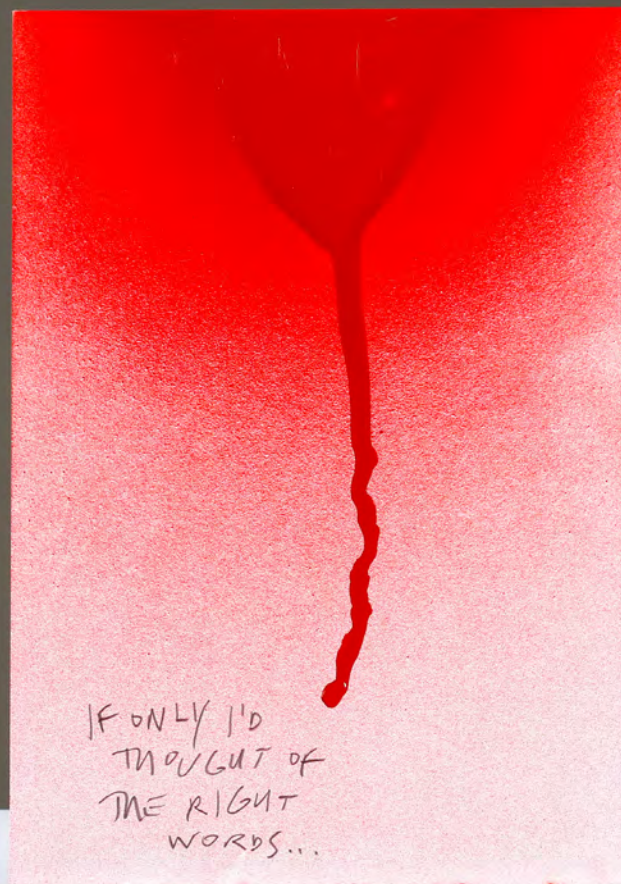


Pulse



2019's Anonymous heart project

Art from rock royalty



Samantha Wells,
Chief Operating Officer
Heart Research UK

Hello,

Welcome to the latest edition
of our Pulse magazine!

In this issue, you'll find out all about
our latest pioneering research into the
prevention, treatment and cure of heart
disease, as well as meeting some of the
people who have been raising money
for Heart Research UK over the last few
months.

Also, we're delighted to once again
share with you one of our most exciting
campaigns, the anonymous heART
project. Back for its second year and
bigger and better than ever, read on to
meet some of the artists and find out
how you helped us raise over £38,000.

I was particularly thrilled that we received
artwork from Robert Smith, lead singer
of The Cure – one of my favourite ever
bands.

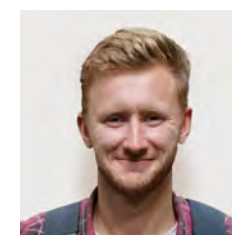
We're not like other charities. We don't
pester you for money, we simply treat
you how we would like to be treated.
Everything we achieve is thanks to the
generosity and time of our supporters
and we don't take that for granted. So
a big thank you from me and the whole
team at Heart Research UK.

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

Sam

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

Pulse contributors
(from left to right)
Daniel Raymond
Isabel McKenzie
Matt Hickling
Tom Smith



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Leading the way

In our latest grant rounds, we awarded more than £550,000 for Translational Research Project Grants. These grants aim to bridge the gap between laboratory-based scientific research and patient care, to benefit patients as soon as possible. We also offered a special regional grant for Scotland and were inundated with applications. After going through rigorous assessment by our reviewers, we awarded over £125,000 for heart disease research at The University of Glasgow.

Our dedicated Northern Ireland Grants will be announced in our next edition of Pulse.



£20,000

Translational Research Project Grant
Pregnancy outcomes in women with cardiomyopathy

Dr Matthew Cauldwell
Chelsea and Westminster Hospital
36 months

The problem

Heart disease is the single biggest cause of maternal death in the UK and cardiomyopathy, although rare, is often responsible. However, very little research has been carried out to look at pregnancy outcomes in women with cardiomyopathy, meaning there is a significant knowledge gap about how this group of patients should be managed.

The project

This project will use data from the UK Obstetric Surveillance System (UKOSS) which collects data from all UK maternity units, enabling the study of rare disorders in pregnancy. The aim is to answer questions about the incidence of cardiomyopathy, cardiovascular complications, and outcomes for mothers and babies.

The benefits

By collecting comprehensive data through the UKOSS on cardiomyopathy during pregnancy, it is hoped that better counselling can be given to women, management during pregnancy and delivery can be improved, and outcomes for mothers and babies optimised.



£107,726

Translational Research Project Grant
New drugs to improve blood supply to the heart in patients suffering a heart attack

Prof Paolo Madeddu
University of Bristol
24 months

The problem

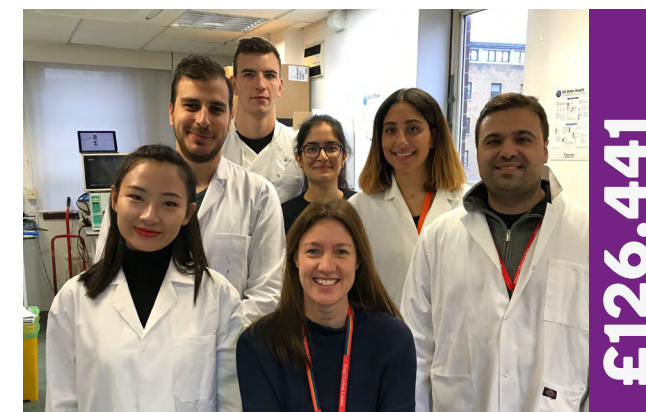
A heart attack is caused by a blockage of one of the coronary arteries of the heart. Urgent reopening of the blocked artery is a life-saving procedure in patients suffering a heart attack but it has limitations. Drugs that encourage the body to grow new blood vessels in the stunned heart may represent a potential new treatment to avoid the damage and reduce the risk of heart failure.

The project

A protein recently discovered as being involved in preventing blood vessel growth is 'BACH1'. Using blood vessel cells in the lab, Professor Madeddu's team will study how BACH1 is involved in new blood vessel formation and whether chemicals that block BACH1 may be used as drugs to encourage new blood vessel growth.

The benefits

If BACH1 inhibitors are shown to stimulate blood vessel growth in the lab, this would be the first step in developing them into drug treatments for heart disease. This means that patients suffering a heart attack could be treated with a BACH1 inhibitor to accelerate the healing of the heart tissue initially salvaged by reopening the blocked coronary artery.



£126,441

Translational Research Project Grant
Eliminating 'zombie' cells in your heart could alleviate age-related cardiac deterioration

Dr Georgina Ellison-Hughes
King's College London
24 months

The problem

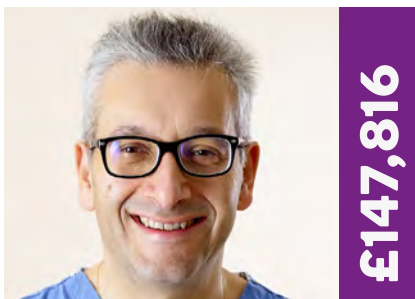
Ageing is the greatest risk factor for many life-threatening disorders, including cardiovascular disease and cancer. The build-up of senescent cells, called 'zombie' cells, in our bodies promotes ageing and age-related conditions including cardiovascular disease.

