

**REGISTERED CHARITY NUMBER: 1152647**

**REPORT OF THE TRUSTEES  
AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE  
YEAR ENDED 31ST OCTOBER 2021  
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

**Trustees** Steve Humphries (Chair)

Lauren Humphries

Alan Harrison White

Mike Ferguson

Simon Taylor

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**Bankers** Barclays Bank PLC

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## **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 2021.

### **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

Alan Harrison White

Mike Ferguson

Simon Taylor

Teresa Dalby

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 Heartwise 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.

## **JHMT annual Review 20/21 – Year 9**

### **Introduction**

With doubt the vital work of JHMT during 2021 was severely hampered by the ongoing impact of the Covid pandemic and further national lockdown restrictions which were introduced by the UK Government in early January until July.

**Despite all of this, THANKS to key members of the JHMT team, the Trust still managed to move forward and achieve some notable goals 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.**

As highlighted in the 2019/20 report, the pandemic touched all corners of the Trust's work and this was accelerated further with the imposed restriction in 2021. This included the Trust's community life-saving training which was put on hold until July, the Trust's community fundraising events programme 2021 was decimated and sadly it was agreed that best course for all parties of action was to postpone Joe's Jog until June 2022. The SADS Conference which was set to take place in 2021 was rescheduled for 2022, depending on the severity of the pandemic. The annual JHMT Craft Fair in November 2021 was once again postponed until 2022.

The plans to further develop the Glenfield Hospital Inherited Cardiac Clinic with JHMT were also put on hold until 2022/23 due to the extra service demands and pressures on all UHL services and medical staff brought about by Covid 19.

On a positive note, the collaborative work to complete the UK Coaching SCA e-learning module for sports coaches, funded by Sport England, was still set for a soft launch in May and further promotion during the Trust's annual SADS Awareness Week – 4 to 10 October 2021.

With young people still been held back due to ongoing Covid pandemic which has impacted on their plans, movements and ambitions for 2021, it was encouraging that the Trust's Inspire Awards small grant scheme to help young people, 13 to 21 years old, across the city and county still managed to make a difference in these extraordinary times living with Covid.

**HEART – SAFE Sport 2021 review:**

***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.***

The ongoing collaborative working with Sport England which resulted in the creation of the UK Coaching SCA Elearning module for UK Sports Coaches ( in addition for players, officials and volunteers – to create a TEAM orientated approach) at all levels of sport from elite performance to grassroots was finally completed in April 2021.

This toolkit was officially launched on 12 May 2021 via a combined multi-agency marketing approach led by Sport England and UK Coaching with support from JHMT and supporting partners. Along with the Sport England AED criteria developed in phase one. These major milestones achieved so far provide a fantastic platform to creating a heart-safe environment at all levels of UK sport & community. (as highlighted within the theme 7 notes and recommendations in the Duty of Care in Sport – Independent Report To Government 2017.)

The two-week marketing campaign crossed all forms of social media from national to community levels with the JHMT's patron Martin Johnson CBE taking a leading role in all the national press and publicity. Then out of the blue from nowhere came the Christian Eriksen cardiac incident at Euro 2020 football championships. Martin once took the lead role for UK Coaching and JHMT to raise awareness of the importance of being prepared, equipped and ready to save a life on or off the sports field, workplace, home and community. The incident witnessed on a global scale created an unprecedented amount of press news about the incident and highlighting that if sudden cardiac arrest can happen to a super fit professional athlete then it can happen to anyone, anywhere, anytime and any age.

### **Christian Eriksen Euros collapse sparks huge surge in CPR and defibrillator searches**

The British Heart Foundation had 133,320 views of its CPR and defibrillator website pages, up from 6,942 the previous week, after Christian Eriksen's life was saved on the pitch

Danish footballer Christian Eriksen's mid-game collapse sparked a massive surge of interest in learning CPR, a charity reports.

Between June 13 and 18 the British Heart Foundation had 133,320 views of its CPR and defibrillator website pages, up from 6,942 from June 6 to 11.

