

# Pulse

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turning loss into an  
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**Kate Bratt-Farrar,  
Chief Executive**

Hi,

I'm Kate and welcome to my first Pulse magazine as Chief Executive of Heart Research UK.

I'm so proud to be taking over at such an exciting time, it's an honour to work in such a great charity. There are so many projects in the pipeline that we can't wait to share with you.

In this issue, you'll find out about some of the amazing people that have been involved with Heart Research UK over the last few months – from our wonderful office volunteers to our supporters climbing Everest and running marathons, and the ground-breaking researchers continuing our pioneering research into the prevention, treatment and cure of heart disease.

Also, we're delighted to be able to share one of our most exciting projects with you, the Heart of Scotland Appeal. Read on to find out about our huge celebrity-backed appeal to take on heart disease in Scotland.

We're not like other charities. We never stop you in the street, knock on your door or phone you to ask for money. We simply treat you how we would like to be treated. Everything we achieve is thanks to the generosity and time of our supporters and we don't take that for granted. So a big thank you from me and the whole team at Heart Research UK.

I hope you enjoy this edition of Pulse and do let me know if there are things you would like us to cover in future editions. You can email me on [info@heartresearch.org.uk](mailto:info@heartresearch.org.uk)

Kate

# hello

Here at Heart Research UK we like to spend your money wisely. Sponsorship of Pulse means that we can spend more money on research. If you'd like to hear more about options for sponsorship please contact Isabel at [corporate@heartresearch.org.uk](mailto:corporate@heartresearch.org.uk)

**Pulse contributors**  
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# Leading the way

We recently awarded more than **£392,500 for Novel and Emerging Technologies (NET) Grants**, which give researchers the opportunity to develop new and innovative technologies to diagnose, treat and prevent heart disease. We have also awarded another special regional grant of **£148,865 for Scotland** and a **Trustees' Discretionary Grant of £149,992 to Ulster University to establish a heart disease database for Northern Ireland.**



**£144,148**

#### NET Grant

Using wave intensity analysis to benefit patients with advanced heart failure

**Dr Sern Lim**  
Queen Elizabeth Hospital  
Birmingham  
24 months

#### The problem

Left ventricular assist devices (LVADs) are heart pumps that support a weak and failing left side of the heart. However, the right side of the heart must work well for LVADs to work successfully. Current techniques to assess the right side of the heart are inadequate which means it is difficult for doctors to select patients who would do well with an LVAD, or diagnose and treat right-side heart failure.

#### The project

This project will include 20 patients with heart failure who are being assessed for heart transplantation or an LVAD. Dr Lim and his team will investigate whether a technique called 'wave intensity analysis' can be used to assess the right side of the heart.

#### The benefits

Better assessment of the right side of the heart would benefit patients with a range of heart diseases and be particularly useful in selecting those suitable for a mechanical heart pump, or for diagnosing and treating right heart failure.



**£248,436**

#### NET Grant

A new technology for implanted electrical heart pumps in the treatment of heart failure

**Prof Omar Escalona**  
Ulster University  
24 months

#### The problem

Heart failure is an important and growing problem. Left ventricular assist devices (LVADs) are mechanical pumps which support a failing heart, and improve survival and quality of life in patients with advanced heart failure. However, the electric power is supplied to LVADs via a driveline cable through the skin which leads to a high incidence of infection.

#### The project

The infection problem has prompted the development of wireless power transmission solutions for LVADs. However, the implanted coil of these wireless systems causes heating in the tissues, leading to local skin and tissue damage. Professor Escalona and his team are developing a new wireless system which transmits pulses of energy which means that the tissues can cool down between pulses.

#### The benefits

If successful, this will improve clinical outcomes and quality of life for heart failure patients. Also, it may accelerate a more widespread use of LVADs in the treatment of heart failure.



**£148,865**

#### Regional Scotland Grant

New methods to detect heart failure 'before it happens' and develop strategies to prevent it

**Dr Pierpaolo Pellicori**  
Queen Elizabeth University  
Hospital and University of  
Glasgow  
36 months

#### The problem

Most people with heart failure are so ill when they first see a doctor that they need to be admitted to hospital. The opportunity to intervene may have been missed by the time symptoms, such as breathlessness and ankle swelling, appear.

#### The project

As the heart fails, patients are affected by fluid retention, called congestion. This project will look at how many people at risk of heart failure have congestion, and investigate which simple tests can detect congestion and predict patient outcomes.

They will also see how many new cases of heart failure occurred in the last decade in the West of Scotland, and which risk factors and events, such as heart attacks, precede and predict it.

#### The benefits

The aim is to measure the incidence of congestion in patients at risk of heart failure and develop ways to detect it in the early stages before symptoms develop.



**£149,992**

#### Trustee's Discretionary Grant

A heart disease registry for Northern Ireland

**Dr Anna Gavin**  
Queen's University Belfast  
24 months

#### The problem

Accurate information on heart disease in the population can help to improve the care of patients through research. However, we have less information on heart disease in Northern Ireland than about cancer.

#### The project

The aim is to establish a list of all heart disease diagnosed in Northern Ireland since 2008 to accurately measure the burden of heart disease. This will be linked with the Northern Ireland cancer and stroke registries to support cross-disciplinary research. Dr Gavin's team has been carrying out some of the preparatory work and they are awaiting the support (non-financial) of the Public Health Agency before the project can begin.

#### The benefits

The registry will help scientists and doctors examine trends in disease levels, the effects of prevention and treatments and links between heart disease, stroke and cancer. In the longer term, the aim is to improve patient care and outcomes.

# Educating the experts of tomorrow

Our unique Masterclasses give surgeons, doctors, nurses, physiotherapists and other health professionals the opportunity to gain new skills, knowledge and hands-on experience from leading experts in the field so that more heart patients from across the UK can benefit.

We are pleased to announce that we are planning the following Masterclasses:

## **Cardiovascular Magnetic Resonance for Coronary Heart Disease**

**Date:**

7 – 8 November 2019

**Location:**

Leeds Teaching Hospitals NHS Trust

**Course Director:**

Professor John Greenwood,  
University of Leeds and Leeds  
Teaching Hospitals NHS Trust

## **Surgery for Acute Aortic Dissection**

**Date:**

22 November 2019

**Location:**

Keele University

**Course Director:**

Miss Deborah Harrington, Liverpool Heart  
and Chest Hospital NHS Foundation Trust

For more information  
about our masterclasses, visit  
[heartresearch.org.uk/masterclasses](http://heartresearch.org.uk/masterclasses)



 Heart Research UK

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**1999: Travelled the world**

**2050: Helped defeat heart disease forever**

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You can find out more about our work and donate online at [heartresearch.org.uk](http://heartresearch.org.uk)

# Farewell to Barbara Harpham



**5 July 2019 marked Barbara Harpham's final day as Chief Executive of Heart Research UK, 5,725 days after she took the reins.**

## How long have you been at Heart Research UK?

My first day was 1 November 2003, so almost 16 years.