The project

Dr Ellison-Hughes and her team have developed a co-culture human 'zombie' cell lab model system where senescent, zombie cells are grown together with non-senescent, healthy cells. Using this system, they will investigate whether a new group of drugs, called senolytics, can eliminate zombie cells and/or stop the harmful chemicals they produce, improving the survival and growth of heart muscle cells and their ability to repair the heart.

The benefits

If successful, the findings will help us understand the effects of senolytic drugs on human heart cells, and may pave the way for the development of senolytics to treat age-related heart disorders and the toxic effects of cancer chemotherapy on the heart.



£147,816

Translational Research Project Grant

A new tool for predicting risk of cardiovascular event or death in patients who have suffered a heart attack

Prof Mamas A Mamas
University of Manchester
24 months

The problem

People with cardiovascular disease (CVD) face a high risk of future cardiovascular events such as a stroke or heart attack. Tools are available to help doctors predict the risk of developing future cardiovascular events or death in people without CVD, but not in high-risk patients who already have CVD.

The project

This project will use medical data routinely collected during GP visits to develop a tool that predicts the risks of developing a future cardiovascular event or death, in people who have already had a heart attack.

The benefits

The development of a modern prediction tool would improve the quality of care for patients with CVD by helping GPs to identify patients at higher risk of future cardiovascular events and death, so that lifestyle changes can be made or appropriate medical treatment given to reduce their risk.



£149,959

Translational Research Project Grant

Why does heart failure make our muscles become smaller and weaker?

Dr T Scott Bowen
University of Leeds
24 months

The problem

Around 1 million people in the UK have heart failure and numbers are increasing. Many patients with heart failure have severe muscle weakness, but no effective drug treatments are available. Muscle wasting affects simple daily activities and is a very strong predictor of poor quality of life and early death in patients with heart failure.

The project

A protein called 'MuRF1' may have a very important role in muscle weakness caused by heart failure. This project will investigate the role of MuRF1 and the effects of drugs that block MuRF1, and study the changes occurring in muscles of patients with heart failure.

The benefits

If successful, this project will help us understand what causes muscle weakness in heart failure and may identify new drug treatments which improve muscle mass and strength. These have the potential to improve symptoms, quality of life and survival in patients with heart failure and other conditions, and may also lead to socio-economic benefits.



£128,885

Regional Scotland Grant

Improving access to cardiac rehabilitation for people with heart failure in Scotland

Prof Rod Taylor
University of Glasgow
18 months

The problem

Cardiac rehabilitation can improve patient outcomes, such as health-related quality of life, and has the potential to reduce time spent in hospital. However, fewer than 1 in 20 patients admitted to hospital with heart failure participate in cardiac rehabilitation.

The project

Professor Taylor's team has already shown in a clinical trial that a new 12-week home-based rehabilitation programme, called 'REACH-HF', benefits patients and is cost-effective for the NHS. In this project they will assess the impact in 'real-world' settings in Scotland.

The benefits

REACH-HF has the potential to improve patient outcomes, such as health-related quality of life, and to reduce time spent in hospital. If successful, this home-based rehabilitation programme will improve the choice of, and access to, rehabilitation services for people with heart failure in Scotland.

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

Peggy Pearm Amesbury • Sally Ethem Anderson • Rosemary Chapman • Lizzy Cox • Richard Fitzgerald • Phil Hawgood • Christine Jacques • Joan O'Shea • Gary Purser • Maureen Anm Scammell • Brian Swanton • Ted Webb • Gerry Begley • Graham Smith • Dmitry Danlin • Gary Lewis • Wyn Winum • Dennis Edgerley • Brian Darbyshire • Alan Gerhold • Robin Arthur Moore • P Fox • Brenda Wornes • Joan Brown • Mr Davies • Pauline King • Don King • Barry Gane • George MacDonald • Sheila Jenkins • Denis Frank Barton • John Blaxell • Eileen Butterworth • Elizabeth Dempsey • June Fermer • Gordon Halliwell • Helen Loughlin • Kathleen Priestley • Olga Pritchard • Joanne Roberts • Gerald Sharkey • Margaret Taylor • Terry O'Keefe

Gerry Begley



Gary Purser



Richard Fitzgerald



Terry O'Keefe



Thinking about leaving a gift in your Will or donating in memory?

To find out more, please give Abi a call on **0113 234 7474** or email development@heartresearch.org.uk and we will be happy to help.

Top research priorities for cardiac surgery research identified

The Heart Surgery Priority Setting Partnership (PSP) is a collaboration between the University of Leicester and the James Lind Alliance, funded by Heart Research UK. The aim of the Heart Surgery PSP is to identify unanswered questions about adult cardiac surgery treatment from patient and clinical perspectives, and prioritise those that they agree are the most important. At the beginning of 2018, Heart Research UK awarded a grant of £80,000 for funding of key staff and resources to ensure the success of the PSP. Patients, carers and health professionals were all brought together in this partnership to identify and prioritise the top 10 unanswered research questions or evidence uncertainties in the development of cardiac surgery.

Top 10 priorities are:

- 1 Quality of life:**
How does a patient's quality of life change (e.g. disability-free survival) following heart surgery and what factors are associated with this?
- 2 Frailty:**
How can we address frailty and improve the management of frail patients in heart surgery?
- 3 Chronic conditions:**
How can we improve the outcomes of heart surgery patients with chronic conditions (obesity, diabetes, hypertension, renal failure, autoimmune diseases etc)?
- 4 Prehabilitation:**
Does prehabilitation (a programme of nutritional, exercise and psychological interventions before surgery) benefit heart surgery patients?
- 5 Heart valve intervention:**
When should heart valve intervention occur for patients without symptoms?
- 6 Surgical methods:**
How does minimally invasive heart surgery compare to traditional open surgery?
- 7 Organ damage:**
How do we minimise damage to organs from the heart-lung machine/heart surgery (heart, kidney, lung, brain and gut)?
- 8 3D Bio-Printing:**
Can we use 3D bio-printing or stem cell technology to create living tissues (heart valves/heart) and repair failing hearts (myocardial regeneration)?
- 9 Atrial fibrillation:**
What are the most effective ways of preventing and treating post-operative atrial fibrillation?
- 10 Infection:**
How do we reduce and manage infections after heart surgery including surgical site/ sternal wound infection and pneumonia?

Over 35,000 adults undergo cardiac surgery in the UK every year, with a further 1 million cardiac surgery patients worldwide. Although the short-term results of surgery are excellent, many patients fail to obtain long-term benefits for reasons that remain unclear. With increasingly elderly and frail patients referred for cardiac surgery, and the continuous development of new, less-invasive techniques and devices, continuing the delivery of excellent personalised care to patients relies on high quality evidence based on research.

