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I've started to get a few things sent in, which is great! Get involved and post or email me a joke, story, or review, and if it gets published I'll send you something to say thanks!

YOUR SHOUT



Never mind a Diamond in the Rough, here's a Ruby in the Snow!

Great pics Ruby, you look like you had an awesome time!



Jokes...

You are on the bus when you suddenly realize ... you really need to fart. Luckily, the music is playing really loud, so you decide to time your farts with the beat of the music. After a couple of songs, you start to feel much better as you approach your stop.

As you are leaving the bus, everyone is staring at you... and that's when you realize... you have been listening to your iPod.

What's the best known Owl in the British Isles...

The teet-owl

Early one morning, a mother wakes up her son.

"Wake up Son, it's time to go to school!"

"But why, mum? I don't want to go."

"Give me tow good reasons why you don't want to go?"

"Okay, number one, all the kids hate me, number two, all the teachers hate me too!"

That's no good reason not to go to school, now hurry up and get ready"

Give me two reasons why I should go to school?"

Well, number one: you're 52, and number two, you're the HEADMASTER!"

Book Review

My Sister Jodie

By
Jacqueline
Wilson



This months review has been written by Jennie Brunskill, aged 11

My Sister Jodie is the touching tale of two sisters, Jodie and Pearl. Pearl has always looked up to her big sister, having no friends. Yet Jodie is getting with all the wrong people at her school, smoking, drinking, staying out late, and worst of all; her Mum is getting angry. Then the letter arrives that Jodie's Mum and Dad have got dream jobs at Melchester College. Jodie is totally unimpressed, but Pearl is very keen on the idea, as it is a very talented school, and Pearl believes that this is the chance to turn into a little lady.

Jodie, who always looks after her little sister, decides to go - just for Pearl's sake. Jodie gets there, and absolutely hates it, yet Pearl is blossoming. She has made new friends, is doing very well in class, and enjoys her special nights badger watching.

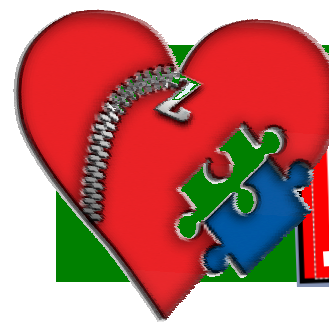
But it is now Jodie who needs her sister. And when the tragic event involving Jodie, a tower, and a long, long fall to a solid ground takes place on bonfire night all by mistake, Pearl realises how much she does need her big sister...

My Sister Jodie is an enjoyable read, and you can tell that Jacqueline Wilson has written from the heart. It is funny, shocking, and gets you hooked from the very first page. At times, it can be quite scary.

The upsetting event right at the end is enough to make anyone cringe. Mum is a rather surprising character: she seems to shout at Jodie 24/7! Dad feels worried about Jodie's future, and fusses over her every day. Pearl is a timid, small girl who is not good at making friends, always comes top of the class, and has always looked up to her big sister. And Jodie - well, she's just the main event: wants to be involved in everything, loves a good laugh, and is totally fearless.

This story would be good for about 11-16 year olds, as there are some upsetting scenes.

Email your reviews (around 250 words please) to jon@lhm.org.uk, or post them to our normal address.



BIG Heart Matters...

Issue 3

February 2009

NEWSFLASH!

What happened @ LHM last month...

Although most of the country ground to a halt, LHM managed to plough on (get it? 'plough'? I crack myself up...)

Anywho, here's some of the stuff we did...

- ◆ Suzie and me went to the launch of a new organization called **Corience**. Their website is: www.corience.org. It's not really for kids, but your parents will probably find it useful.
- ◆ The Youth Council wrote their constitution, (which means list of rules). We had a really long meeting over email, but got some great ideas. Now the sky is the limit!
- ◆ I have been meeting SGUD, the clever people who are building our website, and we've been making sure that the site looks great.
- ◆ The Open Day invites went out. We're going to have a really fun day. I really hope that you can come along!

CHEERS, CHURCHGATE!



I had a really exciting day last week. I was meeting Alexis Walker from the **Churchgate Foundation**. Alexis heard about our charity, and what we do, and made it her mission to make a **HUGE** donation to LHM.

I was joined by Will and Mary Goodenough, and they received the cheque, because all of the **£10,000** is going directly towards helping the young members of LHM.

Everyone at Little Hearts Matters works really hard to try and give you and your families as much support as we can.

Unfortunately, Open Days, Activity Weeknds, Parties, staff...even this newsletter all cost money. We wouldn't be able to do any work if it wasn't for the huge generosity of people like Churchgate. So big up Churchgate, for being such kind and amazing people!

So... January 2009. Well it was bloomin' cold, wasn't it? I hope that you all enjoyed the snow though! Any good snowmen? Epic Snowball fights? I'd love to hear about them.

Last month I (tried) to explain how a normal heart works. Next month I will try and explain how people with a CoHD (that means Congenital Heart Disease) have different hearts, and how the doctors make sure your bodies get enough of that precious blood!

This month, however, I thought that it would be a good idea if I introduced you to the Little Hearts Matter team. Some of you are contacting us, which is great, so I thought you'd like to know who everyone is in case you talk to them.

Everyone works really hard to help you and your families, and we all love working with you all, so don't be afraid to give us a ring if you need anything.

That's what we're here for!

JB

DESIGN THE YOUTH COUNCIL LOGO



LITTLE HEARTS MATTER NOW HAS A YOUTH COUNCIL

This is the current logo.

As you can see, it's rubbish.

That's because I did it.

That's why I am launching this competition for one of you arty people to design a new logo. The winners logo will become the official LHM Youth Council logo. Plus you'll get a prize.

