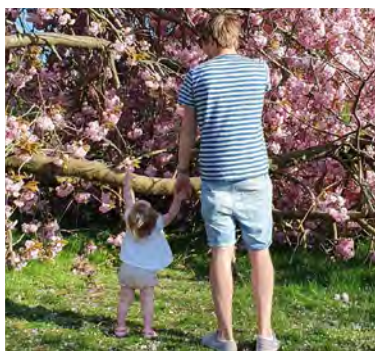
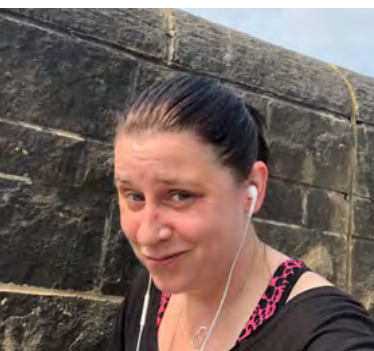


Pulse



A huge
thank you to
all our fantastic
fundraisers, volunteers
and staff for their
support and efforts
over the last few
months.

DEAR Friends & supporters

Welcome to the first ever digital-only edition of Heart Research UK's magazine, Pulse.

We find ourselves in such strange and difficult times that I have struggled to find the right words to share with you.

As the country has locked down, we at Heart Research UK have moved to home working and done our best to ensure that we continue to provide support where it is needed.

Research projects, funded with your support, have paused, and we are working closely with all researchers to ensure that, as soon as it is safe to do so, they will be supported to get up and running again. The majority of our other work is also paused for safety reasons.

We have spent time developing activities and tips that can be found on our website that will hopefully provide some fun and advice.

As we look to the future, as a research charity, we know that understanding more about the impact of COVID-19 on heart health will be vital. As soon as we are able to, we will work hard to ensure that Heart Research UK plays its part in such important research.

I also want to say a massive thank you. Our income has been significantly impacted by the current situation but you, our supporters, have really come into your own - baking, taking on the 2.6 Challenge and continuing to donate.

I know that many of you, your family or friends may be shielding due to existing heart conditions. At such a difficult time, on behalf of everyone at Heart Research UK, we send you our love and thoughts. We look forward to seeing you soon.



Kate Bratt-Farrar
Chief Executive
Heart Research UK



[Click here to receive our Pulse magazine direct to your inbox.](#)



In this issue:

04 Our research

An update on our research grants

12 2.6 Challenge

Find out about our supporters fundraising efforts

15 Bake, Donate, Nominate

Whipping up tasty treats for Heart Research UK

16 Your memory lives on

Lasting legacies left by those that have passed

21 Heart Research UK fundraisers

A look at our dedicated staff's fundraising efforts

35 Heart Research UK Midland's

Find out about our dedicated team in the Midlands

37 At home exercises

A few simple exercises anyone can do at home



Pulse contributors

(Clockwise from top left)

Daniel Raymond, Dr Helen Flaherty, Kate Bratt-Farrar, Helen Wilson.

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 our dedicated researchers are no exception. All research, unless COVID-19 related, has been suspended and therefore our medical grants will be impacted. However, it is our priority to support our grantholders to get their projects going again and completed successfully.

Despite these difficulties, we are pleased to announce two new regional grants for Northern Ireland that amount to almost £250,000 and a special Trustees' Discretionary Grant of £150,000 to the University of Leeds.



£145,214

Northern Ireland Grant

Overwriting blood vessel identity to prevent graft failure

Dr Denise McDonald
Queen's University Belfast
24 months

The problem

Coronary heart disease (CHD) occurs when one or more of the blood vessels that supply the heart muscle with blood becomes blocked. One of the current treatments is coronary artery bypass graft (CABG) surgery where a grafted blood vessel is used to bypass the blockage, restoring blood flow to the heart. Although CABG is very effective, over time the grafted blood vessel itself often becomes blocked.

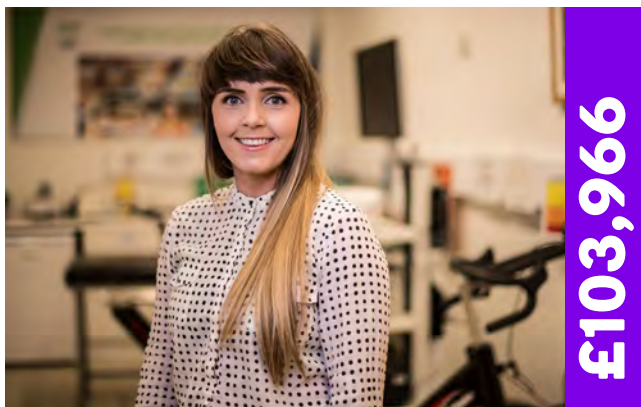
The project

There is evidence that the characteristics of blood vessels can be altered to make them less prone to becoming blocked and failing. Dr McDonald and her team will use a range of laboratory models to investigate the interaction of two key chemicals, which are thought to be important in promoting protective characteristics in blood vessels

The benefits

By gaining a better understanding of this previously unknown interaction, the aim is to develop new ways to prevent vein graft failure and improve the success of CABG surgery for treating patients with CHD.





Northern Ireland Grant

Can heart disease patients taking part in cardiac rehabilitation be encouraged to stay active for longer?

Dr Nicole Blackburn
Ulster University
24 months

The problem

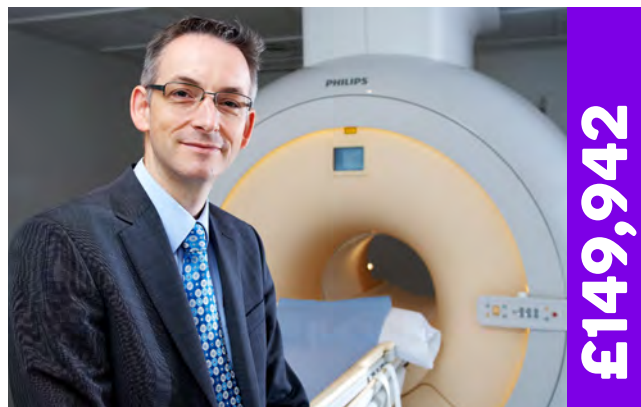
Guidelines recommend that coronary heart disease (CHD) patients should be offered cardiac rehabilitation (CR) which includes exercise programmes, education, and ongoing support within both clinical and community settings. CR programmes reduce the risk of death and illness, but it is likely that patients will stop exercising without enough support. We need to find ways to encourage CHD patients to stay active both during and after taking part in CR programmes.

The project

Behaviour change techniques can encourage patients to stay active for longer. The aim of this project is to see whether behaviour change can encourage CHD patients taking part in community-based CR programmes to stay active for longer compared with patients receiving the standard CR programme.

The benefits

It is hoped that these methods will encourage more CR patients to stay physically active for longer and improve their health. The results will provide more evidence on using behavioural change techniques in CR programmes and have the potential to benefit many patients with CHD throughout Northern Ireland and the rest of the UK.



Trustees' Discretionary Grant

A UK trial for the investigation of stable chest pain: can we improve patient experience, outcomes and NHS cost efficiency?

Prof John Greenwood
University of Leeds
60 months

The problem

Angina is chest pain usually caused by coronary heart disease (CHD). In the UK, about 2 million people have angina and approximately 200,000 are referred to hospital each year for further tests. Doctors have different opinions as to the best approach to investigate suspected angina. This leads to wide practice variation, inefficiency of healthcare resources and may adversely impact on patient experience and outcomes.

The project

Recent UK NICE guidelines recommend a non-invasive CT angiogram for all patients with suspected typical or atypical angina. This approach needs to be robustly tested to demonstrate that it is both appropriate for patients and cost efficient. Professor Greenwood's team will carry out a UK, multi-centre clinical trial, involving approximately 4,000 patients, to test the UK NICE guidelines compared to a personalised strategy of cardiac investigation.