## What did you do before Heart Research UK?

I worked for a large voluntary organisation raising awareness, raising money and campaigning at local, regional and then national levels.

## What has changed during your time at the charity?

The size of the charity and the breadth of work that it does has changed massively, the growth has been phenomenal. Also, the direction of the research we fund has changed, shifting to focus on benefiting patients as soon as possible.

Back then, it was a small Leeds-based charity that funded medical research across the UK but raised

most of its money in Yorkshire. Now, we run large scale national fundraising campaigns as well as local fundraising which means we can help patients, families, communities, hospitals and universities right across the UK.

The name has also changed. It was the National Heart Research Fund back then, before we changed to Heart Research UK in 2005.

I also think we're a much more outward facing charity and have

a reputation for doing that bit extra for our supporters and those we fund. We want people to walk away having had the best possible experience with us.

## What are you most proud of during your time here?

Building up a portfolio of what we spend our money on that you can truly say benefits patients as soon as possible; moving from research that was sometimes basic science to having grants that translate research into patient benefits.

Also, the exercise prescription toolkits for congenital heart disease (CHD) patients that we developed have revolutionised the way children with CHD live their lives. It gives them the chance to live a healthier life with the comfort that they actually have a prescription to exercise, giving them the permission to tell other people that they can still live active lives and the confidence to be active like everyone else.

I am proud that we fundraise ethically. Heart Research UK has never and will never knock on your door, stop you in the street or ring you to ask for donations unless we have your permission. We like a personal approach, so if we want to contact you we do it ourselves, and certainly don't pay anyone to do it. We treat people how we would like to be treated ourselves, and we're proud to do so.

People also can see where we spend what they give us, ideally as near as possible to where it was raised.

## What are you hoping the next big breakthrough in heart research will be?

Heart Research UK was founded to make surgery safer. Now, it's one of the safest forms of surgery. Next, we need to use technology to help us do things in finer detail, or accomplish things that we haven't thought of yet. A fully functioning

mechanical heart with no need for anti-coagulants and very small, unobtrusive batteries or transplants with no anti-rejection drugs after implantation would be a real breakthrough. We paid for six of the first eight successful UK heart transplants in the 70's and it would be great if Heart Research UK could finish that work.

## You're not leaving Heart Research UK altogether. Can you explain what your new role will be?

I am going to be the Head of the Heart Academy, a unique online portal for training and education for all ages, from children in the classroom to clinicians in hospitals, to patients who want practical, down-to-earth advice.

It's a really exciting project, using cutting edge tech like virtual reality, 360° video and gaming technology to make it easy and enjoyable for anyone to learn new information.

## Where do you see Heart Research UK 15 years from now?

Heart Research UK is the charity dedicated to your heart, helping everyone live healthier, happier, longer lives – not only through research but through their lifestyles.

I would love Heart Research UK to be known as THE heart charity

## What will you miss most?

That no two days are the same. I've met some wonderful people who have helped me a lot that I will really miss. The number of people who have got in touch when they heard I was retiring and the lovely messages have been overwhelming.

I'll also miss all the people I've worked with, inside and outside of the charity, along with the sheer interest I have in everything that we do, I really have had a lovely job and I want to say a huge thank you to everybody that has been a part of it over the last 15 years.



A selection of memories from Barbara's time at Heart Research UK

# “I’ve never felt such a powerful sense of belonging to something bigger than myself than I did at the Marathon”

In the year that Heart Research UK broke the £1 million mark at the London Marathon, our runner Dina Dahan, who raised over £11,000, talks us through what inspired her achievements, how she survived her run and how she contributed to Heart Research UK’s most successful London Marathon ever.

2019 marked a record breaking year for Heart Research UK. Not only did we raise our millionth pound from London marathons, we smashed our fundraising record for a single race, with our 23 amazing runners raising over £80,000.



Every step, every mile, every bead of sweat and every penny raised at the London Marathon matters, something that Dina Dahan knows all too well.

“You need a sense of purpose to get through those 26.2 miles. Heart Research UK was that purpose and that’s a powerful thing to be a part of,” said Dina.

“I lost my stepfather, Ahmed Faik, in October 2018.

“He collapsed and just never woke up. It was very traumatic, there was so much sadness and grief.

“They found that his heart was in decent condition, he had no blockages. They ruled it as SADS (sudden arrhythmic death syndrome).”

Some cases of sudden cardiac death are recorded as SADS. This is when someone dies suddenly following a cardiac arrest and no obvious cause can be found.

“I remember thinking what on earth is SADS?” said Dina. “How can we know so little about something that is so traumatic and so lethal?”

“I didn’t want the next chapter to only be defined by the misery of his loss. I wanted to do something positive.

“A friend of mine told me that when he was going through personal issues, he healed through running marathons and it planted a seed in me.

“I reached out to Heart Research UK, and really felt like they are focused on the work that they do, the work that makes a difference.”

Training began, but it wasn’t all smooth sailing for Dina, who suffered an injury whilst running in February, just two and a half months before the marathon.

“I had over-pronation and hyper-flexibility in my left foot. Basically, my hip was dropping when I ran and was causing pain to my hip and ankle.

“I persevered, and tried an ankle



**“The most special moment was when I saw my family for the first time. We all cried and hugged, and I really felt my stepdad with me.”**

support on a 17 mile run. It bruised my foot heavily, and that wiped me out of running.

“I didn’t properly run for two and half months before the marathon. It was tough.

“But I knew I was going to finish. I just didn’t know in what form – on one leg, on all fours, I just didn’t know!”

But Dina pushed through, and when April 28th rolled around, she was ready.

“When I arrived, I was so moved, I felt an unbelievable connection to the other runners.

“The camaraderie, the compassion, the support; I was in awe, in pure awe of being a witness to so much goodness.

“About half an hour in, I started crying, I was just so consumed and moved.

“The most special moment was when I saw my family for the first time. We all cried and hugged, and I really felt my stepdad with me.

“I felt that we were all running

together to be connected with him.”

Like her training however, Dina’s marathon was not free from hardship. Along the way, she suffered from an ITB syndrome, a problem also known as ‘runners knee.’ But she was determined that it wasn’t going to stop her.

“Even when I was sat in pain, when even walking was difficult, there wasn’t one moment that I ever thought I wasn’t going to finish.

“When I crossed the line I just burst into tears. It was such a special moment, I really felt the presence of my stepdad. I was filled with love for him and I really missed him.

“I was doing this for him, and so others can hopefully avoid the same trauma.”

Dina’s mammoth efforts saw her raise an astonishing £11,118, smashing her original target of £3000.

Thanks to Dina, and to every single one of Heart Research UK’s marathon runners, we were able to raise over £80,000.

This record-breaking year took us over the million pound mark from London marathons, money that will continue to fund our pioneering medical research.

“Hitting the £1m pound mark just shows that running can make a difference, research can make a difference,” said Dina.

“Research in particular is very much about innovating, about finding solutions. It’s inspiring.

“I’m truly grateful that I had a cause to run for. I felt a real connection, my stepdad and I and Heart Research UK working together to do something really meaningful.

