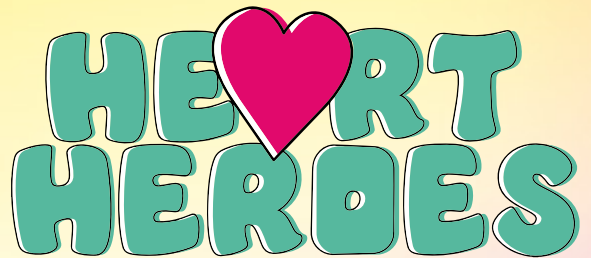


Newsletter

AUGUST 2021



Let your true colors shine.

WE ARE HEART HEROES...

Those that are born with obstacles in their path, but show astonishing courage to overcome them and carry on regardless.

These are the superheroes that we must celebrate and applaud.

Congenital heart disease (CHD) is one of the most common types of birth defect, affecting up to 8 in every 1,000 babies born in the UK.

To you and I, that's 8 superheroes that need a little help from us.

Children with CHD have the same needs as any other child. They face challenges, such as making friends, understanding their body as they grow, school, play and where they fit in society.

In addition, however, children with CHD must navigate a parallel world;

A world of cardiologists, echocardiograms, electrocardiograms, pacemakers, defibrillators and regular surgery. No matter how strong their superpowers may be, they need our support to help negotiate this maze of medical intervention and find happiness in the world outside.

At Heart Heroes, we have the power to make that difference.

With your help, we support families of children living with CHD and Heart Conditions through a range of family events, fun activities and play therapy.

...WE ARE HEART HEROES



20.4.20

We are absolutely delighted to be taking receipt of a HEART HEROES minibus to be able to offer transport for our families. We are giving businesses the opportunity to sponsor the mini bus. Please do get in touch if you are interested or know of someone that might be. Generously ILEX, HOT TUB ROCKS & SANDERSONS FINANCIAL have all confirmed their support this is truly wonderful and we can't thank them enough!!

Heart Heroes Bereavement support is underway and is sadly something we have been asked about by a few families who have lost Heart Heroes recently.



The Grief Recovery Method programme was exclusively developed by griever, for grievers and is based on over 40 years of experience. Using The Grief Recovery Handbook as a reference, griever, can work with a Certified Grief Recovery Specialist to learn the action steps necessary to ease the pain caused by grief.

Unlike bereavement counselling or grief coaching, the programme follows a specific structure and does not go on indefinitely, for months or even for years. The programme is task-based, with weekly homework assignments and specific, accessible, powerful action steps that can be applied to any type of loss. The sessions help participants identify their long-established beliefs and behaviours, examine the losses they have experienced in life, then learn and take the actions that will help them complete the pain attached to those losses and let them go. We will be working with a lady called Kate who is qualified to deliver this programme to us as a charity and any families needing support.

Kate Moriarty - Advanced Grief Recovery Specialist

- ♥ Death of a loved one
- ♥ Divorce, separation, breakup
- ♥ Estrangement of family members
- ♥ Miscarriage
- ♥ Infertility
- ♥ Abusive or absent parent
- ♥ Loss of safety due to trauma
- ♥ Death of a pet
- ♥ Retirement, empty nest
- ♥ Loss of health
- ♥ Loss of finances
- ♥ Loss of faith
- ♥ Relocation
- ♥ Loss of career
- ♥ Addiction
- ♥ Loss of identity

How Can Kate help...

'I worked for many years as a paediatric nurse and as a Health Visitor. For the past ten years I have run a busy private practice in counselling and coaching'. Kate



September is the month of our long awaited Charity Ball. September the 25th at Hatton Court we will welcome 200 guests for live music from the Capriccio Quartet and Dancing Easy. Entertainment By Jiminy magician, amazing food and drinks courtesy of Hatton Court. Our hosts Party Peeps will take us through the night introducing our wonderful auction and raffle. Our ball raffle will be launched on September 1st until September 26th so that those unable to attend the ball will be able to take part. We have some wonderful prizes donated and I'm sure you'll agree a raffle you'll want to take part in.

SKYDIVE



On Sunday 22nd August, an elite team of superheroes donned their capes of courage to boldly go where so many would fear... a skydive above the rolling, Devonshire hills SkydiveBuzz - Dunkeswell. We will update a final amount raised very soon.

