


HEARTBEAT

The newsletter of Wessex Heartbeat



House is
where the
heart is

Dear Heartbeat Supporter

It always seems strange welcoming you to another issue of our newsletter, as in reality it is your newsletter and our chance to thank you. As you will read we have had some changes but it has not meant that we have been any less busy.

I'm really proud of the Cardiac Rehab Sisters and their enthusiasm for our Healthy Heart Campaign. We have checked over 430 people so far in 2009 and will be taking the campaign to even more people in the New Year.

Heartbeat House continues to offer not only accommodation but support to the relatives of patients on the Cardiac Unit. I'm sure you'll be interested to read the Canham family's story within this newsletter.

As I said earlier, we have had some staff changes with the departure of Mandy and Karen, and Nadia who was our student placement and has returned to Uni. I would like to take this opportunity to thank them all for their hard work and dedication, we will miss them. On the other side of the coin, we have been joined by Dawn. Dawn has been thrown in at the deep end, I don't think we have a shallow end. The team extends beyond those in the office. Without the help of volunteers we would not be able to achieve as much as we do. Three volunteers merit special thanks; Rita who helps with catering in the Heartbeat Education Centre and George and Brenda who keep us amused and help in the office. We would love to have a volunteer gardener join us to help at Heartbeat House.

We have a number of new and exciting projects we'd like to undertake and with your help we'll be able to achieve great things. There are lots of ways to get involved and without wanting to sound like Kitchener, we need you!



D'Arcy C.F. Myers, Chief Executive



Farewell and good luck to Karen, Nadia and Mandy



Welcome to Dawn Morrison, WHB PR & Marketing Officer

The campaign that's helping to save lives

Havant and Waterlooville Football Club's summer 'signing', Wessex Heartbeat, proved to be a real life-saver. The Hawks booked Wessex Heartbeat's Healthy Heart Campaign team to give their staff the opportunity of a healthy heart check. Groundsman Darren Matthews' blood pressure was discovered to be so dangerously high that he was taken into hospital that same day.

After a week in hospital Darren (40) of Leigh Park was back at work and is full of praise for "Your Healthy Heart" initiative and its cardiac nursing team who quickly pinpointed his life-threatening condition.

Darren said, "I wasn't even going to go in for the checks, but my brother persuaded me to. Now I am eating a healthier diet and have cut down on crisps and chocolate, and I am not drinking alcohol."

Darren didn't think that he would be a candidate for high blood pressure. He wasn't overweight, doesn't smoke, and walked more than four miles several times a week cutting the football pitch. However, Darren admitted that he was consuming up to seven pints of beer a night.

Our "Your Healthy Heart" team was visiting the football club as part of our continuing drive to support the health of the community throughout the Wessex region. Cardiac nurses are visiting companies and organisations offering blood pressure checks and cholesterol testing – both of which are silent killers; blood glucose and body mass index checks.

Each employee tested receives a card with all their results recorded and the nurses will provide them with information on staying healthy and advisory leaflets based on their results. If there are any concerns, the participant is advised to visit their GP.

Adi Aymes, the general manager of Havant and Waterlooville FC said, "We are so thankful that the Wessex Heartbeat initiative identified Darren's condition. Booking "Your Healthy Heart" turned into a life-saving day for Darren."

High blood pressure often causes no symptoms or immediate problems, but is a major risk factor for developing a serious cardiovascular disease such as a stroke or heart disease.

Sara Gilbert, Cardiac Rehabilitation Nurses at Southampton General Hospital said, "When we are going around companies and organisations we may test around 50 people and not find anything untoward. But picking a problem up and being able to take preventative action makes this initiative so worthwhile."



(left to right) Adi Aymes, General Manager of Havant and Waterlooville FC, Martin Matthews, Darren Matthews, D'Arcy Myers, Chief Executive Officer of Wessex Heartbeat.

Heartbeat House



Its playtime! James and Daniel, doing what brothers do best and having fun - do you think those faces could get away with anything?!

The birth of twin boys Daniel and James on 29th July last year should have been the beginning of a joyful new chapter in the lives of parents Alison and Peter Canham. However, whilst there was the great happiness of bringing their first children into the world, Alison and Peter knew that the boys' arrival could also

bring the most distressing time in their lives.

