

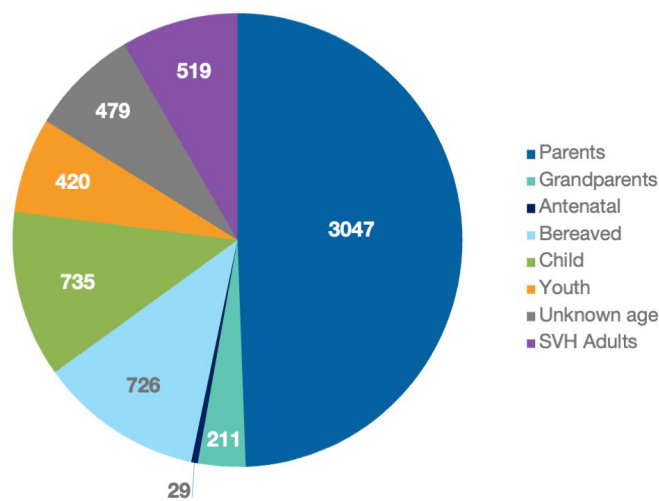


Little Hearts Matter 2024 at a glance

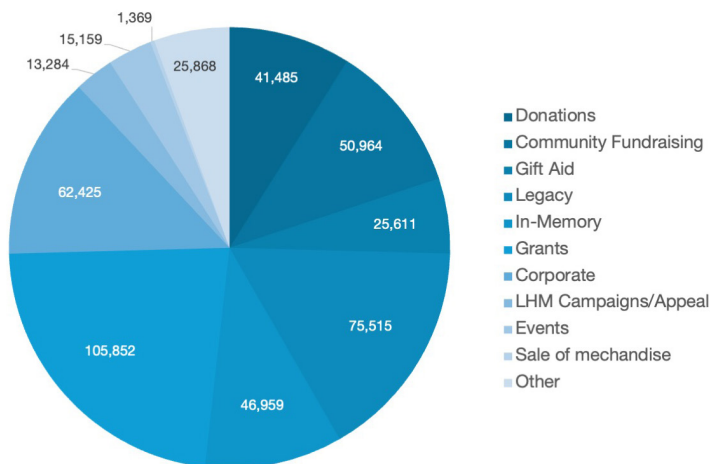
Supporting Families with Half a Working Heart –
Our Impact in 2024, our 30th Anniversary Year

Mission Statement: To provide a support and information service that reduces the isolation, fear and the lack of understanding experienced by families when a child is diagnosed with having half a working heart.

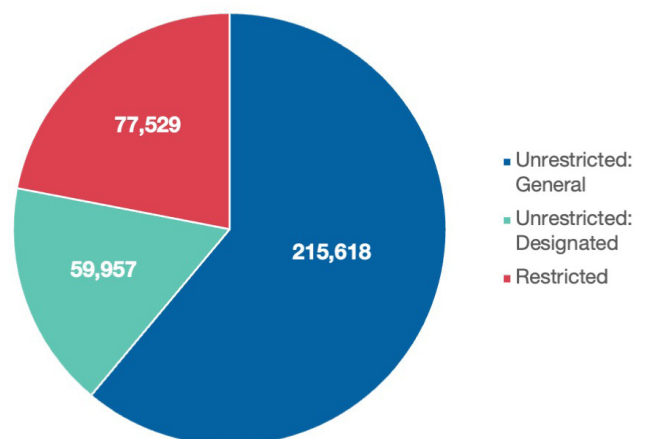
LHM Membership 2024



General Fund Fundraising (£)



Composition of Total Charity Funds



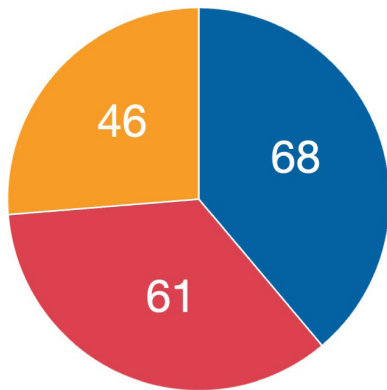
* Full financial statements are available online

“Honestly LHM has helped me so much with my confidence... knowing that having half a working heart doesn’t define me...”

Supporting families at every stage of their half a heart journey

“Our community gave over 2,500 hours of support this year.”

