



British Heart
Foundation

Heart Hero Awards 2024

3 December 2024 | Bloomsbury Ballroom, London

What would you do if somebody's heart stopped?

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day.

Learn lifesaving CPR in 15 minutes for free with just your mobile and a cushion.

Scan the QR code or visit bhf.org.uk/revivr

RevivR™



What you can expect from the evening

- From 6pm, begin your Heart Hero Awards experience by hitting the red-carpet for a glitzy photo opportunity.
- Receive a warm welcome and a tittle as you step into the Art Deco style Rose Bar for a glamorous drinks reception.
- Enter the Ballroom for the main event, where BHF Chief Executive, Dr Charmaine Griffiths will kick off the ceremony and introduce your host, radio and television presenter, Yinka Bokinni.
- You will hear the incredible stories of each of our winners through short films, as they are invited to the stage to collect their awards.
- You can't celebrate on an empty stomach. So, throughout the ceremony you will be served a delicious three course dinner.
- There ain't no party like an S Club party. To complete the celebrations there will be special musical performances from Matt Green A.K.A 'The Rapping Science Teacher', singer songwriter Inés Rae and from pop super group, S Club.
- The awards draw to a close at 11:30pm.

All BHF's funded research is only possible by the generous donations of our supporters and the public. To help power our funded research and to access some of our nominee's fundraising pages in aid of BHF, please visit

<https://linktr.ee/heartheroawards>.

Alternately, you can also donate by using the contactless machine at the bar.

Menu

Starters

Severn & Wye Smoked Salmon (FS) (E) (D) (MD) (G)

Crème fraiche, mustard seeds and soda bread.

or

Vegan / Vegetarian option

Baked Heritage Beetroot (VG)

Vegan goat's cheese, curd, dressing and watercress.

Main

Roasted Rack of Lamb, Minted Lamb Jus

Seared lamb belly, Dauphinoise gratin, pumpkin, hispi cabbage and charred onion.

or

Vegan / Vegetarian option

Seared Celeriac Steak (VG)

Celeriac purée, rösti, green and Café de Paris cream.

Dessert

Salted Caramel Chocolate Tart, Orange Puree (VG) (G)

Key

(D) Dairy | (E) Eggs | (G) Gluten | (SE) Sesame | (MD) Mustard | (VG) Vegan

All dietary requirements will be catered for.

Welcome

It is such a pleasure to welcome you to our 2024 British Heart Foundation (BHF) Heart Hero Awards. These awards are just magical and are the highlight of my year, bringing us together to recognise the most inspiring stories of bravery, commitment and selflessness.



Tonight, you'll hear from some extraordinary people who have made a difference for countless others, while often overcoming impossible challenges.

We will also celebrate the loved ones, friends, advocates, organisations and researchers who power our work to save and improve lives at a time when BHF has never been more needed. From raising vital funds to training others in lifesaving skills, from campaigning for change to leading BHF-funded research – these people truly are heroes.

Let me also take this moment to also thank our esteemed judges, who had the unenviable task of choosing some of our Heart Hero winners from so many exceptional finalists. We're grateful to them, as well as our special celebrity guests and ambassadors who generously give their time and support in raising awareness and funds for the cardiovascular breakthroughs we so desperately need.

Tonight unites so many people from across our BHF family, and it's incredibly special to be celebrating all your remarkable and inspirational achievements of courage and determination.

So, I give you my heartfelt thanks for joining us tonight and for your continued support towards BHF and our lifesaving research, so that in the future, nobody loses a loved one too soon.

Dr Charmaine Griffiths

British Heart Foundation Chief Executive

Our host

Yinka Bokinni

A South London native and graduate of Law, Yinka Bokinni is the ultimate multi-hyphenate broadcaster and culture junkie. Undoubtedly one of British broadcasting's rising stars, Yinka is an award-winning journalist and documentary maker, a floor filling DJ, a radio host, TV presenter and cultural commentator with a career that spans film, art, music, true crime, literature, and TV Entertainment. Yinka's credits include the Grierson Award winning

'Damilola: The Boy Next Door' and 'How to Hire a Hitman' for Channel 4, 'Celebrity Bake Off' for Channel 4, 'The Brits Red Carpet' coverage for ITV2 and 'The Oscars' with Jonathan Ross for ITV. Yinka has carved a remarkable path in the entertainment industry, transitioning swiftly from radio, her trajectory has been nothing short of impressive. Yinka is a proud BHF Ambassador.



Meet our 2024 Heart Hero Awards judges



Casey Barker
Social Media Influencer and YouTuber

Casey Barker is a British YouTuber known for his comedy vlogs and challenge videos. He has gained popularity on platforms like Instagram, Twitter, and Snapchat. Often featuring his family in his content, Casey is a supporter of BHF, raising awareness after having a heart attack aged just 27.



