

# The Big Hearted Bake



Little Hearts Matter



Show how **big hearted** you are and get baking for children with only half a heart

# About the charity

## The condition

Imagine being told that your unborn baby has only half a working heart and that without having open heart surgery within the first few days of birth, they will have no chance of survival.

This is what hundreds of families go through each year all across the UK. These children will need many complicated operations but their hearts can never be fixed and this often leaves families feeling devastated and alone.

## Who we are

Little Hearts Matter is a lifeline for these families, supporting them through every step of their half a heart journey. We provide information and support from initial diagnosis, through treatments and into life at home.

With your help we can reduce the isolation, fear and lack of understanding that these children and their families feel.

## What we do

We are a national charity offering support to anyone affected by the diagnosis of a single ventricle heart condition, or half a working heart.

Our services include:

- One to one telephone support
- Information booklets
- Linking families in a similar situation
- National and regional support events
- Youth workshops, activity weekends and lifestyle guidance
- Bereavement support



# Here's what to do

You are about to organise the best charity bake in history. It's time to dust off your wooden spoon, get your mixing bowl out of the cupboard, have some fun and make a difference for kids with half a working heart.

## Five easy steps to the perfect Big Hearted Bake

### 1. Set the date

Our Big Hearted Bake takes place on 27th October 2023 – can't make that date? Don't worry – you can hold a Big Hearted Bake on any date of your choosing! Pick a day when lots of people will be around and confirm it with work/school/your venue.



### 2. Shout it from the roof tops

Remember that what you're doing is going to make a very real difference for the families we support and it's worth shouting about, so let everyone know about your Big Hearted Bake. Use the posters in your fundraising pack to promote it ahead of time so everyone remembers to bring lots of change on the big day!

### 3. Mix it up

Get everyone together and get baking! Cakes, cookies, even pizza - anything you fancy. Get creative and don't forget to take some photos before they disappear!

### 4. Raise some dough

Sell lots of cakes, eat lots of yummy food and raise lots of fantastic funds for LHM! Man a stall for the day, flog your cupcakes at playtime or just take ten minutes out to sit, have a cuppa and a cake and a great chat with your colleagues.



### 5. Make it count

Count up all the amazing funds you've raised and send it in to us.

## Payment details

#### **Cheque**

Cheques can be made payable to "Little Hearts Matter" and sent to: LHM, 75 Harborne Road, Birmingham, B15 3BU.

#### **Online**

[www.lhm.org.uk/big-hearted-bake/](http://www.lhm.org.uk/big-hearted-bake/)

#### **Bank transfer**

Contact us at [fundraising@lhm.org.uk](mailto:fundraising@lhm.org.uk) for details.

## Ivy's Story

My name is Ivy and I am 6 years old. I am in year 1. I have a special heart (hypoplastic left heart syndrome) and I have had 3 heart surgeries at Alder Hey.

In PE lessons I sometimes get tired and I tell the teacher so that I can have a break. When it is Winter and I am cold at playtimes, so I go inside where it is warm with someone to look after me. I play with my friends and I have so much fun. Sometimes I will tell my friends if I don't like a game or if it is making me tired. I have a brother called Wilf.

I like swimming and I don't get too tired when I swim but I have to wear a wetsuit to keep me warm. I go to Rainbows, street dance and ballet. I can do these things without getting tired and I am just like my friends. My heart doesn't stop me from doing things.

When I grow up I want to be either a teacher, author or an artist.

“ Little Hearts Matter has supported us from Ivy's diagnosis before she was born. They've helped us to understand her heart condition and what would happen at each stage of her operations. ”

- Ivy's mum



“ I am supporting Little Hearts Matter because all our children matter and deserve the best of health. When a child has a condition that affects their life and the lives of their families, we need to do all we can as a community to try and help. I know baking will not make the children better, but it will raise much-needed funds to provide families with the support and information they need. My heart warms to the needs of children and children have the warmest hearts in the world, help us please bake and sell to help Little Hearts Matter. ”

- Sandy Docherty

The Great British Bake Off contestant (2015)

## Little Hearts Matter

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