This was because Alison and Peter had been made aware before their birth that Daniel would be born with a heart condition. The Canham family live in St Saviour, Jersey but due to Daniel's condition they came to Southampton General Hospital (SGH) for him and James to be born. Upon Daniel's birth he was transferred to the Wessex Cardiac Centre (WCC) at the hospital to be cared for and receive treatment.

We can only try and imagine the stress and strain on Alison and Peter in the early hours and days of Daniel's life. Imagine the toll on the family in the months ahead. The last thing they needed to worry about was where they were going to stay and the expense of this, on top of the practicalities of everyday life.

This is where Heartbeat House, one of the key services provided by Wessex Heartbeat comes in. Opened in 1995, Heartbeat House is a 'home-from-home' for relatives of adults and children undergoing treatment on the Cardiac Wards at SGH. Staying at the house is free and relatives can stay for all the time their loved one is receiving care at the hospital. Part of the house is just for families, equipped with toys, baby equipment and safety features. This means that families have the option to stay together at a very difficult time. Guests also have access to cooking and laundry facilities, lounge areas and a quiet room. Just as importantly, the service the house offers can help reduce patient stress as the last thing a patient needs to worry about is the welfare of their loved ones.

Daniel has had two major heart operations, the first when he was just 13 days old and Mum, Dad and James were able to stay at the house the whole time Daniel was in hospital. Alison and Peter

said that Heartbeat House has, "helped our family to get through a very difficult and stressful start to James and Daniel's lives for which we will always be grateful. Thank you for the opportunity to stay in such an exceptional place and long may it continue."

Heartbeat House is a very special place and a large part of the reason for this is due to the dedication of Maureen, House Manager and Trish, House Assistant. They run every aspect of the house from administration to upkeep and everything in between, as well as being domestic goddesses! Though, perhaps most importantly Maureen and Trish do more than just the 'practicalities', as they often provide a listening ear at a time when people need it the most. They give a very personal touch and create a warm, welcoming atmosphere.

Heartbeat House is a place where loved ones can simply be themselves at any given moment; whether that is to find some relief in a light-hearted moment, have time to cry, sit quietly, take solace in private or have a much needed rest. Guests aren't simply numbers coming through the door. They are mums, dads, sisters, brothers, husbands, wives, partners, grandparents and carers who are perhaps going through the most trying time of their lives.

Staying at the house gives people the opportunity to talk to others going through similar experiences and perhaps draw strength from one and another. At the very least, it means that they are around others that have some understanding of what they are going through. No-one more so than Maureen, whose son Matthew lived with a heart condition all his life before sadly passing away at the age of 28.

The house is only a few minutes walk from the hospital, so it really can be a life-line for loved ones. Maureen comments, "one of the most appreciated things about Heartbeat House is its closeness to the hospital and the easy, quick access that it provides for our guests."

Over the years, Heartbeat House has quite literally been a 'haven' for hundred's of people. Guests have stayed for days, weeks, months and even a year whilst their loved one is in hospital. It costs Wessex Heartbeat £1,000 every week to run the house and this has to be found through fundraising. We are very thankful for the generosity of you as supporters, who contribute to raising these funds.

Daniel has just celebrated his 1st Birthday but will need further surgery in the future. Help us be there for Daniel's family and all the other loved ones that we provide such a vital service for over the coming days, weeks, months and years.



James and Daniel on their 1st Birthday in July

"Thank you so much to the staff at Heartbeat House for the amazing love, care and attention that we received."
Alison and Peter Canham

Your support is invaluable to us and ultimately to patients and their loved ones. We need to provide this service for them each and everyday for however long that may be and your help really can make a difference.

COMMUNITY SPIRIT

We couldn't manage without your support and we never fail to be touched by the generosity of the local community. Thank you all for thinking of us. Here is a snapshot of some of the fundraising that has been done lately on our behalf.

Wessex Cycle Festival

The popularity of a cup of tea never dwindles and this was evident at the Wessex Cycle Festival where the proceeds of the tea tent, over **£2802.57**, was donated to WHB – that's a lot of cuppa's! We are very grateful to event organiser Nicholas Bourne, CEO Pendragon Sports for nominating WHB, May Grandy and her team for sourcing the food and running the tea tent and Katie Rossiter, Dolcie Burwood, Rita Boxall and Brenda Davies for making the scrumptious cakes to sell. We are delighted to say that WHB will be the Festival's nominated charity for 2010 and wish to thank the Festival's organisers for their ongoing support.