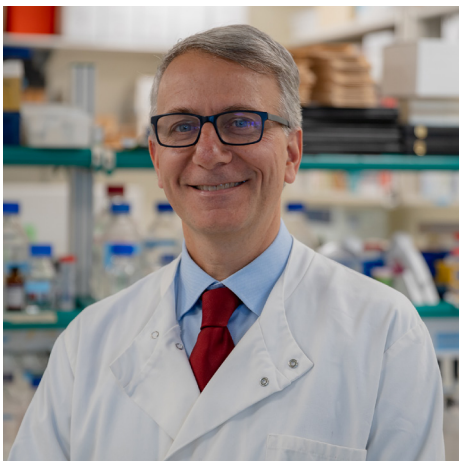
Claire-Marie Berouche
BHF supporter

After having a heart attack, Claire is now living with heart failure. She is a passionate advocate of BHF and a previous Heart Hero Awards nominee. Claire also helps run the Facebook group, Belles Hearties, which supports other women living with heart disease.



David Boynton
BHF Trustee

David joined BHF's Board of Trustees in 2023 and is a member of our Retail Committee. He is an expert in business transformation, culture change, and brand building. David leadership background spans three continents that covers various sectors, including UK based supermarket group Safeway PLC, Asian health and beauty brand A.S. Watson, men's fashionwear Charles Tyrwhitt, and premium, ethical beauty brands L'Occitane and The Body Shop.



Professor Massimo Caputo
BHF-funded researcher

Professor Caputo was our winner of BHF Research Story of the Year in the 2023 Heart Hero Awards. His team at University of Bristol have developed a revolutionary type of 'heart plaster' to treat children with congenital heart disease. The plaster is designed to adapt to a child's heart as it grows, so they don't require as many open-heart surgeries.



Pepper Clayton-Fisher
Head of Continuous Improvement,
British Heart Foundation

Pepper has worked at BHF for seven years, and is our Head of Continuous Improvement, sitting in our Technology Strategy and Planning Team.



Claire Cox
**Senior Project and Implementation Manager –
Retail, British Heart Foundation**

Claire has worked at BHF for two and a half years and is our Senior Project and Implementation Manager for Retail, sitting in our Retail Project and Implementation Team.



Dr Rhodri Davies
BHF-funded researcher

Based at University College London and Barts Heart Centre, Dr Davies is a previous BHF Research Story of the Year finalist at the 2023 Heart Hero Awards. Dr Davies and his team have developed a new artificial intelligence tool to detect heart disease in MRI images at record speed. This technology will support doctors in their ability to more accurately diagnose and treat patients, while saving precious clinician time.



Fraser Franks
**Former Professional Footballer and
BHF Ambassador**

Former professional footballer, Fraser, played as a defender for Brentford FC, AFC Wimbledon, Luton Town, Stevenage, and Newport County, before retiring in 2019 due to a heart condition at age 28 – he was born with a bicuspid aortic valve. Fraser recently took on the AJ Bell Great North Run as part of Team BHF to mark the one-year anniversary of his lifesaving surgery.



Karen Frank
Chair of the Board of Trustees

Karen joined BHF's Board of Trustees in 2019 and was appointed Chair in 2024. Karen has extensive leadership and business experience, having led several global businesses over a 30-year career. Most recently Karen was the Global Head of Equities and Executive Managing Director at Ontario Teachers' Pension Plan, and prior to that, was CEO of Barclays's Global Private Bank.



Maryam Ghani
Marketing professional

Maryam is the Head of Social Media at Haute Florist, one of our official Heart Hero Awards suppliers. She has been involved in creating innovative strategies, creative campaigns, and impactful customer engagement that have grown the brand significantly in the past six years while working for Haute.



Katie Gleeson
**Head of Patient & Public Involvement,
British Heart Foundation**

Katie has worked at BHF for 11 years and is our Head of Patient and Public Involvement, sitting in our Clinical and Healthcare Team.



Hazell family

Perry and son Josh (12) raised more than £7,000 for BHF research by competing in a triathlon together in September 2023 at Hever Castle, in memory of Josh's grandfather (Perry's father) and his great grandfather who both died in their 40s from heart attacks.

The inspirational schoolboy was one of our 2023 Young Heart Heroes.



Penny Lancaster Model and TV personality

Penny is an English model, photographer and television personality. She has appeared on TV shows such as 'Loose Women' as a regular panellist and as a contestant on BBC's 'Strictly Come Dancing' in 2007 and 'Celebrity MasterChef' in 2021. As well as being an advocate for various charities, Penny has been a long-term supporter of BHF.