### **Footballer Christian Eriksen's Euro 2020 collapse prompts spike in South Central Ambulance Service app downloads**

<https://www.readingchronicle.co.uk/news/19404372.footballer-christian-eriksens-euro-2020-collapse-prompts-spike-south-central-ambulance-service-app-downloads/>

## Christian Eriksen collapse: surge in CPR and defibrillator training requests

<https://www.heraldscotland.com/news/homenews/19399255.christian-eriksen-collapse-surge-cpr-defibrillator-training-requests/>

The Trust's ongoing heartsafe sport campaign work to bring about further change on a national scale for greater cardiac awareness and preparation in both sport and community settings (as recommended within the Duty of Care In Sport Report 2017) was given a further boost by Sport England's announcement that \*\*Small grants programme (up to £10k). AEDs will be an eligible inclusion to a wider project/request at all levels of community sport. On capital projects for new sports facilities funded by Government, the inclusion of AED will be obligatory (if not already present on site).

### **\*\*Sports England – Club Matter news – July 21:**

Every week, 12 people under the age of 35 die from a sudden cardiac arrest in the UK.

The footballer Christian Eriksen's recent cardiac arrest and resuscitation at Euro 2020 has served as a high-profile reminder of the issue, and why it's important for individuals, groups and organisations to know how they might be able to help.

There are resources and training available to help people understand what can be done in the event of a sudden cardiac arrest, such as the free [eLearning toolkit](#) on the UK Coaching website. A guide to [Automated External Defibrillators](#) is also available on our website.

If your club doesn't have a defibrillator, funding is now available for one through [Sport England's Small Grants fund](#).

Already have a defibrillator? Become part of [The Circuit](#) through British Heart Foundation and help create a network of defibrillators that could support people throughout your community.

### **Key Calendar Highlights:**

#### **November 2020:**

#### **Ibstock Cricket Club Becomes Heart Safe with the Help of JHMT**

Located prominently on the outside of the club pavilion, it is available 24/7 for anyone who needs it. Registered with East Midlands Ambulance Service, it enables the emergency call handler to initiate its use and help any available bystander follow the simple instructions and become a potential life saver.

Joe Finch, Ibstock Town Cricket Club Vice Chairman, who has been pivotal in installing the Automated External Defibrillator (AED) at their club said : "Ibstock Town Cricket Club is at the heart of the village in providing sport and social facilities, including a meeting place for a

number of charities such as a local stroke club. It is great to be able to extend our support to the community by providing a defibrillator."

This was achieved through a package of funding sources, including a very generous private donation from Mrs Janice Mee, a lifelong supporter of the club, and a Leicestershire & Rutland Cricket League AED grant for £250. The external cabinet which will keep the defibrillator safe has been funded by the Joe Humphries Memorial Trust (JHMT), a local charity which works with sports clubs and community groups to raise awareness of sudden heart deaths, particularly in young people.

Charles Poole from JHMT commented: "It is superb to see more and more sports clubs across the city and county, including cricket clubs like Ibstock Town, installing AEDs. A sudden cardiac arrest can happen at any time to anyone, anywhere, and at any age – player, umpire, spectator, family member or friend. Immediate access to an AED along with CPR gives that person the best possible chance of survival."

Everards Leicestershire and Rutland Cricket League's premier division has made it a league requirement for all premier league clubs to sign up to the Leicestershire and Rutland Heart Awareness in Cricket (HAC) partnership. 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.

## **May 2021**

### **Sporty four all raring to GO! with a little help from Inspire**

Lotta Mansfield, Finn Mansfield, Charlotte Allen and Mytchel Briars have each received Inspire Awards from local charity the Joe Humphries Memorial Trust (JHMT) to help them reach their sporting goals in 2021.

The JHMT set up the scheme in memory of Joe Humphries, 14, who sadly never got to achieve his goals.

Joe died of sudden arrhythmic death syndrome (SADS) in October 2012, while out jogging near his Rothley home. This group of genetic heart conditions can strike without any warning, in seemingly fit and healthy children and young adults.