“I’ll carry it with me forever.”

**If you want to know more about taking on a challenge to raise money for Heart Research UK, visit [heartresearch.org.uk/challenges](https://www.heartresearch.org.uk/challenges) or call 0113 234 7474.**



# Supporting communities to live healthier, happier, longer lives

Image ecobirmingham, Central.

**Through our charity partnership with Subway®, we fund Healthy Heart Grants across the UK to inspire and motivate communities to live healthier, happier and longer lives.**

**So far this year we have awarded six new Heart Research UK and Subway® Healthy Heart Grants, here is what they are aiming to achieve:**

## **CENTRAL**

### **ecobirmingham (£10,000)**

Linking with local GPs and the NHS Health Check for cardiovascular disease, the Life Cyclers project will allow doctors in South Birmingham to offer a new way of tackling symptoms of heart disease early on.

Instead of relying heavily on medication, this unique social prescribing model will see men over 40 benefit from eight week cycling courses, promoting outdoor activity and friendship.

Cycling is such a simple yet powerful way to improve heart health problems. The Life Cyclers project offers a fantastic opportunity to really shape the treatment and prevention of heart disease in an impactful and cost-effective way.

## **HTV**

### **National Centre for Integrative Medicine (NCIM) (£10,000)**

Working with a multidisciplinary team of experts and the support of the Heart Research UK Healthy Heart Checks, Dr Elizabeth Thompson is aiming to change the way the NHS responds to patients with heart disease, moving away from a drug-based approach, towards a model of wellness.

The Food for Wellbeing Healthy Heart Project is a learning and empowerment programme that will reach three communities in areas of deprivation in Bristol. Through hands on cookery workshops and education, the project will equip, inspire and support 36 beneficiaries to prepare and eat delicious, nutritious food from scratch.

Those taking part in this six week programme will go away with skills, confidence and a personalised action plan.

## **NORTHERN IRELAND**

### **The Fitzone Foundation (£7,000)**

The Health for All project is a multi-component programme of hands on cooking, physical activities and motivational health education aiming to inspire different groups of the community in Mid Ulster. The project will focus on men over 40, teenage girls and children aged 8-11.

Children and young people will take part in engaging non-traditional physical activity sessions such as canoeing and cycling, alongside healthy cookery classes and interactive workshops.

Men over 40 will be offered health checks and supported in cooking healthily on a budget and keeping active without the need to step into a slimming club or gym.

Taking a holistic approach, the project will promote positive mental and emotional wellbeing and seek to decrease social isolation.

## **TYNE TEES**

### **Darlington Association on Disability (DAD) (£9,900)**

Darlington Hearts Delite aims to support and inspire local people who cannot easily access mainstream healthy living services due to disability. Each individual is encouraged to set personalised goals, supported by fun, varied and specifically tailored accessible activities.

The programme, which will run over 12 months will introduce activities including Wiggle and Giggle, laughing yoga and New Age Kurling. These, combined with growing and gardening workshops in the sensory garden and healthy heart recipe development using seasonal produce grown on site, will empower around 400 people with disabilities and their carers will be empowered along a healthy

heart journey that goes beyond the life of the project.

## **WALES**

### **Cardiff City FC Community Foundation (£10,000)**

The Bluebird's Healthy Hearts project will engage with a hard to reach group of men who traditionally would stay on the side lines when it comes to weight management programmes. Inspired by the Cardiff City FC brand, local men will become more active and take on healthy eating advice, motivated by the camaraderie of football.

Eighty local Cardiff men are expected to benefit from these 10 week courses which will include weigh-ins and measurements, healthy eating workshops and fitness sessions alongside a friendly yet competitive football league, with extra goals gained for healthy weight loss.

## **YORKSHIRE**

### **Rotherham United Community Sports Trust (£8,600)**

Obesity amongst children in year 6 of primary school is higher in Rotherham than average for Yorkshire and the whole population of England. The Millers Little Hearts programme will aim to engage children up to age 11 with health and activity sessions.

The programme, which will include one-to-one and group sessions, will run over six weeks and benefit 40 children. Education sessions will help children understand the benefits of a healthy heart and the roles that food and physical activity play. Multi-sports physical activity and games each week will increase activity during the programme and also at home, with activities geared around minimal need for equipment and maximum fun factor.

In partnership with:



# Heart of Scotland Appeal

[heartofscotland.org.uk](http://heartofscotland.org.uk)

# We're taking on Scotland's biggest killer

**It all started with one woman, and one incredible act of generosity. £800,000, left in a will as a precious gift to Heart Research UK. The benefactor was Scottish, so we decided that the money she donated should be spent on heart research in Scotland.**

**That got us thinking. We'd all heard stories of the bleak picture of heart health in Scotland. Alarming figures about life expectancy, obesity and inactivity had been floating around for a long time. But how were things looking now?**

We decided to find out.

We started digging, looking at stats, research, attitudes and trends. We even commissioned our own survey, and we were shocked at what we found.

41 people a day die from cardiovascular disease (CVD - diseases affecting the heart or blood vessels) in Scotland.

41 people, every single day.

It doesn't stop there. Coronary heart disease (CHD) is Scotland's single biggest killer. One in seven

men, and one in ten women, will die from CHD. It kills almost three times as many women in Scotland as breast cancer.

The stat that really made us sit up and take notice was that you are almost 50% more likely to die from CHD in Scotland than you are in the South East of England.

We knew this was unfair, and we knew this needed to change.

The YouGov survey we commissioned also made for startling reading. Almost three-quarters of Scots have been affected by CVD in some way.

Yet, half were not concerned about heart disease, despite the fact that CHD kills more Scottish people than anything else.

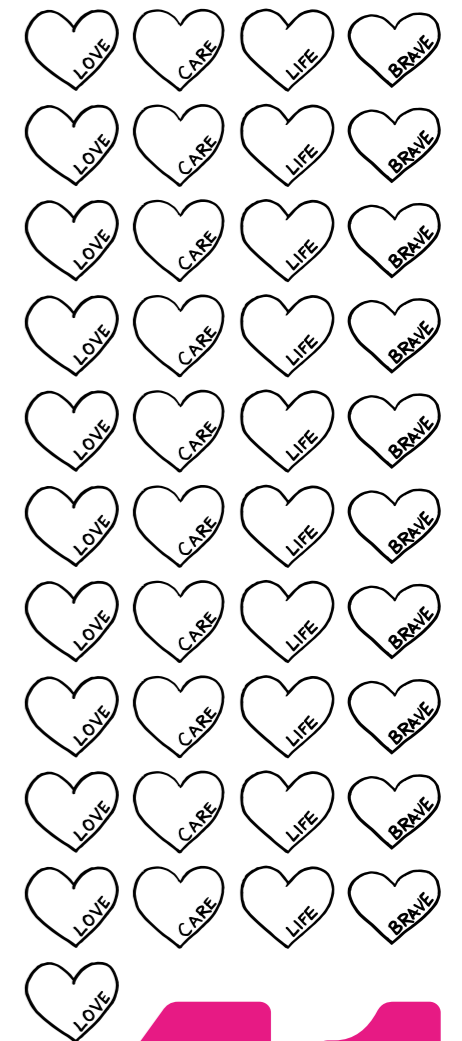
From this, the Heart of Scotland Appeal was born.

