**REGISTERED CHARITY NUMBER: 1152647**

**REPORT OF THE TRUSTEES**

**AND UNAUDITED FINANCIAL STATEMENTS**

**FOR THE**

**YEAR ENDED 31ST OCTOBER 2019**

**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** | **61 Chaveney Road**  **Quorn**  **Leicestershire**  **LE12 8AB** |
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| **Trustees** | **Steve Humphries (Chair)**    **Lauren Humphries**    **Mike Ferguson**    **Simon Taylor**    **Teresa Dalby**    **David Hastings**    **Val Lewis**  **Alan Harrison White** |
| **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 2019.

**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

Mike Ferguson

Simon Taylor

Teresa DaIby

David Hastings

Val Lewis

Alan Harrison White

**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 2018 AND 31 OCTOBER 2019**

***Thank You for making a difference in 2019…***

***…as there was no let up during 2019 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, local & national partners and a army of selfless volunteers who have again played their part during the past year (2019) 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.

***One GOAL - to create ‘heart safe’ sporting and community environment for ALL - where being fully prepared & equipped to save a life becomes the norm across all levels of UK sport, from elite to grassroots.***

Once again, there have been many memorable highlights during the Trust ‘Year 7’ (1 November 2018 to 31 October 2019).  A year which will be remembered for not only gaining further ground in creating a heart- safe sporting and community environment across Leicester and Leicestershire but also for taking a major step forward to embed the heart—safe practices within national UK sports safety policy.

During 2019, an initial aim of the strategic alliance between JHMT, Sport England and Sheffield Hallam University was to  develop key CPR & AED guidance notes for the UK sporting community and specifying AEDS at all Sport England funded locations,  along with developing a heart - safe sport e- learning module resource in collaboration with UK Coaching so all affiliated sport coaches at all levels have the necessary, knowledge, skills and are equipped in knowing how to deal with a cardiac emergency both on or the field of play.

***Having coaches, players & volunteers trained in hands-on CPR and having access to a defibrillator should form a key part of all sports clubs’ duty of care plans.***

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 2018 , to kick start the new Trust year,  it was the turn of Waterfront Sports and Education Academy in the inner city of Leicester who with support from JHMT were able to site an AED outside their facility providing access in the heart of the Belgrave   community 24/7.  Michael Burgess, CEO of Waterfront Sports and Education Academy said "No-one is exempt from unexpected heart conditions, even the healthiest of individuals. If a defibrillator can save the life of just one person, then it has served its purpose."

Also, in November, more young people from the city and county were to benefit from the Trust’s Inspire award grant scheme to help them fulfil their ambitions in the fields of music, arts, sports, entrepreneurism and community endeavour.

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. More than £30,000 has now been awarded in grants since 2014 to support the work of 160 x young people. During the year ended 31 October 2019 a further 38 young people benefited from the scheme receiving £8440 in awards.

Some of the young people to benefit from an Inspire grant during 2018/19 included 20-year-old Sophie Otter, from Lutterworth, who hopes to represent Great Britain at kitesurfing in the Paris 2024 Olympics. "My £300 grant from the Inspire Awards means that I am able to afford equipment and training costs. These are vital for me to continue progressing over the winter period."

Seventeen-year-old Andrew Moran, from Narborough, is a guitarist who has performed at local festivals, open mic nights and at charity events, as well as busking in Leicester and Birmingham.  Andrew was awarded a grant for £250 to help him buy a new guitar.   Young Leicestershire tennis star Anna Chesca, 17, from Loughborough and currently the best ranked and rated female player of her age in the county, was also awarded £250 to help her compete in more tournaments across the UK, including reaching the quarter-finals at an international ITF event in Edinburgh."

Other young people to benefit include Abigail Gray, 17, who has learning difficulties but has not let anything hold her back in her passion for basketball. Abigail was selected to represent Great Britain at the Special Olympics World Games in Abu Dhabi in March 2019. The grant helped to fulfil her lifetime ambition to represent her country at one of the world's largest sporting events, with more than 7,000 athletes taking part.

A £350 Inspire donation towards the cost of her training, equipment and other pre tournament costs has made all the difference to Abigail in fulfilling her dream. "I have always wanted to represent my country at basketball and now I have the chance. I am really excited!" she said.   Brandon Fletcher, 17, from Leicester, was also awarded £300 from Inspire to help him pursue his passion for acting and musical theatre.

During early December, JHMT made further inroads into creating the next generation of lifesaver with the start of key local partnership with Leicestershire Charnwood Scouts.

With the support of the JHMT, CPR and defibrillator training was made available to more than 200 adults, who will then pass on the skills they learn to more than 1,000 young people in Scouting in Charnwood.