Since Joe's death, his family and friends formed the JHMT to campaign tirelessly for better understanding and awareness of SADS, more CPR training and defibrillators. They also set up the Inspire Awards small grants scheme, to help young people aged 13-21 from Leicester and Leicestershire.

To date, the Trust has awarded 214 grants to young people totalling £37,646.

All four are really looking forward to competing once again following the enduring impact of Covid-19 on the UK sporting calendar.

Mytchel Briars is 16 years old and from Ratby. He first picked up a tennis racket when he was 5 years old and hasn't stopped playing since. Having played in club league teams in every age group from under 8s to under 18s, he now plays for the men's 1<sup>st</sup> team.

Mytchel realised he wanted to become a tennis coach by watching his own coach's passion and enthusiasm for the sport, and how he just wanted to get everyone on court learning and having fun no matter what their age or ability. The first major step to becoming a full-time tennis coach is to pass the LTA Level 1 Tennis Coaching Course.

Mytchel said: "My Inspire award grant of £175 means everything to me as I can now take the first step to becoming a full-time tennis coach, which is something I have dreamed of doing since I started playing tennis at the age of 5."

Lotta Mansfield is 18 years old and from Wymeswold and is an international level cyclist who races Cyclocross, Road and MTB. Her passion for racing started in 2008, when she took part in her first race, and she has been racing ever since. She currently races for Cero/Cycle Division.

Having grown up racing circuit road races, MTB, track and cyclocross, Lotta now specialises as an off-road rider.

During the 2020-21 cyclocross season, she was selected to represent Great Britain at the first ever Junior Women's Cyclocross World Cup in Tabor, Czech Republic, where she came 21st. Having been selected to represent Great Britain for the European Championships and the World Cup in Namur, Belgium, both competitions were cancelled due to Covid restrictions.

Lotta says she is so grateful for her JHMT Inspire award grant of £250, as the funds will help towards buying a new bike and wheels.

Charlotte Allen is 18 years old and from Quorn. She is currently studying sport science at Loughborough college. Alongside her studies, Charlotte is a member of the both the Wasps netball academy and Loughborough College netball academy. She also finds time to play in the East Midlands regional league division 1 for her club, Northants Storm, and in the local Loughborough League Premier Division for Mollbuzzers.

Charlotte said: "With the support of a JHMT Inspire grant of £200, I will be able to continue achieving my goals. This will help me take part in coaching courses, attend netball camps and obtain a gym membership to focus on getting my body stronger and fitter in order for me to compete at a higher level this season and in trials in the summer."

Finn Mansfield is 19 years old and from Wymeswold. He is currently studying Medical Microbiology at the University of Bristol. In addition to his studies, Finn has been racing bikes for nearly 10 years, starting with racing cyclocross then racing road and MTB.

In 2020, he took a gap year to race cyclocross full time in Belgium. He spent 3 months racing the pro cyclocross circuit in Belgium and the Netherlands, training and racing as a professional.

Finn said: "Now that I've left home, I've discovered how expensive cycling is! Bike maintenance really stretches the student budget but my JHMT Inspire grant of £250 will help me keep my bikes in good working order so that I can train and race at the highest level."

Simon Taylor, Inspire Awards lead for the JHMT, said: After an extended period where our young people have had to limit their aspirations and endeavours, it is great to see once more some terrific talent expressing itself. Through Inspire, we are here to assist and encourage more of that."

### **May 2021:**

#### **UK Coaching's Sudden Cardiac Arrest Digital Toolkit: Learn to Be Quick, Smart and Restart a Heart**

In May 2021, The Trust's partner, UK Coaching finally launched its free digital learning toolkit: <https://www.ukcoaching.org/sca> which includes an interactive eLearning course. It will help people to know what to do in the event of a sudden cardiac arrest, potentially saving thousands of lives every year. The toolkit, funded by Sport England, has been developed in collaboration with Resuscitation Council, St John Ambulance and \*\*The Joe Humphries Memorial Trust.