The benefits

If successful, this project will improve the investigation and management of patients with suspected angina, both in terms of NHS costs, and also patient experience and outcomes.

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



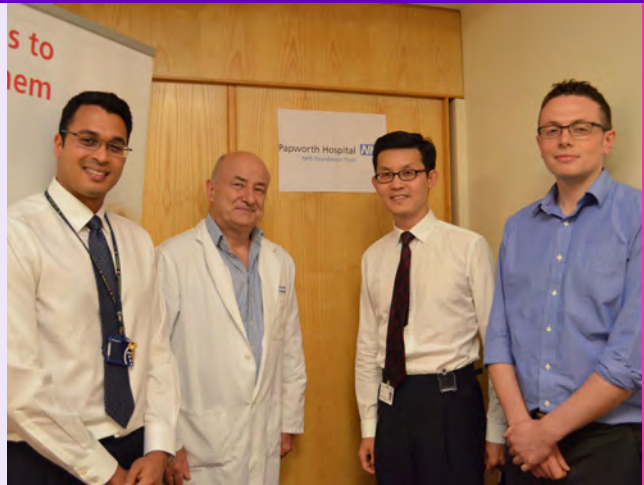


Research highlights for 2019

It is always exciting to get news from our grantholders about how their projects are progressing. Here we tell you about the achievements of two very different projects that recently finished. One developed a new way of reconditioning donor hearts for transplantation, and the other developed a new, cutting-edge MRI technique for studying the heart.

Making every donor heart count

Mr Steven Tsui
Royal Papworth Hospital



£1249,612

Heart transplantation is by far the best treatment for people with advanced heart failure but there is a lack of suitable donor hearts. In the UK, the number of patients on the waiting list for a heart transplant has more than doubled in the last ten years.

Hearts are generally donated by people who have died from strokes or massive brain injury. However, the effects of brain death together with conventional ways of managing the donor and of retrieving the heart often result in injury to the heart. As a result, less than 30% of donated hearts are accepted by doctors for transplantation.

The aim of this project was to develop techniques to limit injury to donor hearts after brain death, so that a greater proportion can be used for transplantation. The research team put together special apparatus that could be used to rest the donor heart before retrieval by supporting the circulation of the donor, as well as keeping the donor heart beating outside of the body after retrieval. Also, they showed that a new surgical technique could be safely carried out to retrieve donor hearts without having to interrupt the flow of blood and oxygen to the heart.

They then compared donor hearts managed in the conventional way with donor hearts managed with the special apparatus and new surgical technique. This showed that donor hearts appeared to beat more strongly with the new apparatus and surgical technique suggesting that there was less injury to the donor heart.

This exciting research may lead to better use of valuable donor hearts, fulfilling the wishes of more donors and their families who have generously offered organs for transplantation. Above all, it would give more patients who are dying from severe heart failure the chance of a life-saving heart transplant.

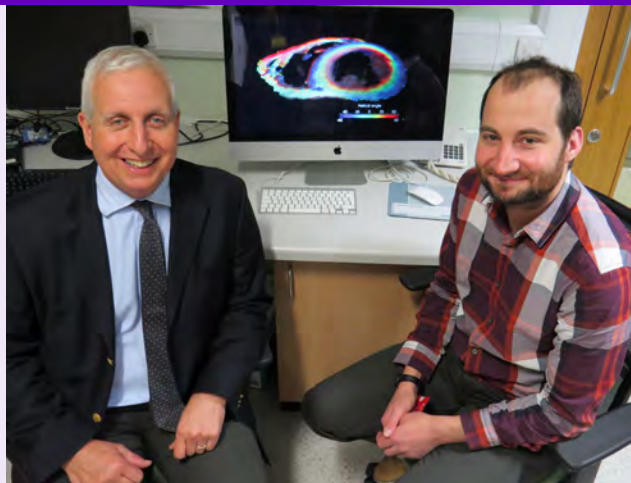


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Developing new MRI techniques for microscopic insights into heart muscle structure

**Professor David Firmin
and Dr Andrew Scott**
Royal Brompton Hospital and
Imperial College London



£106,043

During a heart attack, some muscle cells of the heart may die or be damaged. This often leads to this part of the heart wall becoming thin and not contracting as well as the rest of the heart.

Doctors can look at the heart using several different scanning methods to measure the damage caused by a heart attack, but one new method shows the changes in much greater detail. The new method, called diffusion tensor cardiovascular magnetic resonance (DT-CMR), could give doctors important new information on what happens to the heart after a heart attack, helping them decide on the best treatment for each patient.

Without DT-CMR, this information about the heart muscle on a microscopic level is only available in a lab from pieces of muscle cut out of the heart. However, the pictures from DT-CMR have not been detailed or sharp enough so far to show the thin heart wall damaged by a heart attack.

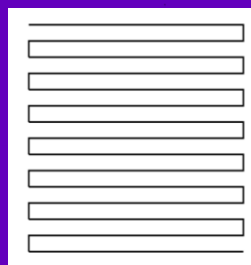
This PhD project developed a DT-CMR method that collects data and builds up the picture over several heart beats to provide greater detail and sharpness. They made these improvements by recording pictures along spiral paths rather than the more traditional MRI method, which collects pictures along a snake-like path from bottom-left to top-right. There are several downsides to these spiral methods, but Professor Firmin's team successfully developed new ways to overcome these issues.

The team carried out studies in healthy volunteers and patients who had suffered a heart attack in the past to compare the new spiral DT-CMR method they had developed with existing ones. They showed that

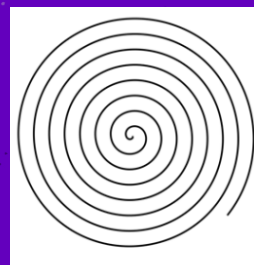
the new spiral method produced greater detail and sharpness, and that it revealed differences between the regions of the hearts damaged by a heart attack and other regions of the hearts.

The extra detail and sharpness that the new method gives is important as it means that researchers and doctors can study the hearts of patients with thin heart muscle, which is a feature of many heart diseases. The method may provide earlier diagnosis, new information on how diseases affect the heart and novel insights into treatments.

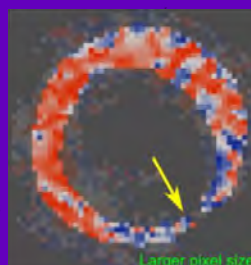
Professor Firmin's team continues with their cutting-edge work on spiral DT-CMR methods and expects them to be used in the future to help doctors decide on the best treatment for each patient.



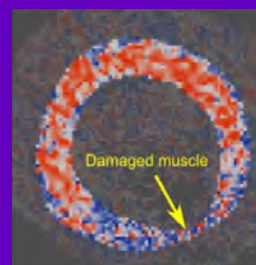
Traditional MRI



Spiral MRI



Existing technique
standard resolution



Spiral technique
high resolution

If you would like to see more of
our research highlights, please visit
heartresearch.org.uk/research-highlights



Mark Bonnar's big quiz



On the 6th of May, Mark Bonnar, Heart Research UK Patron and star of Guilt, Line of Duty, Shetland and Quiz, hosted an online quiz to raise money for our pioneering research.

Mark took over our Facebook page, baffling viewers with five rounds of devious quiz questions, covering sport, film, general knowledge, music and the heart.

Mark then hosted a live Q&A with viewers and supporters, fielding questions ranging from the ordinary to the downright bizarre, including suggestions for baby names, enquiries about Mark's wallpaper and the kind of aroma that his Quiz co-star Michael Sheen possesses.

After the scores had been totted up, we caught up with the quizmaster himself to find out why he became a Patron of Heart Research UK, how he's been getting through lockdown, and why he fancies a crack at the famous million pound question.

