

Pulse

**Iconic rock
frontman becomes
Heart Research UK
patron**

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DEAR

Friends & supporters

As a trustee of Heart Research UK for several years, I have seen first-hand the tremendous work the organisation does in commissioning much-needed research into the causes and treatment of debilitating heart conditions.

I have also been brought to a full appreciation of the value that clinicians attach to the masterclasses which are arranged by the charity to promote the sharing of expertise and the honing of new skills in key areas of medicine and surgery.

And, finally, I have been made aware of the important and innovative work that goes on, all the while, in the fields of disease prevention and health promotion.

It is then, with a combination of pride and anticipation, that I embark upon my three-year tenure as the Chair of the Heart Research UK Board of Trustees.

I say anticipation, because it is clear that Heart Research UK will have to tackle some very serious challenges in 2021. On the research front, COVID-19's demands on the healthcare sector and the constraints imposed on in-university operations by social distancing requirements have inevitably led to much important research having to be put on hold. We, like other charities, have also seen some of our more traditional funding streams reduced almost to a trickle.

However, I have no doubt at all that these challenges will be faced down. Eminent clinicians and distinguished academics have never failed to volunteer their assistance to the charity in its assessment of research submissions, and in helping to ensure that critical projects are brought to fruition.

Similarly, in what has been a difficult 2020, Heart Research UK's staff have displayed remarkable intelligence, resolution and imagination in not only keeping Heart Research UK shipshape, but in preparing the organisation to perform even more impressively in the areas of fundraising, research, education and health promotion in what will hopefully be, before too long, a post-COVID world.



Paul Rogerson CBE, DL
Heart Research UK Trustee



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Across the country, team Heart Research UK took to the streets



Pulse contributors

(Clockwise from top left)

Daniel Raymond, Dr Helen Flaherty, Miette Dsouza, Charlotte Crompton.

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: info@heartresearch.org.uk



Leading the way

Unfortunately, everyone is being affected by the COVID-19 pandemic and it is a very worrying time. All research, unless COVID-19 related, was suspended for several months and therefore our medical grants have been impacted but it is our priority to support our grantholders to complete their projects successfully.

Despite these difficulties, we are pleased to announce a new Translational Research Grant of £150,000 and a Novel and Emerging Technologies Grant of £145,000. You can also find out about the new COVID-19 Research Grant that we launched in 2020.



Translational Research Project Grant
Making keyhole surgery to repair thoracic aortic aneurysms safer

Mr Richard Gibbs
Imperial College Healthcare NHS Trust
34 months

The problem

A thoracic aortic aneurysm is a swelling of the aorta, the main blood vessel in the chest. It can be repaired through keyhole surgery to place a stent in the aorta which acts as an artificial blood vessel for the blood to flow through. Although a life-saving procedure, this may lead to brain damage.

The project

The stents are made in normal room air conditions and air is flushed out before use with sterile salty water, called saline. However, some air remains in the stent which can travel to the brain during surgery to cause damage. This project will investigate how effective carbon dioxide is at removing air from stents and preventing brain damage, stroke and memory problems by comparing it with saline flushing, in a clinical trial.

The benefits

If successful, this project will make thoracic aortic stenting safer by reducing the risk of complications which affect quality of life and have a huge impact on family and carers. Carbon dioxide flushing is simple and inexpensive, and the results of this study will be easy to translate into routine clinical practice to benefit patients.



Novel and Emerging Technologies Grant

Wearable devices for detecting atrial fibrillation: The SMART-ALERT study



£145,485

Prof Timothy Betts

Oxford University Hospital NHS Foundation Trust
24 months

The problem

Atrial fibrillation (AF) is the most common heart rhythm problem and is thought to affect around 2 million people in the UK. AF may cause blood clots to form inside the heart which can lead to an AF-related stroke. The risk of stroke in patients with AF is five-fold higher than people with normal rhythm. Anticoagulants play a major role in the management of AF by making the blood less likely to clot, reducing the risk of a stroke. However, anticoagulants make patients more prone to bleeding, which in some cases can be serious. AF often doesn't cause symptoms. Some people are in AF all the time but many have intermittent, infrequent episodes. Currently everyone has to take their anticoagulation treatment all the time, even during periods of normal rhythm.

The project

We need an accurate and reliable way to detect AF and promptly alert the patient, so that patients take anticoagulants only when needed.

This study will test an injectable cardiac monitor and two brand-new wearable devices. The Sky Labs Cart ring and the Apple Watch will be compared with the Medtronic LINQ II that is injected under the skin to see how accurately they detect AF. We will also assess when AF is detected, how quickly they alert the patient and how promptly the patient acknowledges the alert.

The benefits

The ultimate goal is to use the data collected to test and improve current technology and plan a large trial using heart monitors and wearable devices to guide 'as required' anticoagulant treatment so that AF patients receive treatment only when they need it.

If you would like to know more about our pioneering research, please visit: heartresearch.org.uk/research





Heart Research UK launches £250,000 grant to investigate the relationship between COVID-19 and heart disease

In light of the COVID-19 pandemic, Heart Research UK is keen to play its part by funding new research to help us understand more about the effects of the disease on the cardiovascular system.

People with existing cardiovascular disease have a higher risk of severe complications from COVID-19 infection, and evidence is emerging that the virus can cause damage to the heart. The complexity of COVID-19 and its effects on those who suffer with heart disease are not yet widely understood.

There is a pressing need to improve our understanding of the links between COVID-19 and the cardiovascular system, including how COVID-19 infection influences heart disease and whether it changes the ways in which we treat patients.

In response to the new challenges we face, Heart Research UK has launched a grant of up to £250,000 to investigate the relationship between COVID-19 and cardiovascular disease. The response to the grant has been fantastic, with an overwhelming number of research proposals received from researchers across the UK.

As a member of the Association of Medical Research Charities (AMRC), Heart Research UK uses a rigorous scientific review process to ensure that only the best research projects are funded. Heart Research UK's choice of successful applicants will be based on advice from the Medical Review Panel which is made up of scientists and clinicians from research institutions across the country.

Heart Research UK is proud to be playing its part in the fight against COVID-19 and it is only through research into the links between this new virus and heart disease, that doctors will know how best to treat those affected.

Helen Wilson, Head of Research at Heart Research UK said: "There is a real need for more research into the effects of COVID-19 on the cardiovascular system. More and more, we are seeing compelling evidence that this virus can cause long term damage to the heart, and that people with existing heart conditions are at a higher risk of becoming seriously ill with COVID-19.

"Therefore, research is vital to better understand this disease, and improve the ways that we treat and care for patients, so that we can potentially save more lives."

Kate Bratt-Farrar, Chief Executive at Heart Research UK, shared her expectations for the grant: "This year has shown us the true importance of medical research. It is the only way that we can hope to improve the treatment and care of people affected by COVID-19.

"Heart Research UK has always focused on benefitting patients as soon as possible, and with this brand-new grant, we hope to support research that is going to have a timely and lasting impact on the lives of people that are at risk."

We look forward to announcing the successful applicant in March 2021.

