

# What happened at *Hearts & Souls* in 2015

We thought you might like to know how we've been getting on at *Hearts & Souls* over the last year and what we've been doing to ensure that we can support the vital work of the cardiac rehabilitation team in Buckinghamshire. People often ask us what would happen if we didn't raise the £25,000 or so we need every year to pay for the Phase III exercises classes, provide equipment and fund the training and certification for the specialist exercise instructors. The simple answer is it wouldn't happen. Cardiac rehabilitation to the level provided in Buckinghamshire is not the norm for the NHS. So without *Hearts & Souls* and without the amazing people who support us in so many different ways, a thousand people every year would not benefit from the life-changing service that the brilliant rehab team provides. We are delighted to report that during 2015 the quality of their work has been recognised at a national level by The British Association for Cardiovascular Disease Prevention and Rehabilitation (BACPR) and by the winning of two national awards.

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## ***A new team has taken over***

2015 was a year of big change at *Hearts & Souls*. A new team took over at the end of 2014 with Alan Cornwell chairing the trustees who also include Steve Wildman (vice Chairman), Stuart Jaggard (Secretary) and John Whitworth (Treasurer). We thank the outgoing team Alan Rose, David Fairclough, Peter Killmister and Syd Neil for all their hard work and making the handover as easy as possible. As always, we are indebted to the support of the rehab team in assisting our endeavours.

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## ***We've funded more classes and equipment***

During 2015 we have been funding more Phase III classes every week throughout Buckinghamshire with increased coverage in the north of the county. We have also been able to fund two new Phase IV classes at Wycombe



Hospital, one on Wednesday afternoons between 4 and 5pm and another on Thursday evenings between 7 and 8pm. In addition, we have provided a number of pieces of equipment including weights, steps, super tram rebounders and resistant bands

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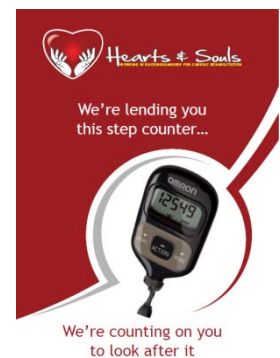
### ***Spreading the word***

The new team's first priority was to make people more aware of our activities. We have developed a super new website and [a leaflet](#) both of which are designed to encourage donations online, by text or with good old-fashioned cheques. We have also made sure patients joining the rehab programme are made aware of our activities when they come for their initial assessment. To spread the word, we are also giving short presentations about *Hearts & Souls* at the education sessions.



### ***Taking steps to get our step counters back***

Walking is a key part of the rehab programme and all Phase III rehabilitation patients receive an electronic step counter to monitor their daily progress. These cost about £20 each and are lent to patients by *Hearts & Souls*. Those that are returned in good condition can be re-used but because people get so attached to them, they are often very reluctant to return them on graduation and this has been costing us a small fortune. To address this, we have created [a step counter leaflet](#) which explains that the step counter is loaned to the patient and suggesting that it can be retained by making a donation that covers its cost. This has proved extremely successful. Not only are more people returning their step counters in good condition, but many others are choosing to make donations to retain them thus reducing our outlay considerably.



## **Aviva Community Fund**

In April we had a go at winning £5000 from the Aviva Community Fund. We asked our supporters to vote for us online but the competition was intense so sadly we didn't win. Nonetheless, we received 1650 votes from our supporters and we thank everyone who took the time and trouble to vote for us.



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**London Bridges Walk** At 8.30 am on Sunday September 27<sup>th</sup> a group of 50 H&S supporters met at the Hurlingham Club close to Putney Bridge for our biggest and best London Bridges Walk so far. To make it easier to get there from the South Bucks area, we laid on a coach from Amersham for thirty people.



Walkers ranged in age from six to 75 and included patients, nursing staff, family and friends. So we could keep track of everybody, we issued everyone with one of our special H&S red and white baseball caps and we split into several groups each with a team leader. Over the next four hours, we criss-crossed 16 London Bridges. On the south side of Tower Bridge, the final bridge, we were joined by our youngest walker, six-year old Henry Alldridge, grandson of our vice-Chairman, Steve Wildman. Young Henry couldn't walk the whole 12 miles but wanted to show his support and raised a brilliant £475 in sponsorship for crossing Tower Bridge. Well done Henry! But Henry wasn't alone in raising some fantastic sponsorship. The whole group raised a staggering £18,750 which is an amazing achievement and the most we've ever raised from a single event. After the walk we met up at the nearby *Liberty Bounds* pub. All in all it was a perfect day. The weather was ideal – sunny and dry but not too hot. People met old friends and made new ones and, judging from the many kind notes we received, a good time was had by all. We are deeply grateful to everyone who took part and to their sponsors for making this such a roaring success. Our special thanks also to Anthony Vimal and his team for their hard work and preparation in making the event run as smoothly as possible.

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## ***Online Auction***

In December Andy & Sue Hetherington generously donated a *Family Portrait Experience Gift Card from Hyatt Studios*, the award-winning portrait photographers in Tring. This provides a family photographic session and a beautifully printed and framed picture worth a total of £125. We ran an online auction and were thrilled to receive a winning bid for £150.



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## ***Christmas Prize Draw***

There were five fabulous prizes to be won in the *Hearts & Souls* Christmas Draw 2015. These included £200 & £100 John Lewis Vouchers, theatre vouchers, two tickets for the Club Enclosure at Windsor Race Course and a splendid Christmas Hamper. We sold more than 1500 tickets and the draw was held in Ward 4A the week before Christmas where around 40 people joined us for mince pies and festive cheer.