Dr Wei Li BHF-funded researcher

Dr Wei Li is a BHF Senior Basic Science Research Fellow at the University of Cambridge. She was named BHF Fellow of the Year at the 2023 British Cardiovascular Society conference for her research into the causes of the rare inherited blood vessel disorders, pulmonary arterial hypertension and hereditary haemorrhagic telangiectasia.



Fay Murrish

Fay's daughter, Chanel, had lifesaving open heart surgery at just a minute old after being born with a serious heart condition Hypoplastic Left Heart Syndrome (HLHS) and is a former Young Heart Hero award winner. The mum-of-three has tirelessly supported BHF ever since through sharing her daughter's inspirational story in multiple media campaigns.



Ben Pattison

**World and Commonwealth medallist
and Olympian**

Ben Pattison is a Great Britain international 800m runner. Ben went on to represent Great Britain at the Paris Olympic Games in 2024 and set his personal best of 1.42.27 at the Monaco Diamond League this year. That time makes Ben the second fastest Briton of all time behind Seb Coe's then-world record time of 1.41.73 that was set in 1981. Ben won bronze at the 2023 World Championships, Britain's first medal in the event since Peter Elliot in 1987, just three years after undergoing heart surgery for Wolff-Parkinson-White syndrome, a condition which caused his heart to beat up to 250 beats per minute in training.



Rikke Sevecke
Retired International Footballer and Danish
Heart Foundation Ambassador

Rikke is a Danish former professional footballer. She played as a defender for various clubs, including Brøndby IF, Everton, and Portland Thorns FC. She earned 54 caps for the Denmark national team before retiring in January 2024 due to a heart condition.



Dr Brett Staniland
Model and sustainable fashion advocate

Brett is a model activist and sustainable fashion advocate. He was also a former contestant on reality TV show, “Love Island.” Brett holds a PhD in Public Health and Physical Activity, focusing on cardiovascular disease and lifestyle-related risk factors. Brett is also a Retail Ambassador for British Heart Foundation, promoting ethical and sustainable fashion.



Bettina Wallace
BHF supporter

After being diagnosed with high blood pressure, Bettina decided to turn it into something positive by improving her health and empowering others to do the same in her local BHF community project, ‘Hearts and Minds’. A tireless BHF supporter Bettina is a previous Heart Hero Awards winner.

Our 2024 winners



Andy McKay – Fundraising Hero

In 2011, Andy McKay suffered the unbearable loss of his beautiful daughter, Jenna, when she was just 18 years old to a previously undiagnosed condition – idiopathic myocardial fibrosis.

He began channelling his grief into fundraising for BHF. Along with wife Gillian, son Andrew, brother-in-law Alan, and hundreds of friends, the family have skydived, ran, walked, climbed, cycled and golfed to raise money in Jenna's name.

“Doing the fundraising makes me feel better about it and we are remembering Jenna, not that we are ever going to forget her,” says Andy. “And it's not just family, it's friends, and everyone else who knew her.”

Andy's efforts have raised over £200,000 for BHF, that has gone towards funding lifesaving research – it's his way of keeping Jenna's memory alive while helping to make sure other families don't suffer the same heartbreak.

Brian and Ruth Thurtle – Outstanding Contribution

In 1998, Brian and Ruth's world was shattered when their 20-year-old son, James, collapsed and died suddenly from a cardiac arrest after playing football. James' death was caused by an undiagnosed heart condition.

Despite their unimaginable grief, they were driven to create a legacy in their football-mad son's memory. Together, they came up with the idea of knitting and selling miniature woollen figures – mostly in the colours of James' beloved Norwich City Football Club.

For more than two decades Brian and Ruth have lovingly devoted every waking hour to their knitting venture – raising more than £55,000 for BHF-funded lifesaving research.





Ann Hartley – Outstanding Contribution

Ann has been proudly supporting BHF since the day she retired in 2008. She never hesitates to venture out whatever the weather, every weekend, collecting in pubs and social clubs in the Greater Manchester area.

Astonishingly, Ann has so far collected an unbelievable £375,000!

The inspiration for her tremendous fundraising efforts comes from having sadly lost five siblings, all under the age of 60, to heart and circulatory conditions. Her ultimate aim is to raise £500,000 before she reaches the age of 80!

Ann reflects, “I’m doing it to get the money for research for my brothers. If it could buy my brother a heart, then I’d be out every night of the week.”