Through their association with the JHMT, the Scouts were able to buy two defibs at a competitive rate.  One of the defibrillators has been installed at the local campsite Oaks in Charnwood, and one mobile defib which will be used for expeditions and events. An external cabinet for the campsite defib was donated by the JHMT.

Steve Humphries from the Joe Humphries Memorial Trust said: "We are proud to be working in collaboration with Charnwood Scouts to help create a heartsafe environment.

"Hundreds of young people and volunteers take part in a diverse range of learning and recreational activities as part of Scouting. It's vitally important that this fantastic worldwide movement is equipped to deal with a cardiac emergency.

"As we know, sudden cardiac arrest – including undiagnosed heart conditions like SADS – can strike fit and healthy young people without any warning. Having more people including young cubs, scouts, guides and leaders with CPR and defib skills can be the difference between life and death. Teamwork saves lives.'

As a result of the fantastic work between the JHMT and Charnwood Scouts, the rest of Leicestershire Scouts are getting defibs installed across their remaining five campsites and are looking at how to introduce these essential skills for life to more of their adults and young people.

To close 2018 and as part of Joe’s ongoing legacy, De Lisle held their fifth JHMT and De Lisle Photography Competition. Katie Kurnatowski from the College Media Department said, 'Yet again we have been overwhelmed by the support for the photography competition with over 130 entries. It is wonderful to see Joe remembered by our students and staff through this event which gives them the opportunity to see their work and photos showcased in college.

The photography competition marked a period of varied activities at De Lisle to support the ongoing work of the JHMT, including CPR and defibrillator familiarisation training that saw more than 400 pupils trained in these vital life-saving skills in a month.

The new year 2019 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.

Another Leicestershire cricket club, Countesthorpe Cricket Club were able to install a defibrillator thanks to donations from the Leicestershire Cricket Association, Pirelli and Countesthorpe Parish Council – and has also put its own club funds towards the project. The external cabinet was part-funded by the Joe Humphries Memorial Trust (JHMT).

In addition,  club members at Countesthorpe also took part in Joe's Mini HeartStart for Sports, a JHMT training programme which aims to ensure sports club members – including players, officials and volunteers – know how to use a defibrillator and can perform CPR in an emergency.

In 2018, the Everards Leicestershire and Rutland Cricket League's premier division made it a league requirement for all premier league clubs to sign up to the Leicestershire and Rutland Heart Awareness in Cricket (HAC) partnership between Leicestershire County Cricket Club, JHMT and the cricket leagues . As part of the requirements, all clubs must have a defibrillator at their grounds and provide CPR and defibrillator training for the membership of each club, including players, coaches and officials.

The wider sporting family  and key community organisations across the city and county also took steps to be heart safe in 2019 with notable success at  Broomleys CC, Leicester Rowing Club, Moat Community College, Ivanhoe CC, Oadby Gymnastics Club ,  all of which secured funds for an AED, received training from JHMT and a donated AED cabinet.

JHMT’s lead trainer Alan Harrison White’s  CPR and AED familiarisation lifesaving training across the community,  work on behalf of the Trust, to create a ‘heart safe’ sports environment throughout, reached another milestone with another 807 trained taking the overall total to 2,960, across a diverse range of organizations including youth and voluntary organizations. Throughout the year another 41 sports clubs and community organizations were to benefit from the Joe’s Mini Heartstart For Sports Clubs training all led by Alan.

Support from the Trust – both financial by way of the donation of an external cabinet to make an AED community accessible 24/7 and related advice - has enabled a further 5 community public access defibrillators to be placed in sports clubs and community settings throughout Leicester and Leicestershire, at Leicester Rowing Club, Kirby Muxloe Sports Club, Waterfront Sports and Education Academy, Oadby Church Rooms  and Moat Community College. The Trust has also supported the Oadby and Leicester Gymnastics Club with the installation of an on-site AED, with a second, Community Access, installation to follow.

This year has seen a drop in the number of completed CPAD installations compared to the previous year. Liaison with Clubs has shown this in part due to the financial constraints in which many Clubs and community organisations find themselves and also that many of the more proactive Clubs now have an AED in place or immediate access to one.  The length of time from initial Club enquiry to installation is also showing an increase.

The Trust has been actively engaged with Charnwood Borough Council to encourage their very welcome provision of a grant of up to £250 within their Sports Grants Scheme specifically to support the installation of Community Public Access Defibrillators at Sports Clubs within the Charnwood District. In addition, the Trust has also sought to help Clubs seeking to install an AED to identify potential funding sources, such as local authority, sports governing body and other charitable grants.

The Trust has also purchased a supply of external quality identification and information signs which it donates to installations to help ensure rapid location of the AED in an emergency.

In addition, Charles Poole has continued to handle defibrillator related enquiries from local groups who have sought support, guidance or signposting.

