

TANDEM SKYDIVE



Diane Ayre from Taunton is hoping to raise £500 by doing a Tandem Skydive – hear her story....

"In December 2011 my Grandfather had a heart attack and spent some time in Derriford Hospital in Plymouth. His time in there consisted of lying completely flat on his back counting ceiling tiles for a few weeks (I think he got to 63!). During his time in hospital my Grandmother had a comfortable place to stay in the Heartswell Lodge. It was off the hospital grounds so she could escape from the emotional turmoil but was close enough to be with him at a moment's notice. It was also incredibly helpful as she doesn't drive and lives about an hour away from the hospital, the family live another hour's drive away from them.

"Thanks to Heartswell funding and care we knew that he was in the best of hands and thankfully he is still behaving like

the big kid that he's always been! They have both expressed how much they felt very cared for during their time there.

"For some time I have wanted to give something back and say thanks to this charity. In January I turn 30 so I thought hey, why not jump out of a plane and raise some money for a charity that means so much to me and my grandparents, who will hopefully be there on the day to watch me do the jump. I'm sure the nerves will kick in on the day but at present I can't wait to do the challenge."

Diane's 15,000ft Tandem Skydive will take place in Devon on Saturday 16 January 2016. She has self-funded the jump but would like to raise £500 for Heartswell. To support Diane by making a donation visit her Just Giving page at www.justgiving.com/dianeayre or text 'DSKY86' followed by the amount (e.g. £2) to 70070. Good luck Diane!

3D TOE (ECHOCARDIOGRAPHY MACHINE)

Dr Mark Bennett, Consultant Cardiothoracic Anaesthetist from Derriford Hospital commented on the donation of the 3D TOE (Echo Machine), and said: "When HeartSWell and the British Heart Foundation joined us in our vision to purchase a 3D echo machine it made the South West Cardiology Centre just one of a handful of cardiac surgical centres that had a dedicated machine able to deliver real-time 3D images of the mitral valve for all patients having mitral valve surgery in the UK. Testament to the impact of this technology it is now accepted that 3D imaging is not only highly desirable, but is rapidly becoming standard practice for this type of surgery.

"3D real-time imaging of the mitral valve, when the valve structure and function has become dysfunctional, permits all of the team to see the exact cause of the mitral valve leakage on a screen, as if looking directly into the beating

heart. Important decisions such as 'can this valve be repaired?', 'how should this valve be repaired?' and 'will this repair be durable?' are all made easier with the benefit of 3D images.

"In the SWCC we undertake over 250 mitral valve surgeries, or intra-operative assessments of the mitral valve per year, so in the time since HeartSWell and the BHF funded this purchase better and more reliable decisions of this nature have been possible in close to 1000 patients.

"We remain very grateful to HeartSWell for their support."

Without the support of our fundraisers this would not have been possible – thank you.

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CHRISTMAS CAROLS PLYMOUTH



Plymouth Pilgrimages, Barbershop Singers will be performing an evening of traditional carols this December in aid of Heartswell.

The first performance will be held on Friday 11th December, 7pm to 9pm at the Elfordleigh Hotel, where mince pies and mulled wine will be served. The second performance will be on Saturday 19th December around 7.30pm at Cap'n Jaspers on the Barbican, Plymouth.

We are very grateful to the Plymouth Pilgrimages for choosing us as their charity of the year.

CHRISTMAS PARTY NIGHT

Have your Christmas Party with us... and Johnny Cowling Celebrate Christmas in style by supporting your local heart charity, and have a great time in the process. We are hosting an evening of fun, entertainment and a three course dinner at the Elfordleigh Golf and Country Club on Friday 18 December. The evening will begin with a delicious three-course sit down festive party meal followed by a hilarious performance by comedian Johnny Cowling.

There will also be a live auction, raffle and games with a selection of great prizes. The evening will finish off with a DJ spinning festive and chart music to keep you dancing till late.

Tickets are now available at a cost of £35 per person. Call Rachel Rainbird on 01752 315929.

CONGRATULATIONS & THANK YOU!

Summer Draw results **£1412.50** received!