The rules: It has to have the words 'Little Hearts Matter Youth Council' in the design, and the Zipper Logo. If you need the Zipper Logo, email me at jon@lhm.org.uk saying "Oi, gimme that logo" and I will send you the logo. Closing date is Sunday 26th April. Thank You.

Patron

Baroness Howarth of Breckland OBE

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We're here to help...

So this is the LHM team. Everyone here works really hard to try and help all of you wonderful people! Thought you might like to know who we all are and what we do, in case you were suspicious that we were sitting around twiddling out thumbs or something...

Suzie Hutchinson AKA Chief Executive, Head Boffin, The Big Cheese



I'm Suzie, Mum to Olivia 19 and Freddy age 14, who many of you know. My husband is Rod. He's a surgeon but he does not do heart surgery. I'm too old to tell you my age but I have been working with children, and their families, who have heart problems for nearly 25 years and I've been a nurse for 30. Yes I know that makes me old but it also means that I know a lot about hearts especially ones that only have one pump. I have been working for Little Hearts Matter for nearly ten years and before that I helped the trustee parents set up the charity because I was the Cardiac Liaison sister at Birmingham Children's Hospital.

My job is to help anyone that is affected by only having half a heart. My title is Chief Executive which sounds posh but really that just means that I do a bit of everything.

I organise events, write information on the heart, and write about the challenges of living with a heart that doesn't work properly. Plus I'm always on the end of a phone when a family needs to chat.

I also work with Kevin to try and find the money that we need to pay for all of the things that we do. Sadly the Government don't give us any money we have to find it all ourselves.

Jon and I work together on planning the Youth project work, for example the activity weekend. He's the one with all the great ideas, I just input what I know about the heart and work out where we can find the money.

I also work with the Trustees to plan what the charity is going to do over the next year and I report to them by writing project plans, spreadsheets and strategies. Unlike you I didn't do computer studies at school so I have had to learn from scratch! Deb and Gwen are much better at it than I am.

The last really big job that I do is to tell people all about the charity and what we do but I also tell them about the things that worry our families. Part of that is to tell people in Government about congenital heart disease. It means lots of trips up and down to London and lots of meetings with people in suits but it is a very important part of Little Hearts Matters work.

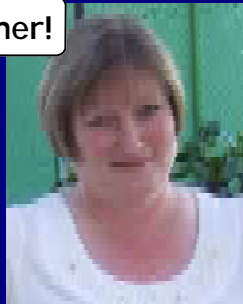
When the new Zipper Zone website goes live I will be one of the people that you can come too if you need to ask any questions about your heart or your medical treatment. So if you want to ask me your health just pop a message on the Ask Us section.

Tina Walmsley AKA The glue that holds the whole office together!

What do I do? Well, it's my job to make sure that the office runs smoothly.

I am usually the first person to pick up the phone and if I can't help I make sure I find someone who can. Then there is all the day to day stuff like making sure there is enough stationery in the office, opening the post, making sure the bills are paid, donations are paid into the bank and that everyone who helps us gets a thank you letter.

Another one of my jobs is to sit in on some of the meetings and take notes to help everyone remember what they have promised to do. It's very busy in the office, there's always something going on. One of my most important jobs, is when Suzie or Jon organise things like the Open Day, it's me who helps make all the arrangements like booking venues, sending out invitations and information so everyone knows where they need to be and making sure everyone gets fed! At the moment I am busy with the preparations for the Open Day and applications for the run at Leeds Castle, both in March, I hope to see you there!



Kevin Bazeley AKA Fundraising Manager, Captain Kev



So, what do I do?

Well it's my job to find the money that helps Jon and others to do all the things that LHM puts on for you, and Suzie and the wider team here in Birmingham are able to do for your family and many others throughout the UK.

You know how difficult it can be sometimes getting money from your Mum & Dad for things like new trainers, going to the pictures or just hanging out with your mates – well my job can be that difficult too.

Before I came to Little Hearts Matter I had served as a Professional Soldier for over 35 years joining up when I was 15! Life in the Army can be very tough at times but you build lifelong relationships and really do find out the true meaning of friends. I really loved it and got to travel all over the world seeing and doing some wonderful things.

I now spend my time visiting companies and people who have shown an interest in helping children just like you. I explain how we do our work and how vital it can be especially to parents. Then I work with the companies to think of activities that raise funds for you.

We don't get any money from central government so all the money we spend every year we have to raise.

Want to help or got an idea? – Call me or Jon anytime!

Deb Rahman AKA Website Whizz, 'Makes things look pretty'



Hello, I'm Deb and I've worked for Little Hearts Matter for almost ten years now !! In this time I have done lots of jobs for the charity but I am now the Information Administrator which basically means I make things look nice.

I will be working with Jon to help publish the information that you would like.

I work with Kev, LHM's Fundraiser, to help him encourage people to give money to the charity by producing jazzy looking leaflets telling them all about the charity and how they can get involved.

I also work with Suzie to produce adverts to get the message across to everyone about your heart conditions and how the charity looks at ways at offering support and information to you and your families. So, for instance Cadbury gave us money to help pay for the Youth Forums which all of you were invited to – Suzie gave me all the information she wanted to tell them and I helped get the message across by making it all look nice.

Gwen Webb AKA , Database Dynamo



I am the LHM Database and Website administrator, which is a complicated way of saying I keep track of your details and keep them updated. So if you move house, I have to change the details and if one of the guys in the office wants to know your parents telephone number, they ask me. Another part of my database role is to keep track of your birthdays, so that we can send you a birthday card.

The other main thing I do is work on the main LHM website. Not only have I helped to re-design it but I also have to keep it up-to-date and keep an eye on what the adults are chatting about.

As the LHM office is only small we all help each other out so sometimes I help Kev with his fundraising work by finding out contact details for him and I also help out Tina if she's really busy or on holiday.