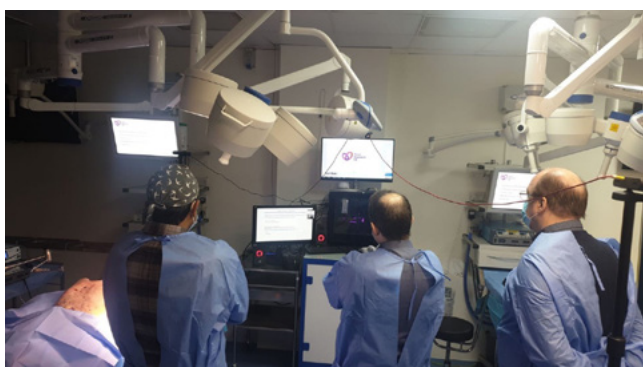
For more information on the Heart Research UK COVID-19 Research Grant, please visit:
heartresearch.org.uk/covid-19-grant



Masterclasses

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 which will benefit heart patients across the UK.

Due to current restrictions, we have changed how our masterclasses operate. For the first time, we have run them virtually. Find out about the first two below.



Endoscopic heart valve surgery

Date: Wednesday 2nd December

Venue: Live streamed from the West Midlands Surgical Training Centre, University Hospital Coventry and Warwickshire NHS Trust.

Course Director: Mr Joseph Zacharias

Course Overview: This course allowed delegates to learn the latest techniques to repair and replace faulty heart valves using keyhole surgery. This minimally invasive surgery technique avoids the need for creating large incisions, which may minimise risk to patients and speed up recovery times.



Cardiothoracic organ retrieval and transplantation

Date: Wednesday 9th December

Venue: Interactive, online streamed demonstration from the West Midlands Surgical Training Centre, University Hospital Coventry and Warwickshire NHS Trust.

Course Director: Dr Marius Berman

Course Overview: This course enabled senior trainees and junior consultants to master traditional methods and practice the newest and safest techniques in heart retrieval and transplantation. The first part of this course will be a live-streamed demonstration, followed by hands-on training in 2021.



A close-up portrait of Robert Smith, the lead singer of The Cure. He has long, dark, messy hair and is looking directly at the camera with a serious expression. He is wearing dark eye makeup and a dark jacket with a fur collar. A silver chain necklace is visible around his neck.

Iconic rock frontman.

Rock and Roll Hall of Fame Inductee.

And now, Heart Research UK Patron.

Heart Research UK are delighted to announce that Robert Smith, instantly recognisable and adored leader of rock band 'The Cure', is to become an official Patron of the charity.

Art fans may recognise the artwork that Robert has submitted to the last two anonymous heART projects, where his stunning paintings were, unsurprisingly, the top sellers both years. His artwork alone has helped to raise over £10,000 for our life-saving work.

We caught up with Robert to find out more about why he's joined Heart Research UK, his top tips for a healthy lifestyle, and why he's been inspired to dust off his paintbrushes.



Image ©andyvella

How did you first become involved with Heart Research UK?

I first became involved with Heart Research UK when I was asked to take part in the anonymous heART project in 2019.

What excited you most about becoming a Heart Research UK patron?

I am very proud to be a patron of Heart Research UK. Their determined focus on pioneering research into the understanding and treatment of cardiovascular disease, and their drive to improve the heart health of the UK is inspiring.

Do you have any personal connection to heart disease?

More than a quarter of all deaths in the UK are caused by heart and circulatory disease - I have very sadly seen too many friends and family fall victim over the years.

Your artwork for the anonymous heART project has been the best-seller two years in a row, raising over £10,000. How does that make you feel?

I was a bit torn both years deciding whether or not to leave (big!) clues in my anonymous heART project submissions, such as slipping a line from a Cure song into the picture/ using another line as the title of the work itself, realising that by doing so I risked undermining the brilliant 'anonymous' concept. But in the end, tipping off the The Cure's passionate and generous fan base, and thereby generating the most possible money for the charity auction, seemed worth the risk!

Have you enjoyed creating the art? What inspires you?

Before the 2019 piece, I hadn't picked up paint with purpose for almost 30 years - my favourite creative medium has always been sound - but making these two anonymous heART pieces has inspired me to start drawing again.

What has been your top tip for getting through lockdown?

Books and binoculars! In March I made a list of 25 'great' books I had never read. I finished the last one on November 5th (and yes, 'War and Peace' was on the list!). I also find a few minutes staring at the night sky through binoculars helps with most things...

Which of your live performances has been your favourite and why?

I have way too many favourites to list! A few recent memorables would be our Hyde Park '40th Anniversary' show in 2018, and headlining Glastonbury (for a record-equalling 4th time - distant

sound of trumpets!) in 2019. I hope we are able to add to this list in the not too distant future...

If you could have a meal with any person, living or dead, who would it be and why?

George Orwell - I have always loved his writing and admired the way he insisted on a principled life made meaningful through courage and conviction... albeit Laurel and Hardy would likely be more fun!

Coronary heart disease is the single biggest killer in the UK. How important do you think it is to support research into its treatment?

Continuing support for research into the understanding and treatment of coronary heart disease is absolutely vital - for everyone.

What would be your top tip for a heart-healthy lifestyle?

I have seven Top Tips for a heart-healthy lifestyle:

1. Don't smoke.
2. Avoid trans-fats.
3. Eat fresh food whenever you can.
4. Walk, cycle, jump up and down or dance to music for at least 15 minutes a day.
5. Look at the stars whilst breathing slowly and deeply.
6. Try not to worry about things you cannot control.
7. When you feel like singing... sing! And sing it loud!



To find out more about the work that Heart Research UK does, please visit:
heartresearch.org.uk



Heart Research UK and Subway Healthy Heart Grants

Our Heart Research UK and Subway Healthy Heart Grants fund a range of community projects across the UK. In March 2020, funding for new grant projects was put on hold due to COVID-19. We are very excited that we will be back up and running with funding new projects that can be safely delivered during the pandemic from the start of 2021.

2020 has certainly been a very challenging year for our existing grantees. We are proud of the work that has been done in adapting projects to allow for social distancing measures, where possible. This has enabled the continuation of health-promoting activities in communities at such a critical time. Unfortunately, some of our grant projects had to remain on hold this year. Plans are in place for the delivery of these projects in a safe way in 2021, with some grantees choosing to use all or some of their remaining funds to purchase equipment that will help them to encourage healthy behaviour change in their local communities.

Here is a taste of some of the activities that have been going on during the pandemic.



Wirral Multicultural Organisation (WMO)

Wirral Multicultural Organisation (WMO) in Birkenhead were awarded a Healthy Heart Grant of £10,000 in 2019. This project is aimed at improving heart health in people from the Black, Asian and Minority Ethnic (BAME) community. The WMO were able to adapt their project to be delivered with social distancing measures in place and they have been doing a fantastic job of educating people on healthy living during the pandemic.

Photo Members of the local community as they learn how to cook a healthy vegetable curry.





Ignite You

Ignite You, in Redruth, Cornwall, was awarded £10,000 in 2019 for their Keys4Health project. The aim of the project is to encourage young people and people with disabilities to take ownership of their health through a range of fun activities. Ignite You did a fantastic job of adapting this project to meet COVID-19 guidelines and they were able to continue supporting those in need at a critical time, when many people were experiencing social isolation.