Elliot Awin – BHF Hero of the Year

It was a decade ago that Elliot woke in the middle of the night with his heart racing. He went on to be diagnosed with atrial fibrillation and was told he had a condition called Wolf-Parkinson-White syndrome. In early 2020 Elliot was fitted with a pacemaker.

Elliot’s condition meant he had to give up playing rugby, but never one to sit back, incredibly he decided to row the Atlantic Ocean solo in aid of BHF. Setting sail from the Canary Islands, he was at sea for 44 days, arriving in Antigua on 26 January 2024.

Not only is Elliot the first person to row the Atlantic solo with a pacemaker, he has also raised tens of thousands of pounds for BHF, supported the charity with numerous projects and continues to share his story to raise awareness.



Claire's – BHF Corporate Partner of the Year

Claire's outstanding contribution to British Heart Foundation is commendable. As the lead partner for the first-ever Young Heart Hero Awards, Claire's ensured all nominated children could attend and be celebrated. At the event, Claire's staff decorated the venue, provided dual-branded collateral, and gifted tote bags filled with goodies.

Claire's also donates ex-display, end-of-line, and overstock items to BHF retail shops, raising over a staggering £3 million and diverting 173 tonnes of reusable items from waste streams. Their unwavering support continues with sponsorship of the 2024 Young Heart Hero Awards, exemplifying heart health and community support.



Amazon – Sustainability Partner

British Heart Foundation and Amazon have a remarkable partnership. Amazon has donated over 12 million units of stock, diverting over 23,000 tonnes from waste streams – the equivalent to the average weight of 3,870 African elephants. BHF receives an average 77,000 items per week, including high-value donations, for example, 65 digital pianos. Amazon also previously provided a £50,000 cash donation and collaborates to reduce non-recyclable materials. This partnership exemplifies Amazon's commitment to sustainability and BHF's mission.



Travelodge – Outstanding Partner Commitment to Cause Award

Travelodge have been a longstanding partner of BHF since 2017 and, in that time, they have achieved great things. From piloting RevivR in 2022 – BHF's free, interactive, online CPR training course – to making the resource mandatory as part of their staff onboarding in 2024, reaching over 3,200 people trained so far.

Their dedication to heart health is also helping to improve the wellbeing of their staff through a healthy recipe book, and encouraging them to climb the Yorkshire Three Peaks,

As well as offering health checks to their head office staff, supplying information and support to the wider community, they have also produced a podcast with BHF's Head of Health and Partnerships and Community Resuscitation.

Travelodge's commitment to BHF doesn't end there, through customer donations and staff fundraising, they have raised an incredible £1 million to help fund lifesaving research.



BHF Distinguished Fellow Award

Dr Doug Gurr – BHF Distinguished Fellow Award

In 2023, we were delighted to appoint Dr Doug Gurr as a BHF Distinguished Fellow in recognition of his commitment and leadership.

Dr Gurr was Chair of BHF's Board of Trustees until October 2022. During his time as Chair, he steered the organisation through the Covid-19 pandemic and ensured that we could be there for people at a time when they needed it most. It is thanks to his leadership that, throughout

those challenging times, BHF's commitment to lifesaving research never faltered.

Dr Gurr also oversaw the introduction of some of our biggest scientific initiatives, including the £30 million Big Beat Challenge and the launch of the Data Science Centre. His personal philanthropic support of BHF has helped power innovative projects which will have a tangible impact on patients now and in the future.





Laerdal
helping save lives

Laerdal was founded in 1940 as a children's book publishing and toy company, driven by the mission of "creating children's joy". Over the following years, 100 million of Laerdal's Tomte cars were sold in 100 countries and Laerdal's Anne dolls became popular throughout Europe.

In 1960, following a family drowning incident, founder Asmund Laerdal collaborated with Dr Bjørn Lind and Dr Peter Safar to leverage his expertise in soft plastics to develop Resusci Anne, a lifelike manikin designed to train the new concept of mouth-to-mouth ventilation.

This innovation marked the birth of Laerdal Medical and a new mission: helping save lives. From its inception, Laerdal has worked with doctors, nurses, educators, researchers, and leading industry organisations like the British Heart Foundation.

Mutual respect and shared values form the foundation of these relationships; however, the key to long-term success lies in the complementary nature of our missions. Today, more than 500 million people have been trained in CPR, some of them using Resusci Anne, and it is estimated at least 2.5 million lives have been saved.



CPR Heroes 2024

Tom Lockyer's Heroes

On the 16 December 2023, Luton Town Captain, Tom Lockyer, had a cardiac arrest on the pitch during a Premier League football match.

