



The Heart of Weston

The Heart of Weston has received an amazing response since it was officially launched in June 2015 at Weston Village Fete. This saw 19 cyclists ride 100km in pouring rain and kicked-off the fundraising with £2,000. The memorial walk saw more than 90 people take part even though it was torrential rain yet again, a car wash saw an amazing 86 cars washed, and fortunately the Football Tournament was blessed with great weather and a great turnout.

These are just some of the activities that have helped the charity to be so successful that '**The Heart of Weston**' is now a registered charity. The 100 Club now has 260 members and because of its success, it is now known as the **100+ Club**.

The money raised has been used to:

- **Locate a defibrillator at Weston Village Hall – Housed in a secure but accessible box**
- **Run seven First Aid training sessions that have been attended by 65 people**
- **Produce an Emergency First Aid Booklet. A digital copy is available to download from The Heart of Weston website – Please call Jane Phillips on 01889 271213 if you would like a paper copy**
- **Run three heart screening days for 14-35 year olds – This will see 300 young people screened**

The main expense for 2016 will be the heart screening programme for 14-35 year olds. The take-up for the first two days has been so great that a third day is to be held on Saturday 23rd July at Weston Village Hall. Please email janephillips26@gmail.com to confirm interest in booking a place for yourself or someone else. **These places are very limited so we need your email ASAP.**

It can be hard to believe that a person who appears fit and healthy may be at risk from heart problems. However, every week in the UK at least 12 apparently fit and healthy young people aged 35 and under die from undiagnosed heart conditions. For more information please go to www.c-r-y.org.uk or www.theheartofweston.org

The Trustees and everyone on the committee would like to say a huge thank you to everyone who has contributed to the charity in any way. Without the donations, fundraising, helpers and supporters, car washers, cake makers, raffle prize donations, 100+ Club members, none of this would be possible.

All training and screening sessions are FREE of charge

For further information please visit: theheartofweston.org