Otterbourne Finescale Show

Following the success of this event in 2008, David Barker and Alison Gilmour decided to hold one final "Finescale" show. Two halls featured a selection of the best finescale model railway layouts around. Demonstrations were also given by well known modellers. The event raised **£1,500** for WHB – brilliant! We are extremely grateful to David and Alison for thinking of us again and for all their hard work to organise the show. Our thanks also, to the traders who supported the event.



Bournemouth Brass Band Concert

A very enjoyable time was had by everyone at the Bournemouth Brass Band Concert. Wessex Heartbeat CEO, D'Arcy Myers, attended the event and gave a speech about the work and services provided by WHB. Our heartfelt thanks to Bournemouth Brass Band, and to the generous audience who dug deep into their pockets and raised a terrific **£870** in donations.

Wessex Heartbeat would like to thank **Condor** for their continued support and helping to make a difference.



Inner Wheel Ferndown

The lovely ladies of Ferndown Inner Wheel group made a donation of **£250** to WHB. Our thanks to everyone in the group; support from community groups such as yours is invaluable to us and it is greatly appreciated.



Some of the 'Just Walkers'

Just Walk

We are very grateful to everyone who donned their walking boots and took part in the Just Walk event. Thanks to your superb fundraising efforts **£3,500** was raised for WHB. The day encompassed several different walks, ranging from 10km to 60km to suit all ages and fitness levels! All of the walks started from Goodwood racecourse and the different routes took the walkers through picturesque villages and beautiful scenery. A huge thank you to you all (we hope the blisters weren't too bad!).

Lets Jog

How fantastic are the team of runners from Lets Jog? Very, is the

answer! They undertook an epic 900 mile venture running as a relay team from Lands End to John O'Groats to raise funds for their chosen charities, including Wessex Heartbeat. They ran in shifts of 2-4 hours per day for the best part of 7 days, overcoming the mental, physical and logistical challenges. A big thank you to runners Charlie, Anna, Richard and Rachel Walklate, Gemma Jones, Ceri Stafford, Peter Goss, Lesley and Michael Dunford and Eduardo and Carlos Brent and well done on such an excellent achievement.



The Lets Jog Team raring to go!

Jesters Nightclub

A fabulous charity ball and auction was held at Jesters Nightclub and WHB was chosen to be one of the beneficiaries. Our great thanks to Jesters owner Nicholas, Lynda Green and Jesters customers for the fantastic donation of **£805**.

If you'd like to do some fundraising on our behalf there are some great ideas and tips to get you started on our website at www.heartbeat.co.uk/fundraising or give the Fundraising Team a call on **023 8079 5927** – we'd love to hear from you.

EVENTS CALENDAR ...GET YOUR HEART PUMPING IN 2009

There have been some additions and changes to our programme of events this year, so as a further reminder and to hopefully attract more and more of you to join us, here's the updated schedule:

Event	Date	Location	Details	More Info	Cost
	Thursday 15th Oct 7pm	Lupa Restaurant Southampton	"An Audience with Rhys Jones" - Long term Wessex Heartbeat supporter Rhys Jones joins us for an evening at the very popular Lupa restaurant. Famous for his fantastic climbing achievements, as well as for his wonderful motivational talks, Rhys will be entertaining our diners with his stories about his experiences as they enjoy a 3 course dinner.	Visit www.heartbeat.co.uk/events	£25 per person to include 3 course dinner
	Saturday 17th Oct	Aldershot Hampshire	GRIM Duathlon - Held on the Army's vehicle testing track in Aldershot, a very mixed terrain, the duathlon is a 5k run / 20k mountain bike ride / 5k run on Saturday 17th October and run individually or in teams of 3.	Visit www.heartbeat.co.uk/events	Entry fee approx £35
	Sunday 1st Nov	Southampton	Lordshill 10mile Road Race - This popular event in the race calendar has built a reputation as a well-organised and friendly race for runners of all abilities. The route runs through Nursling and then North towards Romsey and this year Wessex Heartbeat are the nominated charity for the race.	More info: Visit www.lordshillroadrunners.org.uk	Cost: £10 with sponsorship raised coming to WHB
	Wednesday 4th Nov 12pm	Dockgate 4 Restaurant Southampton	"Handbags and Gladrags" - For the ladies that lunch, enjoy a glass of wine on arrival and a 2 course lunch with coffee and cupcakes, fashion from Butterfly Clothing of Bishop's Waltham, Clarins from John Lewis, and a selection of stalls selling fashion accessories.	Call Tina on 023 8079 5928 or e-mail tina@heartbeat.org.uk	£25 per person includes 2 course lunch, cupcakes and coffee
	Friday 27th Nov 7pm	Botley Hampshire	Wessex Heartbeat Ball - "A Night in the West End" - Join us for a sensational night at our West End themed Ball at the Botley Park Hotel the evening promises to be a spectacular occasion, and includes a black tie reception, with a three course dinner, charity auction, table magician, pre-dinner entertainment from Miscellany and after dinner swing to soul band Madison Heights.	Call Tina on 023 8079 5928 or e-mail tina@heartbeat.org.uk	£60 per person
	Sat 5th & Sun 6th Dec	Aldershot Hampshire	The GRIM Challenge - RUN, WADE OR CRAWL - HAVE YOU GOT WHAT IT TAKES? GRIM is an 8 mile off-road challenge run on Saturday 5th & Sunday 6th December on the Army's vehicle testing track.	Visit www.heartbeat.co.uk/events	£25 per person to enter
	Tuesday 8th Dec 12pm	St Mary's Stadium Southampton	Details Talk Sport Quiz - The Talk Sport boys are on tour - and they're going head-to-head with some special guests! MBN Events Christmas tour will roll into town armed with sporting banter and a Santa sack full of wit. The morning lads of Talk Sport, with a host of stars, will pit their knowledge in a festive battle to see just who has the Christmas Number one. And if you sponsor the event a member of your group will be on the quiz panel! A Christmas must. The Southampton stop on this tour is supporting Wessex Heartbeat.	Contact Hilary Lindsay on 0161 926 9569 or email hilary@mbnpromotions.co.uk www.mbnpromotions.co.uk/xmas.aspx	Table of 10 £700 Individual tickets £65
	Tues 8th & Wed 9th Dec	Winchester	Winchester Christmas Market - Get into the Christmas spirit and visit our stall between 10am and 6pm. We'll have plenty of festive fayre to sell including our own Christmas cards and some great ideas for those all important stocking fillers!!	More info: visit www.winchesterchristmasmarket.co.uk	Cost: FREE
	Sunday 13th Dec	Southampton	Santa Dash - Escape the trauma of Christmas shopping and join the "Santa Dash", a fun fancy dress 5km run/walk/dash which is taking place on Sunday 13th December on Southampton Common.	Call Tina on 023 8079 5928 or visit www.heartbeat.co.uk/events	Entry fee £12 per person Suggested minimum sponsorship £20
	Wed 10th Feb 2010 7pm	Dock Gate 4 Restaurant Southampton	Details Quiz Night - Brush up on your general knowledge and enter the Wessex Heartbeat quiz. Enjoy a glass of wine on arrival, selection of finest English Cheeses, locally made chutneys, celery, grapes, pear and apple platters, selection of biscuits for cheese and freshly baked bread. Maximum number in a team is 6.	Call Tina on 023 8079 5928 or e-mail tina@heartbeat.org.uk	£20 per person to include cheeses and wine

For more information on any of these events, please visit our website www.heartbeat.co.uk and click on 'Events'

EVENTS FOCUS...

Handbags and Gladrags

A well deserved time out and spot of indulgence for you ladies. 'Handbags and Gladrags' is taking place at Dockgate 4 Restaurant, Southampton. A glass of wine, lunch, cupcakes, fashion, cosmetics and SHOES – what more could a girl want in one afternoon! Butterfly Clothing of Bishop's Waltham, Clarins from John Lewis and a range of fashion accessories stalls will be there for you to shop 'till you drop.



Date Wednesday 4th November, 12pm
Cost £25 per person includes 2 course lunch, cupcakes and coffee
More Info & Tickets Contact Tina on 023 8079 5928 or e-mail tina@heartbeat.org.uk

The Hottest Ticket in Town!

Don't miss a night to remember on Friday 27th November at the Wessex Heartbeat Ball 'A Night in the West End'. This sensational evening



promises to be full of glitz, glamour, fun and razzmatazz – after all, that's show business!