A group of lifesavers rushed to perform CPR and early defibrillation on Tom – Luton Town club medics: Simon Parsell, Chris Phillips and Dr Amos Ogunkoya, as well as medics from AFC Bournemouth and St John's Ambulance: Dr Mufeed Ni'man, Dr Graig Roberts, Phil Ballett, Abbey Clark, Dean Fernee, Adam Todhunter, and AFC Bournemouth player, Philip Billing.



Tom spent five days in hospital and had an implantable cardioverter defibrillator (ICD) device fitted.

Tom became a father for the first time in March 2024, and he knows that the quick intervention to save his life allowed him to see the birth of his daughter.

Tom said, "I'm an example of the power of CPR, and how it can save lives. I'm so grateful to the people who saved my life, and that I can have special moments with my family".

Following the incident, Tom backed our campaign to urge the nation to learn CPR for Heart Month in February and has just been announced as an Ambassador for BHF.



Lucy Robin

Mum-of-seven Lucy started working in the nursery sector in her teens. She'd always had to do paediatric first aid, but never did she think she would need those skills to save the life of her premature baby son.

Twins Sammie and Sophie had been born at 33 weeks. Sophie was still in hospital the night Sammie suffered a sudden cardiac arrest.

In the early hours of 26 March 2023, Lucy woke with a start to discover that Sammie was blue, and not breathing. She performed CPR with two fingers, because Sammie was so tiny, until the paramedics arrived.

This life-changing experience inspired Lucy to start a new career, working for a charity and she now provides CPR training for families.

Brodie Hatfield

When Rob Hatfield suffered a cardiac arrest in bed at home, his wife Karen attempted CPR. Knowing that son, Brodie (15), had received CPR training at school she let him take over.

With younger brother Blake waiting for the ambulance crew at the front door, and mum Karen on the phone to medics, Brodie remained calm and performed CPR like a professional.

That high quality CPR has been credited with Rob's amazing recovery. "I don't feel like a hero," says Brodie modestly.

"It was just lucky I knew what to do and I think all kids at school should learn how to do CPR."



Andy and Serena Baker

A BHF-funded professor for most of his career, Andy Baker was on a family holiday in 2022 when his son, George, had a cardiac arrest in a swimming pool.

Professor Baker pulled George (22) from the water and along with daughter Serena (25), who is now a qualified GP, they administered lifesaving CPR.

"Not a day goes by without me thinking about what nearly happened. This event has truly shaped my life," says Professor Baker.

"As a family, we went to the edge of the abyss and were lucky enough to be pulled back. So many people are not lucky like us. This has made me realise the importance of everybody learning CPR.

So many people are not lucky like us. Learning CPR is so important yet so easy. One day you may have the opportunity to save a loved one, friend or stranger. We simply do not know what is around the corner."

CPR Heroes 2024



Imran Badin

Imran's Royal Mail colleague, Michael, collapsed at work due to a sudden cardiac arrest. Without a second thought, Imran performed CPR on him for nearly 10 minutes and used the workplace defibrillator to help save his life. "Training comes into your head straight away," said Imran. "I got down, started the compressions, I was on my phone to the paramedic who was giving me advice all the way through. I kept on going, I didn't stop". Months later, a chance meeting in a shopping center unexpectedly led to Imran being reunited with Michael for a quite emotional reunion.



Andrea Bond

On 15 August 2022, three days after her mother sadly passed away, Andrea's husband had a cardiac arrest while on holiday at an Air BnB in Northern Ireland. Andrea called 999 and performed CPR on Steven for about 13 minutes until paramedics arrived – ultimately saving his life.



Christine Kidman

Christine administered CPR to seven-year-old Harry when he had a cardiac arrest at his after-school club. Christine had completed a first aid refresher (including CPR) days before the incident, and for over 15 minutes fought to save Harry's life until an ambulance arrived. It has been recognised by attending medical staff that without Christine's efforts Harry would not have survived.



Kerry Ketley

Kerry had learned CPR following the death of her brother, who had a cardiac arrest while at home alone in 2018, not realising at the time that she would be using these skills on her other brother five years later. In April 2023, Kerry's brother, Phil, had a cardiac arrest after competing in a walking football tournament. Phil had visited Kerry where he collapsed, and she immediately performed CPR for four minutes until paramedics arrived. Phil is now in good health and feeling positive about the future.



Olivia Sugg

After learning CPR at work just two weeks prior, Olivia saved her mum's life at home. Calling 999, Olivia delivered CPR on mum, Bridget, for over eight minutes whilst she waited for an ambulance to arrive. Thanks to Olivia's quick thinking, Bridget survived with no complications. Olivia now dedicates her time to ensuring her friends and family are CPR trained and has engaged with medical professionals to enable her to run free CPR training sessions and encouraging local businesses to install defib devices.