How did you first become involved with Heart Research UK?

I created some artwork for the anonymous heART project a few years ago, and did some more bits and bobs over the years. When the opportunity arose to become a Patron, I jumped at the chance!

Do you have a personal connection with heart disease?

My dad had a triple bypass 25 or so years ago, and thankfully he's still here. We have so much more knowledge and information now than we had in the 90's when he had his bypass, which is in no small part because of Heart Research UK.

This was your first event as a Heart Research UK Patron – did you enjoy your role as the devilish quizmaster?

It was great! I really enjoyed chatting to everyone. We should do it all live next time though - I'm game!



The quiz raised hundreds of pounds for Heart Research UK on the night, and we had people tuning in from far and wide – how did it feel to be raising money and raising some spirits at a time like this?

It was a lovely thing to be involved in to help to raise some money, and I love having a laugh - if I can bring folk along with me on both counts, all the better!

What was the strangest question you were asked in the Q&A?

What's my favourite unusual animal?!

We're all having to find new ways to stay in touch during the lockdown – what's been the most enjoyable virtual activity you've been involved in?

I suppose FaceTiming or Zooming with family and friends in groups is the newest thing on my tech horizon! It's lovely to see everyone, even if lag sometimes makes conversation difficult.

First Quiz, then Mark's Big Quiz for Heart Research UK – what's next, a role hosting Who wants to be a Millionaire?

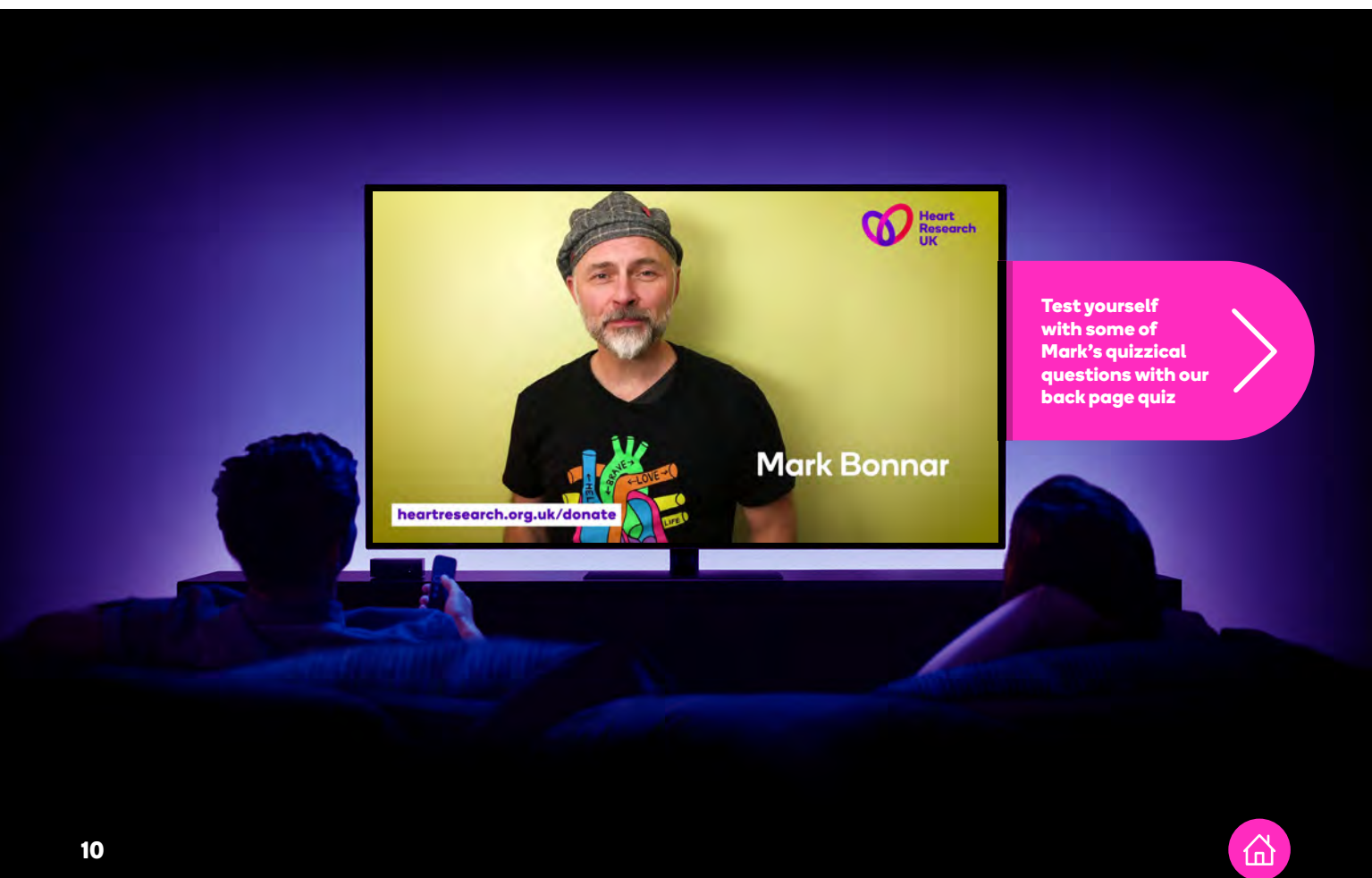
Ha! No, I'd be rubbish! There's a few things that are very exciting in the pipeline - I just hope the pipeline isn't too long!

My dad had a triple bypass 25 or so years ago, and thankfully he's still here. We have so much more knowledge and information now than we had in the 90's when he had his bypass, which is in no small part because of Heart Research UK.

Which quiz gameshow do you think you would do the best on?

I'd love to have a go on 'Who wants to be a Millionaire?', but not with Clarkson - I'm a Tarrant fan!

If you would like to take on Mark's Big Quiz for Heart Research UK, you can watch and download the whole quiz from heartresearch.org.uk/quiz





**It's back in
2020 for its
3rd year!**

The anonymous heART project is an online art auction featuring unique pieces from a host of international artists and celebrities. Since 2018, we have sold almost 1000 pieces of art, raising over £80,000 for our life-saving research.

Contributors have included Simon Pegg, Nick Cave, Robert Smith, Ralph Steadman, Paul Insect, Jo Brand, Gillian Anderson, Alan Titchmarsh and hundreds more.

**To be the first to find out more about 2020's project,
click the button below to register your interest.**

Register interest



the **2.6** challenge

The Virgin Money London Marathon is the world's biggest one-day fundraising event. In previous years, the London Marathon has raised over £1million for Heart Research UK.

After it was announced that the marathon, scheduled for the 26th April, would not go ahead due to the coronavirus pandemic, the 2.6 Challenge was created by the organisers of some of the biggest mass-participation sports events to try and help fundraise for charities all over the country.

The public were encouraged to take on their own challenges based around the numbers 2.6 or 26 and raise funds for their chosen charities.

Our fantastic supporters took up the challenge and raised over £5,200 for Heart Research UK! Here are just a few of our fantastic fundraisers.

Our fantastic fundraisers

Ellie Cheshire

Ran 26 minutes with her family, raising £266.

Chloe Hitchen

Ran 26 miles in a week, raising £386.

Richard Vanrye

Richard completed a gruelling challenge, doing 26 repetitions of 26 different exercises.

Sasha Wendin

Swam 27 lengths of her local pool.

Dan Cipriani

Ran 16.2km and did 260 squats.

Peter Burrows-Bryant

Ran 26.2 miles over the course of a week and raised £55.

Victoria Grainger

Completed three-legged laps around local rugby club.

Victoria Anderson

Ran 13.1 km, raising £80.

Chris Chambers

Cycled 26.2 miles and ran 26.2km, raising £110.