The stage will be set in the stunning venue of The Botley Park Hotel, with the night including reception drinks, a three course dinner and a charity auction. A table magician will keep you captivated. Music by Miscellany will have you toe-tapping before dinner and after, swing & soul band Madison Heights will have you on those dancing feet!

This is the perfect night out before Christmas and is guaranteed to have you leaving with a smile on your face and a spring in your step.

Individual tickets are available.

Cost £60 person **Seating** Tables of 10

Dress Code Black Tie

A limited number of tickets remain, so for more information and tickets call the Box Office now on 023 8079 5928 or email tina@heartbeat.org.uk

Virgin London Marathon 2010

We have managed to get one charity runner place for the 2010 Virgin London Marathon. As this is a golden opportunity to take part in a world renowned event and the runners places are like gold dust, we thought the best way to 'fill' our place was to have a competition.

If you would like to run in this remarkable marathon and be part of something truly special then simply write to us saying:

- Why you would like to run on behalf of Wessex Heartbeat?
- How you would raise the required sponsorship of £1,500?

Send your answers by Friday 11th December 2009 to: Wessex Heartbeat PO Box 270, Southampton General Hospital, Southampton, Hampshire SO16 6GE



Lordshill Road Runners

On 25th October, 25 super people are taking part in the Great South Run in Portsmouth to raise funds for WHB, 14 of which are from Lordshill Road Runners. Thank you all for your support. We hope the training is going well and wish everyone good luck for the run.

WHB Grand Prize Draw 2009 – DON'T MISS OUT

A huge thank you to everyone who has already bought a ticket for our Grand Prize Draw. We're a heartbeat away from achieving our target for ticket sales of £10,000 and we would be so grateful if you could help us reach it. There is a cracker of a 1st prize - £1,000 of John Lewis vouchers (what better with the run up to Christmas), a wonderful 2nd prize of a weekend for two at the Botley Park Hotel, including spa treatments (to de-stress and unwind after Christmas!) and a 3rd prize of an Apple iPod (to tune in to your favourite music and help banish those January blues!) Besides, like they say – 'you have to be in it to win it'. You never know it could be you...

If you would like any tickets please call the fundraising team on 023 8079 5927 or email info@heartbeat.org.uk

All monies and counterfoils must be returned to Wessex Heartbeat by 20th November 2009. The draw will take place on 27th November 2009.

Good luck!



Has anyone seen Santa?

Santa Dash

A chance to have a bit of festive fun and keep you fit before the Christmas indulgence begins. A fun 5km run/walk/dash on Southampton Common, a Santa outfit is provided in the joining fee.

More Info Contact Tina on 023 8079 5928 or visit www.heartbeat.co.uk/events

Cost £12 per person to enter and a suggested minimum of £20 sponsorship

3 PEAKS CHALLENGE

Andy Graham, Steve and Phill Grant, Steve Harris, Luke Tyler, Mark Taylor, Darren Wilson and Breff Stretch



The triumphant team, well done lads

are what you might call super troopers. They completed the 3 Peaks Challenge of climbing Snowdon in Wales (1085m), Scafell Pike in England (978m) and Ben Nevis in Scotland (1344m), in a clock stopping 22 hours 15 minutes! When they began the day the sun was shining at Snowdon but by the end, at the top of Ben Nevis it was 10 degrees with snow! They chose to do this challenge to raise funds for WHB because Andy's three and half year old son Matthew has been cared for by Ocean Ward at the Wessex Cardiac Centre and Paediatric Intensive Care Unit (PICU) since birth. Andy also wanted to give something back for, "the invaluable use and support of Heartbeat House, which enabled me (Andy) to be near Matthew and his Mum, whilst in hospital when he was born and on every occasion since." The team raised, wait for it, a whopping **£28,010!** **£12,522.70** was donated to WHB and **£15,487.30** was given to PICU towards the cost of a new incubator. Our heartfelt thanks to Andy and the Team, and all those who supported them to make their feat such an outstanding fundraising achievement. We think Matthew must be very proud of his Dad and the rest of the cracking team.