Don't forget to send your raffle tickets for the Christmas Draw to be held on Monday 21st December 2015.

The following people were the lucky winners of the Summer Draw....

- 1st prize £250 J Seymour, Paignton
- 2nd prize £50 M Gardner, Bideford
- 3rd prizes £25 each C Burgan, Hayle; A Johnson, Launceston; B Burden, Bodmin; J Balkwill, Exeter.

Thank you all for your support!

HOW YOU CAN HELP!

- Join HeartSWell South West as a member
- Become a HeartSWell volunteer
- Make a regular donation by Direct Debit
- Make out a covenant in HeartSWell's favour
- Organise an event – Coffee morning, BBQ, Bring & Buy sale
- Be sponsored for an activity to raise money
- Ask organisations you belong to- the church, WI, Rotary Club, Lions, etc to adopt us as your charity
- Circulate our newsletter among family and friends
- Display our posters in local shops, schools & surgeries
- Wear the HeartSWell badge or display our car sticker
- Hold a mufti day
- Join in with our annual Wear it RED Day
- Join in our annual sponsored bike ride
- For more ideas or to take part in an event contact Rachel on 01752 315929 Info@heartswell.org.uk



WEAR IT RED!

We are looking for businesses and individuals to take part in our 'Wear it Red' event which takes place on Friday 12 February 2016 during National Heart Month.

Did you know?

- Heart disease is one of the biggest killers in the UK
- Around 73,000 people in the UK die from Coronary Heart Disease (CHD) every year
- Every 7 minutes someone in the UK will die from CHD

Help us to save more lives and support families affected by this disease by signing up to '**Wear it Red**'. All you need to do is encourage people in your place of work or in the community to wear red – whether that's clothing, lipstick or even a wig. Everyone that takes part should pay £1 and those who don't get fined £2.

Email info@heartswell.org.uk for your free fundraising pack.

CHRISTMAS FAIR WADEBRIDGE

The Camelford & District branch have just launched their annual Crafts for Christmas 2 day fair, to be held at Wadebridge Town Hall on Nov 20th & 21st 2015. All proceeds to HeartSWell - we hope to see you there!

Heartswell South West
Reg. Charity No. 1092779

Patrons:
Peter Gorton;
Judi Spiers;
Johnny Cowling
President
David Fitzgerald
Life Vice President
Mr Andrew Marshall and
Mr Terence Lewis
Principle Clinical Advisor
& Life Vice President
Dr Guy Haywood
Heartswell Lodge, Blunts Lane, Derriford, Plymouth, Devon, PL6 8BE
Tel: 01752 315929 email: info@heartswell.org.uk
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Heartswell South West
Chairman /Treasurer
Clem Spencer
Trustees/Directors
Rob Harder
Suresh B Babu
David Wells
Dave Young
Rob Antrobus
Charity Office
Secretary/ Charity Liaison Officer
Rachel Rainbird
P/T Admin Assistants
Jan Willmott
Jill Harvey
Volunteer
Monica Olver

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LOVE CYCLING



In September almost 60 families and cyclists joined us at Saltram National Trust Park for our Love Cycling event.

The majority of people taking part chose to cycle the 50km route through Plymouth and the South Hams, whilst others pedalled down to Clearbrook in a 14 mile family friendly loop. Feedback from the event was extremely positive and everyone had a great time.

Gerry Jones, Group Service Director from Vospers, sponsors of the event, took

part in the 50km ride just 5 weeks after having heart surgery. Suffering an ablation of the heart, Gerry underwent a 5 hour surgical operation to correct heart rhythm problems (arrhythmias). He said: "When I heard that Vospers were

sponsoring this event I really wanted to take part as the charity was raising funds for heart patients – a cause that ironically is now close to my own heart.

"After getting clearance from my doctor I took part in the Love Cycling 50km ride. Although I knew I had to take it very slowly I had the support of Team Vospers who kept an eye on me the whole way round, making sure I was ok, especially Mike Turner, Group Accountant.

"I had a great time and felt like I had really achieved something. I would encourage other people to sign up next year as your money really goes a long way in helping thousands of people."

