

Summer Newsletter

It's been a very busy first six months for www.tobe-heartsafe.org.uk running two cardiac screenings at Oundle School, attending Barts and Queen Mary Science Festival with consultant cardiologist Filip Zemrak, and an MP 'Drop In' at Portcullis House, hosted by Carolyn Harris MP.

Screening days and life support training days are planned and we have some big news on our fundraising efforts to offer free screening places in communities this Autumn.

Thanks to all our supporters for your time and donations, and do follow us on socials for our latest news and updates. Here's a round-up so far!

Launch at Oundle School

The TOBE life-saving services officially launched earlier this year with two cardiac screening events at one of Britain's leading co-educational independent schools in Northamptonshire. Over 70 pupils took part and were screened by expert cardiologists from St Barts Hospital and The John Radcliffe Hospital in Oxford alongside specialist cardiac physiologists and nurses. The on-site screening of a BP check and 12 lead ECG aims to detect any underlying cardiac condition and the cardiologist's expertise is essential to reduce incidence, and differentiate between pathological and physiological cardiac changes – particularly for those involved in sport.

Rachel Makhzangi, Director Communications at Oundle said: "TOBE-Heartsafe was initially brought to our awareness by one of our parents. We were delighted to help support its charitable and community aims through hosting a screening programme here at Oundle which our parents could book directly with TOBE-Heartsafe. The further screening event in May facilitates a wider roll out of the programme into the local Oundle community."

Thanks to the generosity of Oundle parents and supporters, we will be offering free screenings in the local community this Autumn.

Sam Richards, co-founder of TOBE-Heartsafe says: "We chose Oundle School as the first location because of its strong links with the local community and sports clubs. We are hugely grateful to everyone at the school for their support for our mission and looking forward to expanding that programme to other schools, sports clubs and organisations over the year."





MPs Drop-In at Portcullis House

In July we hosted an informal MP 'Drop-In' at Portcullis House, Westminster with the kind sponsorship of Carolyn Harris MP. Special guest, ex-footballer and friend of TOBE, Fabrice Muamba shared his experiences. He suffered a cardiac arrest on the pitch at Tottenham Hotspurs' White Hart Lane. For an astonishing 78 minutes, medics battled to get his heart beating again and twice discussed declaring him as dead. The TOBE team offered MPs the chance to learn life-saving skills training including CPR and the use of an AED – which deputy speaker Nigel Evans MP (*pictured below*) took advantage of - as well as discussing cardiac screening for young people. While all state funded schools in England are required to teach first aid as part of statutory Health Education, TOBE-Heartsafe believes that training should be given annually and would like the government to consider extending the requirement into primary schools.

#mpsupport4tobeheartsafe

Carolyn Harris MP says: "I am proud to champion the aims of TOBE-Heartsafe and delighted to sponsor the MP drop-in to encourage my colleagues to take the message of basic life support training and the importance of screening to their constituents. I commend the TOBE-Heartsafe charitable and community aims and I will be working with the team to help facilitate a programme in Swansea, hopefully this year."

Friends of TOBE-Heartsafe including TV personalities chef Andi Oliver and barrister Rob Rinder were quick to add their support across social media.

MP Supporters who came or were represented on the day included sponsor Carolyn Harris MP, Deputy Speaker Nigel Evans MP, Peter Bottomley MP, Rob Butler MP, Graham Brady MP, Elliott Coburn MP, Flick Drummond MP, Patricia Gibson MP, Jo Gideon MP, John Healy MP, Carolyn Harris MP, Paul Howell MP, Kim Leadbeater MP, Gagan Monhindra MP, Caroline Nokes MP, Stephanie Peacock MP, Jeff Smith MP, Selaine Saxby MP, Giles Watling MP and Claudia Webbe MP and we were also delighted to welcome Lord Aberdare and Baroness Finlay.





TO BE TRAINED

Offers comprehensive, yet enjoyable, hands on BLS and AED training giving learners the skills, knowledge, understanding and confidence in CPR and the safe use of an AED. The team is running a **Basic Life Support training day** on **Saturday 9th September 2023** at the Community Hall of St John's Hampton Wick Kingston upon Thames. For just £25 per head people can book directly online: <https://tobe-heartsafe.org.uk/events> and pay using the Donate button on the website.

The team confirms that survival rates can be as high as 60-70% in young people when resuscitation is started by bystanders, and for every minute someone is in cardiac arrest without CPR and access to a defibrillator, their chances of survival drops by up to 10%. We feel everyone should be encouraged to learn basic life support training.



TO BE SCREENED

The TOBE team have over 40 years of experience within healthcare including cardiology specialists, sport & fitness. The consultant cardiologists work across leading hospitals including St Bart's, Great Ormond Street Hospital and The John Radcliffe Hospital in Oxford. Its team of cardiac physiologists, nurses and cardiologists provide an on-site screening service which includes a questionnaire, BP check and resting 12 lead ECG. These results are immediately reviewed by the cardiologists who are there, on the day. In around 10% of cases the cardiologist will request an Echocardiogram and this will be done on-site on the same day as the screening. In a very small number of cases, following the Echocardiogram, the cardiologist might suggest further investigations which can be arranged through the cardiologists or with a structured referral to your GP.

We will shortly be announcing **Cardiac Screening Days** on our Events page on our website when finalised.





TOBE 
HEARTSAFE

The Barts & Queen Mary Science Festival

At the Barts and Queen Mary Science Festival this June, consultant cardiologist Filip Zemrak alongside the team's cardiac nurses Lucia Amato and Clare Addison were demonstrating Basic Life Support including CPR and AED to teachers and pupils attending for the day.

Cardiac Nurses in action

Over the summer the TOBE specialist cardiac nurses have also been busy running life support training days for organisations including independent TV Production company Storyvault Films and direct marketing agency www.cinked.co.uk training their teams as part of their group sessions. We're happy to organise bespoke sessions for all ages – please email or call to find out more.

About Us

Every day, strong and healthy young people die suddenly from heart conditions they didn't know they had. A new not-for-profit organisation TOBE-Heartsafe is on a mission to provide cardiac screening, CPR training and defibrillators for schools and sports clubs.

TOBE-Heartsafe (TOBE) was created out of a tragedy when in July 2019, 22 year old Toby (or Tobe as he was known to friends and family) was found dead on his bedroom floor by his mother – Sam Richards – from an undiagnosed heart condition. At the time of death he was fitter and healthier than he'd ever been. His death was registered as SADS - Sudden Arrhythmic Death Syndrome.

That tragedy brought together a team of people and specialists who decided to form a CIC (Community Interest Company) to raise awareness, offer cardiac screening, basic life support training and risk assessments to individuals and organisations that in turn could be expanded into the local community.

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