King of the Mountains

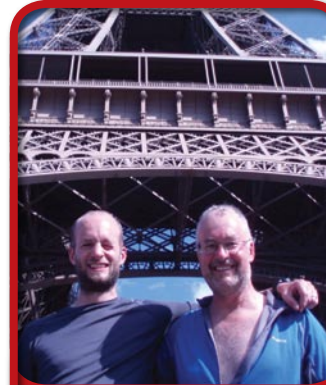
A huge thank you to all those who sponsored **Mr Marcus Haw's** (Clinical Lead for Congenital Cardiac Services) and **Dr Tony Salmon's** (Consultant in Paediatrics and Adult Congenital Heart Disease) cycle challenge from Montellimar to the top of Mount Ventoux, which raised the sterling amount of over **£7,000**. Our special thanks to Tony and Marcus and congratulations on a remarkable feat.

Mountbatten School

Thanks to **Gerry Price** singing the praises of the work of the Wessex Cardiac Centre, Mountbatten School chose WHB to receive the funds raised through their annual sporting event 'Tour de Mountbatten'. A terrific **£500** was donated as a result. Thank you to all the staff and pupils and to everyone who supported the event.

Car Crew's Crusade for Kenneth

Organised by Leah Fitchett and Victor Nobrega, the "Car Crew" undertook a fundraising "drive" around Jersey, in memory of friend Kenneth Mallett. Our warm thanks to everyone who donated and raised **£150** for WHB.



Andrew and Gerry by the Eiffel Tower, Paris – we're guessing they took the lift up!

LIKE FATHER LIKE SON

Former Wessex Cardiac Centre patient Gerry Price kindly decided he would like to do something to support us, so decided to undertake a sponsored London to Paris bike ride. Gerry's son, Andrew volunteered (or was that roped in!) to do the ride with Gerry. Between them they raised a fantastic **£3,300**, for which we are extremely grateful. However, that was not the end of Gerry's fundraising. On a less strenuous note, Gerry hosted a 'Sing for Your Supper' evening and raised some more invaluable funds for WHB. Our great thanks to Gerry and Andrew for their fundraising efforts and for helping to make a difference.

Sue Littlejohn

Our warm thanks to **Sue Littlejohn** for the coffee morning, which raised a fabulous **£400** in aid of WHB. We are really grateful to Sue for her ongoing support.



Cakes galore & simply scrumptious!

Diane Holloway

A special thanks to **Diane Holloway** who helped raise **£1,326** for Wessex Heartbeat by organising a garden sale and a musical evening. The funds were generously donated in memory of Diane's husband, Keith.

Mary Michael

Sweet temptations were on the menu at the Pampered Chef cooking show hosted by **Mary Michael**, which raised **£116.70** for WHB. We heard it was the double chocolate cinnamon dip that helped put people in the mood to donate!

Richard Payne

Many thanks to **Richard Payne**, who produced and printed a booklet to be sold in aid of WHB, filled with ideas that came to him while he was on the Cardiac Ward at SGH.

Trefenna Mitchell

We are very thankful to **Trefenna Mitchell** for a donation of over **£1,000**, which was received in memory of her husband Ian Mitchell, who was a very well respected member of the Rotary Club of Southampton Magna.

Dr Ward

A huge thank you to **Dr Ward** who rode all the way from Lands End to John O'Groats (a mere 900 miles!), and raised **£1,250**. Dr Ward's superb efforts are greatly appreciated; we hope the aching muscles didn't last too long!

Dave Butcher Memorial Golf Day

Our heartfelt thanks to **Mr D Harrison** and friends for choosing Wessex Heartbeat to benefit from the proceeds of a golf day at Dunwood Manor, in memory of Dave Butcher. As a result a donation of **£1,529** was made to us, bringing the total raised by Mr Harrison over the years to **£16,001.95!**

COMPETITION...

Christmas Card Competition

Yes, we haven't really had Summer yet but its drawing closer to that time when Christmas will be upon us!

And you know what that means, time to get Christmas cards sorted. But there's no need to trawl through the shops trying to find suitable designs for family, friends or colleagues. We have just the cards. The winning designs from our Christmas Card Competition cover the 'traditional' or 'humour' preferences and we have a special Wessex Heartbeat card.

Choose your design/s from the selection alongside then simply fill out the order form opposite and return to Wessex Heartbeat. We will arrange for your cards to be posted to you or you can pick them up from Wessex Heartbeat. Christmas cards – DONE.

We also have packs of Christmas cards from last season at reduced prices. The designs can be viewed on our website at www.heartbeat.co.uk/Christmascards.

