**REGISTERED CHARITY NUMBER: 1152647**

**REPORT OF THE TRUSTEES**

**AND UNAUDITED FINANCIAL STATEMENTS**

**FOR THE**

**YEAR ENDED 31ST OCTOBER 2018**

**FOR**

**THE JOE HUMPHRIES MEMORIAL TRUST**

**JOE HUMPHRIES MEMORIAL TRUST**

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**JOE HUMPHRIES MEMORIAL TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS**

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| **Charity Name** | **Joe Humphries Memorial Trust** |
| **Charity Registration Number** | **1152647** |
| **Principle Office** | **11 Halywell Nook** |
|  | **Charnwood Grange**  |
|  | **Rothley** |
|  | **Leicestershire** |
|  | **LE7 7QL** |
| **Trustees**  | **Steve Humphries (Chair)****Lauren Humphries****Andrew Rowell****Mike Ferguson****Simon Taylor****Teresa Dalby****David Hastings****Val Lewis** |
| **Bankers** | **Barclays Bank PLC****2 Bishop Meadow Road****Loughborough****Leicestershire****LE11 5RE** |

**JOE HUMPHRIES MEMORIAL TRUST**

**TRUSTEES' REPORT**

The Trustees have pleasure in presenting their report and the audited financial statements of the Charity for the year ended 31st October 2018.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

The Joe Humphries Memorial Trust was established, as a legal entity, on the 12th October 2012 and became a Registered Charity (No 1152647) with the Charities Commission on the 1st July 2013.

**THE TRUSTEES**

The Trustees of the Trust are as follows:

Steve Humphries (Chair)

Lauren Humphries

Andrew Rowell

Mike Ferguson

Simon Taylor

Teresa DaIby

David Hastings

Val Lewis

**OBJECTIVES AND ORIGINS OF THE TRUST**

The Trust was established and is registered by the Charity Commission for the following purposes:

The advancement of health and the saving of lives by the provision of training, in particular but not limited to, cardiopulmonary resuscitation and emergency life support skills, and the advancement of education into the causes of sudden unexpected death in young people by whatever means the Trustees think fit;

To help young people, especially but not exclusively, through leisure time activities, so as to develop their capabilities that they may grow to full maturity as individuals and members of society.

The Trust was set up in October 2012 following the tragic sudden death of 14 year old Joe Humphries whilst out running near his home in Rothley on 4 October 2012. Within hours of the tragic loss of his son, Steve Humphries was surfing the Internet to find out more about this dreaded occurrence and to his horror he found it difficult to discover relevant information about the condition that Joe had suffered, known as SADS (Sudden Arrhythmic Death Syndrome). As a result he felt an urge to extend both his own knowledge and also to look further into what actions may help to reduce the loss of life of other young people in similar circumstances. It became immediately apparent that there was work to be done and the Trust was formed in October 2012, gaining recognition from the Charity Commission in June 2013, the aim being to help transform the lives of other young people.

The Trust was officially launched at Joe's school, De Lisle College in March 2013, followed by a 'local launch' in Rothley Parish Church in April 2013. The response was overwhelming from so many different perspectives. The need for a cultural change is gaining momentum and our dream is that Leicestershire and Rutland will become a beacon for other areas to follow in relation to awareness of SADS and emergency life saving skills for young people and the wider community, and that one day defibrillators will be seen as equal to the need for fire extinguishers.

It soon became apparent that an area that needed our focus was to implement CPR (cardiopulmonary resuscitation) training in schools and sports organizations, coupled with promoting the placement of defibrillators where young people are most at risk.

A multi-agency approach including sign-up from head teachers within both the City and County secondary schools and the JHMT collaboration with the East Midlands Pacemaker Fund (EMPF), the University Hospitals of Leicester NHS Trust (UHL), the University of Leicester, the British Heart Foundation (BHF), East Midlands Ambulance Service (EMAS) and Resuscitation Council (UK) and Heartwize ensured a new focused CPR based training package is being delivered across schools in Leicester and Leicestershire.

In addition a pioneering scheme, Joe's Mini Heartstart, is being rolled out across community sports clubs in Leicestershire that is also teaching people vital life saving skills.

2014 also saw the launch of the Inspire Awards to promote the trust's second objective.

Other landmark developments included the platform to address key leaders in the EAST Midlands property and construction industry about how they can play a key part role creating 'heart safe' communities by including public access defibrillators within the planning stage of projects. The Trust also provided key heart care evidence into a comprehensive independent review into safety and welfare in UK sport, led by Baroness Tanni Grey-Thompson. The finalized report was published on 21 April 2017.

