

Young at Heart



Newsletter No 1 Jan 2006

NEW Information Line 0121 357 8200

Charity News & Update

I hope you all had a wonderful Christmas and that each and everyone of you have a very healthy and prosperous 2006. As I write about our latest news I wonder where on earth do I start? Last year was a difficult year for us as a family, Charlie had to have open heart surgery twice as well as a Cardiac Catheter. It is nice to be the other side of the Fontan surgery and begin to have a little normality as a family

2005 was a very challenging year for Young at Heart, with the complete change of Trustees & Committee members. It has been a very busy time for all of the Trustees and I would like to say thank you to you all for your commitment and support. We now have an administration worker in place — Sue McPake and a separate dedicated support line. The support line is a separate contact number, and will be shared between dedicated volunteers. As with all of our members, our Trustees are parents of Cardiac Children and have busy family lives; we will be devising guidelines to be adopted for our support staff to ensure that they too have time with their families.

What will 2006 bring? We have a lot of new challenges to face as a charity: we will be having a re-launch party at the Hospital and introducing new literature. I hope that the membership will continue to increase as there are still a lot of families out there that are not aware of us. We will also be raising our profile within the medical profession and working with the Cardiac Team on a number of areas.

I would lastly like to say thank you to all of our fundraisers. Without your continued support YAH cannot continue. If anyone would like to fundraise for Young at Heart, however large or small, has an item they wish to be featured in a future newsletter, would like to become a member of YAH, or needs any information on any matter, please contact Sue on 0121 357 8200, who can offer you help and advice.

Chair: Sandra Ramsey

Congenital Heart Disease Awareness Day - 14th February 2006

Young at Heart will be holding an event at the Birmingham Children's Hospital to raise awareness for babies and children born with heart defects. In conjunction with the Children's Heart Federation, this event will be attended by members of Young at Heart, Max Appeal, and Little Heart Matters. These charities all have children and babies with a heart defect. The event will be held in the conservatory between 11 am and 2 pm. Refreshments will be provided, along with a children's entertainer. At 12 noon there will be a National Balloon launch which we will be taking part in. We are hoping that this will raise awareness of our very special children.



Please complete the enclosed letter confirming your attendance to this exciting event!

XMAS RAFFLE PRIZE DRAW 2005 - WINNERS

The draw took place at the Christmas Party, at Warley High School, Pound Road, Oldbury, on Saturday 3/12/2005.

		<u>Winner:</u>	<u>Ticket No:</u>
1st Prize	£250	Ben Owen	003390
2nd Prize	£75	Andrew Thurstance	015081
3rd Prize	£50	Amy Brown	021035
4th Prize	Legoland - Family ticket	Sylvia Morgan	003424
5th Prize	Butterfly Park - Family ticket	A.E Joes	014348
6th Prize	Black Country Museum - Family Ticket	Gary Norman	014144
7th Prize	S.J. Dixons & Sons - £25 voucher	R Whitehouse	011631
8th Prize	Think Tank - Admit 4	Mrs Wright	003205
9th Prize	Birdland - Family ticket	Bill R.	007282
10th Prize	Ash End House Farm - Family ticket	J Crooks	014175
11th Prize	Weston Park - Admit 1 car	D Smith	010507
12th Prize	Tamworth Snowdome - family toboggan	Lyn c/o Bernie Davis	012880
13th Prize	Chester Zoo - Admit 2	Cathy Deady	005944
14th Prize	Snibston Discovery Park - Family ticket	Mr S Handley	010145
15th Prize	Rain Forest - Family ticket	Ray Tilley	021854
16th Prize	Dudley Zoo - Family ticket	Tim c/o Stella	021529
17th Prize	Laser Quest - 4 games	Jim Lynskey	009030
18th Prize	Twycross Zoo - Admit 2	Mrs M Allcock	002765
19th Prize	Wilkinsons Hardware - £20 voucher	D Ward	004679
20th Prize	Umberslade Farm - Family ticket	Esther Timms	006054
21st Prize	Botanical Gardens - Admit 2	Mr S Handley	010137
22nd Prize	Telford Ice Rink - Family Pass	R Turner	009488
23rd Prize	UCI Cinema Merryhill - Admit 2	S Mee	003735
24th Prize	Asda - £10 voucher	Tom Owen	003406
25th Prize	Tesco - £5 voucher	Georgia Wootton	024270
26th Prize	Birmingham Nature Reserve - Yearly Pass	Liz Finney	011621

May we take this opportunity to *thank everyone* who sold/brought raffle tickets, donated prizes and helped in anyway with this years draw.

CHILDRENS XMAS PARTY 2005



A good time was had by all this year's party.

A special Thank You to Santa for giving out presents and to Paul & Pam Pearce from 'Balloons & Tunes' for donating their services for the entertainment free of charge and to **EVERYONE** who helped out in any way with making this an enjoyable day for the children.



FUNDRAISING NEWS: A Music Extravaganza!

The gig was the brainchild of John Hoey, from This Side Up. John has a cousin, Thomas, who has a congenital heart defect that so nearly claimed his life early on and will still need surgery at some later stage of his life. Thomas is now 11 years old and virtually unstoppable, and we wouldn't have it any other way!! John, heavily influenced by the music of Green Day and Blink 182, formed a band with some friends in Feb 2001, called THIS SIDE UP. Within 6 months the band was playing on Friday nights at the Flapper and Firkin in Birmingham and by the following year had completed an 11 track album of their own material called 'PLEASE STAND BY....' More recently, they completed their latest demo, entitled 'The Frustration EP'.