Please note that these cards can only be picked up from Southampton General Hospital (North Wing, F Level Reception).



'Reindeer'
by Harley Gibbs, aged 4
Greeting
'Seasons Greetings'
£4 for 10 cards
Size 150mm x 150mm (Square)



'Robin'
by Tim Richardson
Greeting
'Happy Christmas'
£4 for 10 cards
Size 150mm x 150mm (Square)



'Gold Star'
by Lesley Jennings
Greeting
'Merry Christmas'
£4 for 10 cards
Size 210mm x 148mm (A5 size)

CHRISTMAS CARD ORDER FORM

	Price	No .of Packs	Total
Reindeer	£4.00	<input type="text"/>	£ <input type="text"/>
Robin	£4.00	<input type="text"/>	£ <input type="text"/>
Gold Star	£4.00	<input type="text"/>	£ <input type="text"/>
	Postage & packing (see below for details)		£ <input type="text"/>
	Donations to Wessex Heartbeat		£ <input type="text"/>
	TOTAL		£ <input type="text"/>

Please add the following to your order to help with postage and packing costs:

No. of packs	Total	No. of packs	Total	No. of packs	Total
Up to 6 packs add	£3.50	11 – 20 packs add	£7.50	Over 50 packs	FREE
7 – 10 packs add	£5.00	21 – 50 packs add	£9.00		

Or cards can be collected from Southampton General Hospital (North Wing, F Level Reception). Call 023 8079 5927 to arrange collection.

Name

Address

Postcode

Telephone

E-mail

Cut-off point for receipt of orders by post – Friday 27 November 2009

I enclose a cheque for made payable to Wessex Heartbeat

Please return your order to: Wessex Heartbeat, PO Box 270, Southampton General Hospital, Southampton SO16 6GE

Gift Aid Declaration - By completing your details below, we can reclaim an extra 28p for each pound you donate. I am a United Kingdom taxpayer and want Wessex Heartbeat to reclaim tax on this donation and all future donations which I make.

Signature Date

Wessex Heartbeat holds names and addresses on computer for the purposes of keeping its supporters up to date. If you do not wish to receive information from us please tick the box.



Statement: "All events should be held in an appropriate venue that is conducive to the scientific or educational objectives and the purpose of the meeting."

(IFPMA Code of Pharmaceutical Marketing Practices, 2006)

Call: 023 8079 5907 Email: hec@heartbeat.org.uk

Heartbeat Education Centre, Level F, North Wing,
Southampton General Hospital, SO16 6YD

THE HEARTBEAT EDUCATION CENTRE SOUTHAMPTON HAMPSHIRE

A purpose built conference and training facility built as part of the Cardiac Centre of Excellence at Southampton General Hospital

- 120 seat Lecture Theatre with highly specified, easy to use technology including an international video conferencing facility
- A versatile Conference Room accommodating 90 delegates theatre style and four further Seminar Rooms.
- Latest AV equipment in every meeting room
- Break out areas and exhibition space
- Easy access from M3 & M27 motorways, Southampton Central railway station and Southampton Airport
- Accommodation rates negotiated with local hotels

The HEC is run by Wessex Heartbeat, a charity supporting the Cardiac Centre. Revenue raised from hosting an event at the HEC is reinvested in Wessex Heartbeat projects. This unusual but very beneficial use of revenue raised can be used as part of a 'Corporate Social Responsibility' or 'Investors in People' award.



Heartbeat Education Centre catering supported by



Slide Presentations

Geoffrey Blackford from Southampton is a well travelled man with several interests, which he would love to share with others in the form of a presentation. Geoffrey has a projector, stand and screen and in return for his time Geoffrey would appreciate a donation to Wessex Heartbeat and assistance towards his fuel costs.



Geoffrey can give a presentation on; mountains, animals, birds, bugs, architecture and buildings, flowers, trees and people.

For more information or to arrange a presentation please call WHB Fundraising Team on **023 8079 5927**.

DONATE...

You can donate on-line by visiting www.justgiving.com/wessexheartbeat/donate

Wessex Heartbeat, PO Box 270, Southampton General Hospital, Southampton, Hampshire SO16 6GE

Tel: 023 8079 5907 E-mail: info@heartbeat.org.uk

www.heartbeat.co.uk

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