We are incredibly proud of this project which has directly reached and empowered the lives of 117 young people in a deprived area of Cornwall.

“Thank you to Heart Research UK for awarding us a Healthy Heart Grant. Our project has been a real success and I am really proud to have received such positive feedback from everyone involved. The work we have done has made a real difference in helping people to feel healthier and happier, especially at such a difficult time with COVID-19. Thanks again!” – Becci Gowers, Ignite You.

Photo An online dance class, which took place during summer 2020 when social distancing measures were in place.



Rotherham United Community Sports Trust

Rotherham United Community Sports Trust received funding of £8,600 for a Healthy Heart Grant project in 2019.

This project is aimed at supporting children and their families with lifestyle and weight management through health education and physical activity.

We were really pleased to see this project resume in September after being on hold due to COVID-19. It is great to see what an impact it is having on young people in South Yorkshire.

We offer Healthy Heart Grants of up to £10,000 for projects that help to improve the heart health of local communities. Visit our website for more details.

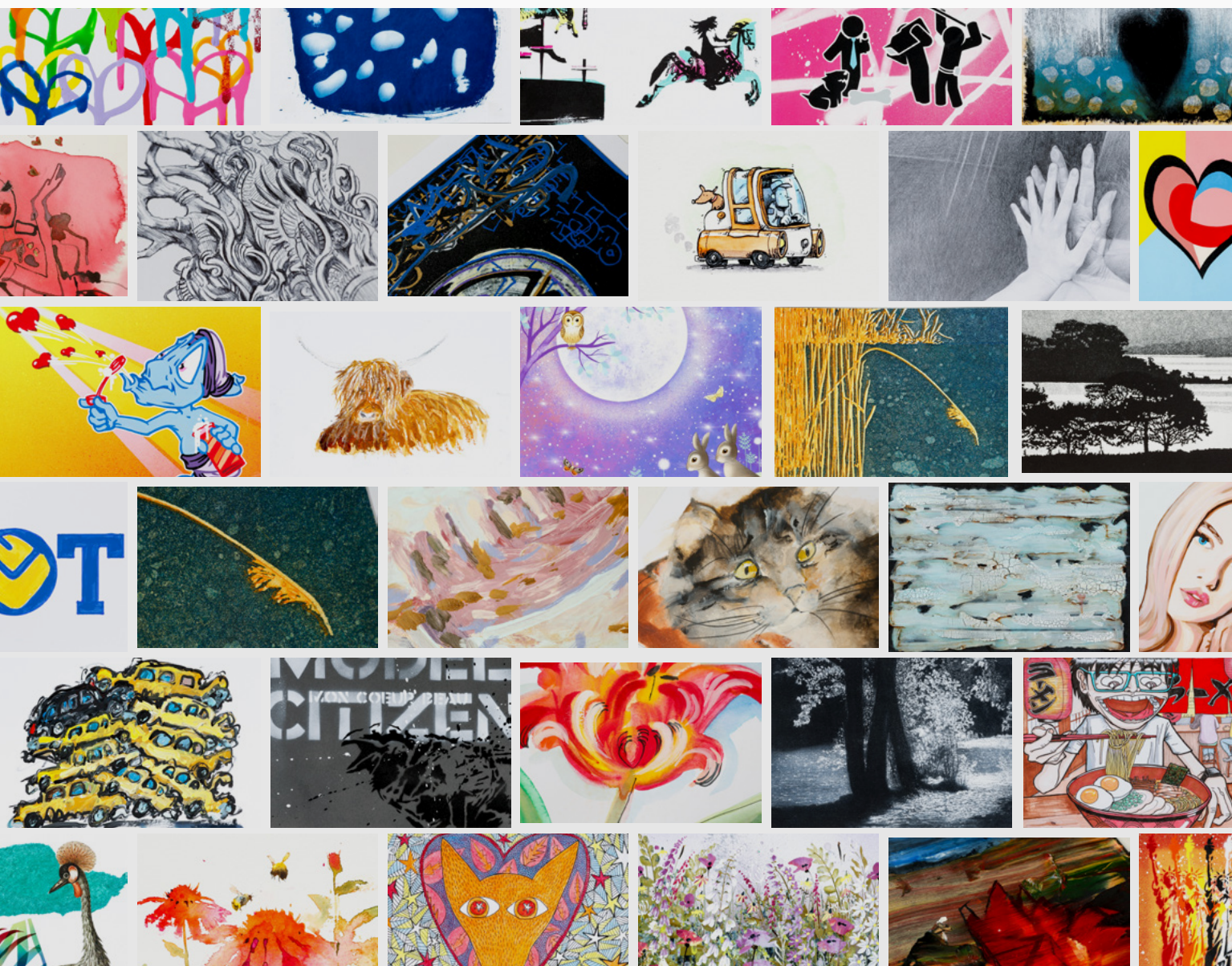
To find out more about our Healthy Heart Grants, please visit:
heartresearch.org.uk/healthy-heart-grants





The
anonymous
heART
project

Record breaking year for the anonymous heART project



**497 pieces of artwork.
247 artists, donating their time
and skill. 329 happy bidders -
one wasn't enough for some
people! And 497 ways to
support Heart Research UK.
Welcome to the anonymous
heART project 2020.**

To say it was bigger and better than ever may sound like a cliché, but this year, that was certainly true. More artwork than ever before, more artists than ever before. And crucially, more money than ever before – a lot more.

The previous two generations of the #anonartproject raised over £70,000 for our pioneering research into the prevention, treatment and cure of heart disease, and saw over 900 pieces of stunning postcard-sized artwork find new homes.

No mean feat, but we always want to go bigger and better.

Across the world, the annual sending of the postcards began. Pencils, pens and paintbrushes were wielded, and before long, the steady trickle of artwork began to arrive at Heart Research UK HQ.

This year's auction featured some of the best artwork so far, from internationally acclaimed artists including Ralph Steadman, Pejac, Fanakapan, Ashley Jackson and Nicolas Dixon.

Also offering their artistic talents were music stars Liam Howlett and Natalie Appleton, as well as TV favourites Jeremy Vine and Joe Lycett.

Unlike previous years, there was to be no physical exhibition of the artwork due to current restrictions. So, all the focus was on eBay, with fingers ready to scroll, eyes poised to browse and mice primed for clicking.

And so, on the 6th November, the floodgates opened.

Unsurprisingly, one piece shot out in front from the off. Lot no 436, titled 'I will kiss you forever..'

Bidders from last year's auction, and fans of classic rock may have recognised the artist, none other than Heart Research UK Patron and legendary frontman of The Cure, Robert Smith.

The piece featured the lyric "On nights like this", taken from The Cure's hit song 'The Same Deep Water As You.'