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## ***Special things people have done for us***

Hannah Shaw, one of the specialist Active Hearts fitness instructors, nobly ran a Half Marathon in April and raised a magnificent £838 for us. Also in April Aaron Sturgess, another of our fitness instructors, celebrated the opening of his new PT-ME Fitness Studio in Widmer End and held a raffle which generated £175 for us. In October Bob Hammond of the 70s rock band, *Trampoline*, held a 40<sup>th</sup> Anniversary Concert in Hazelmere which raised over £300. Alan Rose, our former chairman, became Captain of the Oakland Park Golf Club in Chalfont St. Giles and made *Hearts & Souls* his charity for the year. This raised £5200. The staff and customers of *de Marsac*, the jewellers in Beaconsfield,

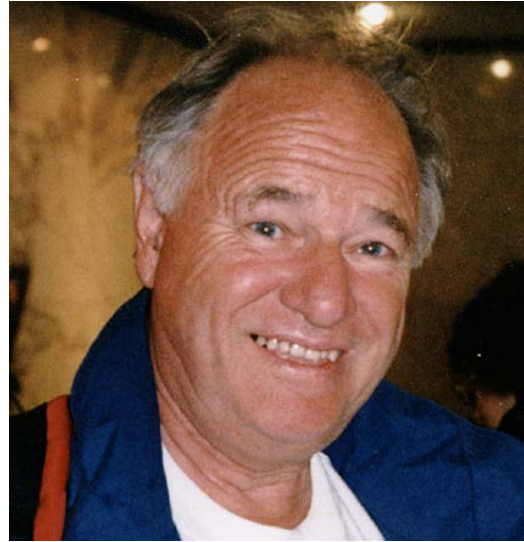


have kindly filled and refilled our collection boxes on many occasions contributing hundreds of pounds. And many other people have been good enough to support us in all sorts of ways, for which we are extremely grateful.

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### ***Peter Killmister***

The saddest news of the year was the passing in November of Peter Killmister who was one of the founders of *Hearts & Souls*. Our patron, Tony McHale, tells us more about this very remarkable man...



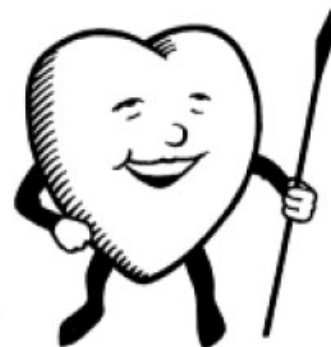
Like most people involved with *Hearts & Souls* I suffered a heart problem. I had no intention of becoming involved with any charity; I just wanted to get on with my life. Then I met Peter. We had other things in common, besides heart problems, mainly his involvement in the field of entertainment some years back. In his inimitable way he would tell stories of his dealing with major figures in that world and the disasters he managed to avert. However, none of these problems were either as important or as difficult to deal with as some of the problems he confronted whilst setting up and running a charity like *Hearts & Souls*. So when he asked me to become involved, it was impossible for me to refuse. I soon learnt that in general refusing Peter was not easy. Peter was probably the most altruistic person I have ever known. His desire to help others was always foremost in his mind. *Hearts & Souls* was set up using Peter's ethos. Unlike a number of other charities, executives and committee members did not and still do not receive payment for their involvement. Peter wanted to and did make sure any money that was raised went to fund cardiac rehab in the area. It would be impossible to count the number of people Peter's unselfish and caring approach to post cardiac problems has helped. But his involvement and commitment went much further than just setting up the charity. Over the years he continued to work in various roles, Chairman and Treasurer being just two, to make sure his original vision stayed on track. At times when it was difficult to find committee

members, or people to run the events, he never lost heart, never capitulated, he just kept on going, making sure that the fund-raising continued. Unlike some individuals who have a vision and passion, Peter was always open to suggestions from others. Over the years much of the success is down to Peter's ability to listen and adopt ideas presented to him, whilst at the same time always looking for the next opportunity that was right for the Charity. He understood the mind-set of the people who were involved and always appreciated their help. Linda, his wife, was always unfaltering in her support of his endeavours and achievements, something I know he valued deeply. Without her backing, he knew it would have been impossible to spend the time and effort he did on *Hearts & Souls*. We live in a time when peoples' lives have become more and more insular. Helping the little old lady that lives down the street has become virtually a thing of the past. It is only with people like Peter that a generosity of spirit will survive. One thing is for certain the world will miss and be worse off without Peter Killmister.

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### ***Brave Hearts***

During 2015 *Brave Hearts*, the cardiac patient support group, has been meeting at 2.30pm on the third Tuesday of most months at the Magnolia Park Club, Hughenden Park. Generally around 20-30 people have attended each meeting. As well as social events, there have been some very interesting guest speakers including actress, Debbie Arnold, who told some great stories about stars of stage and screen. Admission is free to anyone with an interest in cardiac matters and there's a raffle to help cover costs of tea and cake. If you want more information about *Brave Hearts*, please contact the Chairman, Chris Baker, on 01628 525601 or email [Chris Baker](mailto:Chris Baker).



***Please support us in 2016***

2015 was a successful year for *Hearts & Souls* and we hope 2016 will be equally good. We hope you will be able to support us in some way. Our first fund-raising event of the year is our [Race Night](#) which will take place on April 16th at the Amersham Community Centre. The 2016 London Bridges Walk will be on Sunday September 25th and there will, no doubt, be a Christmas Prize Draw. We thank you for your generosity and support and send you our very best wishes.

***The Hearts & Souls Committee***