Kate Bratt-Farrar, CEO of Heart Research UK, said: "We are very proud to have been able to fund the important work done by the Priority Setting Partnership to further the long-term success rates of cardiac surgery. In order for cardiac surgery to continue to save lives and to improve the quality of the lives of individuals who undergo surgery to the best of our ability, it is vital to focus efforts in the areas that will be most fruitful.

"We thank all of our supporters for their ceaseless work and generous donations to help us to make projects like this one possible."

To find out more please visit heartresearch.org.uk/psp.

Coffee with... Brian Cox CBE



Following his support for the Heart of Scotland Appeal, we caught up with acclaimed Royal Shakespeare Company actor and star of HBO's Succession, Brian Cox CBE.

How are you involved with Heart Research UK?

I got involved with Heart Research UK's Heart of Scotland Appeal.

I'm deeply proud of my Scottish heritage and almost everyone will have been touched by heart disease in some way, so pledging my support to help raise funds to take on heart disease here in Scotland was an easy decision.

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

My children!

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

First of all, I would put more emphasis on diet and the influence it has over our health, and of course exercise. I think the emphasis when it comes to health in general should be about prevention rather than management once it's too late.

What's on your bucket list?

I've never been one for bucket lists. I've lived a fortunate life, but I have always wanted to return to India.

What's the best piece of advice you've ever been given?

Don't just stand there - do something!

What are your top tips for a heart healthy lifestyle?

Eat well and keep moving! I believe resistance training is always important but more so as one ages. Running is great but it's hard on the joints so I prefer weights.

What film or song pulls at your heartstrings?

A Quiet Man by John Ford.

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

The actor Spencer Tracy.

Who is your role model and why?

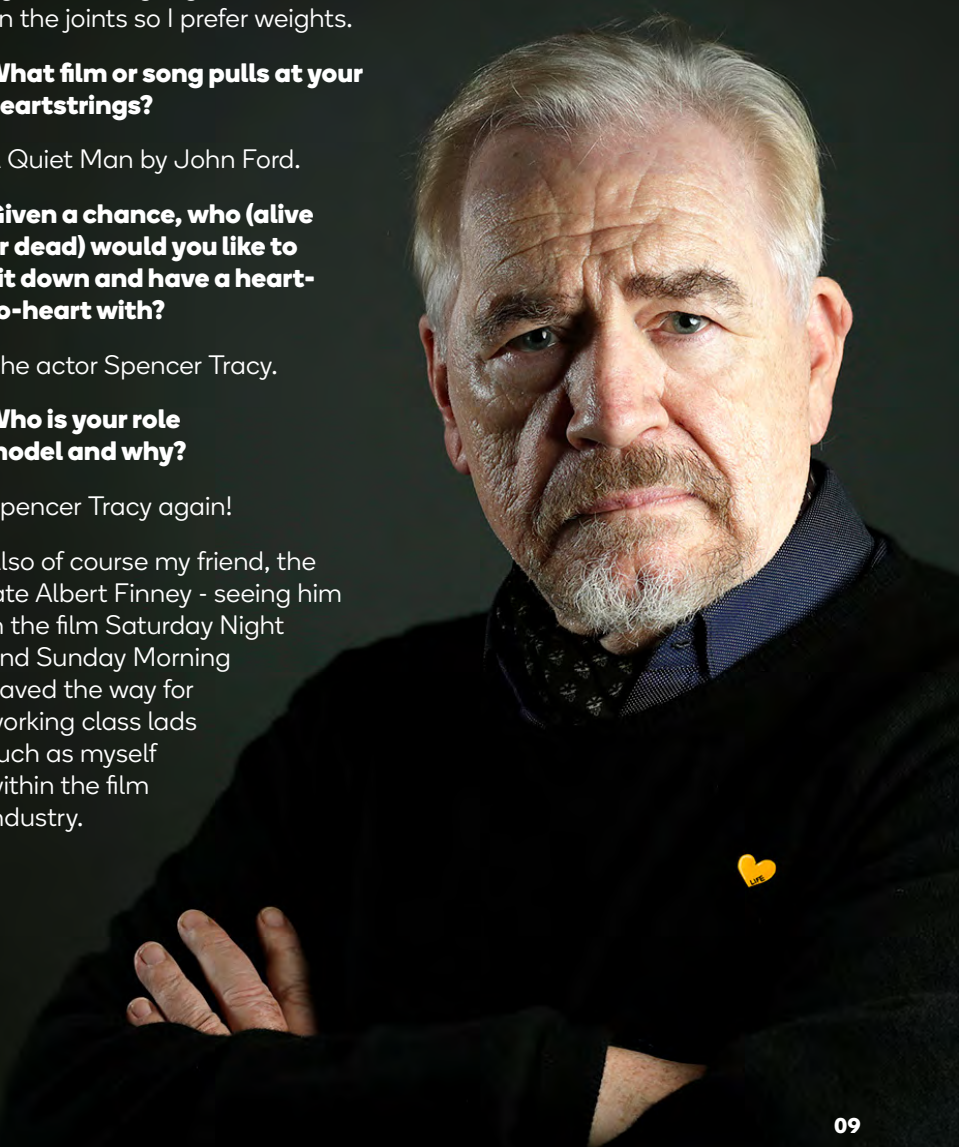
Spencer Tracy again!

Also of course my friend, the late Albert Finney - seeing him in the film Saturday Night and Sunday Morning paved the way for working class lads such as myself within the film industry.

Also my father, who sadly passed away when I was a boy.

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

Probably far into the future, to see what my descendants are up to - if there are any left by then!



A big thank you to all of our fantastic fundraisers



Valerie Brooke
Donations in lieu of presents for her 80th birthday

Shakira Edmonds – Hull 10k run
Hazel Forrest – Coffee morning
Christine Goodwin – Coffee morning
Daniel Lowes – 24 hour gaming marathon
Jasmine Mameen – End of Ramadan celebrations



Nigel Harrison
Network Rail
Cricket match & BBQ in memory of colleague Alan Green



Rotary Club of Shipley – Year of fundraising by members
Inner Wheel District 26 – Year of fundraising by members
Elephant & Castle Angling Club – Memorial charity fishing tournament in memory of Bert Wooton
Carlton Social Club
Stuart Carey – Donations from launch of book



Peter Burrows-Bryan
London Marathon

Luke Morris – Saxon Shore Half Marathon
Emma Russel – London to Brighton Cycle
Paul Smith – Worcester Marathon
Bethany Ward – Gung Ho North East Obstacle course
Lola Humphries – Sponsored skydive