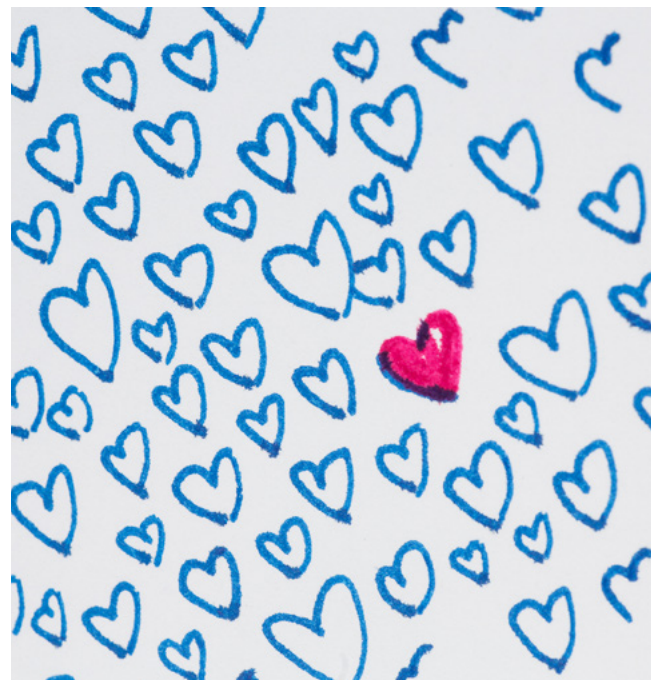
By the end of the first day, it had reached almost £2,000.

It didn't take long for the keen artistic eyes to also pick out the Steadmans, the Pejac and some of the other hidden gems buried in the listings.

Across social media, the #anonartproject came to life, with almost a million people hearing about the project.

From houses and home offices across Yorkshire, Heart Research UK staff were gripped, furiously hitting the refresh button on the eBay page, watching the total bids creep higher and higher.

On the morning of the final day of the auction, the 15th November, the total stood at around £30,000. As always seems to be the way with eBay, the last few hours are when things start to get seriously interesting.



With a previous fundraising record of around £35,000, hopes were high that we may be able to match it, and potentially even better it.

When 9pm rolled around, we could never have guessed the total would climb so high.

When the virtual gavel finally fell, all 497 pieces had sold, and over £53,000 had been raised for our life-saving work.

Robert Smith's piece was the top seller, fetching an unbelievable £5,100. This was followed by 'Bottomless pit', the creation of renowned Spanish artist Pejac, which sold for £1,793. Rounding off the top three was 'Valentine', created by the mysterious Bunny Lake.

We caught up with Kate Bratt-Farrar, Chief Executive of Heart Research UK, for her thoughts on how this year's project went.

"I'm only just starting to catch my breath, and only just starting to stop pinching myself! We've all been blown away by the success of the anonymous heART project this year.

"The generosity of the art community, as always, has been phenomenal. The quality and quantity of the art we receive just keeps going up every single year.

"This is, without a doubt, one of my favourite campaigns that Heart Research UK has ever run. It gives everyone the chance to own something truly special, all while supporting our ground-breaking research.

"To raise this much money is mind-blowing. We are truly thankful to everyone who donated their time and skill, to everyone who posted, tweeted and shared, and to everyone who made a bid in the auction. We couldn't have done it without you.

"I cannot wait for 2021 – here's hoping it's even bigger and better!"

To find out more about the anonymous heART project, and to sign up to hear about next year's, please visit:
heartresearch.org.uk/anonymous-heart



Follow us on Instagram to hear about our upcoming heART projects

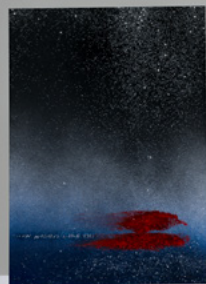
@he.art_project



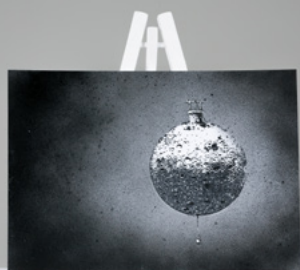
"The generosity of the art community, as always, has been phenomenal. The quality and quantity of the art we receive just keeps going up every single year."



Here are the top ten pieces from the anonymous heART project eBay auction



Robert Smith – I will kiss you forever..., £5,100



Pejac – Bottomless pit, £1,793



Bunny Lake – Valentine, £1,111



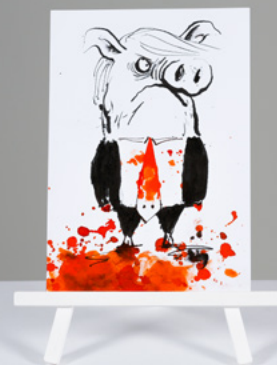
Murk Stencils – untitled, £799



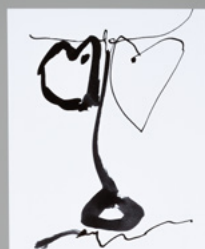
Andy McFarlane & James Graham – untitled, £740



Dan Pearce – Our Corona Queen Blue, £695



Tom Morgan-Jones – Real Donald Trump, £686



Ralph Steadman – Heart Eye, £653



Dan Pearce – Our Corona Queen Pink, £635



And Wot – Spread the love, £598

Your memory lives on

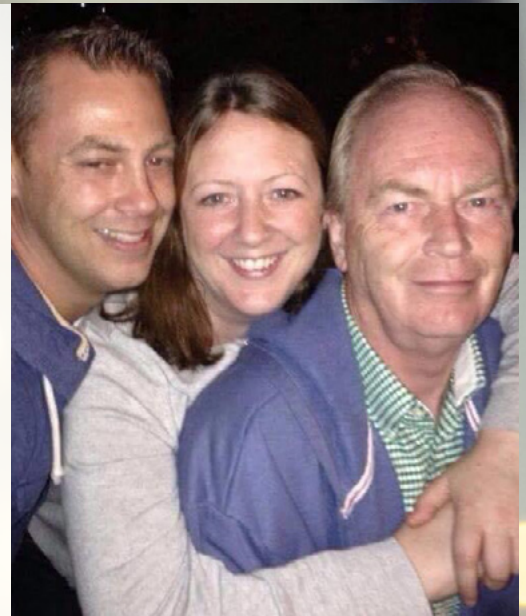
We couldn't continue our life-saving research without the help of you, our supporters.

Sadly, far too many of us know someone who has died from heart disease or related conditions.

All the people on this page have helped us in our mission; to reduce the number of people developing and dying from heart disease, while improving and extending the lives of those affected.

Some decided to leave Heart Research UK a gift in their Will so that their commitment to helping those with heart disease lived on even when they were gone, whilst others were remembered with donations from family and friends. These donations and the work we can do with them are a lasting tribute to their memory.

Here they are remembered alongside some words from people close to them.



Colin James Thatcher – Words by Rebecca, Colin's daughter-in-law

Colin sadly passed away in his sleep on 21st June 2020 from coronary heart disease, just a few weeks before his 70th birthday. Colin was fit, healthy and full of life. His passing was such a shock to his family and friends. He was a very popular, sociable and kind man, loved by many. Taken too soon.



Steve Palmer – Words by Steve's daughter, Loretta

A true gentleman who loved his family, enjoyed watching all sports (especially his beloved Tottenham!), loved life and never complained about anything, told continuous 'dad' jokes, loved jazz music and in fact used to sing jazz in clubs and pubs when he was younger. He even made it through the initial rounds to make it on to a programme called Opportunity Knocks but unfortunately the night he was due to be on the televised shows he developed the flu and was unable to perform and thus never received his moment of fame. Who knows where it could have taken him?