The idea was a simple one. A dedicated appeal to change the state of play in Scotland, raising awareness and funds for pioneering heart research in Scottish universities, hospitals and institutions.

Scotland's universities have a reputation for high quality research, and Heart Research UK has always been proud to support it. In the last ten years, we've funded almost £900,000 of research in institutions right across Scotland. We are currently funding five projects in centres across the country.

But it was clear – more needed to be done, and needed to be done now.

The Heart of Scotland Appeal



# 41

**people a day die from cardiovascular disease in Scotland**



really kicked into gear when Christopher Kane, internationally acclaimed Scottish fashion designer and stylist to the stars, pledged his support to the appeal.

Christopher kindly agreed to design a badge for the Heart of Scotland Appeal, something that could be worn by anyone and everyone to show their support.

Rather than just one badge, Christopher went above and beyond, designing four unique and contemporary badges, each with a unique message; Love, Life, Brave, Care. We also unexpectedly received a unique and striking t-shirt. The Heart of Scotland Appeal had lift off.

Christopher, who lost both his father and his brother to heart disease, explained why he got involved.

“The Heart of Scotland Appeal is a cause that is literally so close to

**“It’s good to be part of educating and reinforcing preventive measures that save so much heartache, which I have experienced first-hand.”**

**Christopher Kane, Scottish fashion designer**

my heart. Anything that can raise awareness and potentially save lives is always worthwhile.

“Growing up in Scotland in a working class environment, heart disease was always prevalent. So many of my parent’s families and friends passed at an early age

from heart attacks and no one blinked an eye. It was the norm, it was expected and it was never a surprise. Heartbreaking, but never a surprise.

“So it’s good to be part of educating and reinforcing preventive measures that save so much heartache, which I have experienced first-hand.”

Armed with the hottest charity merchandise of the year, we reached out to Scottish stars from the worlds of entertainment, politics and sport to support the appeal. And they responded en masse – far too many to list here.

The Heart of Scotland Appeal received cross party political support from First Minister Nicola Sturgeon, The former Secretary of State for Scotland, The Rt Hon David Mundell, The Shadow Health Minister Miles Briggs MSP and former Secretary of State for International Development Rory Stewart.

From the world of celebrity, the support poured in. Singers such as KT Tunstall and Amy McDonald donned Christopher’s t-shirts and posted their messages of support. World renowned actors including Iain Glen, Mark Bonnar, Siobhan Redmond MBE, Brian Cox MBE, Jane McCarray and Bill Paterson got in on the act, joined by other huge names including David Moyes, Val McDermid and Rory Bremner.

Next, we needed a launch. Somewhere iconic, somewhere inspiring and, most of all, somewhere Scottish. Loch Ness and Ben Nevis fitted the bill, but would have been a bit of a logistical nightmare.

So when we were offered the chance to stage the launch in the famed Balmoral Hotel in Edinburgh, we jumped at the chance. Iconic? Tick. Inspiring? Tick. Scottish? Double tick.

Special guests, from volunteers, supporters and researchers to politicians and high profile Scottish

**We are currently funding over half a million pounds of research in Scottish universities and hospitals.**

**Prof Annette Graham, Glasgow Caledonian University. £76,500**

This PhD studentship is studying atherosclerosis - the build-up of fatty deposits in arteries - and whether the activity of small RNA molecules can be altered to prevent, or reverse, atherosclerosis.

**Dr Susan Currie, University of Strathclyde. £149,118**

There is strong evidence of a link between cobalt in hip replacements and the development of heart disease. This project will investigate the effects of cobalt on heart cells and tissues.

**Dr Tom Van Agtmael, University of Glasgow. £72,800**

This PhD studentship is to understand more about

the role of the ‘basement membrane’ in heart biology and in the development of heart defects.

**Dr Pierpaolo Pellicori, Queen Elizabeth University Hospital and University of Glasgow £148,865**

This project is investigating the incidence of heart failure, and aims to develop new methods to detect heart failure at an early stage.

**Prof Robin Plevin, University of Strathclyde. £79,204**

This PhD studentship investigates why patients who have chemotherapy drugs or X-ray treatment for cancer have a higher risk of developing coronary heart disease.

**For more information on the research that we fund, please visit [heartresearch.org.uk/research](http://heartresearch.org.uk/research)**



**Top left** Christopher Kane wearing the Heart of Scotland t-shirt. **Top right** Exclusive Christopher Kane badge designs **Bottom** One of our first Pacemakers, Vicki Kinninmonth with son James.

celebs joined us and Christopher Kane for the launch, which was very kindly sponsored by the Balmoral Hotel.

We caused quite a stir with the Scottish media, with the national press and TV turning up to highlight the need for the Heart of Scotland Appeal, as we journeyed up to the roof of this famous hotel for photos with the Edinburgh skyline.

Support from titans of Scottish business soon followed. Skippers from the Scottish White Fish Producers Association and The Shetland Fishermen’s Association donated the price of a box of fish to the campaign. Aberdeen Standard Investments hosted events and sold badges. DS Smith donated

thousands of boxes for badges to be sold in – the list goes on. Companies across the country ran, baked, walked and wore their badges with pride.

But how would we reach the Scottish public with the Heart of Scotland message? Through a network of dedicated fundraisers and ambassadors – our Heart of Scotland Pace Makers.

One of our first Pace Makers was Vicki Kinninmonth. Her father, Jim Braid, was the first man in Scotland to receive a Jarvik heart pump, which greatly prolonged his life and was funded by Heart Research UK.

For Vicki, from Cupar, Fife, supporting the campaign was an easy decision.

“I chose the Life badge because funding and research gave my dad a second chance at life,” explained Vicki.

“He was so happy to be given the opportunity. He did so much fundraising, he really wanted to raise money and awareness.

“It’s just so sad that my dad never got to meet his grandchildren, he would have made an amazing granddad. But we got three extra years that my mum and I would have never been able to have with him otherwise.

“I don’t think there’s a family or person out there that’s not been affected by heart disease in one way or another, so everyone should definitely get involved with the



Image The Heart Research UK team fundraising in Scotland for the Heart of Scotland Appeal.

### Heart of Scotland Appeal.

“Research is the best possible chance for a cure.”

Pace Maker Carmel also chose the Life badge.

It reminds her of Angela, her mother and Paul, her uncle, who both had quadruple heart bypass surgery.

It reminds her of Martha, her niece, who was born with a heart defect that was corrected with surgery before her first birthday.

Her mum, uncle and niece are all alive today thanks to breakthroughs in the treatment of heart disease.

Thanks to Pace Makers like Vikki and Carmel, the appeal was starting to reach the people of Scotland, and everything was building up to 21 June. The first ever Heart of Scotland day.

The longest day of the year - a fitting day to celebrate Scottish

hearts and engage with the Scottish people.