Vasile Anchidim

In 2017, Vasile saved the life of spouse, Camelia, by performing CPR until ambulance services arrived at the scene.

Helen Ashby

Helen's partner, Tim, had a cardiac arrest while she slept next to him. Realising Tim was in trouble, Helen pulled him off the bed, called 999 and started CPR, which she had learned at Girl Guides 40 years prior. Four ambulance crews administered six shocks to Tim, who was then taken to hospital and had an ICD fitted.

Steve Baker

Steve and best friend Anthony were playing golf when Anthony started feeling unwell and collapsed. Steve reacted quickly by ringing emergency services and giving Anthony CPR for 12 minutes. When an air ambulance arrived, paramedics performed another 12 minutes of CPR. Anthony was left in an unconscious state, however after one month he woke up, but had suffered brain damage. Anthony's parents were in Portugal at the time of the incident. His mum, Rosa, said, "We were lucky to have had Anthony in our lives for another month until he passed away due to a hospital acquired infection. We are so grateful to Steve and will never forget the bravery he showed."

Carol Barker

Carol came home early from work on 13 September 2023 after her husband, Dave, told her he was feeling unwell. Dave, was unwell. Dave had a cardiac arrest and Carol called 999 and performed CPR on him for over 10 minutes. After having two stents fitted and spending weeks in hospital Dave has made a full recovery – thanks to Carol’s quick actions.

Stephen Barnes

Stephen and his neighbours, Stuart and Jarred, saw Emer Gallagher collapse in the street. The three raced to give her CPR while waiting for an ambulance. Afterwards, the three lifesavers drove to Emer’s house to take her partner to the hospital. “It was astounding that three strangers could do what they did,” said Emer. “I’ll always be grateful because without them I wouldn’t be here”.

Ray Bolton

In January 2024, Jon had a cardiac arrest on the pitch while playing in a football match. Ray, a spectator, performed CPR for 21 minutes until paramedics arrived. Jon had an ICD fitted and has made a full recovery and is now doing well. The cardiology staff commented that if it wasn’t for Ray’s quick-thinking Jon would not have survived.

Bray-Lewis Bowker

Bray-Lewis saved the life of his father, Craig, after he had a heart attack and cardiac arrest. Performing CPR for over 15 minutes until an ambulance arrived, Bray-Lewis was praised by the medical crew and doctors who suggested that Craig nominate his son as a CPR Hero.

Craig Burton

Sharon Burton’s brother was feeling unwell with chest pain and suddenly collapsed. Husband, Craig, rushed over and started CPR for about 10 minutes until paramedics arrived. Sharon said, “Craig has epilepsy and was not worried about himself, he just got down and did it. I was very worried he would have a seizure as he was so exhausted”. Risking his own health, Craig’s bravery saved his brother-in-law’s life.

Tania Cheale

On 29 April 2023, after only being married for seven months, Tania saved her husband’s life. Tania performed CPR on Richard for 12 minutes at their home, whilst their two children were upstairs in bed. Richard has hypoxic brain injury from the incident, but says, “Tania has been my absolute rock; she continues to support me on a daily basis whilst making others aware about how important it is to learn CPR”.

Jason Cross

When Kenneth Stewart collapsed, Jason stepped in to performed CPR. Both were strangers to each other prior to the incident but are now forever linked through an incredible act of bravery and courage.

Emma Darker

When 62-year-old John Martin had a cardiac arrest at Luton Airport passport control on 9 May 2022, Emma didn't hesitate to begin CPR. Emma was recognised for her lifesaving effort by John and his family through a charity golf day followed by a celebration meal in October 2023. Both John and Emma have since shared their incredible story to support the work of BHF.

Eric Downey

Having received CPR training at work three years prior, Eric saved the life of his wife, Katharine, at home on 26 July 2023. By doing chest compressions for over four minutes until paramedics arrived, Eric undeniably saved Katharine's life that day.

Vivian Mae Dumangas

On 30 March 2024, Leigh Pond had a sudden cardiac arrest whilst driving along the A428. Losing consciousness, the car swerved onto oncoming traffic hitting the side rail near the bridge crossing of the River Ouse. Vivian, a cardiac nurse, was travelling in a car behind the accident and immediately rushed to help. Delivering CPR, she resuscitated Leigh as emergency service arrived. Leigh's wife, Wioletta said, "I am so grateful and in awe of the people on the scene that day, particularly Vivian".

Cara Gale

On 16 March 2024, Cara (15) called 999 and started CPR on her older brother, Josh (21), who she could not wake up. Josh was grey and his lips were blue. Cara did Heart Start at school and knew how to deliver lifesaving CPR. She continued calmly by following the instructions given by call handlers until an ambulance arrived. The ambulance crew said, "Without Cara's actions Josh would probably not be here today. This young girl went above and beyond to save her brother's life."