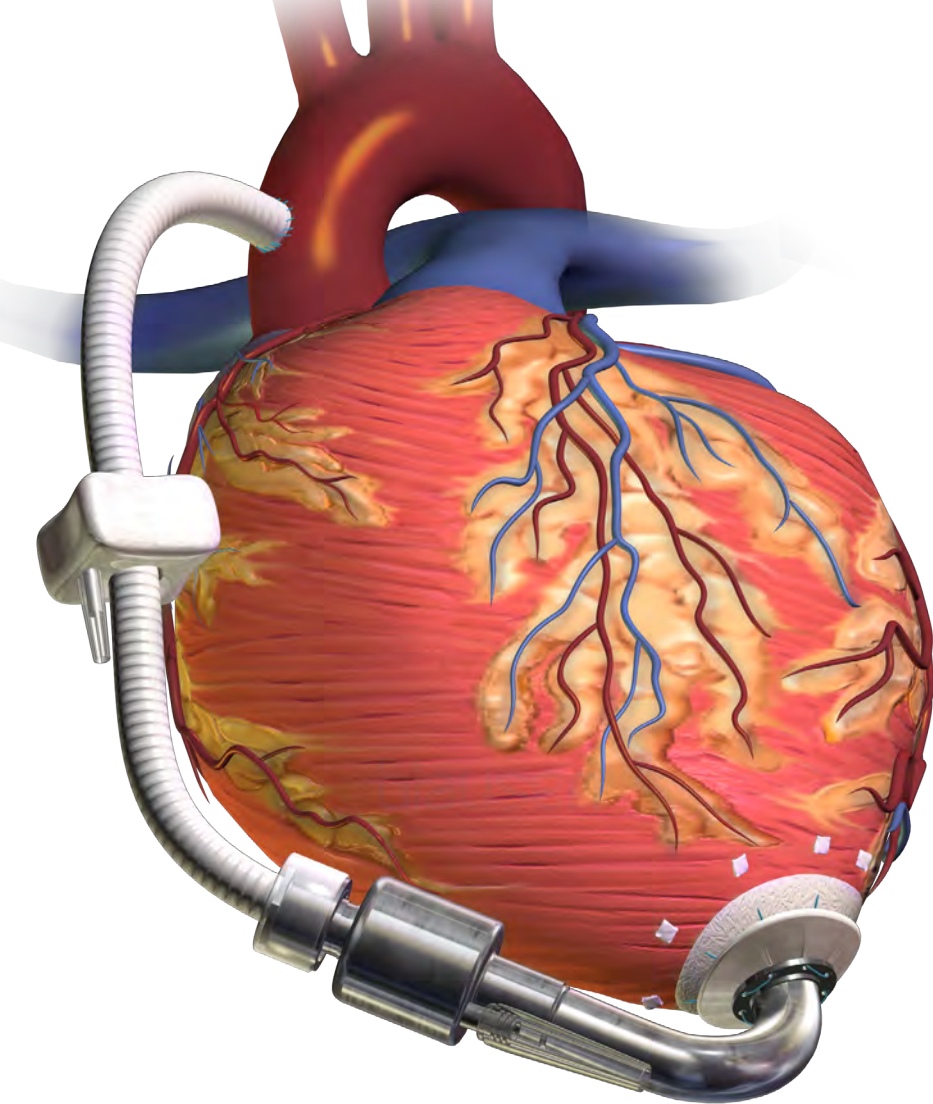


Gareth Barwise
London Marathon

Danny Bohannon
14 events over 14 months, including runs, cycling and abseiling

Kerry and Linda Morrison
25th anniversary of heart transplant celebration





LVADs: Saving a failing heart

The average human heart beats around 115,000 times a day. That's 42 million times a year, and over 3 billion times in the course of a life.

In that time, the heart will pump over 252 million litres of blood. That's enough to fill 100 Olympic sized swimming pools.

That's a lot of work.

It is no surprise then that sometimes, hearts can begin to fail.

Heart failure means that the heart can't pump around the body as well as it needs to, usually because the heart muscle has become weak or stiff. Heart failure affects around 920,000 people in the UK.

Heart failure is a long term condition that mostly cannot be cured, but it can be managed with a combination of drugs, lifestyle changes and medical devices.

Introducing the Left Ventricular Assist Device – the LVAD.

LVADs are artificial heart pumps which support a failing heart, helping them to pump an adequate amount of blood around the body. The LVAD connects to the left ventricle and the aorta, and pumps the blood from the left ventricle into the aorta, where it then flows to the rest of the body.

A thin cable, known as the driveline, connects the LVAD to a controller, which remains outside the body. The controller is often worn by the user, along with extra batteries, in a backpack or on a belt.

LVADs are sometimes used as a bridge to a transplant, keeping a donor going as they await a suitable donor.

Once an LVAD has been successfully implanted, a patient's

quality of life often drastically improves, as normal cardiac function is restored.

One such patient was Peter Houghton, who was one of the first patients to be given an artificial heart pump as a permanent measure. In 2000, Heart Research UK funded the implantation of a Jarvik heart pump into Peter who was suffering from severe heart failure.



Above Peter Houghton with the Jarvik Pump.

The operation, which was carried out by revered cardiac surgeon Steven Westaby, was a huge success, and Peter lived for another seven years, setting the Guinness World Record for Longest surviving artificial heart transplant patient.

Another was Jim Braid, the first man in Scotland to be fitted with an LVAD. Jim, from Fife, had an irregular heartbeat and suffered numerous mini strokes through his life.

In 2002, Jim's health began to deteriorate.

"I was away for my first year of uni when I got the phone call," remembers Vicki Kinninmonth, Jim's daughter.

"It was my mum, saying dad had been taken to hospital and didn't have much time left.

"Because of the toll on his body, he wasn't a suitable recipient for a heart transplant. His liver and lungs just couldn't take it.

"A specialist in Glasgow knew of a surgeon practising revolutionary surgery for heart patients, and that my dad would be a good candidate for it."

That surgeon was Stephen Westaby, and Heart Research UK again funded the implantation of the Jarvik Pump.

"He wanted to live, so they decided to give him that chance. When he had the operation, he had days to live.

"The LVAD gave him an extra three years, a second chance of life. It gave my mum and I three years that we never would have had.

"If it wasn't for the funding and the research that went into the operation, we wouldn't have got that."

But what is living with an LVAD really like?

"The LVAD gave him an extra three years, a second chance of life. It gave my mum and I three years that we never would have had."

Chris Linley was fitted with an LVAD in 2010 whilst waiting for a heart bypass.

In the previous years, he'd needed various heart-related interventions, including defibrillators and pacemakers.

Then, Chris' heart suddenly deteriorated - he had less than a month to live.

On the 25th of October, Chris was fitted with an LVAD, which he named 'Dave'.

"For the first two weeks I felt very low to the point where I nearly gave up the fight," said Chris.

"I can remember that first day, the time was taken up with doctor's visits, explaining all about the LVAD. This was quite a funny experience, my doctor's medical staff listened to my chest, which they described as sounding like a washing machine. My doctor's first words were 'Chris, you're an alien.'

"Returning home felt a little strange. I began to notice things I had taken for granted in the past - books on bookshelves, pictures on the wall, photographs of family and friends.

"It was good to be home."

Chris sadly passed away in 2016. His partner, Julie Linley, believes that there needs to be more awareness about this life-saving technology.

"When the hospital first mentioned an LVAD, we had never heard of them," said Julie.

"Not many people are aware of what an LVAD is, even in hospitals. It's unlikely that people will ever have come into contact with one.

"It's so vital that we educate people on this technology. Without the research behind them, I would have lost Chris in 2010. He would never have been given those extra six years.

"Research has meant that there was always something that could be done."