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MARTIN SINCLAIR CYCLING

On the 23rd of October Martin Sinclair completed a 24hr Indoor Cycle at St Ives Leisure Centre to raise money for Heartswell.

Martin said "Having seen with my own eyes what an amazing service Heartswell provide I

felt I must do something to repay them in some way."

To find out how you can donate, please go to Martin's Just Giving page www.justgiving.com/martin-sinclair2

CHARITY CARDIOLOGY GOLF DAY

This October has seen the annual Cardiology Golf Day take place at Elfordleigh Golf Club, an event which has been running for 21 consecutive years. The Cardiology day was first established in 1994. Chairman of Heartswell, Clem Spencer recalls why this special annual event began, and the day his life changed forever.

In 1992 I took part in a Better Ball Summer competition at Elfordleigh Golf Club. After playing only 5 holes and walking up a hill I began to feel very lethargic. I sat on a bench to take stock of how I felt. My lifestyle wasn't exactly brilliant - I smoked too many cigarettes, ate too many bacon and egg baps and had years of stress running my own business, but I didn't think there



'Clem Spencer, Chairman of Heartswell South West.'

In 1997 the Cardiac Surgery Centre opened in Derriford Hospital – treating heart patients from all over the South West.

could be anything really wrong with me, after all I was aged just 43. I did recall however, that a few weeks earlier I had experienced a tingling sensation in my cheek which seemed to return every time I exerted myself.

After a quick rest and a cup of coffee, I decided I could not continue to play and set off to drive home. When I got into my van I knew things were becoming serious as I could not lift my arms to the wheel or operate the gear stick, I held one hand over the other to place it where it needed to be and drove off. I put the van in second gear but could not change gear again. I got as far as five miles from home and knew I needed to get to hospital.

When I did get home I told my wife that I needed her to take me to hospital. She replied with "what before Corrie finishes?" At that point she turned and looked at me, and then panic broke out. The next thing I knew was when I woke up at Derriford.

Eventually they diagnosed a heart problem and I was told that I needed an angiogram, which was carried out in Whitechapel, London. Cardiac surgery was not performed at Derriford at that time – they just didn't have the facilities or experienced heart surgeons in Plymouth, or the South West. The

angiogram showed that I needed heart by-pass surgery. Whilst waiting for a date to be set for my return to Whitechapel, I was admitted to Derriford Hospital with unstable angina.

It was during my stay at Derriford that I met the wonderful (late) Monica Pearce, the founder of HeartSWell. She kindly lent me a Beatles CD, together with a compact disc player and some batteries to occupy me whilst laid up in bed. This was the first time in my life that I had received such kindness and compassion from a total stranger, and I wondered why she would visit patients on heart wards to chat and give them items they needed for nothing in return.

I was released from hospital and sent home to await further tests and was put on the by-pass waiting list. On visits to outpatients to see consultants, I saw Monica sitting at a desk, selling items that she had knitted in order to fund her project. On one occasion she told me how she had lost her husband, and she too had received by-pass surgery, BUT had to go to London for the operation as Plymouth did not have the facilities.

She told me she was convinced that she had lost her husband due to the stress of leaving the safe surroundings of Devon and having to go to Whitechapel. Monica had to find affordable accommodation which proved very difficult, and then

after she had lost her husband she had to make this trip alone for her own surgery. Her quest in life was to get heart surgery brought to Plymouth, and due to her amazing efforts, she managed to accomplish her mission. In 1997 the Cardiac Surgery Centre opened in Derriford Hospital – treating heart patients from all over the South West.

When heart surgery became available in Plymouth, she realised that people from all over the South West would be coming to Plymouth and they too would be outside their comfort zone. Relatives wishing to be near their loved ones would need accommodation. Again, almost singlehandedly, she inspired people to raise funds to build accommodation close to Derriford, and managed to persuade Plymouth City Council to give her some land at Blunts Lane to fulfil her dream. It was because of Monica's passion for helping heart patients, that I vowed to myself that during my lifetime I would repay what I had taken from the NHS. I will never forget the kindness and compassion Monica showed, she has become my icon and I won't let her down. Several years later after many fund raising events I am now the Chairman of the Charity.

