



Young at Heart

Supporting families of children with heart conditions

Newsletter No 2: May 2006

NEW Information Line 0121 357 8200

Charity News & Update

I hope you all had a wonderful Easter. If anyone has eaten far too much chocolate please feel free to take part in a fun run or walk to lose those added inches and in turn raise money for Young at Heart!

Since the last newsletter we have launched our new logo! It has so far been very well received; I do hope you like it. It isn't too drastic a change, just updated slightly. We now have new badges with our logo on, if you would like to have one of these badges or would like to promote them for Young at Heart please contact Sue on the information line. I would like to say thank you to David Dewick - for designing our new logo, David generously donated his time free of charge to Young at Heart.

Enclosed with your Newsletter you will find our new literature, this will let new families know what we offer and will help generate important funds that will help us continue our support. It has been a very busy time for the committee and hopefully things will soon settle down and we can start to look at Trust Funds to generate income to do more of the nicer things like our recent trip to the Splash Landings Hotel at Alton Towers.

I would like to reassure families concerned with the recent press coverage, or who have had operations postponed or sadly cancelled. The problem is the lack of specialised intensive care nurses, this is a national issue currently facing many children's hospitals around the country. Young at Heart have held meetings with the Chief Executive and the Cardiac Team at the Birmingham Children's Hospital, we are currently working together towards a solution. If anyone has any worries please call our information line.

We are looking for parent stories and photographs of your children, I think the Trustees are getting a bit tired of seeing their children on the literature, so if you don't mind it would be lovely if you could share your photographs and precious moments for future newsletters and literature.

It was wonderful to meet so many of you at the Congenital Heart Awareness Day and the Easter party, let's hope that we can make these special days annual events for Young at Heart.

Sandra Ramsey — Chair of Trustees

IMPORTANT NOTICE

We are sorry to say that we can no longer take bookings for the caravan, the maintenance costs have become too expensive.

May we take this opportunity to thank Sandra, Ray, Emma and all their family. They have given up a tremendous amount of their spare time over the years organising the bookings, the general running and the cleaning of the caravan, all their hard work has been very much appreciated!

ALTON TOWERS WATERPARK TRIP — DEC 2005

Christmas and New Year has come and gone, and dare I say forgotten to some extent, but Alton Towers weekend will be remembered. The general consensus between the family when asked what they thought of the Alton Towers trip, it was great. The hotel was spacious, spotless and well thought out, the room catered for our every need and the restaurant was also very good. The activities kept us going non-stop, the splash pool kept us all amused for hours, the ice-show was fun and the rides were just enough to keep the kids happy. The ultimate for Bethany was the family disco after the evening meal and Imogen loved the trip to see Santa in his very magical grotto. We had gone along for the weekend trip not really knowing what to expect, we were very impressed with everything. Thank you so much Young at Heart, we had a wonderful time and would definitely recommend it to others, it obviously took a lot of arranging so we really appreciate it.



From Members: Alison, Martin Bethany and Imogen Alps

P.S. Did anyone else spot the celebrities who were also staying at the hotel?

FUNDRAISING NEWS

SHOP ONLINE

We have teamed up with easyfundraising who provide a great new service where you can raise funds and also save money when you shop online. Simply go to www.easyfundraising.org.uk and on the home page click on 'find a cause' (the pink button) and scroll down to the Y's, where you will find Young at Heart, click on this and register. It doesn't cost anything to register or shop and you will have access to over 130 of the UK's biggest retailers, who in turn offer special offers and discounts — some exclusive to easyfundraising members. Simply use the links provided on their website when you shop and up to 15% of your purchase price will be donated back to Young at Heart.

MOBILE PHONES

We are still collecting any unwanted mobile phones, we raised £168 from the last batch we sent in to Fonebak, so please continue to collect them on behalf of Young at Heart. If you have any phones to be sent to us and require a recycling bag, please either contact the information line or e-mail suemc_yah@yahoo.co.uk

FUTURE FUNDRAISING EVENTS

On 16th September 2006 we have arranged for a bag-packing event at Asda, Perry Barr, this will be approx 4 hours 11:00 /3:00.

We require volunteers over the age of 11 to help. Please contact 0121 357 8200 if you can spare some time to help.

2006 Hydroactive Womens Challenge

On 3rd September 2006 there will be a 5K run/walk, if you are interested in entering and getting sponsors on behalf of Young at Heart please either:-Register online- www.womenschallenge.co.uk

OR

Tel: 0207 9020200

FUNDRAISING THANK YOU'S

Thank you to GS News and their customers for kindly donating **£91.30** from a collection box in their shop

Thank you to Susan Casswell, for kindly donating £850 in memory of her son who sadly passed away.