The Youth App age split



■ 7-11 year olds ■ 12-14 year olds ■ 15-17 year olds

Youth Voice & Empowerment



- **415 youth reached**
- **Youth survey highlights:**
 - 94% experienced mental health challenges
 - 50% had no intro to hospital transition
 - Average education support rating: 2.7/5
- **Youth App: 175 users**

Support Services



- **700+ parents supported in group and online sessions**
- **104 youth 1-1s**
- **23 antenatal families supported**
- **470 bereaved families supported**
- **250 grandparents supported**
- **516 SVH adults supported**
- **56 youth group sessions**
- **6 parent workshops**

Events, Volunteers & Resources



- **30th Anniversary**
Open Day: 310 attendees
- **LHM Fontan Symposium: 89 attendees**
- **2418 volunteer hours contributed to supporting parents**
- **Youth Mentors contributed 78 hrs | Youth Support: 30 hrs**
- **5,603 newsletters, 757 comics, 415 youth newsletters**

Publications in 2024

- Fontan Book
- Feeding Book
- Sibling Support Book



The LHM Sibling
Survival Book



Little Hearts Matter
Feeding Booklet

Advocacy & Awareness

PIP/DLA Support

In our 30th Anniversary year, we launched a survey of our members to explore their experience of applying for Disability Living Allowance and Personal Independence Payments. This revealed that 30% of our adult and child members who responded were refused benefits on their initial application, with 10% never receiving the award.



2024 Open Day

The 2024 Open day marked what we believe is the largest gathering of Single Ventricle individuals in one place, with 72 individuals coming together on 23rd March 2024.

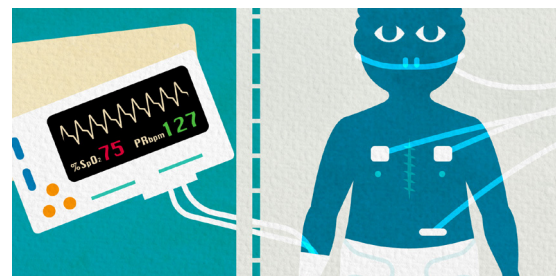
Awareness Week

Award-winning awareness film featuring parents' journey, with 471,000 views, and 26 pieces of media coverage (need to get final stats).

Collaboration

Fontan Pathway Symposium

LHM held a national Fontan Pathway Symposium at the end of 2024. Experts, families, and young people came together at a national event to plan better lifelong care for those living with half a working heart. The group focused on making sure support is in place early, from mental health and exercise advice to palliative care and help with school, work, and benefits. Their aim is to improve everyday life and long-term well-being for children, teenagers, and adults with single-ventricle heart conditions.



CHAT2MA app

LHM is supporting the development of the CHAT2MA app, a new monitoring and reporting app for parents, which is being co-led by Kerry Gaskin, Professor of Congenital Cardiac Nursing at Birmingham City University.

How One Employee's Nomination Brought a £10,000 Christmas Gift to Little Hearts Matter, Two Years Running

When Kevin Lloyd, Raw Material Planning Manager at Dairygold, learned that his company was inviting staff to nominate a charity for its Christmas donation campaign, he didn't hesitate, he nominated Little Hearts Matter (LHM).

Like many socially responsible organisations, Dairygold supports various charitable initiatives including staff volunteering, fundraising events, matched donations, and seasonal giving. Each year, employees are encouraged to nominate a charity, and those with the most nominations are selected to receive a generous donation.

Kevin's connection to LHM is deeply personal. His son Benjamin was born with Hypoplastic Left Heart Syndrome, and over the years, the family has benefited greatly from the charity's resources, information, events, and supportive community.

"When we were applying for DLA several years ago, LHM were incredibly helpful," Kevin shared. "Their website, phone support, and social media groups introduced us to a network of families going through similar experiences. The Open Days allowed Ben to connect with peers, which was so valuable. Now, I've noticed that LHM have expanded their adult services too, something I'm sure Ben will find helpful as he transitions into adulthood."



When the company email went out in both 2023 and 2024 inviting charity nominations, Kevin immediately put LHM forward. He also encouraged his colleagues, many of whom have supported him and his family through Ben's journey, to do the same. Their collective support led to Dairygold donating £10,000 to LHM not just once, but for two consecutive years.

Kevin's message to others is clear: "It's one of those scenarios, if you don't ask, you don't get. If you're unsure whether your company supports charities, have the courage to ask the right department. You never know, there could be an opportunity for your company to support LHM too."

Thank you

Thank you to everyone who made this year possible; our incredible members, dedicated fundraisers, generous volunteers, and committed partners. We couldn't do it without you.

Little Hearts Matter

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