It is charity fundraising events that help to keep the unit going and enable us to buy and donate specialist, up-to-date equipment to the hospital and local businesses. The Cardiology Golf day is my way of giving something back and I'm so grateful for the support not only from the 120 + people who take part, but also from Elfordleigh Golf Club, who kindly allow us host the event there every year. I am also very grateful to the businesses that support the charity by sponsoring a hole on the golf course.

I am always so humbled by members of the public who have been touched by this charity and host their own fundraising events. We want more and more people to come forward and support this wonderful cause.

Read more about the Cardiology Golf Day, other fundraising events and how you can get involved throughout this newsletter, or for more information call Rachel Rainbird on 01752 315929.

LITTLE OAKS SPONSORED WALK

Over 100 people took part in a sponsored walk raising **£1018** for the charity. Hosted by our Camelford & District Branch the fundraisers walked along the coastline to Little Oaks, Dizzard on Friday 10 July.

The evening ended at Little Oaks where everyone enjoyed a pasty supper and dessert. Thank you to everyone that took part.

CONCERT AT ST. MATHEWS CHURCH

Concert at St Mathews Church Amy Gill, a student from Exeter, organised a classical concert at St Matthews Church, Exeter and presented a cheque for **£325** to David Wells for Heartswell.

44 HOUR TREADMILL AT FRANK ELFORD SPORTS



Heartswell donated a defibrillator to Frank Elford Sports, which is run by Pete Waumsley and Zoe Drake.

In return Pete and Zoe pledged their support by organising the "treadmill event" to raise funds for Heartswell. They have also made Heartswell their charity of the year.

On Friday 6th November a 44 hour treadmill challenge will take place at Frank Elford Sports shop in Plymouth. Runners have been invited to take part and run for

30 minutes each over three days. Starting at 4pm on Friday and finishing at 12.30pm on Sunday. Runners have been asked to make a donation to take part and their names will be entered into a draw. Two lucky winners will receive a pair of Brook running shoes courtesy of Brooks®.

To find out how you can donate, please go to Pete's Just Giving page www.justgiving.com/peter-waumsley.

SIMPLY COUNSELLING CELEBRATES NEW LOCATION

We fund the Simply Counselling service. They are here to listen and help people that are affected by a heart condition and are in need of counselling. They have over 30 highly qualified counsellors and have just moved to Unit 4a, Stoke Damerel Business Centre, 5 Church Street in Plymouth. We wish them all the best in their new premises. If you would like to contact this service call the team on 01752 560900.

Alternatively, we host a monthly support group which is held in Plymouth at Derriford Health & Leisure Club on the first Tuesday of every month, 6pm - 7.30pm.

CARDIOLOGY GOLF DAY



The weather was great for this year's Cardiology Golf Day and 100 people enjoyed a great day's golf.

We received great support from the local businesses and sports clubs with a defibrillator – a piece of equipment that with the right training can save a life. With each defibrillator costing over **£1,000** we have, through your generosity donated fifteen so far with another four locations soon to be provided with the equipment.

The businesses that have received a defibrillator so far are; Elfordleigh Hotel & Golf Club, Par Sands Holiday Park, Camelford Medical Centre, Tavistock Pannier Market, St Johns Masonic Lodge, Manadon Masonic Lodge, Devonport Salvation Army, NHS NU Building Derriford, Frank Elford Sports Shop, Fort Stamford Leisure and Fitness Club, Stowford Community Centre, Yelverton Golf Club(2) Parkway Football Club and Elburton Villa Football Club.

Fort Stamford now has a defibrillator installed in the gym, their staff has been trained and it is ready for use. They held a raffle for Heartswell which raised **£200**. Fort Stamford has chosen us as their charity of the year.

THANK YOU!

Thank you to the Plympton Methodist Church who have recently donated **£215** from their coffee morning, and to the Lions Club, Ivybridge, who recently nominated Heartswell as their Charity of the Year!