The Trust’s event team of willing volunteers managed to deliver the annual calendar of community events, including Joe’s Jog 2019 - a mile-long family fun run, which attracted a record 458 runners and raised a fantastic £2400 to support the ongoing work of JHMT. Joe's Jog, now in its sixth year, takes place before the annual Mattioli Woods Rothley 10k running event in June.

To mark what should have been Joe’s landmark 21ST birthday, a musical ‘Forever Young’ concert for Joe was held at the Rothley Parish Church to a full audience. The Trust were indebted to so many talented Leicestershire musicians including Leicester singer, song writer Jersey Budd and a number gifted and up and coming young musical talent. The event was compared by BBC presenter Marie Ashby. The concert also raised through voluntary £1122.10p towards the ongoing work of Joe’s Trust.

The Trust also held its fourth annual Christmas craft fair at the new Mountsorrel Community Centre.  The Trust were once again present at a number of community events including a national football tournament organised by the St Matthews Big local community organization which was held at the new outdoor Johan Cruyff Foundation multi-purpose ball court in the heart of the Leicester inner city community,  the EMAS awareness day at local Sikh Temples and another appearance at the annual 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.

And finally, the Trust’s annual awareness campaign, SADS Awareness Week (30 September - 4 October 2019) was held in conjunction with the University Hospitals of Leicester NHS Trust and EMAS.

Don’t Think, Just ACT! the core message of the SADS Awareness Week 2019:

Highlights included:

**Monday 30 September** - SADS Week kicked off with CPR and defibrillator training for members of the 2nd Quorn Scouts Group, who are committed to creating a heartsafe environment for all their leaders and Scout members. This was followed by a talk on SADS in Sport being held at Loughborough College on **Tuesday 1 October**, where emergency department senior sister Jeanette Simpson-Millard delivered a talk on how everyone can be better prepared in case of a cardiac emergency on the field of play. The talk is open to all students, staff and members of the community.

Steve Wilkinson from Loughborough College said: "We're proud to be part of SADS Week. Athletes and young people with no apparent health issues can fall victim to SADS, so we need to raise awareness and equip people with the skills they'll need in a cardiac emergency."

Former LCFC player Matt Piper's Football and Sports Academy students took part in CPR and AED familiarisation on **Wednesday 2 October**, alongside members of Highfields Rangers FC. And on Thursday 3 October, 40 x members of Leicester Rowing Club and West End running club also got all ‘hands on’ with JHMT so that they know how to use a defibrillator and respond in case of cardiac emergency.

**Friday 4 October** -  The annual De Lisle College photography competition at Joe's former school was launched. Another opportunity for students and staff to  produce and showcase some great quality work every year, the competition pays tribute to Joe's keen interest in the arts and photography.

And on **Saturday 5 October and Sunday 6 October**, two of Joe's friends, Meg Holland and Georgie Roe, went the distance to support the JHMT. Georgie in the Bournemouth 10k on Saturday, while Meg took part in her first-ever triathlon on Sunday.

SADS Awareness Week once again provided another truly fitting climax to end the 2018/19 Trust year. A year when further gains were made with more city and county community sports clubs and organisations with funding support and guidance from JHMT acquired a community accessible defibrillator available to the local community 24/7. This was also back up with the more people learning key basic lifesaving skills CPR and how to use a defibrillator in case of an emergency.

In September 2019, a research study presented at the ESC Congress 2019 with the World Congress of Cardiology emphasised the need for more affirmative action by key agencies.  "To further improve survival from cardiac arrest, CPR should be taught to the general public and particularly to sports medicine practitioners," said Prof Jouven. "An AED should be available in all sports venues. Preventing sudden cardiac arrest remains the ideal goal – in the future, smartwatches and internet-connected T-shirts may alert us to warning signs occurring minutes or hours before, allowing early resuscitation and prevention."

The Trust’s ongoing work during 2020  with Sport England, a non-departmental public body under the Department for Digital, Culture, Media and Sport along with UK Coaching and other key to incorporate  heart – safe sport guidance for providing the right equipment and training for early responders across all levels of sport from elite to grassroots will be a major step to increasing the number of lifesavers across all communities in the UK and creating a safer environment for all on and off the field of play.

Once again, we are truly thankful for all the ongoing support and the ‘magnificent’ efforts of everyone who has helped the Trust make a difference in the 2018/2019 Trust year, as demonstrated in this review.  We’ve travelled quite a distance over the past 6 years since the devastating loss of our dear son Joe and the creation and work of his Trust. However, the work goes on as there’s still much to be done in 2020 and beyond to raise awareness and reduce the incidence of sudden, unexpected death in young people, and on doing so, helping to create a heart safe community for all.

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