

## SEND ME STUFF to:

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# YOUR SHOUT

I need more things to put in this newsletter! Get involved and post or email me a joke, story, or review, and I'll send you something to say thanks!



## FUN RUN at Leeds Castle

I couldn't make it to the fun run at Leeds Castle, but loads of you did, and made sure that you had a brilliant time.

Andrew Kerry is wonderfully demonstrating how important it is to wrap up warm when it gets cold!

### Jokes...

#### HERE ARE A FEW MORE RIDDLES OR YOU AND YOUR FAMILY TO TRY AND CRACK:

A farmer says: "I have ten or more daughters. I have fewer than ten daughters. I have at least one daughter." If only one of these statements is true, how many daughters has he?

There is a frog stuck in a 60-foot-deep well. How many days will it take the frog to get out if every day he jumps five feet up, but then slides back three feet?

While walking across a bridge I saw a boat full of people. Yet on the boat there wasn't a single person. Why?

What falls but never breaks?

If there are two houses next door to each other and each house has a garden and the man that lives in one of the houses has a peacock that lays an egg in the other man's garden, whose egg is it??

It was the end of the school year, and a primary school teacher was receiving gifts from her pupils. The florist's son handed her a gift. She took it, shook it, and said, "I bet I know what it is: flowers." "That's right!" the boy said, "But, how did you know?"

"Oh, just a wild guess," she said. The next pupil was the sweet shop owner's daughter. The teacher took the gift, shook it, and said, "I bet I can guess what it is. A box of sweets." "That's right, but how did you know?" asked the girl. "Oh, just a wild guess," said the teacher.

The next gift was from the son of the off-licence storeowner. The teacher took the package, but it was leaking. She touched a drop off the leakage with her finger and put it to her tongue. "Is it wine?" she asked. "No," the boy replied, with some excitement. The teacher repeated the process, tasting a much larger drop of the liquid. "Is it champagne?" she asked. "No," the boy replied, with more excitement. The teacher took one more big long taste before declaring, "I give up, what is it?" With great glee, the boy replied, "It's a puppy!" SURPRISE!

Send in your jokes to  
jon@lhm.org.uk

### Riddle me this...

Lucy McAllister sent in these first two riddles. I still haven't managed to crack them yet, any ideas?

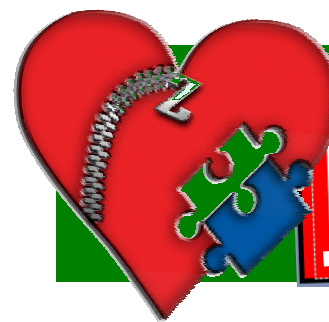
What's white when it's dirty?

The more you take away, the larger it becomes. What is it?

Here are the answers to last month's riddles:

1. The carpet, or the banister
2. Fire!
3. A Cold.
4. A car, or a washing machine.
5. A match.
6. A postage stamp.
7. A towel.
8. A sponge
9. Darkness, or fog
10. Stars!

How many did you get right?



# BIG Heart Matters...

Issue 5

April/May 2009

### NEWSFLASH!

What happened @ LHM last month...

- ◆ I met with a few more of the people who are going to be making the Activity Weekend AMAZING. **Very** excited about it now.
- ◆ Captain Kev organised an incredible fun-run in Kent. Loads of runners helped to raise loads of money for LHM!
- ◆ SGUD emailed me to tell me that the website is being finished, and that it will be ready to use by the middle of June.
- ◆ Suzie has been working with SGUD to finish the Antenatal DVD. This is a DVD which can help parents who are pregnant with a heart baby.
- ◆ The message-boards on the main lhm.org.uk website haven't been as active as usual. :( If your mum or dad have been having trouble logging on Gwen can help, call 0121 455 8982 !

## Do you want to go... Over The Wall?



Hello Zippers, or anyone else that has happened to pick this up!

Well I guess that you've gone back to school (booo!) but the sun is out and the weather has been fine (yaay!). What are you doing to keep yourself busy, anything wonderfully exciting? A new rock climbing club has just opened up near me so I'm thinking of giving that a bash, what do you think?