BECOME A FUNDRAISER

We are always looking for more people to become fundraisers to help the charity. If you are interested in hosting your own fundraising event to help raise money for Heartswell South West, email info@heartswell.org.uk and we will send you a fundraising pack.

HOW WE USE YOUR MONEY TO DONATE EQUIPMENT



Your donations this year have enabled us to provide equipment to the Cardiac Unit at Derriford Hospital as well as the Royal Duchy Hospital, RD&E Hospital, golf clubs, sports venues, a GP surgery, and various other locations around the region.

DEFIBRILLATORS

It is our mission to provide local businesses and sports clubs with a defibrillator – a piece of equipment that with the right training can save a life. With each defibrillator costing over **£1,000** we have, through your generosity donated fifteen so far with another four locations soon to be provided with the equipment.

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Yelverton Golf Club who have received two defibrillators from Heartswell, held a Vet's Charity day at the club on Wednesday 8 July. Thanks to the generosity of the club members a total of **£1,570** was raised for our charity.

On Sunday 30 August, Heartswell's Trustee David Wells and his wife Val travelled to Stowford Community Centre, to donate and present a defibrillator to Jan Jones, Community Director. The

defibrillator was the suggestion of Jeanie and Henry Clark, (Dancing Duo) who have donated **£15,000** to Heartswell over the years and their expressed wish was for these funds to be spent on cardiac equipment.

Stowford is a very busy modern communal centre comprising a Sure Start children's nursery, doctors surgery, keep fit centre, and also holds ballroom and tea dances. The Centre was refurbished by funds raised by the local community, including a contribution by nearby Waitrose. Following the presentation of the defibrillator, Jeannie and Henry surprised David with a cheque for **£1,000** for Heartswell, bringing their total donation now to **£16,000**.

DONATIONS TO HOSPITALS

The training for our staff continues and we are always most grateful to Heartswell

Over the last few years we have donated Auto Pulse Machines to The Royal Duchy (Royal Cornwall) Hospital at Tre-liske, Derriford Hospital and The Royal Devon & Exeter Hospital. We have also part-funded a 3D TOE (Echo Machine) to Derriford Hospital. These donations amount to thousands of pounds. The Auto Pulse Machine is an automated, portable, battery powered chest compression device and the 3D Echo Machine provides scans of the heart. The following comments are from the consultants.

AUTO-PULSE

Dr Robin van Lingen, Cardiology Consultant from the Royal Duchy Hospital, said: "The Auto-Pulse has been a great success and we have used it at least 7 times in the cath lab in the last few years while trying to perform Percutaneous Coronary Intervention (PCI) in dying patients undergoing resuscitation. In addition it has also been used on the Coronary Care Unit and in the Emergency

Department, including on a drowning victim.

"It has proved to be a vitally important tool for the teams trying to manage cardiac arrest patients while they fight to try and save their lives."

Wendy Gill, Senior Resuscitation Officer from Royal Devon & Exeter Hospital, said: "We have one Auto-Pulse situated in the Emergency department and one in Cardiology, which are the two departments that use them most frequently.

"We have used the Autopulse in the Emergency department for prolonged cardiac arrests and the transfer of patients up to the Cardiac Catheter labs which is a fair distance away. In Cardiology it has mainly been used for cardiac

arrests in the Catheter labs which reduces the dose of radiation to staff who would be doing the CPR and it reduces delays in com-

pressions as the C arm is moved. The training for our staff continues and we are always most grateful to Heartswell for your generosity."

Dr Ian Cox, Consultant Cardiologist from Derriford Hospital also commented on the donation of the Auto-Pulse equipment, and said: "The Auto-Pulse continues to be a valuable asset to us for the highest risk situations and has been used 4 times during cardiac arrest situations in the cath lab in the last 8 months.

"It provided the opportunity for us to perform coronary intervention in circumstances where it would be impossible without the automated system to maintain cardiac output as we are working. We continue to maintain our skills with the Auto-Pulse device through update training with the after sales team from the company and remain most grateful to Heartswell for their support in providing this equipment to the cath lab."