Heart Research UK is currently funding the following research into LVADs

Dr Sern Lim
Queen Elizabeth Hospital
Birmingham

24 months • £144,148

Dr Lim and his team will investigate whether a technique called 'wave intensity analysis' can be used to better assess who would be suitable for an LVAD.

Prof Omar Escalona
Ulster University

24 months • £248,436

When wireless power transmission is used for LVADs, the implanted coil of these wireless systems causes heating in the tissues, leading to local skin and tissue damage. Professor Escalona and his team are developing a new wireless system which transmits pulses of energy which means that the tissues can cool down between pulses.

To find out more about Heart Research UK's research, please visit heartresearch.org.uk/research

**Thank you to
all our lovely
Scottish
fundraisers**



Moyra Stephen
Edinburgh Half Marathon

Mark Anderson
Scottish Half Marathon



Vicki Kinninmouth & family
Kiltwalk



Eastern Knights Cricket Match



Heart of Scotland

In 2019, we launched the Heart of Scotland Appeal, a dedicated fundraiser to take on heart disease in Scotland. Here's an update on some upcoming events, and some of our fantastic Heart of Scotland fundraisers.

The Balmoral Hotel and Archerfield Links are teaming up to offer a golfing challenge and charity ball in support the Heart of Scotland Appeal.

Teeing off at Archerfield, 'The Open Hearts of Scotland Challenge' will see teams of four battle it out on the greens, before the famed Balmoral Hotel host 'The Open Hearts of Scotland Charity Ball', a night of fine dining, world-class cabaret and entertainment in the grandeur of the Sir Walter Scott Suite.

The evening, which will be hosted by celebrity charity ambassadors, will begin with a champagne and canapé reception, followed by a three course meal and entertainment. There will also be an auction of exclusive, money-can't-buy prizes, with all the money raised going to the Heart of Scotland Appeal.

To find out more about the Heart of Scotland Appeal, please visit heartofscotland.org.uk

Heart of Scotland prize draw

We are thrilled to announce the launch of our Heart of Scotland Appeal prize draw, with a fantastic range of prizes showcasing the best of Scotland across 2020.

Prizes

- Exclusive cooking experience with Chef Tom Kitchin in Edinburgh, followed dinner and wine for two.
- VIP day for two at any Scottish racecourse, with dinner and wine.
- Bed and Breakfast stay for two at Portavadie, Loch Fyne with spa and leisure experiences.
- A Highland Safari for two in the Perthshire mountains.
- Two tickets to see Jamie Cullum at the SEC Armadillo Glasgow.
- Four tickets to the Scottish Whisky Experience in Edinburgh.

To order your tickets, please visit heartofscotland.org.uk/prizedraw



Scottish research update

In 2018, Heart Research UK began funding the PhD studentship of Erin Boland at the University of Glasgow. Following the launch of the Heart of Scotland Appeal, Erin explains a bit more about her research, and why finding a cure for heart disease means so much to her.

Heart of Scotland Campaign

Nowhere is the burden of cardiovascular disease more apparent than in Scotland, where it is currently the country's biggest killer. Earlier this year I attended the launch of the Heart of Scotland Appeal, which aims to raise funds to be able to continue supporting and investing in crucial medical research taking place throughout Scotland.

Backing campaigns like this will help researchers like me to continue finding new ways to prevent and treat heart disease so that the statistics we are all too familiar with can one day become a thing of the past.

Tackling the problem

Heart Research UK are currently supporting me as a PhD student at the University of Glasgow. Working as part of Dr Tom Van Agtmael's team, the project is generously supported by a Heart Research

UK Translational Research Project (TRP) Grant. Funding research is vital as it will help to better understand diseases and potentially develop new treatments for patients. Cardiac diseases are a major cause of death for which there is an urgent need for more effective treatments.

The research that I am currently carrying out will hopefully build on our knowledge of how abnormal collagen mutations contribute to cardiovascular disease, and identify potential ways we can treat it.

Why I got involved

I was born in Glasgow, in an area called The Gorbals, which has one of the worst cardiovascular disease death rates in Scotland.

Halfway through my undergraduate degree in Glasgow, my dad passed away from cardiovascular disease.

Because I've been personally affected and because so many

people are personally affected, I thought if I go on to do research I should be doing something that I know will make a difference in the future.

A lot of the reasons that we see improvements in heart health is down to the fact that we have so many researchers looking into different causes and treatments.

Before, heart attacks would have been a death sentence for someone - it simply wasn't possible to recover for the majority of sufferers. Today, it's a lot more hopeful.

The Heart of Scotland Appeal is so important to fund research across Scotland. We desperately need funding to improve things for patients, and the only way to do that is through research.

To find out more about the Heart of Scotland Appeal, please visit heartofscotland.org.uk



Supporting communities to live healthier, happier, longer lives



Image Blueprint 22, Meridian.

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

This year we have awarded 12 Heart Research UK and Subway Healthy Heart Grants. Here is what the latest six are aiming to achieve:

SCOTLAND

Dwarf Sports Association (£5,000)

The Scottish region of the Dwarf Sports Association (DSA) aims to make sporting opportunities accessible and enjoyable to anyone with restricted growth across Scotland.

The World Dwarf Games Training programme, funded by Heart Research UK and Subway®, will deliver sporting activities such as swimming, football, basketball and hockey in a safe space for children aged 8-16 years and adults aged 16-40 years with dwarfism.

The project will actively encourage adults and children with dwarfism to lead healthy lifestyles, showcasing their abilities and improving muscle tone and addressing joint issues associated with dwarfism.

Our Healthy Hearts team will capture the impact of the project on dads and male carers of competitors via our Healthy Heart checks.

GRANADA

Wirral Multicultural Organisation (£10,000)

The Wirral Multicultural Organisation (WMO) aims to support 75 vulnerable members of the Black, Asian and Minority Ethnic (BAME) community in Birkenhead and surrounding areas by delivering five weeks of culturally sensitive, practical cooking sessions, followed by four weeks of health and well-being workshops.

Activity sessions will include dance classes, yoga and women-only swimming, with blood pressure and

fitness levels monitored throughout.

Beneficiaries of the 'Great taste, No Waste' project will help to develop a culturally sensitive recipe book, adapted with a healthy twist, in English and other locally spoken languages.

MERIDIAN

Blueprint 22 (£9,600)

'Hand on Your Heart' is a year long youth-led interactive project aimed at empowering 150 young adults aged 18-25 to look after their hearts. The truly inspirational part of this project is that it is designed, delivered and evaluated by the young people themselves, supported by staff at Blueprint 22.

Through exercise and education, 'Hand on Your Heart' will help to create confident, independent young adults with greater life chances and a reduced risk of heart disease in the future.

Funding of this project is partly subsidised by a member's aunt who died of heart failure.

MERIDIAN

Y Services for Young People (£3,400)

Research shows a worrying trend of young people failing to develop basic cooking skills because they are not seeing cooking taking place in the home and are not being involved in the kitchen.

The 'Y Cook it!' project will see around 300 11-19 year-olds in socially deprived areas of Hampshire benefit from cooking classes in local community venues and summer holiday cook-it camps.

'Y Cook it!' will also engage directly with local young people at the Access All Areas council event, which attracts hundreds of young people each year.