About the headline: I know what you're thinking, what the heck is "Over The Wall?!" Well, basically, they are a charity which does awesome camps for kids who have spent some time in hospital with a serious condition. The best way for you to find out all about them is to go on their website: [www.overthewall.org.uk](http://www.overthewall.org.uk)

As you can see, they do archery, wall climbing, media and film work, and all sorts of cool stuff. The camp is for a whole week with no parents, and because it is a charity, it is all completely free.

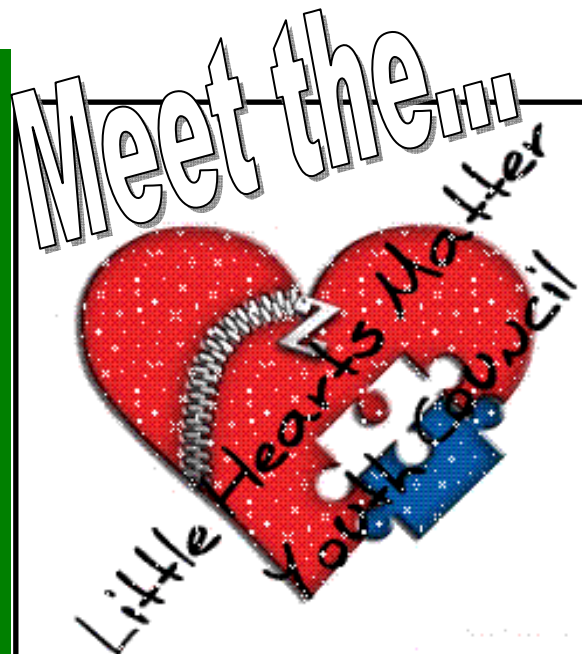
One or two of you might have even been on one of the camps. If you have let me know, or write in and tell people how it is. I went and worked with them for a week over Easter and had sooo much fun. Just thought you'd like to know.



## AND THE WINNER IS...

A HUGE congratulations to Hannah, who has designed this wonderful new logo for the LHM Youth Council. This will now be the official Youth Council Logo. Your prize is on its way!





The people on these pages are the young members who have decided that they want to make a real difference to Little Hearts Matter. They will make sure that you have your say, and that it's heard by the decision makers in the charity.

Remember Little Hearts Matter is here to help you.

- ◆ Have you got any worries or problems that you think LHM should be helping you with?
- ◆ Do you want to help organise future LHM events?

These are the people who will make sure that all of these problems are dealt with, and that LHM knows about them. Please email: [jon@lhm.org.uk](mailto:jon@lhm.org.uk) and I will pass your ideas or questions on to the council, so that they can start their work!



## CHAIRPERSON Carys Allen

**Age: 12**  
**Heart Condition: Hypoplastic Left Heart Syndrome**

**Why I became a Youth Councillor...** → I became a Councillor because I wanted to help LHM, because they have helped me.

**What I want to achieve for LHM...** → I want to make sure that LHM comes up with new ideas for fundraising and ideas for helping other young members.

**The hardest thing about having a heart condition is:** → The hardest things about having a heart condition are concentrating, physical activity and explaining to new people about my heart.

**An interesting fact about myself** → I am a vegetarian! My favourite hobbies are dance and drama.

**My funniest memory is...** → My funniest memory is when I did syringe painting in hospital!

**When I'm feeling low, I normally..** → When I'm feeling low I practice my guitar, and when I'm feeling hyper I go mad!

**One thing I want to achieve by the end of the year:** → By the end of the year, I want to cut down on the chocolate I eat. (Unless it is offered!)



## EVIE FAIRMAN **Age 12** **Heart Condition: HLHS**

I became an LHM Youth Councillor because I felt like I should give a bit more of me to LHM so that I can help. I would like to achieve more advertising and raise money to get more equipment to help people with hearts like me.

I think the hardest thing about having a heart condition is that you get puffed out a lot and sometimes have to sit out of PE!

**All about me!** I have 12 cousins, and 10 of them live within 20 miles of my house! My funniest memory is when my brother fell down the toilet and got stuck. At the weekends and after school I like to go down to the river with my mates from the village. If I'm feeling low, I normally go to the park, and call my mates up to meet me there. When I'm hyper, I get on my mum's nerves by laughing too much :)

One thing that I want to achieve by the end of the year is to read more books!