He was an all-round good guy and everyone loved him. I miss him every day.





Sean Case – Words by Steve Case, Sean's son

He was 52 with no previous health issues and was completing 5k park runs last year. He had six children, myself, Stacey, Jack, Kathryn, Michael and Joe. He had four grandchildren - Abbi, Oscar, Millie and Darcie. Sean was a son to Bridget and my late Grandad Mick, brother to Mandy, Billy and Rob, and father-in-law to Kyrie and Emily. Was a brother-in-law and Uncle Sean to many nieces and nephews.

When he was not working as a HGV driver for Maritime Transport, he would be running around and looking after family, spending time with his six children and grandchildren. He lived for his large family.

Pamela Thomas – words by Diana Toseland

They were the “boy/girl next door” and grew up knowing each other as children. Ron was a bit older and Pam often said she thought he was a bit irritated by the little girl. Well, that all changed when he came back home on leave during National Service in the RAF, to be struck by the beautiful young woman she became. Pam worked at the Public Records Office for many years, and Ron worked mainly as a painter and decorator.

They lived in London, and married when Pam was 21 years old, until retirement drew them to Cotgrave where they were so happy. They were very much loved by our extensive family of cousins and Pam was more like a sister to my mum. We spent very many Christmases and happy times together. They loved to ride, and went on many pony trekking holidays. They were greatly loved and respected by their friends there too. They both suffered from heart disease in later life, and spoke highly of the Cardiology service they received at the Queen's Medical Centre in Nottingham. Ron died aged 80 years old, and Pam 18 years later at the age of 90 years old. She had three parties to celebrate her 90th birthday as she could not fit everyone into the house in one go. A party girl to the end.



Ray Coggan – Ruth, Ray's daughter

My Dad, Ray Coggan was a very special man. He met my Mum in 1942 when he was 14 and she was 17, and they did their ‘courting’ in Bridlington and Thornwick Bay. My brother and I were brought up in Manchester, but in their retirement our parents lived in Harrogate. Dad loved to sing – he was a tenor with Harrogate Choral Society and found it very hard when in the last year of his life he did not have the breath to join them at their concerts in Ripon Cathedral.

Dad first had heart problems in his 50s and was very aware of how fortunate he was that the developments in treatment meant he had a full and active life until he turned 80. As a family we are hugely grateful for the work done by Heart Research UK.



Michelle Paley – **Words by Michelle's partner, John**

Michelle and I had been together since 1994. Although suffering from MS since age 18, surviving lymphoma and living with other illnesses, she always managed to have a smile on her face and a cheeky sense of fun.

In the last few years Michelle became too ill to live independently, needing 24 hour care, so went to live at Staveley Birkleas Nursing Home in Shipley. She made lots of friends here, not only amongst the other residents but with the care staff who worked closely with her.

She enjoyed holidays at the Bond Hotel in Blackpool where she was planning to go for her 50th birthday in July and have a 'girls' weekend' with some of the care staff from Staveley. Alas, this did not happen as she died in Bradford Royal Infirmary on the evening of 14th February.

Michelle decided to leave some money to Heart Research UK because both her mum and mine died of heart disease and her dad currently has a pacemaker so wanted to help support their vital work.

Michelle was an inspiration to many because of the way she faced the challenges that life brought her, she is greatly missed by all who had the pleasure of getting to know her.



Steve Stylianou – **Words by Steve's daughter Gabriella**

My father was such a gentle, kind, funny, loving man. He was really loved by everyone and was a loved teacher by his students before he retired. The amount of condolence cards we have received sending love and happy memories of him has been overwhelming. He was incredibly generous to myself and my husband and stayed with us for over a month on a blowup bed helping us renovate our flat in London. Without his generosity, we wouldn't have even had the money to buy our first property and have the wedding of our dreams.

He was inundated with friends and had the most loving, happy relationship with my Mother. They had just had their 41st Wedding Anniversary and had spent 45 happy years together, after meeting at University when she was 18 and he was 21. He died three days before his 67th birthday and we buried him in France on his birthday in the village of their second home in Fougax-et-Barrineuf, France.





Diogo Pires – Words by his friend Danny

On Friday the 5th June, Diogo Pires, aged just 33, was taken from us.

Diogo suffered a cardiac arrest whilst in bed, shortly after waking up like any normal day. He had known no underlying heart conditions and had never suffered with any heart issues before. Diogo had only been checked in September and told he was a fit and healthy young man! Diogo and his wife had taken the opportunity to teach abroad and were less than one year into their dream move.

Diogo was a husband, son, teacher and wonderful friend to so many! On top of this, a very talented footballer who proudly wore the number 16 for the Hamala Hurricanes.

In honour of this wonderful man, on the 16th July at 16:00, the Hamala Hurricanes, friends, family and the CheckYourHeart community ran, walked and cycled 1, 6 or 16km.

The aim was to raise £616, but we ended up raising over £2,500! This money was shared between two charities, chosen by his good wife, Helmit.

Life comes and goes in the blink of an eye.

Keep your heart healthy, get your heart checked, and enjoy every minute.



Brian Swanton (aged 53 years) – Words by Lucy, Brian's wife

Brian's death was a huge shock to us all, but in particular to his wife and 6-year-old son, Conor. Brian was a lover of life with a great sense of adventure and fun, and a wonderful sense of humour. A hard-working NHS Consultant anaesthetist, who was a respected and trusted colleague to many, and a loving family man. He was talented in so many areas, and was an accomplished light aircraft pilot and Sudoku player.

Brian was out running with the family dog one sunny day, when he suffered a cardiac arrest, and collapsed outside his son's school. The headteacher and two other members of staff tried their best to resuscitate him, but unfortunately the damage to his brain was catastrophic, and he died seven days later in hospital.

His son Conor heartbreakingly told his teacher: "Daddy was a doctor, but he couldn't save himself."

It transpired that Brian's three brothers all have chronic heart disease, which thankfully can be treated. Let's stop this silent killer from claiming any more lives.



**Edna
Dransfield**



**Christine
Elwick**



10-12-20

**Barry
Playford**

Dear Abigail

Thank you for your letter dated 25th November
thanking me for the donation we sent you on behalf
of my late husband Barry Playford

We enclosed a couple of photos, as you can
see with the photo of Barry, he loved to
go on cruises

He was a lovely man and enjoyed life to
the full.

We used to go to the bandstand in Eastbourne
to see tribute acts and really loved it

We always wanted to live near the sea,
so we moved to Eastbourne 3 ½ years
ago and loved living here, I think he had

a premonition when he was taken to
hospital on the Friday, as he said to me
I think you had better sell up and move back

nearer to our children, but I will stay now
Would it be possible to send me a copy of
Pulse with Barry mentioned in it, I would be
grateful

yours sincerely Mrs V Playford



**1970: Married
the love of
his life**

**1999: Travelled
the world**

**2050: Helped
defeat heart
disease forever**

Leave a gift in your
will and your greatest
achievement could
be yet to come

Research works

**Give Abi a call on 0113 234 7474 or
email abi@heartresearch.org.uk**

**You can find out more about our work and
donate online at heartresearch.org.uk**



CHRISTMAS CHARITY APPEAL

Thanks to research, Freddie is spending Christmas with his family

Our Christmas Appeal this year features the story of Freddie who was born with two holes in his heart and had open heart surgery at just four months old. Here's a message from his mum, Hayley:

I'm so grateful for the support of Heart Research UK, and I want to share how much that support means to families like mine.