The toolkit includes:

- practical information and advice
- an immersive scenario-based eLearning course
- a series of high impact and informative videos
- insightful interviews and compelling written features with survivors, their coaches, and victims' families
- signposting to further support.

\*\* Foot note:

Joe's Trust (JHMT) was instrumental in ensuring cardiac safety in sport was included within the independent "Duty of Care in Sport" review which was led by Baroness Tanni Grey-Thompson and published in April 2017. The report advocates more training and better awareness of cardiac health at all sporting levels to help protect all people of all ages who play sport, and the importance of preventing deaths from SADS.

The follow on from the report resulted in JHMT working closely with Sport England and Sheffield Hallam University's Academy of Sport and Physical Activity (supported by BHF) to develop new guidance on Sudden Cardiac Arrest (SCA) and the use of AEDs. The guide is designed to help raise awareness across the sport and leisure sectors about what defibrillators are, how they are used and the practical measures to consider in the event of needing to deal with a possible SCA.

To view the guide, go to: <https://www.sportenglandclubmatters.com/infographics/>

Between 2019 to May 2021 period, attention turned to creating a new digital learning resource - <https://www.ukcoaching.org/sca> for sports coaches at all levels led UK Coaching, funded by Sport England and developed in collaboration with The Joe Humphries Memorial Trust (JHMT), UK Resuscitation Council, and St John Ambulance.

Play Sport, PLAY HEART-SAFE Leicestershire & Leicester - To find out more on how Joe's Trust ( JHMT) can help your club/ organisation from to create a heart - safe sporting and community environment go to <https://www.jhmt.org.uk/impact>

**More information:** <https://www.ukcoaching.org/sca>

**June 2021:**

### **Simple Skills Save Lives – JHMT Patron Martin Johnson calls for roll out of CPR training after Eriksen collapse**

Posted: Thu, 17 Jun 2021

The World Cup-winning England rugby union captain is the patron of a charity set up to raise awareness of Sudden Arrhythmic Death Syndrome (SADS). Sudden cardiac arrests kill 60,000 people outside of hospital in the UK each year and Johnson says learning the vital skill of CPR is a "no-brainer" but remains out of people's minds.

Johnson said: "It's an easy thing to put aside and think: 'It's not going to happen. It's not going to happen to my kid, it's not going to happen to me, it's not going to happen to my people.' But it happens." [It] seems like a no-brainer, to teach it to every school kid. But that's a long game getting that done and it needs to be more out there."

Johnson is patron of the Joe Humphries Memorial Trust, set up in memory of the 14-year-old who died from SADS while jogging in 2012. "I know Steve, Joe's dad, and have done for a long long time," Johnson said. "We used to play football together at that point and when I got the phone call it was just devastating. [Joe] was on a training run when he died. To lose your boy, it's a brutal horrible thing and it can jump out and get you from nowhere."

Johnson has endorsed a new online scheme by the organisation UK Coaching and funded by Sport England to teach CPR remotely. The chief executive of UK Coaching, Mark Gannon, said: "The vivid reality of Eriksen's collapse and resuscitation last weekend have shown just how fast you need to react in the event of a sudden cardiac arrest.

"That's why we're encouraging all involved in sport to undertake the free training – 30 minutes of your time could save a life."

<https://www.theguardian.com/sport/2021/jun/16/martin-johnson-calls-for-cpr-to-be-added-to-curriculum-christian-eriksen-collapse>

**(The Guardian amended the headline – as CPR lifesaving lessons was added to the curriculum in September 2020)**

**National Press links - 17/06/21:**

**The Times:** <https://www.thetimes.co.uk/article/martin-johnson-calls-for-public-to-undergo-life-saving-training-after-christian-eriksen-incident-sn5f7qk76>

**Daily Mail:** <https://www.dailymail.co.uk/sport/football/article-9694409/MARTIN-JOHNSON-learn-save-lives-Eriksens-collapse.html>

**Mirror** (who are campaigning for more defibs): <https://www.mirror.co.uk/sport/rugby-union/rugby-union-legend-martin-johnsons-24334801>

**Sports Insight:** <https://www.sports-insight.co.uk/trends-features/vivid-reality-of-eriksens-sudden-cardiac-arrest-shows-just-how-fast-you-nee>

**October 2021:**

### **New Defibrillator Creates Safer Environment For All in New Parks, Leicester**

Leicester City's charitable arm has worked with JHMT for over three years to ensure more people are aware of how to conduct CPR.