Thank you to Stephen Bailey & James Grigg donated **£60.00** from a sponsored bike ride
Well done lads !!!

Thank you to Patron, Lizzie Wiggins for attending the Easter party and donating **£150.**

FEB 14TH 2006—CONGENITAL HEART AWARENESS DAY

So to mark this occasion **Young at Heart** hosted a balloon launch at the, Birmingham Children's Hospital. The Children's Heart Federation funded the balloons and we joined forces with two national charity's Max Appeal and Little Hearts Matters. The aim of this national event was to raise awareness throughout the country.

We kicked off the fun with a party for the children, which took place in the conservatory with entertainment by Balloons and Tunes (Better known as Pam and Paul), and then just before 12 noon we all gathered outside the entrance of the Children's Hospital where an open top double decker bus awaited us.

Several of our trustees had been busy blowing up 144 Red heart shaped balloons and 1 blue heart shaped balloon to signify the approximate numbers of children born with a heart condition.

Several of the clinical team and staff from wards 11 and 12 joined us and when the clock struck 12 noon all the balloons were released into the sky it was a glorious sight, we had great fun and the children really enjoyed it!!!

Then it was back to the conservatory for some party food and to continue with the fun of the party, the children played games and danced the rest of the afternoon away!!!

A Huge Thank you to everyone who helped out on the day!!!!

And we hope to see you all and many more same time same place next year!!!!

Then.....

Sandra Ramsey (Chair), Sam Owen (Trustee) and myself then travelled to London to attend a Parliamentary Reception at the House of Commons for MPs, Policy makers from relevant Government Departments, The Health Care Commission, The National Patient Safety Agency, representatives of CHF member groups and other interested voluntary organisations.

This was held to draw attention to the needs of children born with heart conditions. Following the Brompton and Bristol enquires; groups and organisations like Young at Heart want to ensure services are being maintained at a certain level. We have called for a review on the development of these services to show how parents of heart children can help with that process.

Vice Chair : Debra Bailey

Max is at the heart of top charity event

A BROMSGROVE boy who has spent his life battling with a rare heart condition joined other patients this week to celebrate national Children's Heart Week.

Seven-year-old Max Ponsonby was born with Pulmonary Altrastia in November 1998 and has been going through continuing treatment for the condition ever since.

So when International Congenital Heart Awareness Day came around on Tuesday, the youngster, along with families and medical staff met at Birmingham Children's Hospital and released 144 red heart shaped balloons and one blue balloon from the top of a double-decker bus.

This symbolised the number of children born each year, with the solo blue balloon representing those born with a heart condition.

Martina said: "It was a magical moment - to see the expressions on the children's faces was delightful - it was really a special occasion.

"The whole day was wonderful, it was nice for families and heart patients who are all going through the same thing on a daily basis to

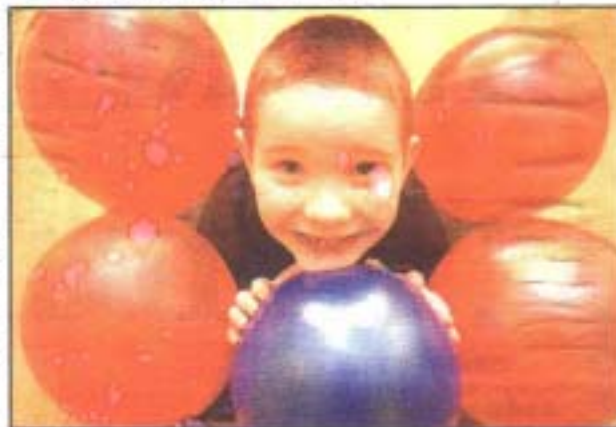
get together.

"It is a big goal of ours to make more people aware of the charity because it goes relatively unnoticed, and the Children's Hospital was the ideal place to hold the event because to many of the children it is like a second home."

Children's Heart Week runs

from February 12 to 19 to support charities like Young at Heart, Little Heart's Matter and Max Appeal. All of these charities joined forces to organise Tuesday's events.

To get involved in Young at Heart or to find out more about support groups, call 0121 357 8200.



One in a million...Max Ponsonby with one blue balloon to represent his rare heart condition. Picture by Kirsten Blatcher. 07.06.026.KBR2

EASTER PARTY

The Easter party was a great success, Thanks to Sam Owen for organising the party. There will be an article and pictures featuring in the next newsletter





FEB 14TH - CONGENITAL HEART AWARENESS DAY