



Autumn/Winter Newsletter

www.youthatheart.co.uk - 01452690830



We did it again!

We are incredibly proud to say that with generous support from The National Lottery Community Fund, we were able to appoint our 2nd Youth Worker, Monet Williams, in September. Her focus is on supporting young people and their families in the community, and she is doing an amazing job already! Here's Monet telling us about all about her role ...

"I really enjoy my role as Y@H's **Community Youth and Family Worker**, it is so varied supporting young people and their families. One day I can be organising events and activities within the community, and then I can be meeting a young person in a coffee shop, or online for a chat and catch up [when COVID restrictions and rules allow].

Led by the people I work with; I can support a young person and their family in many ways. Signposting to various agencies and organisations within our reach area and being an advocate for the young people and their families. This could be at an appointment, meeting, or just somewhere where a friendly face is needed. We can discuss issues such as mental health, bereavement, education, employment, healthy lifestyles, substance misuse, family relationships or encouraging social engagement.

Normally (outside of COVID times) I am also available to meet young people, families and siblings at the hospital, my fellow Clinical Youth Worker, Xander, and I are able to work alongside each other to meet families when loved ones are attending outpatient appointments or are inpatients. COVID has restricted my face to face interactions with organisations, especially local community groups and schools, but I have continued to be very active connecting virtually and organising events for the future. We have a wide range of virtual events happening on our social media pages, so please do check them out." (@youthatheart22)

A massive **Thank You** to the National Lottery



Our Special Relationships



We are fortunate to enjoy a special and privileged relationship with the NHS and the Bristol Heart Institute. Our clinical Youth Worker has an honorary contract with University Hospitals Bristol & Weston NHS Foundation Trust and works closely, alongside hospital staff, to support young people visiting the hospital as inpatients or attending outpatient appointments.

Xander's professional relationship with the cardiac clinical team at the Bristol Heart Institute has enabled a greater understanding of Congenital Heart Disease and the health and lifestyle challenges young people face. This partnership working resulted in the funding of some Mind Journals that have given a structure and support to our young people as they face the challenges living with congenital heart disease presents. We thank them for their continued support.



Out and About

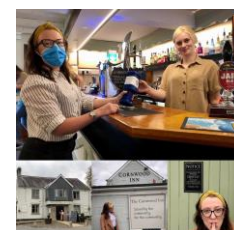
Xander and Monet have had a busy couple of months out and about raising awareness of CHD and the charity.

In September they visited the Bristol Heart Institute. Xander showed Monet around the Hospital and introduced her to the team. They visited Outpatients, Inpatient wards, Cath Labs, MRI Scan Room, Day Case, Cardiac Intensive Care Unit, Coronary Care Unit, Roof Top Garden Level 7 and the Dementia garden. They then went over to the Children's Hospital and met the Paediatric team who work on Dolphin Ward. Xander and Monet also met with a Youth Worker from the Teenage Cancer Trust and exchanged a few ideas for some exciting things that they are organising.



Xander & Monet visited Berry BPI in Bridgwater in September to collect an incredible £500 donation, thanks to a nomination from a member of the staff team. They met Sophie (pictured) and spoke to her about the work that we do, thank you to Sophie, Clayton and Annette for hosting us and for supporting Youth@Heart. It means so much.

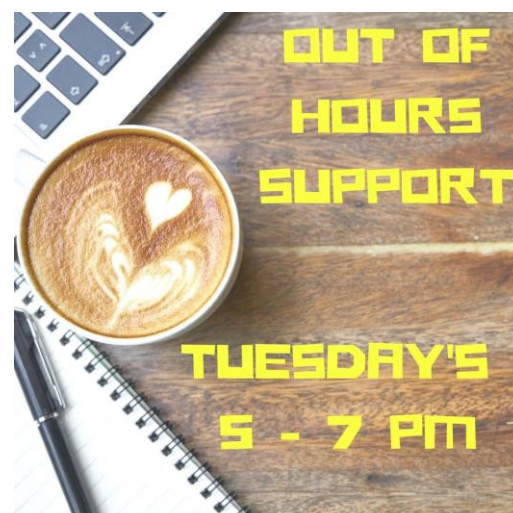
In October Monet visited The Cornwood Inn in Ivybridge, Devon to deliver some charity money boxes and engage with the local community. The Cornwood Inn, which is a small community pub, have kindly agreed to make us their charity of the year and once they are able will be holding some events for us in their lovely inn. Thank you for supporting Youth@Heart.



