

REGISTERED CHARITY NUMBER: 1152647

**REPORT OF THE TRUSTEES
AND UNAUDITED FINANCIAL STATEMENTS
FOR THE
YEAR ENDED 31ST OCTOBER 2022
FOR
THE JOE HUMPHRIES MEMORIAL TRUST**

JOE HUMPHRIES MEMORIAL TRUST

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JOE HUMPHRIES MEMORIAL TRUST
REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name Joe Humphries Memorial Trust

Charity Registration Number 1152647

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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 2022.

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 21/22 – Year 10

Introduction

November 2021 – March 2022

Despite the continual impact of Omicron variant across the UK, JHMT's work was ongoing behind the scenes in the hope that restrictions would be finally lifted in the first quarter of the new year 2022.

The Trust's lifesaving training programme recommenced from 1/03 with sessions taking place at Gateway College, Leicester, East Farndon Parish Council, Sport Desford, Countesthorpe Girl Guides, LCFC Silver Foxes, Hinckley Bowls Club. Alongside the training, the Trust's AEDs in the community programme continued to receive numerous enquiries and 3 x community public access defibrillators (CPADs) were installed at Mountsorrel Primary School, Oakham Cricket Club and Leicestershire Boaters in Sileby.

The Inspire Awards small grants scheme also had a very positive start to the new year with the Trust awarding 10 x grants to young people from the city and county, between Nov 21 – March 2022, including sports, business, and the arts with some very strong applications.

JHMT Highlights: Nov' to March 22

- **Life-Saving Defibrillators installed at Mountsorrel Primary school after successful fundraising effort and support from JHMT (Dec 21) <https://tinyurl.com/2p7zn6t7>**
- **Oakham Cricket club becomes heartsafe with the help of JHMT (Jan 21) - <https://tinyurl.com/mr3reu9u>**
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- **Leicestershire boaters on board to create a heartsafe community with support from JHMT <https://tinyurl.com/56n4r8uw>**
-
- **Seven more young people share out £1,750 in Inspire Awards - <https://tinyurl.com/bdfv4x4b>**

Due to the pandemic the Trust's annual fundraising events programme was ground to a halt between March 2020 to Dec 2021. Finally, with thanks to the JHMT fundraising events team's efforts, the Joules Seconds clothing Sale took place on Sat 5 Feb at De Lisle Academy and raised £1062.00 which was quickly followed by a collection at a corporate dinner hosted by Mattioli Woods at Tigers V Northants which raised £1,000 – 10/02. DMUFC's annual football tournament which took place on Sat 12 March in aid of JHMT also raised £512.65p. Work then started on planning this year's Joe's Jog Family Fun Run at the Rothley 10k – 7/06/22 and the annual JHMT Craft Fair in November.

The chair of the Trust and Leicester City Public Health Director continued their discussion on how Leicester can address the disparities in the location of PADS and training opportunities in inner city neighbourhoods as highlighted in a key national research report by the University of Warwick and key health research partners.

April to July 2022

April to July has been another eventful period on all areas of the Trust's work including events with the return of Joe's Jog, community training with Alan, Mike and Marijke, work with EMAS and Public Health Leicester to look at the inequalities of access to an AED and training in key city communities work by Charles to help community groups and sports clubs acquire an AED with 6 x boxes donated to groups by JHMT to help them create a safer community 24/7 and another 9 x Inspire grants awarded to young people across the city and county.

391 more people from city and county community organisations took part in JHMT lifesaving training sessions including: Beaumont Leys Ward, Newtown Linford Cricket Club, Green Tower Leisure Centre, Forest Lodge Primary School, Thurnby Community Centre, Rothley Primary School, Soar Valley Bowls Club, Leicester Tennis Club, Park Run Rutland.

Four members of the Trust's training team were also invited to travel down on 23 May to Brentford FC as part of the UK Coaching partnership to give hands on CPR / AED deployment training to club's community coaches and football club staff (60) 4 x sessions.

Six more CPADs were sited at Loughborough Masons, Newtown Linford CC, Billesdon CC, Houghton & Thurnby CC, Queens Park Bowls Club, Markfield Sports and Community Centre.

Building on the 10 x grants awarded between Nov 21 – March 2022, the Trust awarded a further 8 x Inspire Awards small grants between April to July. Total grants awarded to help young people from the city and county = 234 and total grants expenditure £42,846.

Highlights April to July 2022

- **Runners Turn Out In Force at Joe's Jog 2022 - <https://tinyurl.com/mwdu3u5f>**
- **More grants from JHMT's Inspire for seven young sporting hopefuls <https://tinyurl.com/3e7bmbf3>**

This year's Joe's Jog Family Fun Run at the Rothley 10k – took place on 7/06/22 with an incredible turn out of runners (over 300) and volunteers (40 strong) and raised £1336 for

August to October 2022.

August to October was another busy period for JHMT, culminating in a full on SADS awareness Week in collaboration with UHL Trust and local partners – 3 to 9 October 2022.

