

Online Open Day and Annual General Meeting

- Saturday 26 April -



Book your babysitter and sit back on your own sofa for the 2025 Online Open Day.

We have listened to the many comments and questions raised by parents and SVH adult members online, on the phone and via focused surveys and created an Open Day that we hope offers answers to your many questions. The aim of this year's event is to offer parents and SVH adults the opportunity to explore aspects of treatment and lifestyle advice specific to their or their child's age.

10am – Living the Best Life beyond the Fontan – Feedback about the national LHM Symposium.

10.30 – Annual General Meeting

11am – Age linked workshops



Time	Parents of children aged 0 to 6	Parents of Children aged 7 to 11	Parents of Children aged 12 to 17	SVH Adults and their parents
11am	Child Development.	Medication and Treatment Compliance	Hospital Transition	SVH Adults and their parents.
11.40	Education Neurodiversity	Supporting a child who feels that they are different.	How to make GCSE choices	Accessing Employment

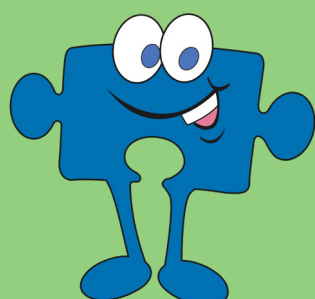
12.20 – Single Ventricle Heart Adult panel. An opportunity to ask questions about living with half a working heart to a panel of SVH adult members.

To book your place at the Open Day Event and RSVP for the AGM, use the QR code or the URL link: www.lhm.org.uk/event/online-open-day-and-agm/



Jigzy Does and Kidz Open Day – Online sessions for the 7 to 11 year olds

Jigzy Knows and Jigzy Does sessions will run every month and, for the first time ever, our LHM Kidz have their very own online open day, which will take place on Zoom!



The focus for our Kidz Open Day this year will be wellbeing, Olivia and Jigzy will be helping our young members understand their heart conditions better and how they can get the most out of life with SVHD. There will, of course, be lots of fun games and (bad) jokes along the way! Olivia really hopes to see lots of our 7-11 year olds there!

If you want to know more about the session email Olivia on:
olivia@lhm.org.uk

Welcome to 2025

Happy New Year! As we start 2025, I wanted to take a moment to reflect on the incredible milestone we achieved last year—celebrating 30 years of supporting families like yours. It was a year that showcased the strength of the Little Hearts Matter community, the resilience of our members, the dedication of our staff, and the generosity of our supporters.

This year promises to be just as significant. Our 2025 Strategy is all about building on our legacy while expanding our services to meet the ever-changing needs of children and families. Whether it's through more in-person support, innovative digital tools, or closer collaboration with cardiac units, our focus remains clear: we are here for you.

As always our January newsheet highlights key dates for 2025, including events, campaigns, and opportunities to connect. Please keep it handy!

On behalf of the entire team at Little Hearts Matter, thank you for trusting us to walk this journey with you.

Warm regards,
Lisa Davies
Chief Executive, Little Hearts Matter



2025 Strategy for Little Hearts Matter



2025 brings a new strategy for Little Hearts Matter. You can access the highlights of our strategy via the QR code:

Our strategy is based on five pillars that we believe will enable LHM to grow for the future:



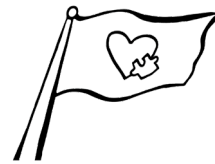
Revenue for Impact:
Raise money to fund services and support future needs