Monet has been out and about in her local community in Somerset, promoting Youth@Heart and raising awareness of ACHD. She put some of our merchandise and leaflets into the Puriton Post Office. A big thank you to them for allowing her to do that and for supporting Youth@Heart.

Monet and Xander attended a virtual Adult Congenital Heart Disease Study Day where Xander gave a power point presentation on his role within the hospital, introduced Monet and what her role entails and shared with the over 90 medical professionals present what Youth@Heart offers.

It was a very informative day for both our Youth Workers as they continue to find out more about Congenital Heart Disease.



Coronavirus 19 Pandemic Update

We are continuing to follow and share the NHS guidelines and other relevant information, offering the latest guidance to young people affected by congenital heart disease. It continues to be an unprecedented, and a frightening time for our young people and their families.

At present, following advice from the Bristol Heart Institute, Xander, our Youth Worker can attend clinics, and work from the hospital on one or two days a week. He continues to be on hand to support young people and their families, both face to face and virtually. Monet is working hard to build relationships within the community, with our young people and their families, predominantly virtually, and cannot wait to start running events and meeting people face to face. Xander, Monet and the rest of the team are contactable via email, telephone (mobiles and landline), zoom, and our open and closed Facebook groups. We are always happy to chat, try and find answers, or signpost to other organisations. Our focus is to try and make this difficult time easier to cope with. Please do get in touch if you need help, watch our Facebook pages for guidance, suggestions, and fun activities.

Our small team of staff are all working from home as much as possible but continuing to support as normal.

Charity Funds and the 'Box of Gifts' Campaign

Coronavirus has had a significant impact on our fundraising income. All our events this year have had to be cancelled or postponed. We continue to monitor the situation carefully, please watch our website and social media platforms for updates.

Our absolute priority is to continue to be able to support young people, their families and friends living with Congenital Heart Disease. We were fortunate to receive grants from The National Lottery and the Gloucestershire Funders Group which enabled us to launch our 'Box of Gifts' campaign. The boxes consist of a selection of appropriate gifts/activities tailored to the recipient, to demonstrate to these young people in isolation that they are not alone, others are thinking of them, and trying to lift their spirits. This campaign has provided an immediate positive response to the challenges faced by young people during the pandemic, improving emotional wellbeing and creating positivity during this time of particular need. The feedback has been very encouraging:

"I can't tell you how the gift today cheered me up, bought a tear to my eye, in fact several tears. Tough couple of days, so thank you very much, honestly from the bottom of my heart, thank you"

"Thank you so much for my parcel. It made me cry. Feeling very special and extremely grateful! Thank you so much!"

We would like to thank you all for your continued support - we do not receive any statutory funding and are a very small charity, we simply could not do any of this, without you. Your help, particularly during the COVID 19 pandemic, makes a HUGE difference and we appreciate it. We have included lots of suggestions in this newsletter about different ways you can help to support these young people and their families.

Please stay safe xx

Feedback Noticeboard

This is what your support achieves – Thank You so much from us all.



"I think Youth at Heart is a really good charity and helps people like me get through difficult times in hospital. I really do hope that it grows and grows and provides service for years to come."

– 22 year old inpatient.