Having started to attract a reasonable following, John and his band decided to put their talent to good use and do a charity gig. In a 'cheeky' move, he contacted Tom Farrell, the lead singer of a well-established Punk band called the Drongos for Europe, who he knew to be an old friend of Thomas's family, and asked if they would like to top the bill. The Drongos for Europe are a hardcore punk band that started life in 1979 in Great Barr. They released their first single as long ago as 1981. They have over the years had a few 'inactive periods', but are now once again back with a vengeance, having played tours in America, Europe, and the UK this year.

The Drongos gladly agreed and the date was set. The rest as they say, is now history, and what a fantastic night was had by all that attended. In total £915 was raised. I would like to thank John, Wayne, Dan and Doyle from this side up for supporting a worthwhile cause and all of the people that supported the night. Special thanks also to the Drongos - Tom, Dek, Anton, and Kimbo - for giving up their time to give us a great evenings entertainment and also to their fans for being so generous. They have an extremely busy schedule at the moment and to provide their services for nothing was a superb gesture.

By Phil Hatfield

Parent to Thomas



Photograph of John Hoey presenting the cheque to Debra Bailey & Sandra Ramsey

MORE FUNDRAISING THANK YOU'S

A huge Thank You to Asda at Perry Bar, One Stop. YAH was picked for the Donate a Toy Appeal. Asda provided Christmas presents for Santa to deliver to children staying on Ward 12 over Christmas.

Mother gives £2,000 gift



A special Thank You goes out to Trustee Sam Owen and her family for the many fundraising events which they organize on behalf of YAH. Recently, they have held a social evening, sponsored bag-packing and a car boot sale, and raised a total of £1920.58. They have also decorated a bedroom in 'Thomas the Tank Engine' style for a family whose child has been hospitalized for many months.

THANK YOU your hard work and support is much appreciated.



A big Thank You to St Benedict's RC School, Alcester, for raising £85. The cheque was presented to YAH member Jim Lynskey and it has kindly been donated to our fund. We all wish Jim a speedy recovery from his recent stay in hospital.

MOBILE PHONES



As part of our fundraising efforts, we have teamed up with Community Fonebak to collect unwanted mobile phones

Our mobile phones collection campaign aims to collect phones, which can then be sold in developing countries. We receive the money generated through the resale of these phones.

Please find enclosed a self-addressed recycling bag, just pop in any unwanted mobile and return.



MEET THE TRUSTEES



Chair: My name is Sandra Ramsey, I am 36 and married to Gerard, we have 2 children Jake 10 and Charlie 4. Since Charlie's birth I have actively fundraised for The Heart Unit at BCH.

I think that the Support Line for YAH is very important, I spoke to both Ray and Sandra when Charlie was diagnosed during pregnancy. Although it was hard making that 1st phone call the help was invaluable. I want to help support parents the way I was supported



Vice Chair: My name is Debra Bailey, I am married to John and we have 3 children, Stephen, Jason and Aaron. Jason was born with several congenital heart defects and has had three major open-heart operations and three catheterisations. Being part of YAH gives me the opportunity to help families that are in the same position as us and is so rewarding.



Treasurer: Hi, my name is Sarah Jackson. I am mom to Hannah 11 months and partner to Gerard. I work full time at HSBC in Birmingham City Centre. Like many of the other committee members I am very new to this role and am still finding my feet!

The care demonstrated to Hannah & us as parents at BCH has prompted me to take an active role within YAH, an organisation that I am very proud to be part of. I look forward to meeting you all in the very near future.



Secretary: My name is Alison Pope. I became a Trustee in July 2005.

I have been involved with BCH since 1997 following the birth of my daughter Amelia who has Fallott's Tetralogy, I also have a 3 yr old son Alexander. I joined the committee to help continue the work of YAH by fundraising and supporting parents with similar experiences.



Trustee: Hello, my name is Sue Tillott and I became a committee member in July 2005. I am married to Jim and we live in Kidderminster with our seven children. We have 5 girls and 2 boys aged between fourteen and three.

My 4 yr old son, Sam, is my Heart Child. I wanted to offer help to families going through the same scary times! & helping families stay in touch through social events. I feel this is an important method of support for families & siblings of heart children also get some time to have fun with other children who have been through similar experiences.



Trustee: My name is Martina Ponsonby. I have been an active member of the charity since 1997, when Max was born into the world with Pulmonary Atresia. I'm married to Mike and also have a 5 year old son Ben. I

remember how scared I felt the day we were told we could take Max home, until then we had felt safe being in the hospital. That same day a member of YAH introduced the charity to us, I felt enormous relief knowing that there was support out there for us to lean upon and more importantly, I know how vital YAH is and will continue to be for Max.



Trustee: Hi, my name is Samantha Owen, and I am 36 years old. I am wife to Richard and mother to David 15, Tom 14, and Ben 7. I work at a local school as a site manager which I really enjoy. I enjoy keeping fit and anything to do with sport: having 3 boys in the house keeps me active. I enjoy being with my family. I became a Trustee in July 2005 which brings with it lots of challenges. Ben is my heart child who is truly wonderful.



Admin Worker: Hello, my name is Sue McPake. I have been working for YAH since September of last year and I also work part-time at City Hospital. This is a return to work for me after being a full-time mom since the birth of my daughters, Alice who is now 13 and Emily who is 10. Hopefully, I can rise to the challenge and everything will run as smoothly as possible.