I hope my story will show you how important your donations are and inspire you to give again to Heart Research UK this Christmas. Your donations and the amazing research they fund really do make such a difference to people's lives.

My son Freddie was born on the 10th May 2016. When he was born, we were told he had a slight heart murmur but it was nothing to worry about, it would go away.

But over the first couple of months of his life, I just knew something wasn't right, I could hardly get him to take any milk and his weight was going up far too slowly.

As a new mum, I was already so anxious, we were just trying to work out exactly what could be wrong.

When Freddie was three months old, we went for a heart scan and again were told it was probably nothing. Then, they found the holes in his heart; his tiny body had been struggling for three months.

That moment was horrendous. He would need open heart surgery within a month.

For that whole month of waiting, I was a wreck. I was on tenterhooks waiting for the call to come. And when he was just four months old, Freddie was put to sleep in my arms and taken away for his operation.

Six hours doesn't seem like a long time to wait, but it felt like forever. It was probably the worst day of my life. I couldn't sit still so my husband Rob and I wandered around Leeds, not speaking, just waiting for the phone to ring. I was terrified it would ring too soon and then as six hours got closer and closer I was desperate to hear from the hospital.



Finally, just after the six hours was up, we got the call.

The operation was successful, we could see Freddie.
That day became the best day of my life.

Freddie only had four nights in hospital before he came home and he was transformed. When I was feeding him I could just tell he was stronger, and weighing him every week became one of my favourite things to do as his weight went up and up.

There are things that happened slower for Freddie, he never crawled and his walking was delayed a bit but the doctors have said there is nothing he can't do, even deep sea diving, though I won't be encouraging it!

The only thing that's left from the operation is Freddie's badge of bravery, his scar, but even that fades every year. One day, when he's ready, I'll explain to him why he has it and how lucky we are that he's still here. But for now, he's not even bothered, he never looks in the mirror anyway!

This year he started school on the 9th of September - four years to the day since the operation. I can't describe how grateful our whole family is for the amazing surgeons and the research into congenital heart disease that made it possible for us to see Freddie dressed in his school uniform for his first ever day of school. Research that is funded by people like you.

Thank you so much for all the support you have given Heart Research UK in the past, I hope my story shows the difference you are making to people's lives every day.

I know that 2020 has been such a difficult year for us all, and that it will be a while before things return to something like normal. But, if you can, please donate to Heart Research UK this Christmas. You will be helping fund the research that means that children like Freddie can spend Christmas with their families.

Thank you, and Merry Christmas



Hayley

P.S. I hope you feel inspired by Freddie's story.
It's research that made this all possible.



You can donate to support more research to help children like Freddie spend Christmas with their families by going to **heartresearch.org.uk/christmas** calling **0113 234 7474**.



Virtual London Marathon

The London Marathon is one of the biggest, and arguably one of the best, fundraising and sporting events anywhere in the world. Every year, more than 40,000 people pound the streets of London in all manner of costumes and fancy dress, in search of personal bests and pounds raised for charity.

In 2020, due to the coronavirus pandemic, the marathon was held virtually for the first time, with runners across the country completing 26.2 miles in parks, gardens and on streets up and down the nation.

Team Heart Research UK was out in force, and though we couldn't be there cheering them on, we couldn't be prouder of all they achieved. Their fantastic efforts helped raise over £8,000 for our pioneering research into the prevention, treatment and cure of heart disease.



A huge thank you to each and every runner

Leah Boudreau

Jonathan Bryan

Michelle Burrows-Bryan

Peter Burrows-Bryan

Mark Gatenby

Carol Heptonstall

Rachel Hinks

Jonathan Hore

Graeme Jones

Neelam Ladher

Daniel Malone

Kalem Nuttall

Amy Owen

Kate Owen

Stuart Plant

Ric Cipriani

Dan Cipriani

Victoria Grainger

Stu Davies

Robyn Aitkenhead

Kevin McBrinn

Chris Chambers



An update from your team at Heart Research UK Midlands

Hello to our friends and supporters in the Midlands, we hope you and your families are all safe and well.

As a result of the pandemic, Heart Research UK's Midlands Office has sadly lost up to 90% of its predicted income in 2020.

During this challenging and difficult period, we have kept in touch with our supporters and corporate partners, updating them on our circumstances on a regular basis. Since March this year, through the use of Zoom and other communications tools, we have been able to keep in touch with many of our partners and supporters to share our vision for the future. This approach has paid dividends and we feel confident that from the feedback we have received, future relationships and income strategies can be successful.

Many are sympathetic to the situation we find ourselves in and no more so than Alan Lusty, MD of adi Group. Our charity partner of 5 years, adi Group have raised over £80,000 for Heart Research UK Midlands. Alan has kept in touch, responded to our updates and sent us a £25,000 donation.

We feel that health needs to be a more prominent issue post-pandemic, with medical research leading the way forward to find effective prevention, treatment and cure of cardiovascular disease which remains our nation's single biggest killer. Due to the uncertainty the pandemic has brought about, we are very mindful of peoples' means to make donations, so we also wanted to highlight some of the simple yet effective ways you can still help.

To find out more about the work of Heart Research UK Midlands, and to get involved, please visit:
heartresearch.org.uk/midlands



Donate unwanted foreign currency

If you have any unwanted foreign currency, old foreign coins gathering dust in a tin or at the back of your wardrobe, then we can put these to really good use. Maybe you have some obsolete currencies such as Spanish pesetas, Greek drachmas or Irish punts? If you do, we can turn these into donations to help fund our research projects.

How can I donate?

1. Firstly, please contact us to request a **recycling address label/envelope**.
2. We will then send the label/envelope out to you in the post.
3. Following receipt, use the label/envelope to post out your package.
4. The cash from your donation will go towards one of our medical research projects.

Please note:

If you manage to collect coinage weighing over 8kg (about five mugs full) the Midlands team will be happy to collect it from you.

Please call on **0121 454 1799** or email **midlands@heartresearch.org.uk**.





Donate unwanted jewellery

Donating your unwanted jewellery can help us raise vital funds too. If you have any watches, necklaces, rings, jewellery, or items you simply never wear, then please let us recycle them for you! Our Treasure Your Heart appeal collects unwanted jewellery which we then auction to raise funds for our life saving research.

Many of our previous jewellery donors have asked friends and family members to collect items as well as their own, or if you are looking to motivate your staff members, it could be worth setting a challenge to see how many old jewellery items, teams can collect while they are working from home.

How can I donate?

Once you have collected your jewellery, please contact us on **0121 454 1799** or email us at: **midlands@heartresearch.org.uk**, and we can chat about the easiest way for you to donate all these unwanted pieces. Remember, items don't have to be high quality, there's still life left in even the most forgotten pieces.