The Cruyff Court multi-use games area in New Parks has launched its new public-access defibrillator after the court opened to the public earlier this month. It which will see Leicester City in the Community deliver 15 hours of provision to the local community each week.

Leicester City in the Community will work closely with local heart charity, The Joe Humphries Memorial Trust (JHMT), to create a heart-safe environment for users of the sports pitch and local community.

Matt Bray, Leicester City in the Community Health and Wellbeing Manager said: "We continue to work closely with JHMT to help spread these lifesaving messages to young people, volunteers, and community groups involved within our programmes and across Leicestershire.

"Having installed a defib next to one of our regularly used community spaces, supporting local people to be confident to use it is vital and demonstrates our commitment to reducing the devastating impact of sudden cardiac arrest in the community, which can happen to anyone, anywhere, anytime including healthy young people.

"Professional football clubs like Leicester City have a massive role to play to make the public

aware of SADS and how its impact can be reduced by learning CPR skills and the installation of defibrillators in all community and sports clubs."

The JHMT is a local heart charity set up in memory of Leicester teenager Joe Humphries, who collapsed and died of sudden arrhythmic death syndrome (SADS), while out jogging near his family home in Rothley, Leicestershire.

JHMT started working with Leicester City in the Community – Leicester City's charitable arm – over three years ago and has since delivered several workshops to young people across the region that LCitC operate in.

The JHMT has helped the project with guidance on how to set up the AED and funding for an external box, as well as providing free training in cardio-pulmonary resuscitation (CPR) and how to use the defibrillator.

Steve Humphries, chair of the Joe Humphries Memorial Trust, said: "It's vitally important that being heart safe is key when new community sports facilities like these are opened. Over a number of years, JHMT have been working with national governing agencies to bring about this important change that all sports facilities in the UK should include the provision of an AED.

"Sudden heart deaths aren't inevitable, they're preventable. Each year in England, paramedics attempt resuscitation in around half of the 60,000 people who have suffered an out-of-hospital cardiac arrest and sadly, only around eight per cent – or about 2,500 of these people – will leave hospital alive.

"Someone administering effective CPR and having quick access to a defibrillator within a few minutes can make a huge positive difference to survival rates, and that's what we want to achieve. After all, everyone can save a life."

## **Life-saving defibrillators installed across neighbourhood following death of 14-year-old boy**

Joe Humphries died in 2012 while out jogging with his friend

New life-saving defibrillators have been installed at three sites across a city neighbourhood thanks to a campaign set up in memory of a 14-year-old boy who died of heart failure.

Joe Humphries died just yards away from his home while he was out jogging with his friend in Rothley, between Leicester and Loughborough, in October 2012.

An inquest found that he had an undiagnosed heart condition called Sudden Arrhythmic Death Syndrome (SADS), a lethal group of heart conditions that claims the lives of more than 12 teenagers and young adults every week in the UK.

SADS conditions occur because the electrical system of the heart is not working properly, so that the heart beats with an abnormal rhythm.

The Joe Humphries Memorial Trust (JHMT) was set up in his memory and since then, has been campaigning for defibrillators to be installed across the city and county.

Councillor Hemant Rae Bhatia, one of three Beaumont Leys ward councillors, worked alongside the JHMT to find suitable locations and funding for three AEDs.

The trust is also planning to deliver CPR and AED familiarisation training sessions in the community.

Coun Bhatia said: "With no events taking place due to [lockdown](#) restrictions we had to find alternative ways to support our communities.

"We decided to invest our ward community fund into something tangible and long lasting that would provide health benefits or could even be a lifesaver.

"Thankfully we were in contact with [city council](#) officers who were already well-versed with installing defibrillators.

"These devices are lifesavers in the event of a cardiac arrest.