More people were trained in CPR and how to use an AED, more AEDs in the community including Joe's Mini HeartStart Training at Oadby Tennis Club, Ashby Bowls Club, Abbey Park ground staff, Carillion Cricket Club, Mountsorrel Women's Institute, Velo Cycling Club, Park Runners Lutterworth, Soar Valley Bowls Club, Narborough FC, Orton on the Hill Parish Council, Woodstock Primary School, Gateway College, Narborough/Littlethorpe CC, Rothley Imps JFC, L'Boro College, Billesdon CC and Leicester Rowing Club. Total 255 Since training since 21/07/22 and All training 4596, 277 a training sessions. Total to date of AED boxes donated by JHMT = 62 x £600 per box = £37,200

Despite all the obstacle in the way of young people over the past year, the JHMT Inspire awards have donated 20 x grants during the past year to date to young people across, sports, arts, community and business. Total grants awarded to help young people from the city and county = total 236 and total grants expenditure £44,346.

Also, the recruitment drive is underway to appoint an ICC specialist nurse to create a family focused service at the Inherited Cardiac Clinic at GH. The post is to be funded in the first year by JHMT and interviews are scheduled to take place during the first part of 2023.

During October prior SADS Week, the Trust chair finally managed to catch up with reps from Sport England and to discuss and shape the next phase of the national heart safe sports campaign.

Highlights : August to October:

- Newtown Linford Cricket club becomes heartsafe with the help of JHMT
<https://tinyurl.com/4e527fvz>
- SADS Awareness Week 2022 – BBC RL – EMT led by Harshil Dhutia
<https://tinyurl.com/46wm7zzd>
- Billesdon Cricket club becomes heartsafe with the help of JHMT
<https://tinyurl.com/263fy6nj>

The 'Heart Safe City' Leicester project in partnership with the Leicester City Public Health Director and team, along with EMAS have developed a planned approach / actions on how Leicester can address the disparities in the location of PADS and training opportunities in inner city neighbourhoods as highlight in key research by University of Warwick and key health research partners. Phase 1: to raise awareness of the register your AED on the circuit was carried out by all parties during SADS Week 2022. Now the focus is on Phase 2. to identify, via EMAS and PHL data, those gaps in the communities for those who don't have access to an AED. JHMT has agreed to donate up to £33,000 - £35,000 to the project for AEDs with potential match funding from with PHL.

SADS Week 2022 – 3 to 9 October:

This year the JHMT SADS awareness week programme was a 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 Trust's community 'hands-on' lifesaving training programme with local sports clubs and groups.

To launch the week, on Monday 3 October, JHMT joined forces with EMAS and Leicester City Council to urge defibrillator guardians to register their device on the national database, called The Circuit.

On Wednesday the 5th of June, Dr Harshil Dhutia (JHMT Medical lead) highlighted the role of the ICC clinic in Leicester. This included patient representation in SADS with the incredible story of James, and how he lives life with an ICD in place. UHL Comms also shared joint video/social media content of the clinic as part of the partnership with JHMT .

On Thursday 6th October, the SADS in sport talk & training to students on the Talented Athletes Scholarship Scheme (TASS) took place at Loughborough College.

The week also presented 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 was developed in 2021 in collaboration with The Joe Humphries Memorial Trust, Resuscitation Council and St John Ambulance.

In addition, the JHMT community training programme led by Alan managed to reach out to more groups across the city and county with visits to Gateway College, Narboro/Littlethorpe CC, Rothley Imps JFC, Billesdon CC, Leicester Rowing Cub and Loughborough College Talented Athletes Scholarship Scheme programme.

Joe's Bike Ride (9TH) -

To complete the week's programme. The annual Joe's Bike Ride took place on Sunday 9th, when a total of 14 x kind hearted cyclists turned out to ride 60 miles from Rothley to Rutland Water and back.

All made possible by the fantastic collective efforts of everyone (JHMT volunteers) who continue to share their time and talents to support Joe's Trust (JHMT) make a difference to help save young lives.

Highlights Summary:

It took until March 2022 before Covid restrictions were finally lifted and the Trust could recommence its key community work including lifesaving training and fundraising events.

However, thanks to the Trust lead trainer Alan White and other members of the JHMT training team, 900 x people from local sports clubs, schools, and community organisations were trained in CPR and how to use an AED. Thanks also to the Trust's AED lead Charles

Poole, 11 x AED cabinets were donated to local groups to enable Public Access Defibrillators being available 24/7.

One of the events highlights saw the post Covid return of Joe's Jog Family Fun Run Mile with over 300 participants, 40 volunteers helping at the event and helping to raise £1336 towards the work of JHMT.

The Inspire Awards small grants scheme benefited 20 x young people across the arts, community, business, and sports.

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 2021/2022 Trust year.

Looking forward to 2023, the Heart Safe City work with Leicester Public Health and East Midland Ambulance Service (EMAS) will be a key part of the Trust's work to increase the numbers of CPADs in all areas of the community and ensure more people have the CPR and AED skills to know how to save a life in an emergency.

Also, the recruitment drive is underway to appoint an ICC specialist nurse to create a family focused service at the Inherited Cardiac Clinic at GH. The post is to be funded in the first year by JHMT and interviews are scheduled to take place during the first part of 2023. The post holder will co-ordinate the service and delivery for all the families who need this vital service for investigation of SADS-affected families as well as clinics to investigate those at risk of SADS-related and congenital cardiac disorders.

The work goes on as there's still much to be done in 2022/2023 and beyond to keep raising awareness to help reduce the incidence of sudden, unexpected death in young people. and in doing so, helping to create a heart safe community for ALL.

