



Children's Heartbeat Trust Anchor Boy Project 2018-2019



Hey,

My name is David, I am the Youth & Family Support Worker for Children's Heartbeat Trust. We have been selected to be the Anchor Boy Project for 2018 - 2019 and we are very excited to get to work with so many Anchor Boy sections across Northern Ireland. In this pack you are going to find lots of information, a bit about what we do, an outline for a heart themed night, some fundraising opportunities and also what resources we have available for your company.

Firstly, some of you may not know who we are or indeed what we do? We support children and young people living with congenital heart disease (CHD) and their families in Northern Ireland. Heart disease is the most common birth defect. Over 200 babies are born every year with heart disease in N.I and they need our support. We currently rely on voluntary donations to fund our services including donations from individuals, businesses, churches, schools and community organisations across the province. We receive no Government funding and rely on the generosity of public donations to maintain our current services. Children's heart surgery ceased in Northern Ireland in 2014 meaning that now families must travel outside of Northern Ireland for surgical intervention.

So how do we support families? Well we have loads of different support services available. We work closely with the paediatric cardiology team in Clark Clinic at the Royal Belfast Hospital for Sick Children. We fund medical equipment, initiatives and research projects as well as providing onsite parental accommodation. Recently we have been able to help fund elements of the new Children's Heart Centre, making the whole place a more interactive, light and play friendly environment. We also do regular visits onto the wards and out patients, speaking with parents and offering emotional support and a listening ear no matter the situation.

However we are not just in the hospital, our support services stretch across the whole province. We have 12 family support groups which meet regularly all over Northern Ireland. These are parent led groups who get together to offer support to each other, have a cup of coffee and let the kids do something specially planned for them. We also have a counselling service, respite caravans, family fun days, youth programmes, young adults programmes, paediatric first aid training and so much more going on as well.

Over this next year, working together we would love to do a few things with you:

- We would love you to have a heart themed night!
- We would love to raise awareness of CHD within your community.
- We would love to give you a few opportunities for officers and companies to fundraise.
- We would love to have a massive amount of fun with you this year!

Finally, we want you to have direct contact with us as a charity, so if you ever have any issues, questions or requests please do lift the phone to me, drop me a text or send me an email. I will do all I can do help you out.

Thanks,

David Templeton

Youth & Family Support Worker // 07483130853 // familysupport@childrensheartbeattrust.org

A HEARTY NIGHT:

We know how difficult it can be to plan out an entire year of Anchor Boys, so we would love to plan one of those nights for you. We would love you to have a HEARTY night with your section, this can be part of a regular night or go crazy and have it as something totally separate. We are going to give you a few craft ideas, a few games and even a quiz.

CRAFT:

Hearty biscuits // Who doesn't love to eat?



This is a great craft if you have the ability to split your boys into small groups and also can be edited depending on your timescale.

- Mix 250g softened butter and 140g caster sugar in a large bowl with a wooden spoon.
- Add 1 egg yolk and 2 tsp vanilla extract and briefly beat to combine.
- Sift over 300g plain flour and stir until the mixture is well combined.
- You might need to get your hands dirty at the end to give everything a really good mix and press the dough together.
- Use a heart shaped cutter to make your heart biscuits.
- Then it is simply up to you on how you want to decorate your hearts. Each one will be unique and different.

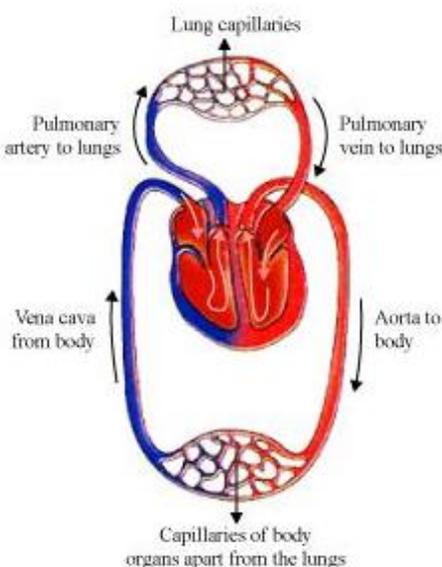
CRAFT:

Heart design // Let's get arty

This is a brilliant craft for getting your boys to personalise an item or maybe to make a card.

Instructions:

- Cut out a heart shape out of card
- Place the heart on a piece of paper, or a cloth bag or even a tee shirt.
- Use the rubber end of a pencil to dab paint all around the edge and the surrounding area.
- Carefully lift away the card to reveal a unique heart shaped design.



GAME:

We want to teach your Anchor Boys a little more about how the heart works and how it pumps our blood all around our body.