**THE TRUSTEES' REPORT ON THE TRUST'S SIGNIFICANT ACTIVITIES AND ACHIEVEMENTS BETWEEN 1 NOVEMBER 2017 AND 31 OCTOBER 2018**

***Thank You for making a difference in 2018…***

***…as there was no let up during 2018 in the Trust's ongoing fight against young people dying from unsuspected heart conditions - Sudden Arrhythmic Death Syndrome - SADS.***

The JHMT would like to take this opportunity to ‘thank’ all our supporters and army of selfless volunteers who have again played their part during the past year (2018) in helping Joe’s Trust keep up the ‘momentum’ with its long term goal to create a ‘heart safe’ community for all and in doing so gain further ground to reduce the incidence of young people dying without any warning from undiagnosed heart conditions like SADS – this group of heart conditions are responsible for the loss of at least 12 precious young people (12 – 35 years old) every week in the UK and as we are reminded on a daily basis, also across the world.

***Teamwork and a planned approach to being ready in case of a cardiac emergency is crucial.***

Once again, there have been many memorable highlights during the Trust ‘Year 6’ (1 November 2017 to 31 October 2018). A year which will be remembered for gaining further ground in creating a heart safe sporting and community environment with the ever-growing number of sports clubs and community organizations working with JHMT to place a public access defibrillator to benefit both club members of all ages, visitors and the local community. A cardiac emergency can happen to anyone of any age, including seemingly fit and healthy young people taking part in physical activity. The physical exertion of sport can sometimes trigger underlying heart conditions like SADS.

***Wherever sport is played, a defibrillator should be on site and readily accessible. When every second counts, it could be the difference between life and death. Immediate CPR is crucial whilst the defibrillator is brought to the patient and it's also vital that as many people as possible have CPR skills, including players, officials and spectators as they may be the closest to where someone has collapsed.***

In November 2015, to kick start the Trust year, following key ongoing partnership work between Leicester City Council, JHMT and two local city based football clubs, GNG FC and Leicester City Women’s Football Club, a public access defibrillator was installed on a lamp-post column adjacent to the bus shelter on Braunstone Lane East, Leicester.

Three members of CKI Martial Arts Club (Joe’s Club) dedicated their success at the World Championships in Portugal to JHMT, with 13 year old young Ahmad Saleh winning gold, having benefited from a JHMT Inspire award. The JHMT Inspire Award scheme awards small grants to help young people to fulfil their ambitions in sport, art, business or community enterprise. Ahmad was awarded a grant for £300 to help cover his travel costs to compete at the World Championships. Ahmad became the ‘**50th’** young person to receive an award from the scheme.

The new year opened with the Trust’s heart safe sporting and community campaign making further inroads into providing people of all ages with the necessary knowledge and skills on how to save a life. First port of call was Shepshed Bowls Club, to assist the club to secure a public access defibrillator. Shepshed Bowls Club raised the money for the installation of this vital life-saving equipment on the wall of its clubhouse, in Charnwood Road. It has also gained funding for the project from Shepshed Lions, Shepshed Rotary Club and JHMT, which donated an external defibrillator cabinet so that the equipment could be installed in a location that will be accessible to the public, 24 hours a day.

In January the Trust was made aware that someone who had attended a ‘Heart-friendly Parks’ training session, led by the Trust’s lead trainer Alan Harrison White, had subsequently come to the aid of a victim of cardiac arrest on a local bus in Evington, Leicester. Thanks to the quick action of this bystander, the victim survived the cardiac emergency. The bystander was quick to point out that the invaluable training he had received helped in making the right decisions to save a life.

This example of someone surviving a cardiac emergency gave further impetus to JHMT’s ongoing awareness and training campaign across the city and county, to help increase the chances of someone surviving a sudden cardiac arrest, and to demonstrate that sudden heart deaths are inevitable, but preventable.

The Trust’s drive to create a new generation of lifesavers continued with all Year 6 children (59) at Rothley Primary School and Woodstock Primary School (58) receiving CPR and AED familiarisation training from JHMT. Rothley Primary school also secured a BHF grant for a public access defibrillator with JHMT donating an AED cabinet. Plans are in place so each new Year 6 cohort at the school learn basic lifesaving skills delivered by JHMT.