"We decided to fund three of them in different locations across the ward, thus ensuring wider coverage.

Home Farm Neighbourhood Centre, LOROS at Heathley Park and Lady Hay Road in Bradgate Heights now have fully functional and fully automatic, state of the art AEDs which are publicly accessible.

"Even if we save one life through this, then it will be well worth it. There will be more coming to other parts of the ward too.

"On behalf of my fellow councillors, Vi Dempster and Paul Westley, I would like to thank our community stakeholders, city council staff and the Joe Humphries Memorial Trust for their great support in making this happen.

"It would not have been possible without them."

he devices, which can be used by members of the public to help treat someone who is suffering a cardiac arrest, have been paid for using unspent funds from the Beaumont Leys community grant, which is designed for projects helping local people.

An AED in a cabinet has also been installed in the residential area of Lady Hay Road.

In each case, the equipment will be in a location which is accessible 24/7.

The latest three AEDs in Beaumont Leys are in addition to 33 devices which have been installed in all of Leicester's parks over the past few years.

JHMT's Charles Poole added: "In the event of someone suffering a cardiac arrest, CPR and rapid access to a defibrillator can increase the patient's chances of survival significantly.

"Accessed via the ambulance service when calling 999, these AEDs are designed to be used by anyone.

"The JHMT training in CPR and familiarising people with how to use AEDs will also help give added confidence."

<https://www.leicestermercury.co.uk/news/leicester-news/life-saving-defibrillators-installed-across-5989514>

**October 4 to 10<sup>th</sup>:**

### **JHMT SADS Awareness Week 2021**

SADS Awareness Week took place from 4 - 10 October and is organised by local heart charity the Joe Humphries Memorial Trust (JHMT).

The JHMT was set up after the death of Rothley teenager Joe Humphries in October 2012. Joe died from SADS while out on a training jog near his home. SADS stands for sudden arrhythmic death syndrome, a collective term for a group of deadly genetic heart conditions which cause a disturbance with the heart rhythm and can lead to sudden cardiac arrest.

Every year during the week of the anniversary of Joe's untimely death, JHMT hold the annual SADS Awareness Week to remind and educate healthcare professionals, sports-related professionals and parents and carers of young people about the dangers of undiagnosed heart conditions like SADS. Every week in the UK, 12 young people (12-35 years old) die due to undiagnosed genetic heart conditions like SADS.

This year the JHMT SADS awareness week programme was hybrid version combining the use of online social media platforms to raise awareness of sudden cardiac death and SADS prevention in the young and the welcome return of the Trust's community 'hands-on' lifesaving training with local sports clubs and groups. On Thursday 7 October, the SADS in sport talk & training to students on the Talented Athletes Scholarship Scheme (TASS) too place at Loughborough College.

Dr Harshil Dhutia, Consultant Cardiologist at Glenfield Hospital and JHMT medical lead, also give a key insight into how someone copes living with an inherited heart condition.

The week also gave another opportunity to raise awareness of UK Coaching's free lifesaving eLearning toolkit for sports coaches, personal trainers, club officials, referees, volunteers, parents, players and spectators. The toolkit, funded by Sport England, has been developed over the past 18 months in collaboration with The Joe Humphries Memorial Trust, Resuscitation Council and St John Ambulance.

If anyone needed a reminder about the importance of being prepared and equipped for a cardiac emergency, it was on 12<sup>th</sup> June earlier in the year at the Euros when the world watched on as Denmark's Christian Eriksen suddenly collapsed in cardiac arrest which came with no warning.

### **SADS Week 2021 – SADS in Sport Talk – to Talented Athlete Scholarship Scheme (TASS) students - Loughborough College**

Forewarned is Forearmed: Harshil Dhutia, Consultant Cardiologist, Glenfield Hospital UHL, Medical lead for JHMT delivered the annual SADS in Sport Talk to young students on the Sport England, Talented Athlete Scholarship Scheme (TASS)/Dual Career programme at Loughborough College.

This was then followed by a practical 'HANDS ON' CPR and how to use an AED session for the TASS students with JHMT's Alan White.