Keith Fowler and family

Ran, walked and cycled 2.6km.

Laura Wilby and family

2.6 scavenger hunt, finding 26 items around the home that begin with each letter of the alphabet, raising £52.

Rachel & Lauren

Completed a 26.2km bike ride.

Phoebe and Jess Watson

Ran 26km, raising £400.

Olivia Bicknell

Raised £75.

Donatella Mellace

Walked 2.6km and raised £30.

Stuart Davies

Ran 25.2 miles with his dog, Lola, and raised £565.

Emilio and Alba

Cycled one lap of their local park for every £2.60 donated in memory of their grandfather, raising £200.

Tim Leftley

Donated £26 in memory.

Lynne Watson

Donated £26 in memory.



Fundraising for Heart Research UK is a journey I won't stop!



Since 2015, dedicated Heart Research UK supporter Ric Cipriani has been finding every way he can to raise money for our pioneering research.

Given the coronavirus lockdown, keen musician Ric had to cancel a number of charity gigs he had planned. But there was no chance he would let that stop him!

"I saw the suffering and loss of my grandfather many years ago due to a heart attack. I see fundraising as a means of keeping the memory of our loved ones alive, so it's really important to me to be able to raise funds for such a vital cause," explains Ric.

"I also recently lost a dear colleague and friend who was perfectly healthy. It really hit me, and I'm still shocked by what happened. All ages can be affected by heart disease.

"I love playing music, especially if it's for a good cause. It's always been a passion of mine. I say my guitar is my 'cheap psychiatrist!'

"Since I got involved with Heart Research UK, my gig earnings have always gone to the charity, so playing for Heart Research UK is a win-win for everyone!

"That's why I support Heart Research UK. Fundraising is a journey which I won't stop as long as God gives me the health to continue!"

Ric, who lives in Cheltenham, first became involved with Heart Research UK in 2015 after reading shocking statistics regarding cardiovascular diseases. He decided to take on the London Marathon to support the charity.



To date, Ric has raised almost £18,000 for Heart Research UK's pioneering medical research, with numerous fundraising events and challenges each year, including this year's London Marathon, which he will be taking on with his son, Danny.

2020 is no exception, with Ric planning a number of charity gigs, including one in the USA. However, due to the coronavirus lockdown, some gigs had to be postponed.

"I had a really exciting gig planned at an international sales conference with colleagues in Philadelphia that would have raised a lot of money.

"Obviously that couldn't take place, but I knew I still wanted to keep raising money."

Determined to still put on a show, Ric grabbed his guitar and headed onto Facebook to put on a virtual live gig for viewers all over the globe.



On the 8th of April, Ric went live with hundreds tuning in from as far afield as Hong Kong, India, USA, and from Italy, where a number of his family members were also watching.

"I see fundraising as a means of keeping the memory of our loved ones alive, so it's really important to me to be able to raise funds for such a vital cause."

For over an hour, Ric raised spirits as well as money with a mix of acoustic tunes, ranging from Eric Clapton and U2 to Radiohead, Travis and Oasis.

"I had family, friends and colleagues from all parts of the world listening in – it really blew me away!

"The feedback was amazing, never in my wildest dreams did I expect the response I got.

"It was great, it really put a huge smile on my face."

So overwhelming was the response that, two weeks later, Ric and his guitar were back, with another live set, with a third following a few weeks later.

"When you're playing like that, it's a bit strange as you're just singing in front of a phone and can't get a feel of how you sound on the other side.

"It was only after I'd finished, when I read the comments, and saw the amount of people that listened in, that I realised how successful it had been.

"I couldn't believe it."

Ric's online gigs have so far raised almost £1000, and he is urging everyone to get involved and play their part.

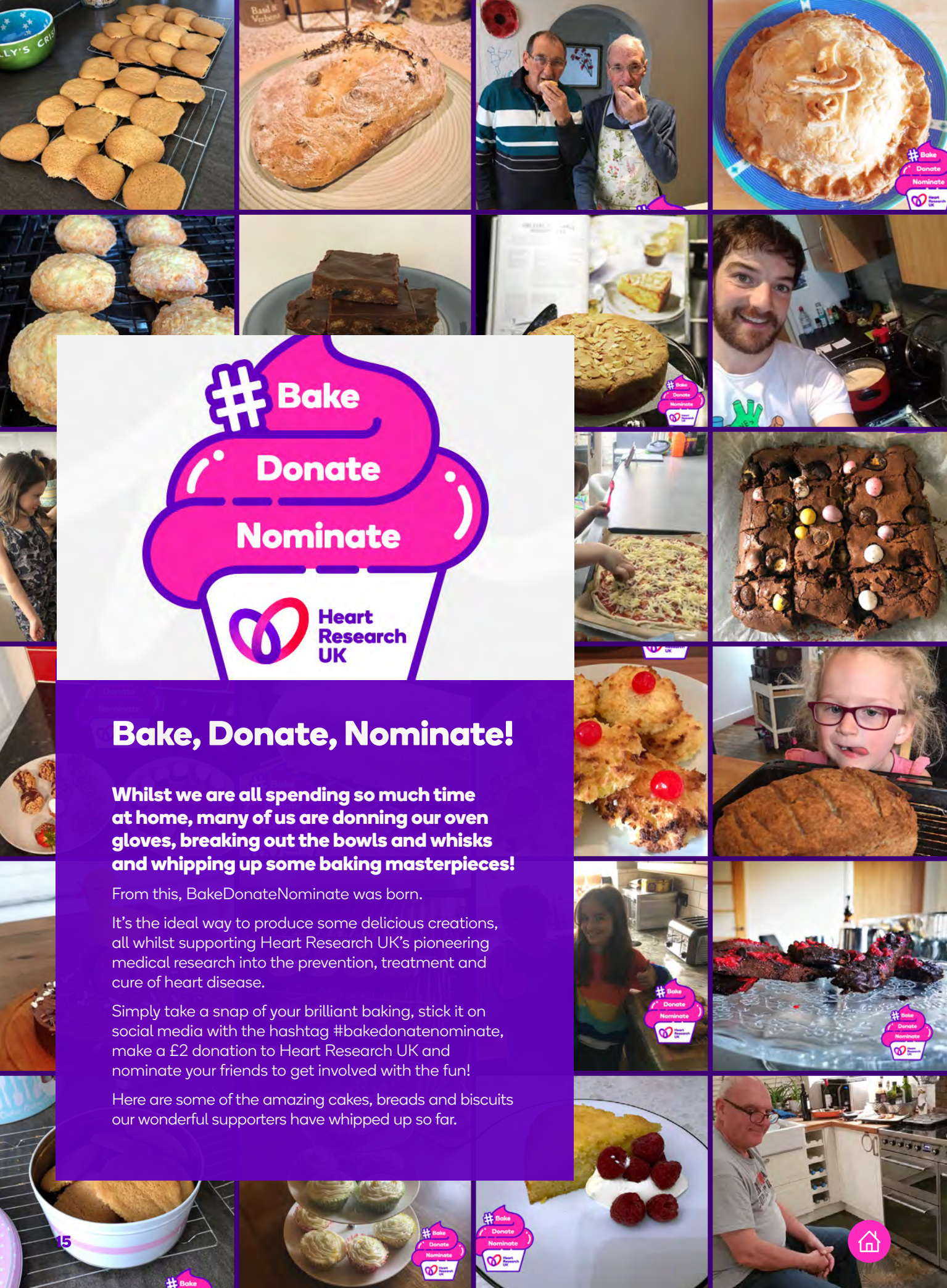
"Even if what you do is a drop in the ocean, it will go to help someone live. You will be helping keep five, ten, fifty, hundreds of people alive – you've contributed to that.