The Heart Research UK team conveyed up to Scotland. First stop was Edinburgh, to Holyrood and to the Scottish Parliament. Members of the Scottish Parliament showed their support for the Heart of Scotland Appeal, donning badges and posting their support across their social media channels.

Next, we headed to Inverleith Park for filming with Channel 5, before a contingent made the trip over to Ayr to meet some of the many Heart of Scotland fundraisers across the country.

Our mascot Hartley Heart took to the streets of Edinburgh, complete with kilt and sporran, to pose for photos, spread the Heart of Scotland message and hand out badges to the great people of Scotland.

Almost every person that we spoke to recognised the need for action,

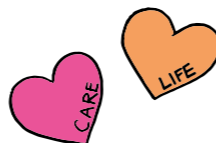
and we were blown away with just how many people had someone close to them that had been affected by heart disease.

It reinforced to us just how vital research into heart disease in Scotland is, and that we need to keep going.

For the Heart of Scotland Appeal, this is just the beginning. The tide is turning, and the pace is gathering.

We’re taking on Scotland’s biggest killer, and we need your help.

**If we are going to change the shocking stats about heart disease in Scotland, we need your support. To find out more about the Heart of Scotland Appeal, see how you can get involved and order your free fundraising pack, please visit [heartofscotland.org.uk](http://heartofscotland.org.uk), or call 0113 234 7474.**



We’re supporting the Heart of Scotland Appeal.  
**Will you?**



## Great Scottish Experience

As part of the Heart of Scotland Appeal, in September we are launching The Great Scottish Experience Prize Draw - a money-can’t-buy series of quintessentially Scottish experiences for our lucky winners.

As an exclusive sneak preview of what we have in store, here’s a couple of the once-in-a-lifetime experiences on offer.

### The Kitchen Experience for two people

A truly unique opportunity for you and a friend to spend the morning in the kitchen of Tom Kitchin preparing for lunch service with Tom, before enjoying the Chef’s Seasonal Tasting menu and matching wine package.

### Scottish Racing Experience

A VIP day for two at a Scottish racecourse of the winners choice, with entrance tickets, a two-course meal and drinks.

**Tickets cost just £5 and will make a lovely stocking filler whilst raising money for the Heart of Scotland Appeal.**

The live prize draw will take place across our social media channels on early January 2020 with one of our Scottish celebrity supporters.

### Can you help us sell tickets?

We are looking for Pace Makers to help sell tickets this autumn and in the run up to Christmas. This could be done in your workplace, your village or local community centre.

**Please contact us if you want to buy a ticket or can spare a day or two to help us.**



# On top of the world!

**In March, long-time Heart Research UK supporter and intrepid adventurer Parag Gohil set off on a monumental task – to conquer Everest’s base camp to raise money for our pioneering research into the prevention, treatment and cure of heart disease.**

Safely back and fully defrosted, Parag caught up with us to give us the low down on his phenomenal trek, what he plans to do next and his advice for anyone looking to take on their own challenge for Heart Research UK.

## **What inspired you to take on this challenge?**

There aren't that many people in the UK that take on these kinds of challenges. So I wanted to push myself beyond my limits and inspire others to believe that they can also take on these challenges. I've always wanted to tackle Everest, it was always in the back of my mind. Then one day I saw it and I went for it!

## **How was the experience?**

The climb to Everest base camp was amazing, out of this world. I have never experienced anything like it before and it was beyond my expectations. The training that I undertook helped me immensely as it helped my body get used to walking such long distances. What was really difficult was being away from my family for so long and not being in contact with them.

It was an emotional journey, I thought about my family a lot. I was so happy I made it, it was an amazing feeling – you feel like you're on top of the world.

## **What was the hardest part of the challenge?**

The main thing that I was concerned about was the altitude. It was hard to know how your body will perform or react under those conditions.

It was also really cold during the night. Often, I had to sleep in my day clothes as I just couldn't take warm clothes off and put cold ones on – I'd freeze!

## **What motivated you during the challenge?**

I promised that I would dedicate the walk to my cousin as it was the tenth anniversary of her passing. She had suffered from heart valve problems. I brought a prayer flag, wrote a little message on it and carried it all the way to base camp and tied it there. That was the driving force, what was really pushing me to achieve.

## **How did you train?**

There was a lot of training that went into getting ready for attempting Everest. Every weekend I walked 10 miles so that my body would get used to the stress of walking such long distances. I put bricks in my backpack to simulate the weight of my gear, and just set off.

At the gym, I'd put weight discs in my backpack and walked and used the stepper.

I also walked up Snowdon a few times with a 15kg backpack which was very difficult at the beginning.

## **What was the highlight of the trip?**

The last walk to base camp Everest made the whole journey worthwhile. The views are like nothing I've ever seen, they were literally amazing.

## **How much did you raise and were you surprised?**

I managed to raise £5,500 with help of Gift Aid. I was really surprised at the generosity of everyone who has supported me. I thought I would raise about £2,000, but I think people might have looked at this skinny man and thought I wouldn't be able to do it!

## **What's next for Parag?**

I am eyeing to bag Mera Peak, another mountain in the Himalayas in 2021. This is 6500m, so for this I'll need additional training and endurance exercise. I'd love to get to 8000m within the next five or six years, so fingers crossed!

## **What are your tips for taking on Everest base camp?**

You'll be walking an average of 15 km a day for around five to seven hours. Whilst some days will be far easier than others, it's best to be prepared for the tough days. If you can already do a 45-minute jog or spinning class and feel pretty good after then you're at a high enough fitness level to not need an extra training plan.

Hiking practise allows your body to get into the rhythm of walking long distances. You'll be able to understand how much stress your joints will be under and you'll be able to really break in your hiking boots. Trust me when I say there is nothing worse than getting blisters on the first leg of your hike!

## **What would you say to anyone thinking of taking on a challenge for Heart Research UK?**

I've been fundraising for Heart Research UK for such a long time and it's been a privilege.

I would tell anybody to go for it, and if anybody wants any advice or support, I would love to help and offer any guidance.



**To find out more about taking on a challenge for Heart Research UK, please visit [heartresearch.org.uk/challenges](https://heartresearch.org.uk/challenges) or give us a call on 0113 234 7474.**



## Dragons flying down the Avon for Heart Research UK Midlands

**Big businesses from across the Midlands took up their oars and saddled up their dragon boats to storm down the River Avon to raise money for Heart Research UK Midlands.**

On the 22 June, over 150 people from 14 teams battled it out over a 200m course to take home the coveted trophy, with the eventual champions coming from Jaguar Land Rover, skippered by Chris Harris.

The event, which was sponsored by the engineering firm adi Group, also included a range of activities and food stalls on the riverbanks for team members, supporters, family and friends.

All in all, the inaugural adi Group and Heart Research UK Midlands Dragon Boat Race raised over £15,000 for Heart Research UK.

adi Automotive MD and event organiser Ritchie Webb said: "At adi, we're all hugely aware of the role we can play in helping improve the lives of people across the Midlands.