Lydie Goodman

Early one morning in April 2018, Lydie's husband, Darren, had a sudden cardiac arrest whilst at home asleep in bed. She called 999, putting the call handler on speaker and alerted her friend and neighbour who helped to pull Darren onto the floor and begin chest compressions. She performed CPR for ten minutes until medical help arrived. Darren had several more cardiac arrests whilst in hospital and in November 2018 he underwent a heart transplant. Darren and Lydie have since met his donor's mother. "I'm so glad that I was present with Darren when he had his cardiac arrest and so happy I could help," Lydie says. "I feel so emotional being nominated for CPR Hero".

Diane Golder

While visiting her parent's home on 31 August 2023, Diane saved her father's life by performing CPR after he had a cardiac arrest. Her dad survived with no complications other than a few broken ribs. Diane's family say she is their hero.

Peter Harm

While taking a lunch break at an A19 service station on 22 February 2024, Peter saved the life of a stranger. Peter performed CPR for nearly 20 minutes, as he reassured the man's son, until emergency services arrived at the scene. The paramedics thanked Peter and stated that his actions were vital to saving the man's life.

Katherine Hawkins

Katherine has saved the lives of two people over the years by performing CPR. Nominated by her father, Mark, he said, "You have to say people have just been lucky she was there and was prepared to get involved and help".

Debra Jerdan

After Graeme had a cardiac arrest, Debra dragged her husband to the floor and performed CPR until paramedics attended. Defibrillated twice, Graeme was placed on a life support machine for two days before being fitted with an internal defibrillator. His heart specialist said that "if Debra had not been with Graeme he wouldn't have survived".

Kerri Jones

On a country lane, Kerri witnessed a car accident as an elderly gentleman had passed out at the wheel and stopped breathing. She performed CPR until paramedics arrived, saving the man's life who made a full recovery. Several years later, while waiting with her husband and baby at a Portugal airport for a flight back home, a fellow passenger had a cardiac arrest. Without hesitation, Kerri resuscitated the individual by performing CPR.

Sean Lewis

While waiting in a queue to pay for lunch, Sean saved a stranger's life when a man unexpectedly collapsed from a cardiac arrest. Sean performed CPR until an ambulance arrived and was heard saying to the patient, "Not today mate, not letting you go today".

Niamh Lyons

Niamh had never performed CPR before, but she saved the life of her mum, Elaine, while her sister looked out for the paramedics.

Michael and Niamh Martin

When Martin's wife, Lisa, collapsed at home, he delivered CPR as daughter, Niamh retrieved a defib from their local library which saved their loved one's life.

Julie Matthews

Nominated by her daughter Lily, Julie courageously stepped in to perform CPR on Lily's friend's dad, Adam, when he had a sudden cardiac arrest.

Henry McKechnie

Whilst playing his regular weekly football game, GP Dr Nick Thomas collapsed towards the end of the match. His teammate Henry, along with two others, realised something was wrong. Henry led the lifesaving effort by starting CPR and instructing others. Retrieving a nearby defib, they shocked Nick's heart twice and brought him back. Henry is an advocate of CPR and BHF – along with Nick – and both supported the charity's Heart Month activity with appearances on the BBC. Nick said: "But for that quick thinking I wouldn't be here now. Amazing!"

Robert Miczolek

On 12 December 2023, Matthew had a cardiac arrest at 2am at home. His partner, Robert, performed CPR for 15 minutes before an ambulance arrived on site, ultimately saving Robert's life.

Paul Nicholson

Paul was dropping off an item at a club and heard someone asking for a defib code. He went into the venue and found someone on the floor not breathing. Establishing that 999 had already been called, Paul started CPR while explaining to another person how to set up the defibrillator. He continued to do CPR for up to 20 minutes, also deploying the defib, until an ambulance crew arrived, saving Gary's life.

Mandy Norman

Having been trained in CPR two months before, Mandy put her new skills to the test when a customer at the gym she works at had a cardiac arrest. Mandy performed CPR for ten minutes including delivery of multiple shocks from an Automated External Defibrillator (AED) until the patient's heart resumed a regular rhythm and breathing. Mandy saved the stranger's life, and the gym member made a full recovery.

Josie and Jasmine Perry, and Zena Chapman

On 17 October 2022, sisters Josie and Jasmine with their mum Zena save the life of Jonathan Belke on Dorset's Jurassic Coast. Josie performed CPR and Jasmine called emergency services, as Zena comforted Jonathon's distraught wife. Jonathon was shocked with a defibrillator and taken to hospital where he had an ICD fitted.