"We take a lot out, and we need to give back. I love the feeling that I can help. It's minimal what I do, but it's something.

"It's a wonderful sense of giving, and that's what it's all about. If everyone did just a little bit, it could really make a difference."

To find out more about how you can
fundraise for Heart Research UK, please visit
heartresearch.org.uk





Bake, Donate, Nominate!

Whilst we are all spending so much time at home, many of us are donning our oven gloves, breaking out the bowls and whisks and whipping up some baking masterpieces!

From this, BakeDonateNominate was born.

It's the ideal way to produce some delicious creations, all whilst supporting Heart Research UK's pioneering medical research into the prevention, treatment and cure of heart disease.

Simply take a snap of your brilliant baking, stick it on social media with the hashtag #bakedonatenominate, make a £2 donation to Heart Research UK and nominate your friends to get involved with the fun!

Here are some of the amazing cakes, breads and biscuits our wonderful supporters have whipped up so far.



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.



Bernard Brown

A great man to many.
Fantastic dad and grandad.
Missed terribly and never forgotten.



Paul Considine - Words by Christine, Paul's partner.

Paul was a loving, caring person who adored our daughters and grandchildren, and all the family we had built around us. We were together 26 years. He loved me dearly and we were the best of friends, sharing everything, laughing at the same silly things, and looking forward to retiring together. He was 66 and carried on working, waiting for me to retire as I had 3 years left to work before I could retire at 66.

He was fit and had a very physical job. He survived prostate cancer last year, after five hours of surgery, and the consultant said it was due to him being so fit for his age. For the last few years, he helped me care for my elderly parents and a couple of weeks after my father died, who Paul loved so much, he was helping me care for Mum who is 90 this year.

On that day, Sunday, he stayed at home whilst I took Mum shopping for an outfit for Dad's send off. He said he was tired so he decided not to come with us. After dropping Mum home, I returned to find he had passed away in bed of acute myocardial infarction, ischaemic heart disease, and severe coronary artery atheroma. This fit man with the bluest blue eyes had this hidden 'killer' lurking inside him. He was a beautiful man and when his heart stopped mine broke.





Sarah Ethel Anderson (Sally)

Taken on the morning of 21st of May 2019, happily drinking tea in Lowestoft town centre two hours before suffering a heart attack which caused her death shortly afterwards. She was a retired services manager and left three married daughters and six grandchildren. Tough as teak, soft as marshmallows, funny, generous and completely bonkers, she will be missed terribly.

Michael Anthony Hunt

Passed away suddenly at the age of 62 on 3rd of January 2020 from a heart attack.



Joyce Roberts - Words by Lesley, Joyce's daughter

My father collapsed and died in 1985 aged 56 from heart failure. It was totally unexpected and was a great shock to the family. Mum was 55 and somehow gathered her strength and carried on living life to the full. She loved dancing, badminton, walking and travelled to many countries with family and friends. She was very active but had a stroke in November and sadly died the next day aged 89. She was a much-loved mother, sister, grandmother and great grandmother and a great friend to many.

Sylvia Potts - Words by Sarah, Sylvia's daughter

On 8th of April 2018 my wonderful Mum lost her life suddenly and unexpectedly to a Type A aortic dissection; it was her 73rd birthday. Up until that day she had led a healthy and active life enjoying cycling, golf and walking, never drinking or smoking, with absolutely no warning signs. 10 years previously, Mum's sister had amazingly survived the same condition, but at that time not enough was known to test families.



Barbara Burlison

This is a photo of Barbara on her 90th birthday. She was a much loved wife, mum, mum-in-law, nan and great grandma.





COVID CHARITY APPEAL

Donate and help us continue to help those with heart disease

We really hope you are safe and well in these uncertain times.

We have been overwhelmed and humbled by the support you have given to us in the last couple of months. It means so much to us that despite everything going on, you still want to support our work.

Like so many, we have been hit extremely hard by the effects of the COVID-19 pandemic. Most of our research has been put on hold with many of our fantastic researchers seconded to frontline NHS work. It's not always easy for projects to get up-and-running again and some will need extra funds to continue and complete successfully. It's too early to know the exact financial impact this will have on our charity but we anticipate it could be tens of thousands of pounds, perhaps more. We are committed to continuing with all our current projects, we can't miss any potential breakthroughs which could improve the care of people with heart disease. This pandemic has brought home how important it is to protect the most vulnerable in our society and, unfortunately, those with heart disease are being disproportionately affected.

Like so many charities, we won't benefit from the government COVID-19 charity support package, which is why you, our supporters, are invaluable to us at this time. We are relying on you to help us raise the extra money we need to continue our vital work.

So many of you have helped us over the last couple of months and for that we are incredibly grateful.

Here are a few words from Ric, one of our supporters, who has gone out of his way to continue his support during this time.



"Firstly, I hope you are all keeping safe and thank you for reading this.

I started supporting Heart Research UK six years ago when I ran the London Marathon in memory of my Grandad. Just a month ago, I was supposed to run my 6th London Marathon for Heart Research UK.

I can't believe how many people are affected by cardiovascular disease, 460 people every day are dying, it's shocking. Recently, a colleague of mine, who was just 50 and seemed perfectly healthy died at home from a heart attack, leaving behind a wife and four children. I was devastated for his family and it brought home to me how important it is to keep fundraising, to get closer to finding a cure.

Inspired by my colleague and Grandad, I decided to pick up my guitar, entertain people during lockdown and raise some money. The response has been amazing and I've been blown away by people's generosity.

We all know that charities are struggling at the moment, I'm sure you will agree that we need to do what we can to help them, to make sure they can still be there for all those who desperately need their support.

I'm urging you, if you are able to, please join me in supporting Heart Research UK. They are working so hard to find new ways to help people with heart disease and now we need to help them through this awful situation so they can continue. Even if what you are able to give feels like a drop in the ocean, it's not. It will go on to help five or ten or maybe hundreds of people. Every donation is a contribution to something much bigger.

Look after yourself and thank you".

Ric



Just like Ric, we are not going to stop taking on heart disease. We've had setbacks but we know that with your help we will carry on and continue to support life-saving medical research.

You don't have to put on a gig, sing live to hundreds of people or raise hundreds of pounds, but if you are able, you can donate now. When this is over and things start getting back to normal, heart disease will still be here. So will we.





Get stitching!

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

From this, our Stitch Appeal was born!

As we are all being encouraged to stay at home, now is the perfect time to pick up those needles, grab that thread and get creative, all while supporting our pioneering research.

It's the ideal opportunity to start a new hobby, develop your skills, or just use up those scraps of fabric or wool you've kept in your craft stash, whilst helping us take on heart disease.

You could sell some of your homemade wares on sites such as eBay or Etsy, or, when it is safe to, hold a crafting coffee morning and ask for donations.

Our Stitch Appeal fundraising pack is full of ideas on how to fundraise, and has a couple of patterns that you can start crafting with straight away.

Sign up to our Stitch Appeal to gain access to lots more patterns.

If you would like any more information on our Stitch Appeal, please visit heartresearch.org.uk/stitch, or give our office a call on **0113 234 7474**.

Thank you...

With so many fundraising activities going on at the moment, we wanted to shine a light on some of our wonderful Heart Research UK staff, who have been taking on fundraising challenges of their own over the last few months, and share some of the stories about what motivates them to work for Heart Research UK.

FRAN

DEB

HELEN

PAM

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MATT

LUCY

HELEN

KATE

ABI

& TOM



Pamela Hook – Supporter Care Officer

I took part in the 2.6 Challenge in memory of my wonderful Dad. I'll probably never run a marathon, but I do love anything creative, so stitching 26 heart decorations seemed like the ideal project to do at home, and I managed to raise £53 which is fantastic!