JHMT collaborative work to create a heart safe sporting environment, which is one of the Trust’s key priorities, was given a further boost during the first quarter of 2018 when the Leicestershire and Rutland Cricket League (LRCL) Premier League became the first in the country to make it a league requirement for all Premier League clubs to sign up to the Leicestershire & Rutland Heart Awareness in Cricket (HAC) scheme (a partnership between LRCL, LCCC and JHMT). The scheme aims to ensure that all clubs have an onsite defibrillator at their respective cricket grounds and provide basic Cardiopulmonary Resuscitation (CPR) and defibrillator familiarisation training for the membership of each club including players, coaches and officials.

HAC echoes key messages highlighted in the independent Duty of Care in Sport review, commissioned by the government and led by Baroness Tanni Grey­-Thompson. The review advocates more training and better awareness of cardiac health to help protect people especially young people - who play sport. The review, which was released in April 2017, highlighted the need for a greater all-round knowledge about heart conditions and symptoms that could lead to sudden cardiac arrest in sport. The report also calls for more information and awareness about cardiac screening and for more club members to have basic hands-on CPR training and access to a defibrillator.

The HAC scheme participants in 2018 included Leicester Electricity CC, Kegworth CC, Kibworth CC, Kirby Muxloe CC, Ivanhoe CC, Ashby CC, Broomleys CC and Countesthorpe CC, all of which have worked to site public access defibrillators, take part in the Joe’s Mini Heartstart for Sports Club’s training, and received a donated AED cabinet from JHMT. The league are now committed to working with JHMT to ensure the Premier League clubs are fully heart safe by the beginning of the 2019/20 season.

The wider sporting family across the city and county also took steps to be heart safe with notable success at Rothley Imps JFC, Croft JFC, Highfield Rangers FC and the Advanced Football Academy in Whetstone, all of which secured funds for an AED, received training from JHMT and a donated AED cabinet.

Across the wider community, JHMT have joined forces with the Bradgate Park Trust to help create a heart safe environment at the crown jewel country park in Charnwood. This has resulted in 4 AEDs being sited across key locations within the park, in cabinets donated by JHMT, with training in the pipeline for the park volunteers.

The Trust’s heart safe partnership work with neighbouring local authorities resulted in over 200 people being training by JHMT’s lead trainer Alan Harrison White as part of Leicester City Council’s Heart-friendly Parks programme. The Council has now 31 AEDs, including 2 solar panel versions, sited across all of its parks. Charnwood Borough Council also launched two public access defibrillators to serve the sport clubs and local community with training led by JHMT. Both organisations have also taken steps to provide grants for sports clubs to become heart safe.

Alan has once again been leading the charge to create a ‘heart safe’ sports environment throughout 2018 reaching a milestone of training people in vital lifesaving skills - he has now taught 2,300 people (771 during 2017/18 period) across a diverse range of organizations including youth and voluntary organizations. Throughout the year another 52 sports clubs and community organizations were to benefit from the Joe’s Mini Heartstart For Sports Clubs training all led by Alan.

The Trust has also created links with the Scout movement, and has trained several groups of leaders and scouts. Further CPR and AED awareness training is planned.

The Trust is also once again indebted to Charles Poole who, working in a volunteer capacity as the AED advisor, helped provide vital advice and guidance on grant applications, procurement, placement of AED and training. This, along with financial support from the Trust by way of donation of associated external AED cabinets, has enabled a further 11 community public access defibrillators to be placed in sports clubs and community settings throughout Leicester and Leicestershire. This has included Bradgate Country Park, Leicestershire Scout Camp, Kegworth Cricket Club, Kibworth Cricket Club, Croft Juniors FC, Highfields Rangers FC, St Matthews Cruyff Sports Court and Blaby and Whetstone Football Academy. In addition, Charles handled well over 40 defibrillator related enquiries from local groups who required further support and guidance.

The Trust’s event team of willing volunteers managed to deliver the annual calendar of community events, including Joe’s Jog 2018 - a mile-long family fun run, which attracted a record 358 runners and raised £1,400 to support the ongoing work of JHMT. Joe's Jog, now in its fifth year, takes place before the annual Mattioli Woods Rothley 10k running event in June.

The Trust also held its third annual craft fair at the new Mountsorrel Community Centre.

The Trust is indebted to a number of volunteers who step up to take on the BIG challenges to raise awareness of SADS and funds for JHMT.

In 2018, another inspirational young person, Alice Humphries, went the extra miles to support Joe’s Trust by completing the Brighton Marathon, raising an amazing £1400 to support the work of JHMT.