"The race not only saw everyone have fun and take part in healthy competition, but also raised money for vital heart research and community projects. I'd like to thank everyone who took part and helped support such a worthy cause."

Heart Research UK Midlands Regional Executive John Lloyd said: "We're absolutely thrilled with the response to our first dragon boat race - it was a wonderful day out and everyone had an amazing time.

"Thanks to adi Group, all the teams, and people who donated, we have raised over £15,000 to fund Heart Research UK's pioneering research into the prevention, treatment and cure of heart disease.

"The money we've raised will go a long way in helping improve the heart health of people living in the Midlands."



To find out more about Heart Research UK Midlands, and to get involved, please visit [heartresearch.org.uk/midlands](http://heartresearch.org.uk/midlands) or call 0121 454 1799

## Coffee with... Richard Usmar



**"I am passionate about working closely with the Heart Research UK Midlands Team. Raising funds for my local area is vital."**

### How did you come to be involved with Heart Research UK?

My involvement started after meeting John Lloyd, Heart Research UK Midlands Regional Executive. John is passionate about the charity and explained in detail the work that they do.

Being able to help raise funds for Heart Research UK is a privilege. It is my absolute pleasure to offer my support wherever possible, aiding development of state-of-the-art technology and research.

John and his team occupy office space in my building in St Paul's Square, Birmingham, which makes it very easy for me to keep up to date with current projects and developments. I am proud to be able to help in any way I can.

### You've been a supporter of Heart Research UK for many years now, what is your fondest memory?

I've supported Heart Research UK for 12 years now. My fondest memory is an anniversary lunch I held in order to raise funds for the 'Heart in a Box' campaign - we raised £38,000. It was a very successful event in aid of such a great cause.

### What was your career?

I am retired from the world of finance.

### If you could switch jobs with anyone in the world, who would it be?

If I could switch jobs with anyone in the world it would be Toulouse Lautrec, and I could spend my days creating beautiful pieces of art.

### What would your superpower be?

My superpower would be to read minds.

### What is your guilty pleasure?

My guilty pleasure is food.

### How important is it that the money raised in the Midlands benefits the local area?

I am passionate about working closely with the Heart Research UK Midlands Team. Raising funds for my local area is vital, to enable our local hospitals to offer cutting-edge treatments here in the Midlands, rather than patients being forced to travel across the country.

### What does research mean to you?

For me, research means cure and longevity.

# PrinFest A fitting tribute to a lost husband

**Jo Prinsen, from Halesowen, lost her husband Ian ‘Prin’ Prinsen to heart failure three years ago. This year, to mark Prin’s 50th birthday, Jo hosted ‘PrinFest’, a day dedicated to his memory to raise funds for Heart Research UK Midlands.**

**Here, Jo tells us why a day full of scooters, northern soul and dancing was the perfect way to remember Prin.**

“I used to worry about getting old. Now, as I approach my 50th birthday in October, I think of it as a privilege, one that some are sadly denied. The 28th of May would have been my late husband’s 50th birthday, but he died three years ago suddenly and unexpectedly of heart failure, 3 days after our 17th wedding anniversary,” said Jo.

“I felt strongly that what would have been Prin’s 50th birthday should be a celebration of his life.”

Out of this, ‘PrinFest’ was born.

“PrinFest reflected Prin’s love of Northern Soul, Mod culture and classic Vespa scooters,” said Jo.

“It was emotional, it was just a really great day. It was all about family and the scooterist and soul families coming together.”

To start the day, 46 scooters from seven different scooter clubs roared out on a memorial ride-out for Prin, touring through places that were special to Prin and Jo.

“At one point I was riding side by side with Prin’s brother Dylan, who was riding Prin’s scooter, that was a special moment for both of us,” said Jo

“When Dylan was behind me it was poignant that I kept catching glimpses of Prin’s scooter ‘over my

shoulder in my mirrors.

“I kept catching glances of him in my mirrors. That was really special for both of us.”

Jo then led the ride-out to the Bournbrook & Selly Oak Social Club, where the Northern Soul and Mod Charity AllDayer took place, featuring 12 DJs playing a mix of Northern Soul, Mod, motown, ska and reggae – all music beloved by Prin.

**“I’ve been overwhelmed with the support I’ve received, people have been so lovely.”**

PrinFest also featured a charity raffle and even a long-time barber friend of Prin’s offering haircuts.

Prizes in the raffle included scooter servicing at Urban Scooters’ and a seven night stay for four people in Cyprus.

Altogether, PrinFest raised £1,830 for Heart Research UK Midlands and The Woodland Trust.

“I’ve been overwhelmed with the support I’ve received, people have been so lovely,” said Jo.

“The generosity of people has been incredibly touching.

“It means a lot to me that the money being donated to Heart Research UK will go to a project helping hearts locally.”

As well as raising money and honouring her husband’s memory, Jo wants to raise awareness and make people take a serious look at their own heart health

“I think a lot of people don’t realise that heart problems can affect people in their 40’s,” explained Jo.

“The ‘classic’ symptoms are not always there. With Prin there was no shortness of breath, no pain in his arm or clutching at his chest – the stereotypical signs we all think of.

“I urge people to get their cholesterol levels checked. Prin’s siblings have done as a result of his passing. It’s had a big effect on his friends, even encouraging his long-term friend Phil to quit smoking. It has made them all stop and think about their lifestyles.”

“It was wonderful, a day celebrating Prin’s life with scooters, families, great music, generosity and friends.

“I think we did Prin proud.”

**Images (From top to bottom, left to right - photo credit stunderhill.co.uk of B62 Scooter Club)**  
B62 Scooter Club and others gathering for the Ride Out, front: Jo (left), Anthony (centre), Dylan on Prin’s scooter (right). DJ Jo on the decks (Jo dedicated her set to Prin). Jo with Prin’s brother Dylan. Jo and Prin on their wedding day, 14 August 1999.



**To find out more about Heart Research UK Midlands, and to get involved, please visit [heartresearch.org.uk/midlands](http://heartresearch.org.uk/midlands) or call 0121 454 1799**

# We are delighted to welcome Kate Bratt-Farrar as the new Chief Executive of Heart Research UK!



**Kate has worked in the charity sector for many years, having most recently served as the Director of the Sue Ryder Wheatfields Hospice.**

Previously, Kate was Chief Executive of Leeds Women's Aid and has worked in policy and research at Cerebra, Save the Children and the Department of Health, as well as acting as a trustee for numerous charities, most recently with the Morrisons

Foundation.

"I'm a massively charity-positive person," Kate said.

"I've worked in this sector for a long time and passionately believe in the value of charity.

"I have a list of issues and things that are very close to my heart (pardon the pun), and as people in my family have been affected by heart disease, it was definitely on my list."

"I'm from Yorkshire and have spent the majority of my career working in Leeds, so it felt like the perfect fit when a role like this at Leeds-based national charity that is taking on heart disease came up.

"It's clearly a charity that does so many great things and has the potential to do so much more, and I'm delighted to be a part of it!"