It's thanks to research that my Dad was able to receive the pacemaker which extended his life by 20 years; and it's research which will bring us the life-saving breakthroughs of tomorrow.

Fran Shilton – Head of Income Generation

Fran took time out from planning our fabulous fundraisers to whip up this tasty treat for our BakeDonateNominate challenge and raised £60 for Heart Research UK!

Fundraising runs in the family, with Fran's daughter Alice taking on the 2.6 Challenge with the aim of walking for 26 minutes without stopping. Alice smashed her goal and managed 45 minutes, raising a whopping £600!

Deb Sowden – Finance Assistant

Deb completed the 2.6 Challenge with 26 laps of Hunger Hills in Horsforth, a total of 33.8 miles, raising £40 in the process.

Sally Spawforth – Grants Administrator

Sally donned her oven gloves for our BakeDonateNominate challenge, making a raft of homemade pizzas!

Matt Hickling and Lucy Todd – Marketing Assistant and Heart Academy Development Officer

Matt and Lucy were joined by friends and partners to complete 26 hours of indoor cycling and wheelchair racing, and raised an amazing £679 for Heart Research UK.

Kate Bratt-Farrar – Chief Executive

Kate completed a marathon challenge, running 26 miles in 6 days, and raised over £200 with her efforts.

Rachel Brooke – Community Fundraiser

Those of you who know me well will know that heart disease runs in my Dad's side of the family, my Grandma Brooke, Uncle Geoff, My Dad and Uncle John all died of heart related incidents. We lost my Uncle Colin recently too – the last in the line of the Brooke family elders.

This is why I work so hard for Heart Research UK and why I took on the 2.6 Challenge, walking 26 laps around the lake in my local park, a total distance of 21 miles, I managed to raise £334, and was blown away with people's generosity.

Below Our wonderful staff and their fundraising efforts.



Helen Wilson – Head of Research

I lost my Dad to heart disease when I was only 19 years old and in my first year at university. Dad told me that he had been having chest pains and needed what should have been a straightforward operation called ‘angioplasty’ to unblock one of the coronary arteries in his heart. On the day of the operation, I received a phone call from my Mum which shattered my world – Dad had died during the operation. He was only 58 years old. We were devastated and I still think of him every day.

Thanks to research, treatments for heart disease have come a long way since the 1980’s when Dad had his operation. Angioplasty and stenting are now routine procedures for treating coronary heart disease, with a low risk of serious complications. However, heart disease affects too many people and we still need to do more.

I am proud to work for Heart Research UK, which is why I wanted to support the 2.6 Challenge by signing up our Labrador puppy, Louie, to do 26 fetches of his toys. He really enjoyed it and raised £60, but it wasn’t as easy as it sounds because he still has lots of training to do!

Tom Smith – Head of Marketing

Tom and star baker son Evan took part in BakeDonateNominate, whipping up a giant pizza!

Dr Helen Flaherty – Head of Health Promotion

Helen took on the 2.6 Challenge and cycled 26 miles in London, raising an impressive £345 for Heart Research UK.

Abigail Twinn – Trusts and Legacies

Abi and her partner James completed the 2.6 Challenge, running 26.2 miles in a week, raising £163.



To find out more about how you can
fundraise for Heart Research UK, please visit
heartresearch.org.uk



**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**



In February and March 2020, Dr Helen Flaherty, Heart Research UK's Head of Health Promotion, carried out 117 health checks on employees at Damart's two sites in Steeton and Bingley in Yorkshire.

During these health checks, Dr Flaherty measured employees' body mass index (BMI), waist circumference, blood pressure and cholesterol as well as carrying out lifestyle assessments.

From the health checks and lifestyle assessments, employees at Damart were provided with their heart age, their risk of having a heart attack in the next 10 years and their risk of developing type 2 diabetes.

Staff also completed a survey, which assessed factors impacting on their eating habits and physical activity during the working day.

The individual health check results and survey responses were confidential and Damart employees were provided with a report showing their individual health check results.

Where health issues were uncovered, staff were advised to visit their GP for further investigation. The overall results from the health checks and the survey were analysed and a summary report was produced for senior leaders at Damart.

This report provided an overview of the health status of the workforce as well as identifying issues relating to staff's ability to eat healthily and keep physically active in the workplace.

Providing organisations with this information can help them to make the necessary changes to improve staff health and wellbeing. Having a healthy workforce can have a positive impact on reducing absenteeism, improving productivity and staff retention.

Over the last 18 months, Heart Research UK has carried out over 500 health checks businesses and organisations across the country, providing them with tailored health and nutrition advice and giving them a clear picture of their heart health.

From the health checks we have carried out over the years, a large number of employees have been referred to see their GP for further investigation. This allows them the opportunity to address some potentially life-threatening health issues and take the next steps in achieving a healthier lifestyle.

If you are interested in finding out more about out health checks for your organisation, please contact Dr Helen Flaherty, Head of Health Promotion at Heart Research UK, on helenf@heartresearch.org.uk





Heart of Scotland Appeal

We're still taking on Scotland's single biggest killer

Last year, we launched our Heart of Scotland Appeal, a dedicated campaign to raise funds to further life-saving research into the prevention, treatment and cure of heart disease in Scotland.

Cardiovascular disease kills 41 people a day in Scotland, and the death rate from coronary heart disease is almost 50% higher than in the South East of England. We don't think this is fair, and we need your help to change this.

The Heart of Scotland appeal is backed by a host of famous Scots, including First Minister Nicola Sturgeon, Mark Bonnar, KT Tunstall, Val McDermid, David Moyes, Amy McDonald and many more.

Due to the coronavirus pandemic, a number of Heart of Scotland fundraisers planned for 2020, as well as Heart of Scotland day on the 21st of June, have been postponed.

We are currently in the process of focusing all our efforts on making sure that we can continue to take on Scotland's single biggest killer in 2021 and beyond.

You can still support the appeal by buying a Heart of Scotland badge or T-shirt, designed by the internationally renowned Scottish fashion designer and Heart Research UK Patron Christopher Kane, or by donating on our website.

For more information on our Heart of Scotland Appeal, and to get involved, please visit heartresearch.org.uk/heartofscotland, or contact Amanda on amanda@heartresearch.org.uk





Take on the Forth Bridge Abseil for the Heart of Scotland Appeal!

This unique and exhilarating challenge allows you to abseil (free-fall style, like the SAS!) from the iconic Forth Rail Bridge – Scotland's best loved landmark, and a UNESCO World Heritage Site. It's a 165ft drop with a soft landing on the golden sandy beach below, set in the picturesque town of South Queensferry – the ultimate abseil experience!

Places are limited, so for more information about how to get involved email Amanda@heartresearch.org.uk or call 07923 164 052.

Registration fee:
£21 per person

Sponsorship target:
£250 per person



Heart of
Scotland
Appeal

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

Heart Research UK





Eating heartily

Eating well is a vital part of maintaining a healthy lifestyle, but that doesn't mean that you can't enjoy delicious food!

We've teamed up with some wonderful food bloggers to provide you with some heart healthy recipes that you can enjoy time and time again, as well as our own recipe for a lighter pudding that still feels a little bit naughty.

Here we have recipes for a breakfast, lunchtime meal, evening meal and dessert that you can really get stuck into. If you make any of these delicious recipes, don't forget to snap a pic, share it on social and let us see your culinary creations!



Cocoa brownie oatmeal

Recipe by Anjali Shah • pickyeaterblog.com

Difficulty: Easy

Time: 10 mins

Serves: 6

Ingredients

- ½ cup of rolled oats cooked with 1½ cups of water
- 1 tsp raw unsweetened cocoa powder
- ¼ tsp cinnamon
- ½ cup unsweetened almond milk
- 1 tbsp walnuts

Method

1. Cook the oats with 1½ cups of water until they are fluffy and all the water has disappeared. I do this by cooking it for 2 minutes in the microwave, stirring, and cooking it for 2 more minutes. You could do it on the hob if you prefer.
2. Add the cocoa powder and cinnamon to the cooked oats while they are still hot.
3. Stir until everything is fully combined, and your oats have a deep chocolatey colour.
4. Add the walnuts and the unsweetened almond milk, then stir to combine until the oats have the consistency you like.