This is a simple moving game:

- Form the boys into a line in the hall, the heart is in the centre, the lungs on the top and body at the bottom of the hall.
- Follow the route of the blood from the heart up into the lungs, at the lungs they gain a bit of energy and speed up a little.
- Now go back to the heart before heading all the way into the body (make this loop a bit bigger than the lungs).
- The blood needs to return to the heart, do a loop before heading to the lungs for more oxygen.

- You can add a bit of variety to this by adding in, what if we are playing football (the heart will pump faster and the boys must go quicker) or What if we are asleep (the heart pumps slower and the boys slow down).
- A simple game to explain how the heart works.

If you have a heart rate machine, then why not show the boys how their heart rates can change after doing some small exercise. Simply take the heart rate, then do a simple game which you usually do at Anchor Boys before testing their rate again.... showing the boys how easy it is for our heart rate to rise and settle back down. Our hearts are amazing muscles.

QUIZ:

Everyone loves a quiz! Use this however you want, make it really competitive, make it a simple points quiz or even make it so every correct answers adds some disgusting food to the oppositions glass before making the losing officer drink it (or is that just us being a bit too disgusting in all this...) But whatever you all are comfortable with:

10 question quiz.

1. Where is your heart? (middle of your chest, slightly to the left)
2. What size is your heart? (a child's heart is the size of a fist & a babies is the size of a walnut)
3. What noise does your heart make? (baboom baboom, baboom)
4. How many times does a heartbeat per minute? (between 60-80 for 4-8 year olds)
5. In Northern Ireland how many babies are born every year with a problem with their heart? (over 200)
6. In the hospital, where we have lots of very smart people looking after children, can you name some of the roles? (Doctors, Nurses, Surgeons, Consultants and many many more)
7. Sometimes families have to travel very far away from home for surgery, what transport do you think they might use? (Airplane, Boat or car)
8. Here at Children's Heartbeat Trust we have a logo, he is called Clark, named after the ward on the hospital where the doctors care for children with sick hearts, but what animal is our logo? (Bear, just like the teddies we distribute to sick children)
9. What are some things we all can do to keep our hearts healthy? (eat fruit and veg, exercise, drink water, avoid junk food)
10. Sometimes children with a heart condition can become sick very very quickly. What do we do when we see someone become unwell or sick suddenly? (we get an adult to help and get them to ring 999)

Resources Available:

We have loads of resources here to help you with any events you are going to have. We have included some samples in this pack to let you see what we have to offer. We have wristbands, lapel pins, balloons, stickers, tee shirts and even some teddy bears. These would be perfect for prizes or indeed for your display night or parent's night. We can post these out to you or even if you want to call to our office we can help you out. We would ask for a donation to cover the costs of the resources: Wristbands: £1, lapel pins: £1, Balloons: 50p, stickers:£2 per roll, tee shirts:£5, teddies: £5.

If you would like a representative of the charity, or a local co-ordinator to come and speak at your night, or any other night of your anchor boys year please do get in touch with David in the office and he will look at

the diaries and try to get something sorted out. We will do our best to come to every event but at times our diaries will be very full and so unfortunately we may have to say no occasionally, so book early.

Fundraising opportunities:

This year working with Anchor Boy sections is about raising awareness and helping boys to understand about their hearts but it also is a great opportunity to fundraise. We are Northern Ireland's Children's Heart Charity, all money raised in Northern Ireland is kept in the country and goes towards helping boys and girls the same age as Anchor Boys. In fact, we may have helped a few families within your companies.

We would love to do a fundraising event with you, be it a coffee morning, a sponsored silence, a sponsored walk. Why not challenge to play football for 12 hours without stopping, or hold an afternoon of games at the local nursing home with the boys teaching some armchair games? Anything local, getting people together with a worthwhile cause is amazing!

Maybe as an officer or helper you are a bit more adventurous? Maybe you want to do some fundraising as a group of leaders, well why not challenge yourself to a sky dive? Or a Zip Line across the River Lagan? Maybe even you could run or walk a section of the Belfast Marathon? We love to do some adventurous fundraising and would love to get you signed up to do something a little more extreme!

In our charity calendar we have two big dates for raising awareness of CHD in Northern Ireland. We have Hearty Tea Party which this year is 29th September – this is when we have loads of coffee mornings and tea parties all over Northern Ireland to raise funds and awareness of heart disease. We also have Rock Red Friday which next year is 8th February – this is when we encourage everyone from school children to politicians to wear something red in support of all those battling congenital heart disease.

Thank You:

We would like to say thank you in advance for your support. All the best for this BB session and for all you have planned over this coming year, your activities, outings and displays but mostly all the best for your Heart Night. Thank you for raising awareness and raising funds for our work with children all across Northern Ireland. Finally thank you for all you do as officers, leaders and helpers within the Boys Brigade!



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