## Our volunteers



### Ethel Hajeems

I've been volunteering with Heart Research UK since the early 2000s.

I saw an advert in a newspaper asking for volunteers, but it was still called the National Heart Research Fund back then!

I help the research team with the medical research grants that we receive, assisting with processing all of the applications we receive.

My favourite thing about volunteering here is getting to work and spend time with all of the staff, who have always been very welcoming and friendly.

### Cath Lewis

I ran a marathon for Heart Research UK in the early 90's, and a few years later I started volunteering for Heart Research UK.

I help out with the fundraising team, supporting the exciting projects they work on. It's really varied and I've learnt a lot of office skills since I've been here.

My favourite thing about volunteering here is all the wonderful people I work with and helping to play a part in raising money for Heart Research UK!

### Liam O'Shea

I originally came to Heart Research UK on a placement eight years ago.

The work is really varied, from research to data inputting. I also get the chance to go to outside events and at times ran them myself for the charity.

My father had two massive heart attacks in 1974, so I wanted to help improve outcomes of all cardiac conditions.

Volunteering is great fun and you can work to your strengths. The office is friendly and they make use of your knowledge to promote the charity.

Heart Research UK presents

The anonymous heartART project

Online Art Auction  
4-13 October 2019

**Own a miniature masterpiece**  
Bid on pieces of original artwork by celebrities, artists and high profile names

**The twist?**  
The artist remains a mystery until the auction closes

Bid at [heartresearch.org.uk/heartproject](http://heartresearch.org.uk/heartproject)

## Looking for a social challenge or something you can do at home?

Coming soon...



**Many of us here at Heart Research UK enjoy needlework, from making needlepoint cushions and cross-stitch pictures, to sewing clothes and crocheting scarves.**

Do you also enjoy sewing, quilting, knitting toys or making bags? Do you run or attend a sewing club? Would you like to use your skills to raise money to help us fund pioneering research?

Welcome to our Stitch appeal!

Maybe you could host a sewing coffee morning where everyone makes a donation to attend, or you could make items to sell at your local school fair, farmers' market or craft fair.

We know larger projects can take a long time, but perhaps you have some scrap fabric or leftover wool which you could use to make some smaller items to sell.

Our Stitch appeal fundraising pack will be full of ideas and patterns, with more to download online.

**To register your interest in our new Stitch fundraising pack, to be launched later this year, please send an email to Pam at [fundraisingadmin@heartresearch.org.uk](mailto:fundraisingadmin@heartresearch.org.uk)**

# 10 questions with... Mark Bonnar



**“I’m especially proud to support the Heart of Scotland Appeal to inform and educate all age groups and help make a change to people’s lives. Coronary heart disease is still the number one cause of death in Scotland when, ironically, it’s often the most easily preventable.”**

## **How did you become involved with Heart Research UK?**

I first got involved when I created a piece of artwork for Heart Research UK’s anonymous heART project. Since then, I’ve been involved with various campaigns and I’m always happy to do what I can!

I’m especially proud to support the Heart of Scotland Appeal to inform and educate all age groups and help make a change to people’s lives. Coronary heart disease is still the number one cause of death in Scotland when, ironically, it’s often the most easily preventable.

## **What is your biggest achievement to date – personal or professional?**

Being a father. And CBeebies bedtime stories!

## **If you were in charge of Heart Research UK for a day, what would you do?**

Not touch a thing- you’re doing a great job!

## **What’s on your bucket list?**

Taking my kids up the West coast of Scotland. My parents took me and my brother when we were wee and it squeegees your third eye clean.

## **What’s the best piece of advice you’ve ever been given?**

Live every day as if it’s your last. Impossible, but good to remember in the quiet moments.

## **What are your top tips for a heart healthy lifestyle?**

Get your cholesterol checked, reduce your refined sugars and bad saturated fats, and increase your greens. And exercise!

## **What film or song pulls at your heartstrings?**

I love music - all kinds/ genres as long as it’s good! So to pick one song is nigh on impossible. Recently I’ve had a song called Pa’lante by Hurray For The Riff Raff on repeat- it’s a soarer!

My constant companion in the heart department for years has been Radiohead. Pyramid Song would be my pick to take with me forever.

## **Given a chance, who (alive or dead), would you like to sit down and have a heart to heart with?**

Laurel and Hardy.

## **Who is your role model and why?**

I don’t have a role model as such, but I’m constantly awed by human capacity for love and kindness and thoughtfulness. It’s important to notice and seek out and celebrate goodness in these dark days

## **If you could time travel to any place and period in history, where would you go?**

Twenty years in the future. Just to check we’re still there. Then come back and adjust accordingly.

# A big thank you to all of our fantastic fundraisers



**Caitlin Bardsley**  
Prudential Night Walk

- Roshni Bali – Victoria Park Spring 10k
- Caitlin Bardsley – 13 mile night walk
- Cafolla Riccardo – Glasgow Men’s 10k
- Mandy Neil – National 3 Peaks
- Parish of St Matthew, Halifax – Cream Tea event
- Chris Schofield – Bolton Ironman
- David Smitheringale – Rat Race



**Fry Family and friends**  
Lincoln 10k



- Ferrybridge Golf Club – Charity of the Year
- Shirebrook Academy, Mansfield – Step Challenge
- Saundersfoot NYDS Ltd – New Year’s Day Swim
- Angie Moore – Soup, Cake & Book Sale
- Ellie Chesshire – Greater Welsh Marathon
- Paul Jacobs – London to Cambridge Cycle



**Melanie Rayment & Pasco the dog**



**Pilates place**  
Women’s health

**Rashni Bali**  
Victoria Park Spring 10k



**Parag Gohil**  
Everest Base Camp Trek

**Beat it Battle champions**  
TransUnion







# A decade of Damart and Heart Research UK

## Bingley-based home shopping company Damart are celebrating their 10th year of fundraising for Heart Research UK.

Over the last 10 years, Damart have raised an incredible £55,000 for Heart Research UK, providing vital funds for our pioneering research into the prevention, treatment and cure of heart disease.

To commemorate this, Damart have released the fantastic Happy Healthy Heart Cook Book.

Donations from the cookbook, which features delicious heart-healthy recipes will come straight to Heart Research UK.

You can download the cookbook and make your donation at [www.damart.co.uk/happy-healthy-heart-cookbook](http://www.damart.co.uk/happy-healthy-heart-cookbook).

Damart has also published an exclusive promotion on their website, where £5 will be donated directly to Heart Research UK with the purchase of some of their brand new products, including a pedometer, a pedal exerciser and some beautiful clothing.

Damart will also be hosting a 10-day internal event over July, to celebrate the partnership, including

a swap shop, raffle and canal walk relay.

Jo Phipps, Damart's Colleague Engagement Advisor, said: "We are proud to have partnered with Heart Research UK for the past 10 years and each year we look forward to finding new and fun ways to raise money and awareness.

"It's a great way to not only help fund ground-breaking heart disease research, but also to educate and inspire our colleagues to lead a healthier lifestyle."