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





Red pepper soup

Recipe by Ronnie-Sheree Walsh • @ronniesheree

Difficulty: Easy	Time: 30 mins	Serves: 6
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Ingredients

- 500 ml water
- A spray of rapeseed oil
- Low salt vegetable stock cube
- 4 sweet pointed red peppers
- 2 tomatoes
- 2 sweet potatoes
- 1 carrot
- 1 onion
- 4 cloves of minced garlic
- A handful of chopped coriander

Garnish:

- 2 slices of chopped up wholemeal bread
- parsley and garlic

Method

1. Add 500ml of water and a vegetable stock cube into a pot and allow to boil on a low heat.
2. Chop up the peppers, tomatoes, sweet potatoes, carrot and onion, then add to the pot of boiling water along with the minced garlic, then simmer for 20-30 minutes until the vegetables are soft. Add the coriander.
3. While the soup is boiling, chop up some wholemeal bread into small cubes, add to a frying pan with a spray of rapeseed oil, parsley and garlic to make tasty homemade croutons. Cook until golden brown and leave to rest.
4. When the soup has cooked long enough and the flavours have infused, leave to cool and blend with a blender.
5. Pour blended soup into individual bowls, sprinkle with the golden homemade croutons and some parsley.

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





Couscous bowl with harissa chicken

Recipe by Wendy • daisiesandpie.co.uk

Difficulty: Easy	Time: 30 mins	Serves: 6
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Ingredients

- 4 skinless chicken breasts
- 4-6 tsp of harissa paste
- A splash of rapeseed oil
- 400g baby courgettes sliced into bitesize pieces
- 2 red bell peppers sliced into bitesize pieces
- 2 small red onions sliced into bitesize pieces
- 200g dried couscous
- A handful of chopped mixed herbs - basil, coriander and flat leaf parsley
- Lemon zest to taste
- A small handful of coriander, chopped
- 4 tbsp low-fat yoghurt

Method

1. Heat the oven to 200°C / Gas Mark 6.
2. Lay a sheet of tinfoil on a baking sheet. Just wipe with a light coating of rapeseed oil, then lay on the chicken breasts and spread the harissa paste over the top of them. Add a sheet of tinfoil on the top and scrunch up the edges to form a bag. Bake in the oven for around 30 minutes until the chicken is thoroughly cooked.
3. Add the chopped vegetables to a roasting tin and toss in just a splash of rapeseed oil, then season with pepper. Roast in the oven for around 20 minutes - remove when cooked and set aside.
4. Cook the couscous as per the packet instructions. Then, toss in the vegetables and chopped herbs and divide between the serving bowls.
5. Make the yoghurt and coriander dressing by adding the yoghurt, lemon zest, and chopped coriander to a small bowl and mixing to combine.
6. Top the couscous with the sliced cooked chicken breast and add a spoonful of lemon and coriander yoghurt dressing to serve.

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





Mini gluten free chocolate puddings

Recipe by Heart Research UK

Difficulty: Easy

Time: 25 mins

Serves: 6

Ingredients

- 1 medium potato cut into chunks boiled, mashed and cooled (you'll need around 65g, no butter or salt)
- 50g margarine
- 2 tbsps granulated sweetener
- 1 egg
- 40g ground almonds
- 4 tbsps berries, such as blueberries or chopped strawberries
- Low fat flavoured yoghurt
- 1 tbsp cocoa powder
- ½ tsp gluten free baking powder
- zest of 1 orange

Method

1. Pop some low fat yoghurt in the freezer at least 2 hours before preparation. Choose your own flavour, just look out for added sugars on food labels and where you can, flavour naturally.
2. Pre-heat the oven to 180°C.
3. Arrange the berries on the bottom of two mini non-stick pudding tins.
4. Beat the margarine and the sweetener together until light and fluffy using a whisk.
5. Add the egg, beating gently.
6. Add the cold mashed potato, orange zest, cocoa powder and baking powder whilst gently whisking to achieve a smooth thick batter consistency.
7. Spoon the mixture evenly into the flan cases, then bake in the centre of the oven for 15 minutes.
8. Use a spatula around the edges of the pudding tins and gently tip out to cool on a wire rack.
9. Serve with a scoop of frozen low fat yoghurt and some mixed berries for a sweet treat made a little healthier.

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



Meet Heart Research UK Midlands

Heart Research UK Midlands was opened in 2007 due to the high incidence of heart disease in the area and has since built a large following across the region, with funds raised being spent locally. We have a wonderful and dedicated team based in Birmingham.

We have been supported by a great volunteer base and have worked hand in hand with Midlands-based corporate partners, groups and individuals who all want to raise money that is spent locally. With this support, Heart Research UK has funded some exciting and revolutionary projects including those at Birmingham Children's Hospital, Queen Elizabeth Hospital Birmingham as well as community projects in Stratford-upon-Avon, University of Warwick and surrounding areas.

As well as medical research, we help people to live heart healthy lifestyles. We were the first charity to give out Healthy Heart Grants to benefit the local community, inspiring people to change their lives. We work with a number of wonderful corporate partners in the region, including adi Group, BMG Research, DS Smith, Erwin Hymer and many more.

We engage with local communities and individuals and work closely with all our corporate partners. Along with all the wonderful individuals who have taken up their own challenges to raise money for Heart Research UK Midlands, our organised events have included annual Healthy Heart Cup Football Tournaments, Corporate Golf Days, a Dragon Boat Race and a 3 Peaks Challenge.

To find out more about the work of Heart Research UK Midlands, and to get involved, please contact John on john@heartresearch.org.uk.



What projects have Heart Research UK Midlands funded?

£132,500 towards an Organ Care System or 'heart in a box' at Queen Elizabeth Hospital Birmingham.

Traditionally, donor hearts are kept on ice during transport. However, they receive no oxygen during this time and can rapidly deteriorate, meaning they may not be in a suitable condition for transplantation.

The 'heart in a box' is a portable machine that pumps warm, oxygenated and nutrient-rich blood through the donor heart, keeping it beating outside of the body. This helps to maintain the heart in a better condition, so that more hearts may be transplanted successfully.

So far, five successful heart transplants have been carried out using 'heart in a box'. Father-of-one, James Walton from Stoke, was the first person to have a heart transplant using the new technology at Queen Elizabeth Hospital Birmingham.

£36,000 awarded to Birmingham Children's Hospital to test a new monitoring system which may help to save the lives of babies returning home after complex heart surgery.

£55,000 awarded to Dr Helen Maddock, Coventry University, for a PHD studentship to study new ways of protecting the heart from 'reperfusion injury'. This is injury to the heart which can happen when blood flow is restored after a heart attack.

£9,920 awarded to the 'Young Hearts' project run by the Richard D Wright Memorial Fund. This project will provide a platform to inspire young people aged 6-11 to get fitter and lead healthier lifestyles. Activities include creative dance and drama, cooking, rock climbing and archery.

£10,000 awarded to The Life Cyclers Project

Linking with Hall Green Health 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 younger, healthier, happier hearts simply by cycling.

Cycling is such a simple yet powerful antidote for so many health problems, including heart disease. The great thing is it's something everyone can do, given the opportunity and support. The Life Cyclers project offers a fantastic opportunity to really shape the treatment and prevention of heart disease.