<https://www.jhmt.org.uk/news/2021/10/sads-week-2021-sads-in-sport-talk-to-talented-athlete-scholarship-scheme-tass-students-loughborough-college>

To view photo album go to:

<https://www.facebook.com/media/set/?vanity=JHMTorguk&set=a.1752729494868723>

### **SADS Week 2021: Cricket Club becomes heartsafe with the help of JHMT**

A COMMUNITY cricket club has installed a new defibrillator with the support of a local heart charity.

Leicester Ivanhoe Cricket Club, together with Leicester Forest East Tennis Club and the Old Newtonians Rugby Club, has funded the new public access defibrillator ( PAD). The PAD is sited so it's easily accessible to all three neighbouring sports clubs on their adjacent Hinckley

Road sites.

The external cabinet which will keep the defibrillator safe has been funded by the Joe Humphries Memorial Trust (JHMT), which works with sports clubs and community groups to raise awareness of sudden heart deaths, particularly in young people.

<https://www.jhmt.org.uk/news/2021/10/cricket-club-becomes-heartsafe-with-the-help-of-jhmt1>

### **Local sports clubs and local heart charity unite to help create a heart-safe environment at local sporting venue**

Ashby Road Sports Club, one of the county's major sporting venues which provides facilities for a range of multi-sports now boasts a public access defibrillator (PAD) for use during cardiac emergencies.

A major fundraising campaign was launched to raise funds for a PAD which was a huge success thanks to the collective efforts of The Hinckley Amateur Cricket team, Hinckley Ladies, Ashby Road and Ashby Warriors junior football teams.

In addition, the club also received a grant from the ECB and support from Leicestershire based heart charity, The Joe Humphries Memorial Trust (JHMT) who provided the PAD cabinet to store the equipment and helped the club to get an AED at a subsidised rate. Hinckley Amateurs Club member and electrician Ed Proctor installed the PAD unit.

<https://www.jhmt.org.uk/news/2021/10/local-sports-clubs-and-heart-charity-unite-to-help-create-a-heartsafe-environment>

### **World Cup winner Martin Johnson calls for cardiac arrest training across sport after Christian Eriksen's Euros collapse**

"CPR is simple to learn and you never know when it might be needed."

*Rugby World Cup winner Martin Johnson calls for cardiac arrest training across sport*

<https://www.the-sun.com/sport/premier-league/3792745/world-cup-martin-johnson-cardiac-arrest-christian-eriksen/>

### **Martin Johnson demands CPR training for all as Eriksen case was 'not a freak occurrence'**

"The fact Christian survived was not a miracle, as the headlines put it. It was having people on hand who knew what to do"

<https://www.mirror.co.uk/sport/rugby-union/martin-johnson-demands-cpr-training-25137577>

### **Highlights Summary:**

For the second consecutive year, the Trust has had to work around the ongoing Covid pandemic. However, thanks to the efforts of its core volunteers and collaborative work with local and national partners, much has been achieved despite a background of continual uncertainty throughout the year brought about by the pandemic. With the KJMT community events fundraising programme been cancelled, we are truly grateful to Ashby Hastings Cricket Club who held their own Party in the Park Cricket Tournament during August Bank Holiday weekend with club member Caroline Allsop completing a 4x4x48 run challenge and raising a magnificent £1,000 for JHMT.

Thanks to the Trust lead trainer Alan White, between August to December, 500 x people from local sports clubs, schools, and community organisations were trained in CPR and how to use an AED. Public Access Defibrillators including cabinets were installed at Vipers RFC, Rushey Mead Recreation Centre, Ibstock CC, Ivanhoe CC, Ashby Road Sports Ground, Ashby Hasting CC, Ingles FC, Cruyff ball court at New Parks, Home Farm Neighbourhood Centre, LOROS at Heathley Park and Lady Hay Road in Bradgate Heights.

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 during the 2020/2021 Trust year. However, the work goes on as there's still much to be done in 2022 (which marks 10 years of the charity's work) 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.