## SOPHIE GREEN **Age: 11** **Heart Condition: HLHS**

I wanted to become a member of the LHM youth council because I wanted to have a say on what is happening in the charity. I want there to be more opportunities for the children to get together because sometimes (this has happened to me before) people cannot make the Open Days but want to. Also, I want there to be a monthly magazine just for children, written by children, with games, pictures and stuff about our heart problem (but in a simplified version). I think that once every few months, some of us should write in the magazine about things we have done.

I think that the hardest thing about having a heart problem is that I sometimes cannot do as many things as other people and I get tired easily. Once, when I was playing rounders with my sisters in the garden, a funny thing happened. When it was my turn to bat, they expected me to miss the ball, or not hit it very far. But I hit it so hard, the ball went in the next garden and I got a whole rounder! It shows that people will not always do what you expect.

When I am feeling low, I usually sit down, watch some TV or talk to my family. But, when I am hyper I run in the garden and play with my sisters.

The one thing I want to achieve by the end of this year is having more opportunities for the children to get



## SAM HALL **Age: 15** **Heart Condition: Heart Healthy**

I became a Little Hearts Matter Youth Councillor to represent all of the siblings of children with a heart condition.

I want to increase the support that LHM offers for siblings, especially when brothers and sisters are in hospital.

**All about me!** I've got double jointed thumbs! My funniest memory is that I used to think that Hypoplastic Left Heart Syndrome was if you had no tongue! I like to play football if I'm feeling down in the dumps, and if I'm hyper I ride around on my bike like a maniac.

By the end of the year I hope to get all of my GCSEs

## HANNAH PALMER **Age: 14** **Heart Condition: Double Inlet Ventricle**

I became a councillor because LHM is now a big part of my life and I really want to help children like me have a better future and a lot of fun!

I really want to raise awareness and tell the adults what information the young people really want. The hardest thing about having a heart condition is that people don't understand how we feel and sometimes they don't believe us. You can sometimes feel that even your parents don't understand how you feel.

**All about me!** I can speak Welsh (badly) and I play Grade 3 violin. My funniest memory is when I accidentally walked into the boys 100s and met my crush! I love going to drama academy and my fave thing to do is go to the cinema with my friends Jess and Charlotte. When I'm feeling low, I watch Harry Potter, Dr Who, or Narnia because all the boys are hot! When I'm feeling hyper, I eat chocolate and sing very loudly (off key)!

By the end of the year, I want to achieve A's in my science GCSE, I also want to help LHM as much as I can. Oh, and my brother, Matthew, says hi!!



## SARAH HASELGROVE **Age: 16** **Heart Condition: HLHS**

I have been involved with the charity for a very long time, and as one of the older members I would like to help the younger members and their families.

I want to increase awareness of Little Hearts Matter to the general public and generally raise awareness of heart children. I think that the hardest thing about having a heart condition is getting people to understand everything that having my condition involves.

### All About Me!

I am a good cook and I can speak Spanish.

My funniest memory is after we met Lee Mead, when we first got into our car we all jumper up and down and the car jumped all over the place!

When I'm feeling low I normally watch TV, and when I'm feeling hyper I like to sing a lot.



## BEN HALL **Age: 12** **Heart Condition HLHS**

I became a LHM Youth Councillor because I thought that it was interesting (it is). I would like the Youth Council to help LHM become a recognised charity around the world.

I think that the hardest thing about having a heart condition is that everyone is always being too careful.

**All about me!** I have won the Diana Award. I love to ride my bike on weekends. If I'm feeling low, I normally sit in my bedroom, and if I'm feeling hyper I try to calm down!



## WILL GOODENOUGH **Age: 15** **Heart Condition: HLHS**

I became a LHM Youth Councillor because I want to have some influence in the charity. I want to achieve more awareness in the charity, and I'd like to do more speeches so that people understand what it is like to have a heart condition. I think that the hardest thing about having a heart condition is not being able to do what my friends can do, and not having the same energy as them.

**All about me!** I have a birthmark on my elbow. My funniest memory is when I was watching my dad trying to look cool on a BMX, then watching him fall off when he tried to do a jump. I like to play tennis, meet up with my friends and watch films. When I'm feeling low, I can get very angry and don't want to do anything. When I'm hyper I just do all sorts of silly things.

By the end of the year, I want to pass all of my GCSEs, and complete the Duke of Edinburgh Award Bronze Level.