few questions on Heart Heroes Impact, thank you to the 74 that completed this. Out of the 74 these were the results..

### Areas of families

Gloucester 27	Devon 7
Bristol 9	Nottingham 1
Wiltshire 2	Oxford 2
Somerset 6	Hertfordshire 1
Wales 8	Worcester 3
Cornwall 6	Scotland 2

- 96% have accessed some form of support from Heart Heroes
- 45% have attended a physical event
- 42% have attended an online event
- 86% have received support through the post
- 11% have accessed online Mental Health support
- 70% get support from just being on our private family group on Facebook
- 36% of the Heart Children have attended online event or are part of the Cool Kids Club/Young adults group
- 26% of siblings have attended an online event
- 93% have visited our website
- 69% strongly agree Heart Heroes has helped emotionally
- 27% slightly agree
- 4% slightly disagree
- 51% have made contacts/friends through Heart Heroes
- 3% haven't made any contacts or friends

## HH HUBS: AUGUST

### OXFORDSHIRE

**Saturday 1st August 10am-12.30pm**

Standlake Village Hall, Rack End,  
Standlake, Witney OX29 7SB

### WORCESTER

**Tuesday 10th August 10.30am-12pm**

Lyppard Hub, Ankerage Green, Warndon  
Villages, Worcester WR4 0DZ

### CORNWALL

**Monday 30th August 10.30am-12pm**

Turner's Hall (Scout Hut), Boscawen  
Park, Malpas Road, Truro TR1 1SG

### WALES

**Sunday 15th August Time TBC**

Cefn Mably Farm Park, Began  
Road, Cardiff CF3 6XL

### GLOUCESTER

**Wednesday 18th August 10am-12.30pm**

Longford Village Hall, Gloucester GL2 9EL

### BRISTOL

**Thursday 26th August 10.30am-12.30pm**

The Old School Room, South Parade,  
Chew Magna BS40 8SH

### DEVON

**Sunday 15th August 2pm-4pm**

Teddy Bears Picnic, King George  
V Park, Exeter EX2 6HE



Coming this summer holidays

Paint-a-long with Duck and Dot:

Friday 6th August 10am-12pm  
and  
Tuesday 24th August 3:30pm-5:30pm

Ages 6yrs-adults

**PAINT-A-LONG**



Next two paint a longs for Heart Families

Duck & Dot paint along Friday 6th August 10am-12pm  
[www.buytickets.at/heartheroes/555462](http://www.buytickets.at/heartheroes/555462)

Duck & Dot paint along Tuesday 24th August 3:30pm-5:30pm  
[www.buytickets.at/heartheroes/555463](http://www.buytickets.at/heartheroes/555463)

## CORPORATE LEVELS OF SUPPORT

### 1. Wellbeing Partner

Become a wellbeing partner for Heart Heroes and let us be your chosen charity for the year, fund-raise, donate, support, volunteer.

### 2. Volunteer

Allow your staff to volunteer for the charity 3 times a year, either working at the HQ, helping spread awareness or at events.

### 3. Fundraise

Host two fundraising events at your work place a year. This can be anything from sports challenges, bake sales, non-uniform days etc.

### 4. Campaign

Shout it from the roof tops about the charity, like on all social media platforms and share with friends and family.

Generate donations when you shop online your favourite retailers online

1

Sign up for FREE and select us as your chosen charity



2

When you shop, use Give as you Live Online to visit your chosen retailer



3

Your purchases will generate FREE donations for us!



[www.giveasyoulive.com/join/heart-heroes](http://www.giveasyoulive.com/join/heart-heroes)

Simply visit the above link to get started



Did you know, when you sign up to GiveasyouLive the retailers you shop with will make a donation to us for every purchase you make?

It's completely free, and the funds help us to keep providing our vital service. Sign up for us today!  
[www.giveasyoulive.com/join/heart-heroes](http://www.giveasyoulive.com/join/heart-heroes)

# HEART HEROES

[www.heartheroes.co.uk](http://www.heartheroes.co.uk)  
[email@heartheroes.co.uk](mailto:email@heartheroes.co.uk)  
Tel: 07951 835360