WEST COUNTRY

Ignite you (£10,000)

Working on nutrition, movement, sleep, stress management and a unique 'Train the Trainer'

qualification, this programme will offer key life skills to young people in low socio-economic areas and people with disabilities living in Cornwall.

Workshops will be interactive and practical, and will be developed by the group they are designed to benefit. Offering skills that can be taken home, participants will be able to plan and cook healthy delicious meals, build new types of movements into their day and make positive lifestyle changes.

It is hoped that through upskilling individuals the healthy heart message will begin to spread throughout the West Country.

ANGLIA

Southend United Community and Educational Trust (£9,250)

Through the 'Heart of the Community' project, 1,200 children aged 9-11 in their last years of primary school across South East Essex will take part in six weeks of classroom learning and physical activity sessions, all centred around the inner workings of the heart and how to keep it healthy.

Activities, including quizzes and interactive games, will teach a healthy balanced diet and how increasing physical activity affects the heart and circulatory system.

Age appropriate CPR sessions will give children the confidence and skills to perform CPR. They will use a soft toy and popular tunes to help them remember what to do in an emergency situation.

Each child will also be given a free ticket to a healthy heart themed match day with fun and engaging activities for the whole family.

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

In partnership with:





When the first anonymous heART project was dreamt up in 2018, Heart Research UK's fundraising team had a simple but ambitious vision.

Could we get hundreds of pieces of high class art on A5 postcards, created by a host of international celebrities, artists, designers and creative Heart Research UK supporters?

Could we then auction them anonymously on eBay, allowing our supporters to bag a mini masterpiece by some of their favourite stars and raise money for our pioneering medical research?

The answer, it turned out, was a resounding yes!

Snowed under from the amount of positive feedback and people asking when we would run the auction again, it was a no brainer to bring the anonymous heART project back for 2019.

And so, once again, postcards were sent out in their hundreds and across the world, paintbrushes, pens and pencils were wielded in their thousands.

Before long, we had over 450 pieces of original artwork, ranging from the sublime to the downright bizarre. We had original works from acclaimed artists Ralph Steadman and Paul Insect, quirky creations from celebs such as Keith Lemon, Zoë Wanamaker CBE and Alan Titchmarsh MBE, and musical masterpieces from The Cure's Robert Smith and Jason Cooper.

The stage was set, and on the 4th of October, the anonymous heART project 2019 was launched.

Almost immediately, one piece shot out ahead of the pack.

Lot 439 - "I could have held on to your heart..." by iconic rock

frontman Robert Smith.

It's safe to say The Cure have a very dedicated following. After the group posted on Twitter and Instagram about Robert, Jason, and the mysterious 'Bunny Lake' donating pieces of art, anticipation hit fever pitch.

Rumours began to swirl on fan sites and Twitter feeds – The Cure detectives were on the case! It didn't take long for fans to find Robert's piece. The title 'I could have held on to your heart...' and the writing on the piece - 'If I could have found the right words...' are both lyrics from Pictures of you, a hit song by the band.

By the evening of the first day, Robert's piece had shot up to over £3,000.

And it wasn't the only one.

Keen artistic eyes had already picked out the Ralph Steadman original and the piece by renowned street artist Paul Insect, a previous collaborator with Banksy. Bids were flying in left, right and centre, with the total rising by the minute.

So, we had all of this wonderful artwork, and hundreds of bidders dying to get their hands on it. We decided to give the people what they wanted, and host a public exhibition of the artwork.

"We've raised £38,500, and we've been blown away by the generosity of the artists, supporters and everyone who has donated their time and efforts to the campaign, and I'd like to say a huge thank you to everyone involved."



Top Robert Smith's piece "I could have held on to your heart...". Bottom Paul Insect in his studio.

Heart Research UK was founded in Leeds over 50 years ago, and we wanted to celebrate our Yorkshire heritage. So, we decided to host the exhibition right here, in our home city of Leeds.

All 450 pieces of artwork were transported to Northern Ballet in the city centre, where they were displayed on the 9th of November for the public to browse and enjoy. And enjoy they did!

People came from far and wide to gaze upon the artwork, including one ‘Cure’ superfan who travelled all the way from Liverpool to gaze on the artwork created by their hero.

The furious scribbling of lot numbers on paper echoed around the gallery, as hopeful bidders scoped out their favourite pieces.

Alongside the A5 artwork, the public were able to gaze upon a raft of larger pieces for sale, kindly framed by Pictures Plus and donated by a host of artists including Paul Insect, Anthony Ratcliffe and Kip Kavallares.

Then, it was on to a live auction of the large pieces of artwork, kindly hosted by Angus Ashworth of Ryedale auctioneers, who whipped



Above Heart Research UK’s CEO, Kate Bratt-Farrar talking at the anonymous heART exhibition.

“At Heart Research UK, we’re always looking for fun and interesting ways to raise money. The anonymous heART project allows people to support ground-breaking medical research but also get a little something back, owning their own mini-masterpiece.”

the room into a bidding frenzy. When the final hammer dropped, another £2,750 had been raised for the anonymous heART project.

With eyes glued to eBay, all that was left to do was watch as the total amount raised climbed ever higher during the last few furious days of bidding.

When the virtual gavel fell, every

single piece had sold, and the total amount stood at an incredible £35,000.

Unsurprisingly, Robert Smith’s original piece was the highest seller, commanding an unbelievable £5,050. In second place was Paul Insect’s ‘Reflections’, which fetched a whopping £2,500, and making up the top three was ‘Passport Photo’ by internationally recognisable artist Ralph Steadman.

Reflecting on the project, Heart Research UK’s Chief Executive, Kate Bratt-Farrar, said: “The dust has finally started to settle from 2019’s anonymous heART project, and what a project it was.

“We’ve raised £38,500, and we’ve been blown away by the generosity of the artists, supporters and everyone who has donated their time and efforts to the campaign, and I’d like to say a huge thank you to everyone involved.

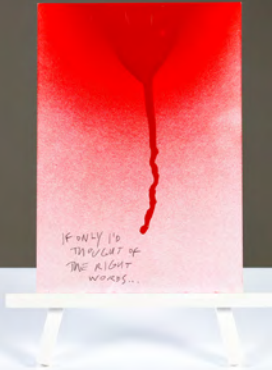
“At Heart Research UK, we’re always looking for fun and interesting ways to raise money. The anonymous heART project allows people to support ground-breaking medical research but also get a little something back, owning their own mini-masterpieces.

“We were so thrilled to bring so much stunning artwork to our home town of Leeds, a city so close to all of our hearts.

“What makes this project so special is that everyone has the chance to own a piece of iconic art, it really is making high class art available to all. We’re over the moon that all 457 pieces have found a new home, even mine!”