"G has been battling with not just the physical effects of his debilitating health condition, but the emotional side too & upon discovering this fantastic support network he found it extremely helpful, especially as an "in-patient" to have someone (other than his mother!) to act as an advocate or just pop by for a game of cards and chitchat! A very welcome intervention from a very stressful experience.... the support Youth@Heart offered George wasn't exclusive to his hospital admission, contact has been maintained & for my family in particular, this is an absolutely vital service. Trust & a relationship has been established & this kind of work is crucial for our young adults who have been used to an incredible amount of support as a child to basically very little or nothing at a difficult time transitioning into adulthood (And as we know, "growing up" can be turbulent enough even without an underlying health issue....)

– Parent of a young person with CHD



"I cannot praise the work that Y@H undertakes highly enough. There is an ABSOLUTE need for this kind of confidential yet friendly service, not just for our young adults but for their whole families to..."

– Parent of a young person with CHD

"I felt extremely lonely in the hospital and if it wasn't for Youth@Heart, I wouldn't have coped well. I rate the experience 10/10. And would recommend this to any patient who is my age so they can have the best experience that they can in a hospital "

– 18 year old inpatient



Do you own a company, or know of a company, that would like to join our corporate campaign?

www.youthatheart.co.uk



01452 690830

Corporate Social Responsibility - Helping Society Thrive in 2021

Can you afford to give something back to Society?
More importantly - can you afford not to?

Running your business ethically and embedding corporate social responsibility has never been more important than during the COViD 19 global pandemic when financial support is needed more than ever.

Whilst we appreciate that the pandemic has created challenging times for many businesses – perhaps we can help each other?

We need your Company's help to help those living with congenital heart disease. For them COViD 19 is particularly frightening.

For us as a small local charity, it means we can no longer fundraise as we used to.

We are looking for ethical companies to sponsor Youth@Heart with a regular monthly donation of £50 per month.

What is in it for you?

- The opportunity to meet your corporate social responsibility objectives and highlight this within your annual reports
- A monthly update on how your Company's contribution has made a difference to the young people and their families we support.
- Your Company logo and name on our charity banners and promotional material
- Dedicated area on our charity website identifying your company's support, links to your own website and references on our social media pages leading to better brand recognition
- Achieving positive PR enabling you to further enhance your business reputation
- Tax relief on donations
- Opportunity for staff fundraising/team building.
- A quarterly breakfast meeting at our charity HQ with the opportunity to network with other companies supporting us.

If you are interested in supporting our charity and would like to speak further to a member of our team, please contact us on 01452 690830 or via email on contactus@youthatheart.co.uk. We would love to hear from you, answer any questions you may have or give you further information.

SUPPORTING YOUNG PEOPLE WITH CONGENITAL HEART DISEASE

Every Little Helps

If you are interested in giving a one of donation or setting up a monthly/annual donation please visit our website www.youthatheart.co.uk or contact us by email on contactus@youthatheart.co.uk.



Support local good causes
win up to £25,000!

Help us to raise funds. GLOUCESTER LOTTERY

Many of you may not be aware that we are part of the Gloucester Lottery. This is a weekly online lottery created to support local causes in Gloucester. Tickets are only £1 per week, with 60% going to local good causes and prizes up to £25,000!

Gloucester Lottery is a fun and effective way for us to raise funds. Joining is easy and FREE. Visit our Gloucester Lottery page, we receive 50% of all ticket sales made. All participants have the chance to win prizes of up to £25,000 for just £1 per week.

Every ticket has a **1 in 50** chance of winning a prize every week! That is better than the National Lottery and the Health Lottery. ❤️

Every ticket you purchase makes a real difference and helps our ACHD community be stronger together, even when we are apart. <https://www.gloucesterlottery.co.uk/support/youth-at-heart>

Please do also consider your own online fundraising, stay in touch with friends and support the charity at the same time – all sorts of creative innovative fundraising is popping up – what could YOU do?

How about running an online coffee morning? A virtual Christmas quiz with your friends and family? Or how about a socially distanced sporting challenge, like rowing around the British Isles or a sponsored walk with your Christmas bubble.