We are very grateful to all those who have continued to support us in 2020 including:

- adi Group Ltd
- Waitrose and Partners - Harborne & Mere Green
- Asda Stores - Darlaston, Barns Hill & GreatBridge
- Family Life Magazine
- Ms Margaret Cannadine
- Mr Richard Usmar
- C3 Midlands
- BMG Research
- Soda Bread Café
- Mrs Sherry Sangha

We hope that you have found this information useful, and we would be delighted if you feel able to lend your support, going forward.

Above all, we hope you continue to stay safe and well, and we hope to see you very soon!

Very best wishes,

The Midlands Team



Shave to save!

Four years ago, a young boy from a town in Scotland suffered immense loss when his father died due to a sudden heart attack. Since then, he has decided to shave off his flowing locks to raise money for the Heart of Scotland Appeal.

Bailey Wilson, who is 13 and from Irvine, has a condition called 2q13 duplication and has been growing out his hair for over a year in memory of his father. He is hoping to raise £1,000 for the Heart of Scotland appeal, a fundraising campaign Heart Research UK launched in 2019.

Bailey's father Ian passed away at the age of 38 in 2016, and his death deeply impacted Bailey. His mother Mandy Wilson said: "He very rarely talks about his dad. Because of his condition, it's as if he's kept the whole experience deep inside, locked away in a box."

She recalls the incident and her son's heart-wrenching reaction to seeing his father lying unconscious.

"I last spoke to Ian at about 2am as our dog had been sick and we were both clearing up. Ian told me to get up, showered and dressed in the morning then to come and wake him once I was ready.

"I went to wake him at 7am, went in the bedroom and knew something was wrong. Ian's arm was out and a lamp had been knocked over. Being a nurse, my adrenaline kicked in immediately.



Photo Bailey with father, Ian

"Bailey was saying 'Dad, please don't be dead, please don't be dead.'"

After tragedy struck the Wilson household, the family started talking about ways that they could raise money for a heart-related charity in memory of Ian, and after learning about the Heart of Scotland appeal on Facebook, decided it was the way to go.

"Bailey was saying 'Dad, please don't be dead, please don't be dead.'"



“This fundraising challenge is something he can do for his dad, something that will help others and make them more aware of the dangers. He wants to help other kids not lose their parents and raise money for a really good cause.”

Mrs Wilson added: “This fundraising challenge is something he can do for his dad, something that will help others and make them more aware of the dangers. He wants to help other kids not lose their parents and raise money for a really good cause.”

Amanda Donaldson, Heart of Scotland Senior Fundraiser, said: “Everyone at the Heart of Scotland Appeal is so proud of Bailey for taking on this fundraising challenge! It’s a great way to celebrate the memory of his father and help us raise much needed funds for research in Scotland.”

Ian is just one of many Scots that have passed away due to heart disease.

It is currently estimated that over 700,000 people are living with cardiovascular disease in Scotland, and is responsible for the deaths of 47 Scots every day.

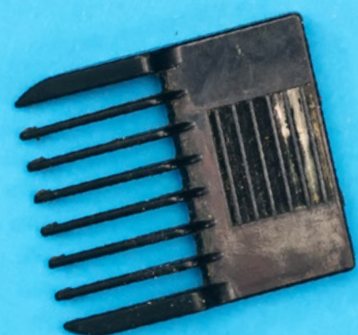
When we launched the Heart of Scotland appeal, we had a simple aim - to raise money in Scotland, for Scotland, to continue crucial medical research into the prevention, treatment, and cure of heart disease across universities and hospitals in Scotland.

Since its launch, the Heart of Scotland appeal has received support from a host of high profile Scots, including First Minister Nicola Sturgeon, David Moyes, KT Tunstall, Jane McCarry and Heart Research UK Patrons Christopher Kane and Mark Bonnar.



You can support Bailey by donating to his head shave at: justgiving.com/fundraising/mandy-wilson16

You can find out more about the Heart of Scotland Appeal at: heartofscotland.org.uk





Eating heartily

Christmas is a time to spoil ourselves a little and indulge in a few treats.

However, with an abundance of delicious foods and alcoholic drinks around, it can be difficult to avoid overindulging during the festive period. We have created some healthy festive recipes to help you do some damage control this Christmas and get off to a good start in 2021.



Ingredients

- 1 small butternut squash, peeled and chopped into 1-inch pieces
- 2 parsnips, peeled and cut into 1-inch pieces
- 2 beetroot, topped & tailed, peeled and cut into four pieces
- 4 tbsp of rapeseed oil
- Black pepper
- 2 large sprigs rosemary, chopped (or 2 tbsp dry rosemary or mixed herbs)
- 1 onion
- 4 cloves of garlic, finely chopped
- 100g spinach leaves, washed and chopped (or defrosted, if using frozen spinach)
- 4 Brussels sprouts, shredded (optional)
- 250ml low fat crème fraîche
- ½ tin chickpeas, drained and rinsed
- 300g dry wholemeal pasta (e.g. fusilli or penne)
- 40g walnuts, chopped
- 4 tbsp chopped fresh parsley

Winter Roasted Root Vegetable, Chickpea and Wholemeal Pasta Bake

Recipe by Heart Research UK

Difficulty: Easy	Time: 40 mins	Serves: 4
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Method

1. Preheat the oven to 180°C.
2. In a large roasting tin, add the chopped butternut squash, parsnips and beetroot, drizzle 3 tbsp rapeseed oil over the veg, add the black pepper and rosemary. Mix together and roast in the oven for 25-35 minutes until the vegetables are soft.
3. Heat the remaining 1 tbsp rapeseed oil in a pan and sauté the onion and garlic until soft. Add the spinach, shredded Brussels sprouts (optional) crème fraîche and chickpeas to the pan and mix well. Simmer and keep warm until the pasta is ready.
4. Cook the pasta in a pan of water until soft, drain and mix with the sauce.
5. Heat a frying pan, add the chopped walnuts and toast them until they begin to brown.
6. Put the creamy pasta into large bowls, top with the roasted vegetables, toasted walnuts and chopped parsley. Serve hot.

If you'd like more of these recipes, please visit heartresearch.org.uk/recipes for even more meal inspiration!





Healthy Fish Pie

Recipe by Heart Research UK

Difficulty: Easy	Time: 1 hour 20 mins	Serves: 6
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Ingredients

- 1 tbsp rapeseed oil
- 1 onion, peeled and finely chopped
- 2 carrots, peeled and diced into 0.5cm pieces
- 1 leek, halved lengthways, washed and sliced
- 3 or 4 large potatoes, peeled and cut into 3cm pieces
- 1 large sweet potato, peeled and cut into 3cm pieces
- 500ml semi-skimmed milk
- 3 tbsp cornflour
- 2 tbsp wholegrain mustard (optional)
- 2 tsp of Black pepper
- 1 handful fresh parsley leaves, chopped
- 150g frozen peas, defrosted
- 150g cod
- 150g smoked haddock
- 150g salmon
- 100g raw king prawns
- 30g reduced fat cheddar cheese, grated
- 20g breadcrumbs

To serve

- Green vegetables
- Lemon wedges

Method

1. Preheat the oven to 180°C.
2. On a medium heat, add the oil to a frying pan and fry off the onions, carrots, and leeks until soft. Take off the heat.
3. Add the chopped potatoes and sweet potato to a pan of boiling water. Cook for 20 minutes or until soft when poked with a knife. Drain and mash the potatoes, adding 2 tbsp of the skimmed milk. Set to one side.
4. On a low heat, bring the remaining milk to a simmer. In a mug, add 3 tbsp of cold water to the cornflour and mix to form a smooth paste. Add the paste to the milk and increase the heat slightly, making sure you're constantly stirring the mixture. Once the milk has thickened up slightly, add the mustard (optional) and pepper.
5. Put 1 tsp of the chopped parsley to one side, then stir in the remaining parsley, peas and the vegetables you fried off earlier. Mix in the fish and the prawns. Place all of the mixture into a deep ovenproof baking dish.
6. Spoon the mashed potatoes on top of the fish mixture and spread it over the surface. Using a fork, slightly rough up the top by dragging the fork through the mashed potatoes. Sprinkle the grated cheese, breadcrumbs and parsley over the top of the mashed potato
7. Bake in the oven for 45 minutes until steaming/ bubbling in the centre and golden brown on top.
8. Serve hot with green vegetables, such as broccoli, green beans, peas or kale and a wedge of lemon.