To find out more about the anonymous heART project, and to sign up to hear about future events, please visit heartresearch.org.uk/heartproject

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



Robert Smith – I could have held on to your heart..., £ 5,050



Paul Insect – Reflection, £2,500



Ralph Steadman – Passport Photo!, £ 1,270



Bunny Lake – Swans #2, £731



Toni Cogdell – From my heart to your heart, £586



Jason Cooper – Camel, £570



Nikki Griffith – Chelsea Clematis, £360



John Wragg – Bye Thesea, £316



.EPOD – H.EART HOTEL 2, £311.67



Sarah Graham – Dorothy, £300

See who's helping us take on heart disease

Subway

Through collection boxes in over 700 stores nationwide, so far this year our corporate partner Subway have raised an incredible £52,342.70.

Thanks to Subway and their customers for their contributions.

Emerald

Thanks to employees from Emerald Group Publishing, who took part in a team sky dive in October to raise money for Heart Research UK. So far they have raised over £7,000 with their thrill-seeking efforts.



Damart

International clothing company Damart raised over £7,000 with an online promotion, donating £5 from every sale of selected products, which included leggings, a scarf and a mini exercise bike.

Walker Morris

The Leeds head office of Walker Morris LLP has taken advantage of our fantastic employee health check service this year, with 176 employees benefitting from our in-depth 20 minute consultations, checking their cholesterol and blood pressure and identifying ways they can improve their lifestyles.

Harron Homes

Thanks to the Leeds office of Harron Homes, who have chosen Heart Research UK as their dress-down Friday fundraising partner from October 2019 for one year. Staff will donate £1 to don their civvies on one Friday of each month.



PPG industries

Employees from PPG Industries HMEA took on an Olympic Park 5km/10km charity staff run in memory of friend and colleague Steve McKeown. They raised an incredible £2,020 for Heart Research UK's pioneering research.

PPG have also sponsored Heart Research UK's Christmas Tree of Memories.

Persimmon Homes

Thank you to the Persimmon Homes Community Champion scheme for the donation of £1,000 towards the third edition of our Physical Activity Toolkits. Children born with congenital heart disease are often discouraged from physical activity. Toolkits give children, their parents, carers and teachers the confidence they need to help them lead a heart healthy life, now and as they grow to adulthood. These are currently used in 18 UK cardiac centres, reaching an estimated 8,000 patients at hospitals including Leeds General Infirmary and Great Ormond Street Hospital.

CrossFit Harrogate

Thank you to CrossFit Harrogate who raised £721 in the summer by successfully completing the Yorkshire Three Peaks. 'The weather was awful!' said Ryan Tansley, Owner and Head Coach.

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

Companies of all sizes are now thinking about which charity to support in 2020. More often than not, charities are nominated by employees, and the final decision comes down to a staff vote. So if you are reading this magazine and thinking about how you can support our vital work, please consider putting us forward as your charity partner.

Please contact corporate@heartresearch.org.uk for more information.



Helping hearts in the Midlands



12th Annual Healthy Heart Cup, Corporate Golf Day

This year's Healthy Heart Cup Golf Day, hosted and sponsored by our charity partners C3 Midlands, saw 10 teams from around the region brave torrential conditions for the chance to be crowned winners of the 'Nick Bill Memorial' trophy. This year's event, held at Harborne Golf Club, was followed by a wonderful 3 course dinner, raffle and auction which raised over £5,000. Our corporate partner adi Group held on to their winning status for the second year running and were presented with the trophy by Heart Research UK patron John Bill. John's son Nick suffered with dilated cardiomyopathy after going into heart failure in 2007 and sadly died at the age of 21. John has been an advocate of Heart Research UK for over 12 years and in that time has helped to raise over £100,000.

Charge of the Light Brigade Charity VIP Dinner

A fantastic £25,000 was raised for Heart Research UK Midlands at a VIP Dinner hosted by Quilter Private Client Advisers and led by Heart Research UK ambassador Mr Richard Usmar (pictured) and Lord Digby Jones. The charity lunch on Friday the 25th of October celebrated the anniversary of the 'Charge of the Light Brigade' which happened on the same day in 1854. 24 guests were treated to a meal accompanied with fine wines donated from Richard's private cellar. Richard, who used the opportunity during his speech to tell his guests more about the charity and where the money raised is spent, said "I am delighted to be involved in helping to raise valuable funds and awareness for Heart Research UK."



Corporate Partner adi Group - Healthy Heart Cup Football Tournament.

Businesses from around Birmingham signed up their best players to compete in the 5th annual adi Group/Heart Research UK Midlands Healthy Heart Cup Football Tournament. The event, which raised £1,465, saw 18 teams pitted against each other in a tense 5-a-side football tournament at Goals, Star City. adi Group managed to retain the trophy for another year as their winning streak continued, with adi Tegg being crowned as the 2019 winners.

HR & Recruitment Co-ordinator and event organiser Nicola Gorman said "Yet another great turnout for the 2019 adi Football Tournament makes it the biggest one yet. Thank you to all who participated and entered this year's tournament. Thank you also to all those who came out in the cold to watch and support the teams. It is great to know that the money raised from the event will help fund pioneering medical research and encourage communities to live healthier heart lifestyles."



Mela Charity Dinner

We had so much fun at our recent Charity Dinner Party at Mela Restaurant in Harborne. Guests enjoyed a Champagne Reception followed by a three course dinner, live music and charity raffle and auction. Thank you to everybody that came along to support us, it was a great night which raised over £1,700.



Best foot forward for Heart Research UK

When professional Salsa dancer Anthony Mitchell was diagnosed with streptococcus endocarditis, a life-threatening heart infection, aged just 26, life as he knew it came to an abrupt end.

"Dancing has always been a part of my life. As a kid I would emulate Michael Jackson music videos and would love seeing my parents (ex-ballroom dancers) light up dance floors at various family functions" said Anthony.

"I, like most people, only ever associated heart problems with older people. If somebody had told me on my 26th birthday that my 27th birthday would be spent in hospital with a heart problem and that by 28 I would need open heart surgery, I would have laughed them swiftly out the door.

"I was always extremely active and fit. When you're young, you're fearless, and understandably, you don't think of things like heart disease."

When the infection was at its worst, a lengthy stay in hospital loomed for Anthony, but he refused to let his situation get the better of him.

"I was in the CCU Unit at Northwick Park Hospital in Harrow, surrounded by people 50 years older than me," remembers Anthony.

"I refused to follow their daily habits. Every morning, I made

sure I was out of bed, washed and showered. I started each day by drawing the curtains around my bed and doing karate, followed by putting on my headphones and dancing.

"I felt this positive mindset contributed to getting out of

"I am a firm believer that whatever life throws at you, the only thing we can truly control is how we respond to it.

I wanted to take the worst thing that had happened to me and make it become the best thing (besides getting married and becoming a dad... obviously.)"

hospital two weeks ahead of schedule."

Since having the operation, Anthony decided to turn his experience into a positive, and set up the UK Dance Elite Championship, combining his love of dance with a desire to raise money for Heart Research UK.

"I am a firm believer that whatever life throws at you, the only thing we can truly control is how we respond to it. I wanted to take the worst thing that had happened to me and make it become the best thing (besides getting married and becoming a dad... obviously.)

"I set up the Championships as a platform to raise money and awareness for Heart Research UK whilst providing incredible opportunities for dancers of all styles."