£37,000 award to Birmingham City Hospital in order to research the role of 'monocytes' in a heart attack. As understanding of monocytes increases, it may be possible to modify these cells in patients to promote recovery from heart attacks or reduce the build-up of fatty plaques in the arteries.

Be part of funding the next big breakthrough

Partnerships are a huge opportunity to reach people, get our message out and inspire people to take care of their own hearts.

It is also an opportunity for you to be part of funding the next big breakthrough in research, educating the experts of tomorrow and helping to improve future generations through educating our children. Working together makes us a real force for good.

We would be delighted to speak with you further about how we can work together to take on heart disease and keep those we love around for longer.

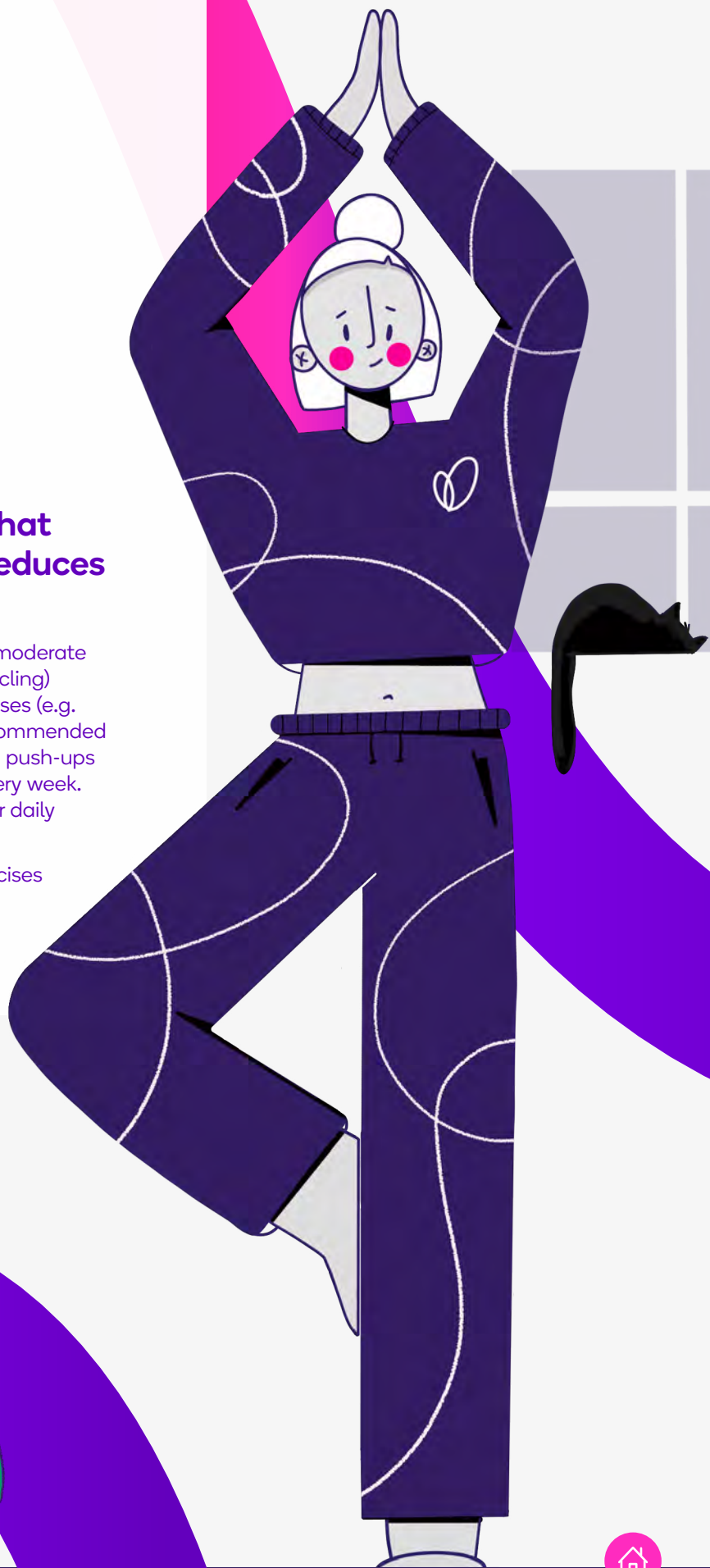


Physical activity at home

Physical activity has a positive impact on both our physical and mental health. It is well known that being physically active reduces the risk of heart disease.

Adults should aim to do 150 minutes of moderate activity exercises (e.g. brisk walking or cycling) or 75 minutes of vigorous intensity exercises (e.g. running) every week. In addition, it is recommended that you do strengthening activities (e.g. push-ups or weight lifting) on at least two days every week. Try to integrate physical activity into your daily routine until it becomes a habit.

Heart Research UK has four simple exercises that you can do at home without the need for any gym equipment.



1

Arm rotations



- Stand up straight and stretch out your arms to the side so they are at a right angle with the rest of your body.
- Start rotating your arms in small circles, gradually getting bigger until your arms are rotating in full circles, with your hands almost brushing against your legs.
- Repeat this, rotating your arms in the opposite direction.
- Repeat the rotations in each direction three more times.

This exercise can be completed in a chair without arm rests if you are unable to stand.

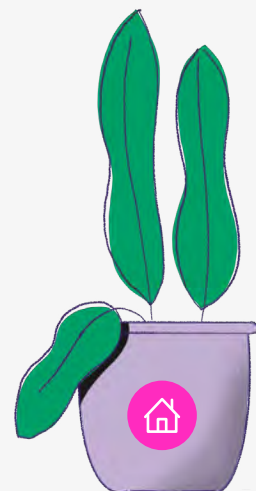
2

Squat punches



- Position your body in a wide squat with your toes pointing outwards and your hands held together, in the centre of your body, close to your chest.
- Remain in the squat position and punch your right hand out to the left, then bring it back to the centre. Repeat this with your left hand, punching it out to the right, then bring it back to the centre.
- Push up on your legs to a standing position, then back into a squat.
- Repeat this ten times.

The arm punches can be done while seated if you are unable to stand.



3

Bridges



- Lie on the floor, flat on your back with your knees bent.
- Push your heels into the floor, lifting your hips upwards into a bridge.
- Lower your hips back to the floor.
- Repeat 10 times.

4

Simple weights



- For this exercise, you will need two equally weighted objects (e.g. unopened tins of food such as baked beans or small drinks bottles) which you will use as weights. You should choose items that you can hold comfortably, without dropping them and that are not too heavy.
- Stand up straight, with your knees slightly bent and hold the weights down at your side, with your arms parallel to the rest of your body.
- Gently and slowly, lift the weights up in front of you, bending your elbows until the weights are near your shoulders.
- Twist your hands at the wrist, so your palms are facing away from you.
- Push your arms upwards towards the ceiling, still holding the weights.

- Move the weights back down to your shoulder, twist your palms back round so they are facing you and move your arms back down to the starting position.
- Repeat 15 times.

The weight lifting can be done while seated if you are unable to stand



BACK PAGE CHALLENGE



Mark Bonnar's Cryptic Questions

Heart Research UK Patron Mark Bonnar, star of *Guilt*, *Line of Duty* and *Shetland*, hosted an online quiz for Heart Research UK in May. You can watch the whole quiz on our YouTube channel, or by visiting the Heart Research UK website.

Here are some of Mark's devilish questions to wrap your head around.

Click here to find out the answers and watch the full quiz.

Round One: General Knowledge

What is Scotland's national animal?

Round Two: Film and TV

Who played Paul Smith in the recent ITV three part drama Quiz?

Round Three: Sport

What is the longest athletic race in the Olympic Games?

Round Four: Band Name Synonyms

Example - Chatting Skulls = Talking Heads
Polar Simians

Round Five: It's All Heart

In which decade was the first successful heart transplant?



Follow us @heartresearchuk and get involved