Ecclesiastical Insurance is giving £120,000 to good causes as part of its annual 12 days of giving Christmas campaign. The specialist insurer will be giving 120 different charities an early Christmas gift of a £1,000 donation, with 10 winners announced each weekday from 7 to 22 December.

Ecclesiastical is inviting people to nominate a registered charity close to their hearts to benefit from this festive financial boost.

It's quick and easy to nominate a charity online. Nominations are open from 9 November to 21 December and you can vote for Youth@Heart at www.movementforgood.com/12days/index.php?cn=1158249&ct=health

Winners will be drawn at random – and while it is not a popularity contest, the more times a charity is nominated the more chance it has of being selected. Ecclesiastical is encouraging everyone to use their social media channels to ask people to vote for their favourite cause to give them the best possible chance of winning. Please vote for Youth@Heart, £1000 can make a real difference to the lives of young people living with Congenital Heart Disease, it only takes a few minutes to register your vote, please share with all your family and friends and ask them to do the same.

We would like to say a big thank you to the Ecclesiastical Group whose charitable purpose of always giving back is at the heart of their business. They make such a difference to so many wonderful small charities.

Not all help is financial. We are currently recruiting for a new Trustee, details as follows:

WANTED new Trustee to join Youth Worker Committee & the Main Board

The purpose of the Youth Worker Committee has been determined as follows:

- To support the charity in the employment, deployment, governance and management of the youth worker role.
- To manage the risks, financial commitments and measured outcomes of this role.
- To be responsible for the delivery of budgeted income within its scope and for all forms of budgeted expenditure incurred to generate that income.

The current committee has skills in the following areas:

- Safeguarding
- Recruitment
- Governance
- Leadership and management
- Administration

To execute their duties, the committee wish to strengthen their number by recruiting someone with the following skills:

- Experience of working with young people
- Data management to capture outcomes
- IT
- Funding bid writing
- HR

The new trustee will be required to scrutinise the data recording of the Youth Worker and assist in the development of data acquisition to inform bid writing. They should also be able to effectively use IT to support the Youth Worker Role and information for the Trustees.

Knowledge of ACHD is not necessary as other trustees can upskill any new Trustees in this area.

Other skills that would be of benefit are as follows:

Employment Law

Voluntary sector management

Community & partnership building/networks



Please get in touch for more information: contactus@youthatheart.co.uk. 01452 690830.

Keep in touch, we would love to hear from you



contactus@youthatheart.co.uk



01452 690830

Contact details for our Youth Workers



xander@youthatheart.co.uk



07832668907



monet@youthatheart.co.uk



07578399916

100 Club



www.youthatheart.co.uk

After a successful 2020 we are once again running our 100 Club for 2021.

For a one of payment of £10 you can purchase one of our lucky heart numbers. Each month your number will be entered into our 100 club draw for the chance to win £30.

A great idea for a stocking filler this is a gift offering the chance to keep on giving!

Please get in touch by email contactus@youthatheart.co.uk or give us a ring on 01452 690830 if you would like to purchase a 100 Club number



Following our Youth Workers success with young people, Youth@Heart is now supporting them from the earlier age of 15, as they begin their transitional journey into adult services at the Bristol Heart Institute.

This will enable Xander and Monet to introduce the charity sooner, build strong relationships with young people and their families, being there to help them through the transitional process, which can often be a particularly daunting time.

We are delighted to have received a small grant of £1000 from the Norman Family Charitable Trust. The grant is to be used to enable our Youth & Family Community Worker to be an advocate for young people with congenital heart conditions (Aged 15-24), and their families, across the furthest regions of our reach area. We would like to say a heartfelt thank you to all at the Norman Family Charitable Trust for supporting us and in turn allowing us to support our young people during this difficult time.



Thank you so much

The Youth@Heart
Team
would like to wish you
all a happy, healthy,
and peaceful
Christmas.

TAKE CARE AND STAY SAFE...We hope to see you all again in person very soon