The UK Dance Elite Championship is an event open to all dance solos, duos and groups with no age restrictions, spanning all dance

"I started 2010 on the operating table and ended the year travelling the world, sky diving, bungee jumping, canyon swinging, climbing through glaciers and more. That achievement is down to the work of charities like Heart Research UK and their research."

styles. There are three rounds to the competition, culminating with 20 acts competing in the Grand Finale.

The winner receives £3,000, the UK Dance Elite Championship trophy, and an incredible trip to Hollywood, where they will get to take part in masterclasses with the industry's best, perform in a music video with a recording artist and participate in a showcase in front of top LA agents.

The competition raised money for Heart Research UK through an online JustGiving page and through bucket collections at the events.

"I wanted to raise as much money as possible for a heart charity. By chance, when I phoned Heart Research UK, one of the employees was looking to launch a dance-based charity event. The timing was perfect, she had also danced Salsa and we had mutual friends, so it was a no-brainer to work with Heart Research UK."

The enormity of the journey that he has come on is not lost on Anthony, and, thanks to his positive mental attitude and specialist medical treatment made possible through advancements in research, Anthony is now living a full and happy life.



Above Dancers perform at the UK Dance Elite Championship.

"When I was diagnosed, I was told that I would need open heart surgery and would be left with a 12-inch scar.

"18 months later and the science and technology had evolved at such a rate that I would only require minimally invasive surgery; a 4-inch scar in the middle of my chest. The surgeon did an incredible job and now, unless you really stared, you wouldn't know it was there."

"Science and technology has evolved even further since my operation and it is through charities

like Heart Research UK that these developments can change people's lives.

"We are so lucky to be living in an age where these life-changing operations can have such little impact on our lives.

"I started 2010 on the operating table and ended the year travelling the world, sky diving, bungee jumping, canyon swinging, climbing through glaciers and more. That achievement is down to the work of charities like Heart Research UK and their research."



To find out how you can fundraise for Heart Research UK, please visit heartresearch.org.uk or contact us on community@heartresearch.org.uk



10 questions with...

Paul Insect

World-renowned street artist Paul Insect created two pieces for our anonymous heART project, which sold for over £3,000. Here, he shares his influences, career highlights and why he's proud to support Heart Research UK.

How did you become involved with Heart Research UK?

Heart Research UK contacted me back in the summer regarding their Anonymous heART project. This project really resonated with me, and it's been a real pleasure to work with them.

The artwork that you donated to the anonymous heART project sold for almost £3,000, how does that make you feel?

I was pleasantly surprised and extremely happy when I was told that someone had donated that amount of money to the project by purchasing my pieces of work. It's an amazing way for people to interact with issues they may not otherwise know anything about. And at the same time, they can feel good in themselves for having been involved by donating money to such a worthy cause.

What inspired you to become an artist, and what influences your style?

It's been an interesting and lengthy process to get to where I am now. From doodling graffiti on my school books to working as a full-time artist. I never trained to be

a painter, it's just something that has developed gradually through various positions I have put myself in and projects I have worked on. People and places I get to meet and visit are a huge inspiration.

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

Gosh, there have been many interesting and crazy achievements over the years, both personal and professional. I suppose, having the opportunity to be fully creative and to do what I love on a daily basis would be my biggest professional achievement. I feel very lucky to be a working artist, and especially one where my art can now help others is a huge personal achievement.

Do you have a personal connection with heart disease at all?

Thankfully no, but for that time I do, I am pleased that Heart Research UK is there working hard to research and promote the understanding of a healthy heart.

Which piece of art that you have created is your favourite?

I had the opportunity to work with The Glastonbury Festival this year to create a new sculpture. I built a nine metre tall rainbow sitting on the side of a hill watching over the festival, an idea that I had wanted to do for about seven years. So it was great to finally see happen.

Who is your favourite artist and why?

There are far too many to name. You would need to give me a couple more pages to answer this question!

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

14 years ago I was invited to visit Seattle and gained access to a secret, secure bunker to photograph and document all Kurt Cobain's personal ephemera that had been stored after his death. This included guitars, clothing, artworks, the Heart-Shaped Box and the suicide note. Having been a fan of Nirvana, the four days I spent going through boxes of his personal objects, I felt I got as close to him as I could without actually meeting him. He would have been someone I would have liked to have met.

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

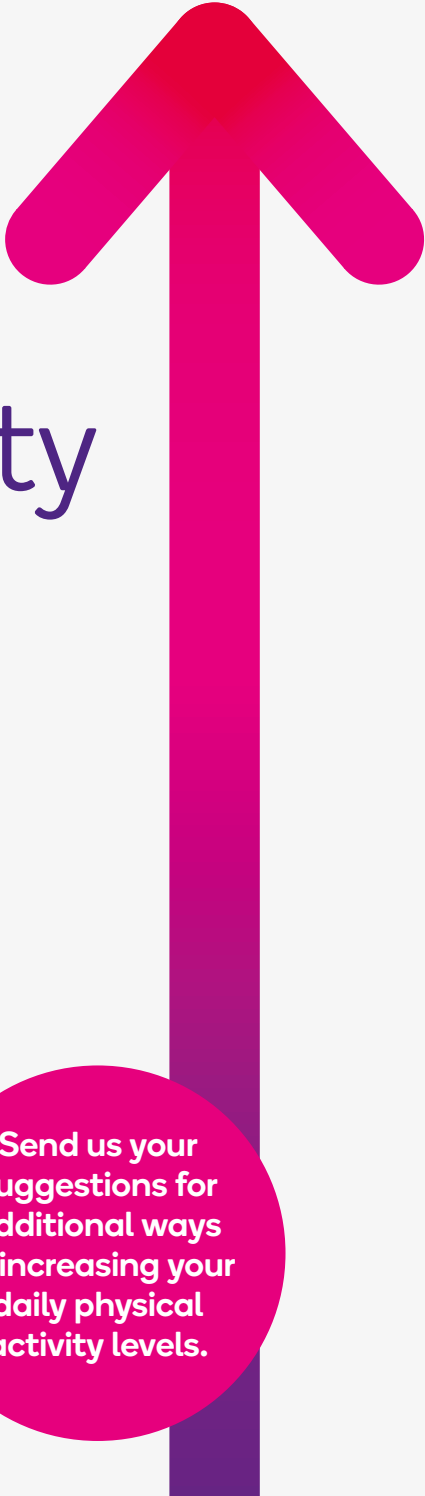
I absolutely love being outside and I did want to move into documentary photography many years ago after my first visit to Palestine, but a job I think about whilst sitting in front of a canvas is being a marine biologist. The idea of both being outside and in warm water sounds perfect to me, protecting and informing people about our seas. Or an entomologist working in an unresearched forest.



Increase your physical activity every day

To maintain good health, it is important to avoid being inactive for long periods of time. Here are some ideas for changing your daily habits to increase your physical activity during the day:

- Rather than sitting in meetings, you could get moving with walking meetings.
- Cycle or walk instead of using the car or public transport.
- Get off the bus one or two stops early
- Park further from the door.
- Always take the stairs instead of using the escalator or lift.



Send us your suggestions for additional ways of increasing your daily physical activity levels.



Follow us @heartresearchuk and get involved