



Joe's STORY

On Thursday evening 4th October 2012, a knock at the door changed all our lives forever. Our dearly beloved, Joe (14 years old), son and brother, collapsed whilst jogging within two minutes of our home.

The tragedy of losing our fit, healthy, vibrant and fun loving Joe was made all the harder to bear when we found the very next day that 12 fit and healthy young people die every week across the UK, with no prior symptoms or warning. This staggering, unacceptable statistic has inspired close family members and friends to set up 'The Joe Humphries Memorial Trust', so that Joe will not just become another statistic. We have to stop this now and keep his name and what he stood for alive.



By the First Anniversary of Joe's death the Trust will have:

- Worked with the British Heart Foundation Heartstart Programme in Schools to establish and start implementation of a training programme in Emergency Life Saving Skills for Leicester and Leicestershire young people;
- Worked with appropriate Agencies to provide a training programme in Emergency Life Saving skills for key volunteers who interact with young people engaged in active sport in Leicester and Leicestershire
- Worked with partners to get Life Saving Defibrillators installed in De Lisle (Joe's) College, Rothley (Joe's home village) and three other locations, all supported with associated training;
- Promoted community awareness of Sudden Arrhythmic Death Syndrome (SADS) in Leicester and Leicestershire and the actions which can be taken to reduce the impact;
- Through the Leicester Hospitals NHS Trust, for such cases as Joe, have in place improved ways of advising bereaved relatives of the Coroner's requirements and associated procedures which will be necessary before a funeral can take place;
- Provided tangible support to other Charities and Organisations in Leicester and Leicestershire which provide support to those who have experienced the sudden and unexpected loss of a child or young person;
- In liaison with local and national partners, campaigned to bring about measures which will eradicate or reduce as far as possible the incidence of sudden, unexpected death in young people;
- Raised the understanding of Heart screening for young people in Leicester and Leicestershire who engage in active sport to check for otherwise undetected heart conditions;
- As a legacy to Joe, initiated a Photography Club at De Lisle School to inspire young people to fulfil their potential and develop their talents in this field;
- Developed a strategy for the Trust which will see its Objectives and their implementation spread throughout the Midlands region over the next three years;
- Utilised fund raising activities to enable the Trust to achieve its Objectives to best possible effect.

The Joe Humphries Memorial Trust will:

- Promote research into, and awareness of, sudden unexpected death in young people;
- Promote education and training for young people and those who live and work with young people, into how to react to unexpected life threatening situations;
- Inspire young people to fulfil their potential and develop their talents

This is without doubt a most fitting tribute to such a gentle, loveable and humble giant who lived life to the full and, in his very short life, touched the hearts and minds of so many people across the community. Just an ordinary Joe, with an extraordinary talent and ability to reach out to people.

The Trust's programme will include campaigns, events and activities which will enable everyone to play their part in keeping Joe's goodness and legacy alive for generations to come.

It is very easy to underestimate the value of young life when you have never been directly affected by the loss of a fit, healthy and loveable young person. Sadly we are just one of the many families who have.

Steve, Angela & Lauren Humphries



Patron: Martin Johnson CBE



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Other Useful Contacts

British Heart Foundation
www.bhf.org.uk

Sudden Arrhythmic Death Syndrome
www.sadsuk.org.uk

Cardiac Risk in the Young (CRY)
www.c-r-y.org.uk

Arrhythmia Alliance
www.heartrhythmcharity.org.uk



www.jhmt.org.uk



An Ordinary Joe
An Extraordinary Legacy