



If you want to get involved in this project, you can get in touch with me using one of the methods below. Talk to your parents about this as well, they are cleverer than they look...



www.media-box.co.uk

This project has been funded by the very nice people at MediaBox You can check out some previous MediaBox projects at their website



SnailMail

Jon Brunskill
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Phone Number: **0121 455 8982**
This is the number for the office
So you can only call it between
Monday and Friday 9.00–16.30



NOTE! This is **not** a picture of me :)

Jon's Mobile Number: **07590 531153**

You can get me on this pretty much any time (even in the evenings and on weekends). If I don't answer, leave your number and I'll call you back (duh...)

email:

jon@lhm.org.uk
This is the best way to get in touch with me. I get my emails to my phone, so I can reply to them pretty much straight away. :)

Why not get in touch and be a part of something HUGE?



BIG Heart Matters...

SPECIAL ISSUE — Information on a BIG ZZ Project!

Have you ever wanted to make your own film?

Over the next 5 months, LHM will be creating a DVD explaining:

"What it is like to live with a heart condition in school."

A load of you have already contacted us and told us about your experiences in school. Some of you have sent in great stories and have come up with good tactics to make sure that your heart condition doesn't get in the way of reaching your full potential at school.



A lot of you have said that the biggest problem is that your teachers don't properly understand what your heart condition means. Some of you have to sit out of PE when you could be taking part as referee.

This DVD will talk about **YOUR** experiences, and how **YOU** feel. It will explain **clearly** your heart condition so that anyone who watches it will understand better.

Once we have finished making this documentary, we will be making **1000 copies**, so that we can send them to all of our young members.

Then, when you start a new year at school, all you have to do is give the DVD to your new teachers. They can watch it and will understand all about your condition!



If you are aged 10-18 you can get involved in this exciting project. We need a director, a lighting manager, an editor, a script writer, actors...you can be in charge of any part of the project that you like! The more people that get involved, the bigger this project will be. This really is your BIG chance to have your say. Read the back page for ways to get in touch to find out when the next filming event will be!

School Stories from teenagers with heart conditions

Dear Jon

Hi, my name is Molly Rumble. I'm 13 years old and this is about how I find school each day. I sometimes can not go in because I have days where I feel sick but when I do go to school it is four days a week.

I have an adult to support me in my lessons; the person I mostly have to help me is Mrs Rees. I do get to leave classes 2 minutes early so I don't get push and shoved.

My friends are really supportive. They understand my condition but sometimes they forget that I can't run very far because I get puffed. All my best friends are kind and caring, they are Chelsea M, Siannagh, Taynia T and Payal. My teachers all understand my condition and they are all happy because I'm doing well in lessons. My Best Teacher is Mrs Reynolds.

My tactics for people with a heart condition are: **don't be afraid** to say to your friends I can't do that because they will understand you. Also, if you come out of class *wait* till the crowd has gone so you don't get push and shoved.

Last but not least **never ever** let **anyone** bully you about your scars or your condition. You should never be afraid to show your scars.

They show how brave you are.

From Molly Rumble

It is quite annoying when you join a new school or people have joined yours and they ask you loads of questions about your heart and antagonise you to get their heads round it.

Most children and staff pretend that they understand your heart condition after you have tried to explain it but, really, they don't.



Evie Fairman
Hypoplastic Left Heart Syndrome

When you are puffed or you can't do some sports, either your friends will ask you why, or they could say that you're a skiver.

When you are in the changing rooms people ask questions on how you got your scar.

Does any of this sound familiar?

Teachers don't understand our feelings towards certain aspects of school. They can't understand that we find some simple things hard.

In PE the teachers don't understand our limits and try to make us do things we aren't comfortable with. Then we get tired so we have to sit out.

We should be allowed to use disabled facilities such as lifts and toilets because some of us may find it hard walking up and down stairs to get to class/toilets.

We should be allowed to leave lessons a few minutes early in case of bumps when you are in the corridors.



Hannah Palmer
Double Inlet Ventricle



This DVD can help solve all of these problems.

But we need YOU to make it. The reason this project will be so

SPECIAL is because young people will lead EVERYTHING. We need passionate people to attend a 5 day workshop in the Easter Holidays. During these workshops you will learn all aspects of film-making and be given the opportunity to become an expert in one area. As a team you will then create a 10 minute film to go to teachers and other young people all across the country.

This is YOUR chance to have YOUR say.



Sometimes we can seem well and healthy, but there are times when our health can go rapidly downhill and we may need time off school. Then I struggle to catch up with my coursework and the teachers are not very understanding. It is important for us to join in some PE activities with our friends where we can, but the lesson needs to be adapted to what we feel comfortable doing. When it comes to break and lunchtimes I am fed up of being restricted to the sanctuary room. GCSE subject choices should be more flexible and we should be allowed to take less subjects so we can focus on the subjects we enjoy and get good grades.

Sarah Haselgrove
Hypoplastic Left Heart Syndrome