

Dear members,

Welcome to our October 2017 newsletter! The leaves may be falling and 2017 may be nearing its end but here in the Glasgow branch we are busy preparing to cram lots into the last few months.

### RECENT ACTIVITY

We continue to support families via various channels. This includes hospital visits, meeting for coffee or being available by phone, email or social media. If you would like to get in touch with us for a chat our contacts are listed at the end of the newsletter. We are here to support you!

### CHRISTMAS CARDS

Christmas cards are still on sale. If you would like to buy SACHD Christmas cards then this year's designs and details of how order can be found on the website's [merchandise page](#)

### FUNDRAISING

We'd like to say a big thank you to Sarah McKee's family for raising a fantastic £2,573 for the Scottish Association for Children with Heart Disorders!

Sarah's mum, Kate won a party night at Cyan in Milngavie and decided to use it to host a fundraiser for the Association after Sarah received an unexpected diagnosis of pulmonary stenosis last year, just after her 10th birthday.

Kate sourced a terrific assortment of prizes which were raffled and auctioned in aid of the charity. Sarah is doing well and is pictured with her sister, Nikki presenting a cheque to John Fegan, chair of SACHD.



Thank you from the bottom of our hearts!

## SPORTING BEARS

On the 19th of August 2017 Sporting Bears, a dedicated group of classic car enthusiasts drove 10 families across London in a Rolls Royce convoy complete with police escort for a day to remember. The Scottish Association for Children with Heart Disorders were one of the charities invited to send a family group of 3 to enjoy this once in a lifetime experience. Thank you to Sporting Bears for selecting us!

The lucky family who made the draw were Gwen Hogg, her partner, John and son, Logan.

Gwen told us the weekend was brilliant and that the car ride was so smooth that Logan actually fell asleep in the front of the Rolls Royce! That has to be the ultimate VIP experience. We are so pleased you all enjoyed yourselves!

Official photos of the event can be seen [here](#)

## WHAT? WHY? CHILDREN IN HOSPITAL

You may recall us telling you that the Scottish Association for Children with Heart Disorders funded a video made by What? Why? Children in Hospital (WWCIH) showing what happens during a treadmill exercise tolerance test.

What? Why? Children in Hospital are a Scottish charity who produce valuable videos explaining various hospital tests and investigations performed on children and give helpful suggestions on how to prepare children for them (<https://www.whatwhychildreninhospital.org.uk/>).

WWCIH are currently producing a new video looking at what adolescence is like for those with a heart condition. They are keen to address some of the issues commonly faced in order to help young people across Scotland and are looking for teens, young adults and grown ups to take part in its filming.

The video is being made in collaboration with the cardiology, psychology, and play specialist teams at Glasgow and will be funded by SACHD.

Filming is set to take place in Glasgow at the end of November.

Young people have the option of being filmed speaking to the camera or being filmed anonymously, if they would prefer. Animations will be used in the video.

If you or your son or daughter would be willing to participate in the project please get in touch and we can pass your contact on to Marit Boot, the founder of WWCIH.

Marit will then be in touch with you to explain more and to answer any questions.

If you are interested please email John Fegan at [chairman@youngheart.info](mailto:chairman@youngheart.info)

## BHF SURVEY

This Christmas, the British Heart Foundation will be running a media campaign to raise awareness of how congenital heart disease affects children and their families across the UK.

As part of this, they are conducting a study into what it's like to have a child born with a congenital heart defect.

If you are the parent of a heart child you have an opportunity to communicate your experiences and the challenges you face.

The anonymous survey can be accessed via this link;

<http://bit.ly/2fnkODf>

## UPCOMING DATES

### **Next meeting**

Our next Glasgow Branch meeting will be at **7.30pm on 11<sup>th</sup> October**, in room 031 on the 3<sup>rd</sup> floor of the Children's Hospital. Meetings are open to everyone so please know that whether you are new to the charity or are a longstanding member you will receive a warm welcome. Whilst we have business to discuss we still lend an ear over a cuppa.

### **Halloween Event**

This year's Halloween meet-up will take place on **Sunday 29<sup>th</sup> October from 2-4pm** in Zone 12 on the 3<sup>rd</sup> floor of the Children's Hospital.

Please come along and catch up with friends and meet new families. We will of course have our usual crafts and fun activities. Let us know if you can make it and we'll ensure there are enough sandwiches to go around. However, if you are an inpatient then just turn up if and when you can.

We would love to see you!

Fancy dress, though not essential, is most welcome!

### **Christmas Party**

Save the date! Our Christmas party will be held on **Sunday 3<sup>rd</sup> December** at Riverside Hall in Govan. Your invite, with all the details will be with you soon.

### **Christmas Stalls**

The annual Glasgow Charities Christmas Fayre at the City Chambers is on **Tuesday 14<sup>th</sup> November**. We will be there. Please come and support us if you can.

We will then hold our Christmas Fayre in the Atrium of the Children's Hospital on **Tuesday 28<sup>th</sup> November**. If you are an inpatient or at clinic please drop by to say hello.

## **Support Group**

In our last newsletter we were excited to tell you about a new regular meet up in the Dumbarton area for families from Clydebank to Balloch/Helensburgh.

We invited Sheona Kennedy herself to tell us a bit more;

I am Sheona, mum to Sam, Dylan and Mikayla. We live in Dumbarton.

Dylan is my heart warrior he was born with TOF tetralogy of fallots. He was diagnosed after birth and is now 8yrs old.

Dylan has had 4 major surgeries 2 of which were open heart. He has since been diagnosed with pulmonary hypertension and also has a pacemaker fitted.

I am starting a support group in Dumbarton with SACHD and I would love for anyone in and around the area to come join us for meet ups.

If you'd like to come along please get in touch with Sheona at [sheona74@yahoo.co.uk](mailto:sheona74@yahoo.co.uk)

## **Aberdeen Christmas Party**

Lisa Simons from the Aberdeen area is holding a Christmas party for heart children and their families on **Saturday 16<sup>th</sup> December**. Watch this space for more information...

We look forward to seeing you at one of our meetings or events in the near future.

Best wishes from your Glasgow committee.

## **Glasgow branch contacts:**

**Chair: Lesley Kinnear** [Lkinnear@sky.com](mailto:Lkinnear@sky.com)

**Assistant Chair: Caroline Aitken** [carolineaitken@gmail.com](mailto:carolineaitken@gmail.com)

**Treasurer: John Fegan** [chairman@youngheart.info](mailto:chairman@youngheart.info)

**Secretary: Joelle Miller** [glasgow@youngheart.info](mailto:glasgow@youngheart.info) or [millerjoelle@hotmail.com](mailto:millerjoelle@hotmail.com)

**Assistant Secretary: Anna Wilson** [mrsannawilson@gmail.com](mailto:mrsannawilson@gmail.com)

And you can always get in touch with us via the [SACHD Facebook page](#) or [Twitter](#)