Visibility and Engagement:
Spread awareness so more people can find our help



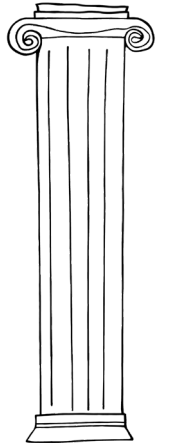
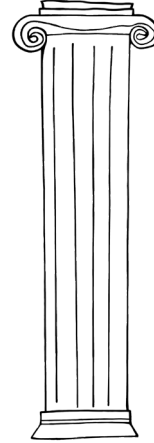
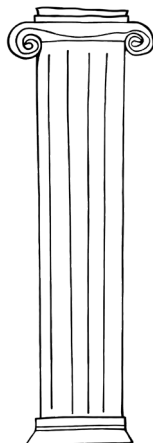
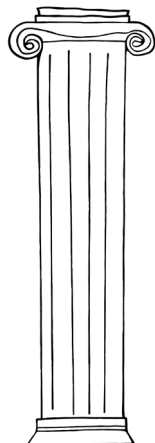
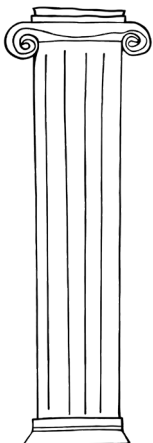
Uplift and Empower:
Support families with advice, tools, and a strong community



Lead and Influence:
Speak up and work with others to create change



Sustain and Thrive:
Keep Little Hearts Matter strong and ready for the future





What's Happening at Little Hearts Matter in 2025?

Month	Jan	Feb	Mar	Apr	May	Jun
Events	<ul style="list-style-type: none"> 15 January - Member Workshop DLA 16 January - Jigzy Knows 25 January - Jigzy Does Weekly Digital Youth Groups via the hub SVH Adult online workshop 	<ul style="list-style-type: none"> 4 February - Jigzy Knows 7 February - Big Hearted Friday 14 February - Virtual Valentine's Day Run 22 February - Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 6 March - Jigzy Knows 12 March - Parent and SVH adult Member Workshop PIP 23 March - Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 5 April - SVH Adult Event 26 April - Open Day and AGM Online 27 April - London Marathon Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 1-7 May - Awareness Week 10 May - Kidz Open Day 11 May - In Memory Event 14 May - Member workshop Health Care Plans 18 May - Dragon Boats Weekly Digital Youth Groups via the hub SVH Adult online workshop 	<ul style="list-style-type: none"> 2 June - Jigzy Knows 4 June - Hospital Transition Zoom Drop In 22 June - Jigzy Does LHM Abseil North East Road-show Event Weekly Digital Youth Groups via the hub



Month	Jul	Aug	Sep	Oct	Nov	Dec
Events	<ul style="list-style-type: none"> Family Activity Weekend Health Care Plans Workshops for schools Jigzy Knows Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 15-17 August - Youth Activity Event SVH Adult online workshop Jigzy Knows Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 7 September - Great North Run 29 September - World Heart Day Jigzy Knows Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> South East Roadshow event LHM Firewalk SVH Adult online workshop Jigzy Knows Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 1 November - Christmas Appeal Launch Member workshop - Energy management Jigzy Knows Jigzy Does Weekly Digital Youth Groups via the hub 	<ul style="list-style-type: none"> 3 December - Hospital Transition Zoom Drop In Family Christmas party SVH Adult online Christmas workshop Jigzy Knows Jigzy Does Weekly Digital Youth Groups via the hub



How We Keep In Touch With You

By the end of 2025 Little Hearts Matter will be moving to sending all invitations, news about support, governance information and updates about the charity by email or text.

To ensure you don't miss out, we are asking all parent, grandparent, SVH adult and youth members to update their email and mobile number details and agreed permissions. Please complete the form even if you think we have your details. Thank you.



In Memory Event - Sunday 11th May The National Memorial Arboretum

Every year the Little Hearts Matter Family holds an In Memory event for the families who have lost a child to their heart condition. As well as a service of remembrance, at the Little Hearts Matter tree, we join together for lunch and do some crafting giving everyone an opportunity to share experiences and gain support from each other. If you have lost a child to single ventricle heart disease and would like to join us on the day use the QR code to the event application form. If you would like any more information contact Suzie at: suzie@lhm.org.uk



SVH Adult Activity Weekend 2025

The news you may be waiting for...LHM is excited to announce that, the SVH Adult 2025 activity weekend will be on Saturday 5th April- Sunday 6th April 2025. The weekend will include accommodation, an educational workshop, bowling and dinner together, in Birmingham. There will be a reminder in the Adult Newsletter, which will be sent out in mid-February so keep a look out! Spaces are limited and applications go live in January, with the closing date for applications set as Monday 10 March 2024. If you want to know more about the event email Sharna at: sharna@lhm.org.uk



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