The Trust was present at a number of community events including the EMAS awareness day at local Sikh Temples and an Emergency Services Health and Community Family Day at Bradgate Park, which included representation from Leicestershire Police, Fire and Rescue, EMAS and other key local organisations.

The Trust’s Inspire Awards scheme, which was set up in 2014 to help by providing a helping hand to young people to be inspirational, reached the ‘100 up’ landmark in 2018. £21,000 has now been awarded in grants since 2014 to support the work of young people. A further 20 young people from the city and county benefitted from the support of the Trust’s Inspire Awards scheme in 2017/18.

And finally, the Trust’s annual awareness campaign, SADS Awareness Week (1- 5 October 2018) was held in conjunction with the University Hospitals of Leicester NHS Trust.

Highlights included:

* **Monday 1 October** -SADS Week kicked off with CPR and defibrillator training at De Lisle College, which was Joe's school. Later in the week, the school also launched Joe's Photography Competition. This is an annual competition, which has be running since 2013, and attracts more than 100 entries each year, and encourages the talents of De Lisle students as part of their Creative and Active Week. It is judged by professional photographers and members of the JMHT team.
* On **Tuesday 2 October,** CPR training took place for members of Narborough Bowls Club in the morning and Loughborough College in the afternoon. The vital life-saving training saw adults and young people learning how to use a defibrillator as well as how to carry out cardio-pulmonary resuscitation (CPR). It was be delivered for free by the JHMT.
* Loughborough College Sports Academy students - the athletes of the future – found out more about SADS and other sudden heart deaths with a talk from Dr Ffion Davies, a consultant in emergency medicine at Leicester's hospitals and medical advisor to the JHMT.
* Leicester Rowing Club, which is in the process of getting a defibrillator, also benefited from some CPR training for its members, delivered by the Trust's Dr Mike Ferguson.
* **Wednesday 3 October** -a new multi-use games area in St Matthews, Leicester officially launched its public-access defibrillator. The site has been created thanks to £1million of funding from the local charitable trust which runs Big Local and the Cruyff Foundation, with a new pitch facility called Cruyff Court developed as part of the site. The St Matthews project has also been supported by the JHMT, which helped to ensure that a defibrillator is in place on the site and will be providing training to members of the community who will use the sports facilities.
* The local youth basketball team, called St Matthews All Stars, also learnt CPR skills and how to use a defibrillator as part of the JHMT's ongoing work to create a new generation of 'response-ability' athletes, who know how to respond quickly and have the skills to save a life should someone suffer a cardiac emergency.
* **Thursday 4 October** - JHMT supported the University Hospitals of Leicester NHS Trust in ensuring that hospital and community healthcare staff are fully aware of the conditions which can cause sudden cardiac arrest in children and young people.
* Dr Ffion Davies delivered a SADS conference half day workshop for local medical practitioners including doctors, nurses and paramedics in Leicestershire & Leicester. Aimed at increasing professional knowledge around SADS, it covered topics including screening, spotting the signs, what SADS means for families and what cardiologists will do after referral.
* This conference also brought together staff of many specialties to learn from experts in the field, as well as learning how they can influence their own community outside of hospitals and GP surgeries, to make sure that CPR skills and public access defibrillators are present at any place and any time, to treat and save the lives of victims.
* **Friday 5 October** - A Heart Friendly Parks training session was held for members of the community at Abbey Park's education centre.

SADS Awareness Week once again provided another truly fitting climax to end the 2017/18 Trust year. A year when JHMT, in partnership with many key local partners and agencies, joined forces to strengthen the chain of survival in the city and county by equipping more people of all ages with the key lifesaving CPR skills. More public access defibrillators were placed across the communities, including sports clubs, with ongoing familiarisation sessions in how to use a defibrillator. The Trust continues to raise further awareness and knowledge of undiagnosed heart conditions like SADS, which can have life changing and devastating consequences for those families who lose - without any warning - a dear son or daughter.

Once again, we are truly thankful for the ‘magnificent’ efforts of everyone who has helped the Trust make a difference in past year, as demonstrated above in the review of 2018. We continue to make vital steps forward as we fight on to reduce the incidence of young people losing their lives to undiagnosed heart conditions like SADS. However, the work goes on as there’s still much to be done in 2019 to raise awareness and reduce the incidence of sudden, unexpected death in young people. In doing so, helping to create a heart safe community for all.