All for Heart Heroes like Ziggy, who continues to face so many challenges yet is so brave and Smiley. If you'd like to SkyDive for us get in touch www.heartheroes.co.uk

HEART HEROES & TUFFLEY ROVERS

BIG GAME & FUN DAY
September 18th 2021

12pm Mini FOOTBALL Game

HEART HEROES walk out with the first team for a 3pm kick off

Tuffley Rovers, Glevum Park, Lower Tuffley Lane, Glos GL2 5DP

TUFFLEY ROVERS



The Tuffley Rovers 'Heart Heroes' inspired football kits have proven to be very popular and we hope to see lots of our families and supporters down at the club on September 18th.

Our next Heart Heroes Bristol Hub Meet Up will be on Thursday 30th September at Windmill Hill City Farm, Bristol. Join us for a coffee and a catch up with or without children.



Jess Hughes one of the Cardiac Liaison Nurses will be joining us so if you have any questions or concerns about the cardiac service it will be a great opportunity to raise them. Jess can feed any issues back to the South West and South Wales CHD Network that oversee the quality of care in the whole region ♥ Bristol Royal Hospital for Children.

Please book using the following link so we have an idea of numbers attending;

<https://buytickets.at/heartheheroes/559249>

HH HUBS: SEPTEMBER

OXFORDSHIRE

Saturday 12th September 10am-12pm

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

CORNWALL

Monday 27th September 10.30am-12pm

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

GLOUCESTER

Wednesday 15th September 10am-12.30pm

Longford Village Hall, Gloucester GL2 9EL

I CAN COOK CLUB

Saturday 4th September 9.30am-12.30pm

BRISTOL

Thursday 30th September 10.30am-12.30pm

NEW VENUE: Windmill Hill City Farm,
Philip Street, Bedminster, Bristol BS3 4EA

DEVON

Sunday 26th September 10.30pm-12.30pm

Sylvania Community Hall, Mincinglake
Country Park, Exeter EX4 7DR

WALES

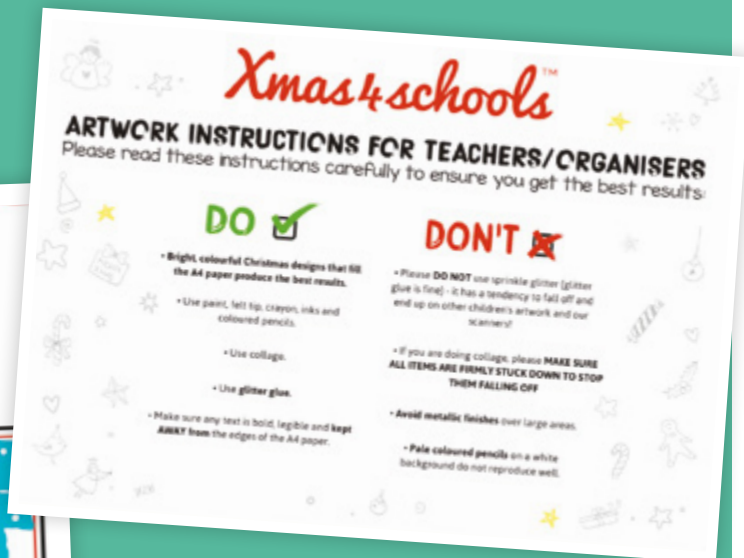
TBC

Football Fun Day:

Saturday 18th September

Tuffley Rovers, Glevum Park, Lower Tuffley
Lane, Gloucester GL2 5DP

CHRISTMAS CARDS



Heart Heroes is busy preparing our Christmas artwork card designs for families and supporters should you wish to take part...watch this space.

I CAN

Our I CAN project starts on the 4th September, welcoming 22 amazing children for our first 'I CAN COOK'. Each child will receive their personalised I CAN t shirt, zip up, I CAN passport and the sticker once activity is complete.

We've have recently received another amazing grant from The Gloucestershire Community Foundation to support our I CAN Gloucester project.



DATES FOR YOUR DIARY

Worcester Woodlands
October 10th 1-1.45pm



Heart Heroes Christmas
Heart Family Party
November 28th 12-3pm

Heart Heroes Bristol Hub/
Heart Families South West
December 5th



HEART HEROES

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