If you'd like more of these recipes, please visit

heartresearch.org.uk/recipes for even more meal inspiration!





Heart-healthy Chocolate Yule Log

Recipe by Heart Research UK

Difficulty: Easy	Time: 40 mins	Serves: 6
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Ingredients

For the cake:

- 1 tsp oil (for oiling the tin)
- 3 eggs
- 85g [golden] caster sugar
- 85g plain flour
- 2 tbsp cocoa powder
- 1/2 tsp baking powder

For the filling:

- 200g thick low-fat Greek yoghurt
- 150g raspberries or strawberries
- 1 tsp stevia (optional – to taste)

Method

1. Heat the oven to 200C/180°C fan/gas 6.
2. Lightly oil a 23x32cm flat Swiss roll tin (or similar size flat tray) and line it with baking parchment.
3. Beat the eggs and caster sugar together with an electric whisk for about 8 minutes until thick and creamy. The mixture should leave a trail when the whisk is lifted.
4. Mix the flour, cocoa powder, and baking powder together, then sift directly onto the whisked egg mixture. Fold in very carefully using a metal spoon in a figure of 8 motion, until fully incorporated. Then pour into the tin. Tip the tin from side-to-side to spread the mixture into the corners. Bake for 10 minutes.
5. Lay a sheet of baking parchment on a work surface and lightly coat with sieved icing sugar. When the cake is ready, tip it onto the parchment, peel off the lining paper, then roll the cake up from its longest edge with the paper inside. Leave to cool.
6. To make the filling, chop and lightly crush one third (50g) of the raspberries or strawberries and mix into the thick low-fat Greek yoghurt. Add Stevia to taste, if needed. Save about 1 tbsp of the filling for later. Chop the remaining fruit into small pieces.
7. Unravel the cake, spread the filling over the top and scatter over the chopped raspberries or strawberries, then carefully re-roll the log up again into the original log shape. Place in the fridge for 15 minutes.
8. Cut a thick diagonal slice from one end of the log. Lift the log on to a plate, use the saved filling to put on the diagonal cut and then place the slice with the diagonal cut against the cake to make a branch.
9. Store in the fridge and consume within three days.

If you'd like more of these recipes, please visit

heartresearch.org.uk/recipes for even more meal inspiration!



Thank you to all our fantastic fundraisers

Jake Field and Jonathon Wright

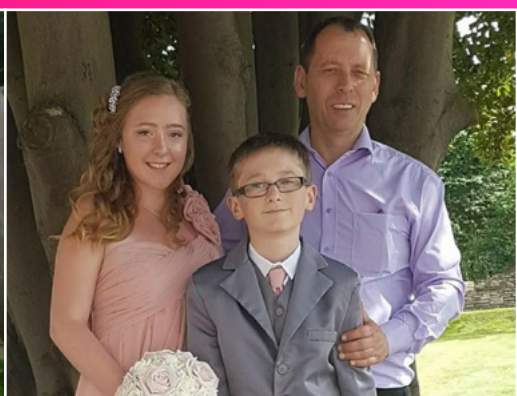
Raised £565 with a Virtual Revolve24
12 hour cycle challenge.

Samantha Mirczuk

Raised £500, running 230km over 30 days
in memory of her Father, who passed away
age 60 after suffering a heart attack.

Michael Case

Raised £140 with an online gaming marathon,
in memory of his father, who passed
away after suffering a heart attack.



Are you brave enough to take a leap in support of Heart Research UK?

Experience the skydive challenge in memory or celebration of someone special, to mark a milestone birthday or a special date such as a wedding anniversary or graduation.

You'll experience the ultimate thrill of freefall at over 200km/hr for up to 60 seconds, and then float under the parachute canopy for 5-7 minutes soaking up the spectacular views from above.

So step outside of your comfort zone and push personal boundaries with a skydive experience you'll remember forever, and if you can raise £400, your jump cost is absolutely free.



Sean (pictured) raised £543

At the beginning of this year, my father-in-law suffered a serious heart attack, which was followed by a triple heart bypass and having a defibrillator fitted.

I want to give something back as a thank you for all the support he has been given, the great work and care from the hospitals, and the continuous support from all the research that Heart Research UK does.



“Positive people
delivering brilliant
customer experiences”



Build an incredible partnership with us

This year has been very difficult and frightening for many businesses and it's naturally had a knock on effect with Corporate Fundraising. For the businesses who haven't been as badly affected, there have been some stand-out moments where charitable values have shone. Communities and charities have benefitted and staff are proud to work for companies with great reputation and care for their communities, leaving legacies that will last for years.

Charitable giving is rarely just philanthropic these days. Charity partnerships can unite a workplace and cut across departments and hierarchy. They help to fund and deliver a charity's programmes and even elevate and transform the causes they care most about. Importantly, great partnerships can also emphasize the benefits of a company's beliefs or products and services.

Looking after our hearts has never been more important. We know that people with heart disease are at a higher risk of developing serious complications and dying from COVID-19, and now evidence is emerging that the virus can also cause damage to the heart.

We are as dedicated as ever to continue our life-saving work.

Are you exploring the possibility of a charity partnership in 2021?

We will work with you to build an exciting and meaningful partnership based on our shared purpose.

Your support could help fund:

- Pioneering research into the links between COVID-19 and heart disease
- Healthy Heart Grants in your local communities
- The Heart Academy, our inspiring education programme in primary schools
- Our Masterclass programme which trains surgeons on the latest techniques

In return you and your customers will feel part of our community and help us to take on heart disease, and your staff will have the opportunity improve their heart health with our unique workplace support.

To find out more about partnering with Heart Research UK, please visit:
heartresearch.org.uk/corporate-fundraising





HEART RESEARCH UK COOKBOOK

In early 2021, we will be releasing our first ever Heart Research UK Healthy Cookbook, full of wholesome and hearty recipes that the whole family can enjoy as part of a balanced diet.

The cookbook will be available to download for a suggested donation of £5.

All the money raised will support Heart Research UK's pioneering research into the prevention, treatment and cure of heart disease.

£5

suggested donation

Featured recipes from:



Joe Wicks



Gennaro Contaldo



The Hairy Bikers



Tom Kitchin

And many more!