Isabel McKenzie, Corporate Development at Heart Research UK, added: "We are so thankful to have colleagues at companies such as Damart that raise funds for our charity.

"We've had the pleasure of working with Damart for 10 years and in this time, the team has never failed to show commitment and enthusiasm for their fundraising events. Year on year they have blown us away with their generosity and we are so grateful for their continued support."



Image Damart's swap shop, part of their 10-day internal event to raise funds for Heart Research UK

# See who's helping us take on heart disease

At Heart Research UK, we have a range of fantastic corporate partners who support us with some incredible fundraising efforts. Here's a look at what they've been up to, and some inspiration for how you and your business could help us take on heart disease.



## Beat It Battle

Thanks to some dedicated competitors and huge effort, our Beat it Battle fitness challenge raised over £2000. Firehouse Fitness gym were our hosts as teams of colleagues from businesses in Leeds swapped lunch at their desks for workout sessions in the gym. A team from TransUnion came out on top, winning free gym membership for life.

## Sky diving

Seven thrill-seekers from Emerald Publishing are busy fundraising ahead of their dare-devil October sky dive at Hibaldstow skydiving centre, Lincolnshire, where they hope to raise £2800 for Heart Research UK.

## Motocaddy

We are delighted to be supporting the addition of CPR instructions and defibrillator locations to Motocaddy's free-to-use GPS golfing app. Last year we suggested that people aged 65 or older consider playing golf to increase their levels of physical activity and reduce their chances of developing heart disease.



## BOC Gases

Thank you to BOC Gases who support 12 different charities, one per month, over the course of each year. Natalie Barlow organised a great month involving a bingo, raffle, tombola, raffle and pie-face challenge that raised over £1000.

## Step challenge

Congratulations to over 100 members of staff from Labeyrie Fine Foods who took on our step challenge. "People reported feeling lots fitter and healthier and that they had made changes to their lifestyle and heart health," said Wendy Meldrum, Occupational Health Advisor.

## Choose Heart Research UK as your next charity of the year partner

In the coming months, companies will begin thinking about their next charity partner. More often than not, charities are nominated by employees, and the final decision comes down to a staff vote. So if you are reading this magazine and thinking about how you can support our vital work, consider putting us forward as your charity partner.

## Other ways you and your company can support our work

- **Payroll giving** - This is a tax-free and flexible way for your employees to make donations to Heart Research UK, straight from their salary. The donation is taken out before tax so, for example, a £10 monthly donation would only cost £8.
- **Sponsorship** - Opportunities range from sponsoring an entire masterclass which provides specialist training for surgeons and other clinicians, to one-off events which offer hospitality for you and your clients, to challenges and projects and even our Pulse magazine..
- **In Kind donations** - We love a raffle! We accept a wide range of in-kind items from hampers to weekend breaks away, which can be auctioned off to raise funds for Heart Research UK.
- **Pro-bono support** - Professional skills and services can help us with everything from running events to legal advice. Not only is it invaluable for us, it's a great way to give something back and experience something new.

Our thanks to everyone who has left a gift in their Will to Heart Research UK and to those who have remembered their loved ones through donations in their memory.

Adam Angus • Alan Precious • Andrew Christopher Farrer • Andrew Wade • Andry Jedynez • Anthony Hutchings • B Patel • Barbara Szlachta • Bert Wootton • Beryl Frost • Bob Slater • Brian Darbyshire • Brian Swanton • Brian Thomson • Catherine Oakes • Cheryl Hamilton • David Batty • David Bollon • David Keogh • David Rowlands • Dermot Shilton • Duncan Jackson • Edward de Bono • Enid Morris • Eric Roland John Hellier • Ethel Baldwin • Frances Moran • Geoffrey Brian Curnock • George Hull • Georgette Regamey • Gloria Simpson • Gordon Gray Halliwell • H Middleton • James Lyons • James Robertson • Jane Butcher • Jason Heseltine • Jean Dufton • Jean Hill • Jean Stockhill • Jeanne Howlett • Jeffrey Williamson • Jillian McKenzie • Joan Judson • Joan O'Shea • Joan Patricia Wharfe • Joan Surridge • Joan Taylor • Joanne Roberts • John Ridyard • John Williams • Joyce Billany • Judith Holdcroft • Julian Mohan Rockey • Karen Osman • Kathleen Clay • Kathleen Margaret Williams • Kenneth Bates • Kenneth Taylor • Larry Isitt • Leonard Catton • Lily Birch • M Mattocks • Maisie Whiteley • Margaret Davies • Margaret Monk • Margaret Smith • Marian Stanley • Marion Hargreaves • Martin Speak • Mary Hill • Mary Keuchel • Mary Riley • Maureen Green • Maurice Wilson • Michael Beresford Gravell • Michael Huffman • Michael Hughes • Mona Dickinson • Mr Porter • Mr Spiwak • Mykola Lashenko • Peggy Cooke • Peter Chance • Peter Frederick Lancaster • Peter Lawton • Peter Pollak • Robert Hope • Robert Norton • Rory McClelland • Russel Barnacle • Sally Anderson • Sarah Ethel Anderson • Sheila Watson • Stanley Barrett • Stephen Garey • Stephen Paul Garey • Steve McKeown • Terry O'Keeffe • Thelma Glanville • Thomas Dixon • Wendy Palmer • Winifred Stacey •

**A massive thank you to all our London Marathon runners. You raised an incredible £80,000**

Ric Cipriani  
Sara Cox  
Dina Dahan  
Amit Dass  
Stuart Davies  
Katie Edgerley  
Jim Fitch  
Judith Greenwood  
Laura Hearl  
Lesley Henderson  
Sarah Holland  
Jonathan Hopes  
Helena How  
Zoe Hughes  
John Lee  
Gary Osborne  
Chris Payne  
Julie Redgrove  
Craig Sawbridge  
Michael Slobodzian  
Phoebe Watson  
Sasha Wendin  
Kevin Williams



James Robertson

Joanne Roberts



Alan Precious





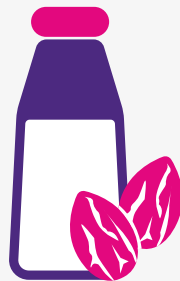
# Drink 6-8 glasses of water each day

Thirst is your body's delayed response to your need for fluid. Try to drink regularly throughout the day to stay well hydrated.

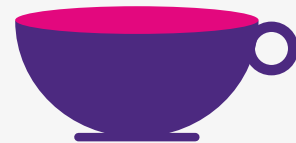
So what counts? Water is the healthiest choice but other drinks count too. Here are some healthy choices you could go for:



Fruit juice or smoothies keep you hydrated and topup your 5-a-day. Stick to one small glass.



Milk contains around 90% water and provides a range of vitamins and minerals. Go for skimmed, almond or soya milk to get the healthy heart fats.



Tea or coffee do count towards your fluid intake. Why not explore the range of unsweetened herbal and decaf options out there

We're always looking for tasty ways of keeping healthy  
Have a favourite mocktail recipe? Snap a pic and share on our Instagram.

   Follow us @heartresearchuk and get involved