Brian and Michelle Scott

On 24 February 2024, while refereeing a school football game, Tony Gribbin collapsed from a cardiac arrest. Watching at the side of the pitch, husband and wife, Brian and Ruth sprang into action. Brian began CPR on Tony, as Michelle ran to retrieve a defibrillator from a nearby supermarket. The joint lifesaving effort continued for 15 minutes until paramedics arrived – ultimately saving Tony's life.

Pippa Sharman

When Pippa observed that David Norman was in cardiac arrest she quickly carried out CPR and succeeded in restarting his heart. After two months in hospital, David made a full recovery. He said, "I have no doubt at all that Pippa's actions saved my life. We hadn't met before but are now good friends and have met several times despite living some distance apart."

Oliver Shepperd

After hearing a loud bang outside his home, Oliver discovered that a motorcycle accident had taken place. Jumping over his garden fence to help, he performed CPR on the motorbike passenger for over 20 minutes whilst waiting for an ambulance. Sadly, the driver didn't survive but the passenger did thanks to Oliver's calm and quick actions.

Ellie Starks

A visit to her parent's home on 4 August 2023 turned into a life-changing moment for hospice nurse Ellie. Her father, Dennis, collapsed on the sofa from a cardiac arrest. Whilst her mum, Helen, called for help Ellie sprang into action. She did chest compressions for 25 minutes until ambulance services arrived. Dennis spent 25 days in hospital and was fitted with an ICD, which allowed him to see Ellie get married and celebrate his 70th birthday.

Katherine Wood

Katherine and her fiancé, Adam, were home asleep when he had a cardiac arrest. She performed CPR for 16 minutes until paramedics arrived. Medics told Katherine that it would be rare for Adam to survive, but four days later he woke up from being in a coma.

Bruce Cummings, Darren Jackson and Neil Hogarth

Bruce, Neil, and Darren saved a colleague from cardiac arrest whilst working on a rural building site. Bruce raised the alarm, whilst Neil and Darren delivered CPR and used a defibrillator. Their colleague's heart restarted before the ambulance arrived. The three were credited by the police officer who nominated them, saying it was "the finest response to a cardiac arrest I have ever seen".

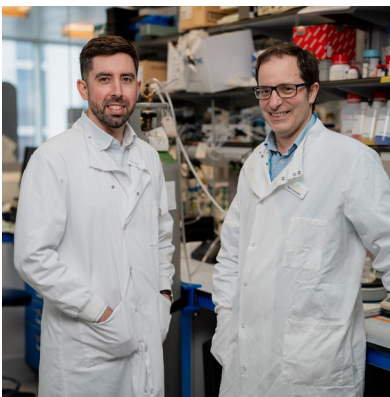
Lukas Jonassen's Heroes

Amateur footballer Lukas had a cardiac arrest while playing six-a-side football at North Kesteven Leisure Centre in Lincoln. Lukas' life was saved by other players and spectators, some of whom performed CPR on him for 15 minutes until paramedics took over and Lukas was taken to hospital. Lukas has made a full recovery.

We think you are all amazing!

BHF Research Story of the Year 2024

At the beginning of the year, a panel of BHF staff had the difficult task of shortlisting three innovative research projects from a list 14. Between August and September 2024, we invited the public to discover these three BHF-funded cutting-edge research projects and vote for the one that inspired them the most. With over 9,500 votes received, the results are in ...



Professor Adam Greenstein and Dr Harry Pritchard – Winners

Professor Adam Greenstein and his team at University of Manchester have uncovered a potential route to developing the first ever drug treatments for vascular dementia.

The study, led by Dr Harry Pritchard, has revealed how high blood pressure can disrupt messaging within artery cells in the brain. This causes them to remain permanently constricted, reducing blood flow over time – a process that leads to the devastating condition.



Professor Charalambos Antoniades – Finalist

Professor Charalambos Antoniades and his team at University of Oxford have developed an artificial intelligence (AI) tool that can predict people's risk of having a heart attack up to 10 years before it happens.

In the first real-world trial of the AI tool in the NHS, it was found to improve treatment for up to nearly half of those examined, indicating that this technology could potentially save thousands of lives.



Dr George Joy – Finalist

Dr George Joy and his team at University College London have shown that using two cutting-edge heart MRI scanning techniques and a high-tech ECG vest could help doctors to detect the potentially deadly heart condition hypertrophic cardiomyopathy (HCM) before signs on conventional tests appear.

This method could mean people with early symptoms of HCM could receive treatments sooner, when they can be most effective.

Special thanks to all the families that supported our Urgency campaign

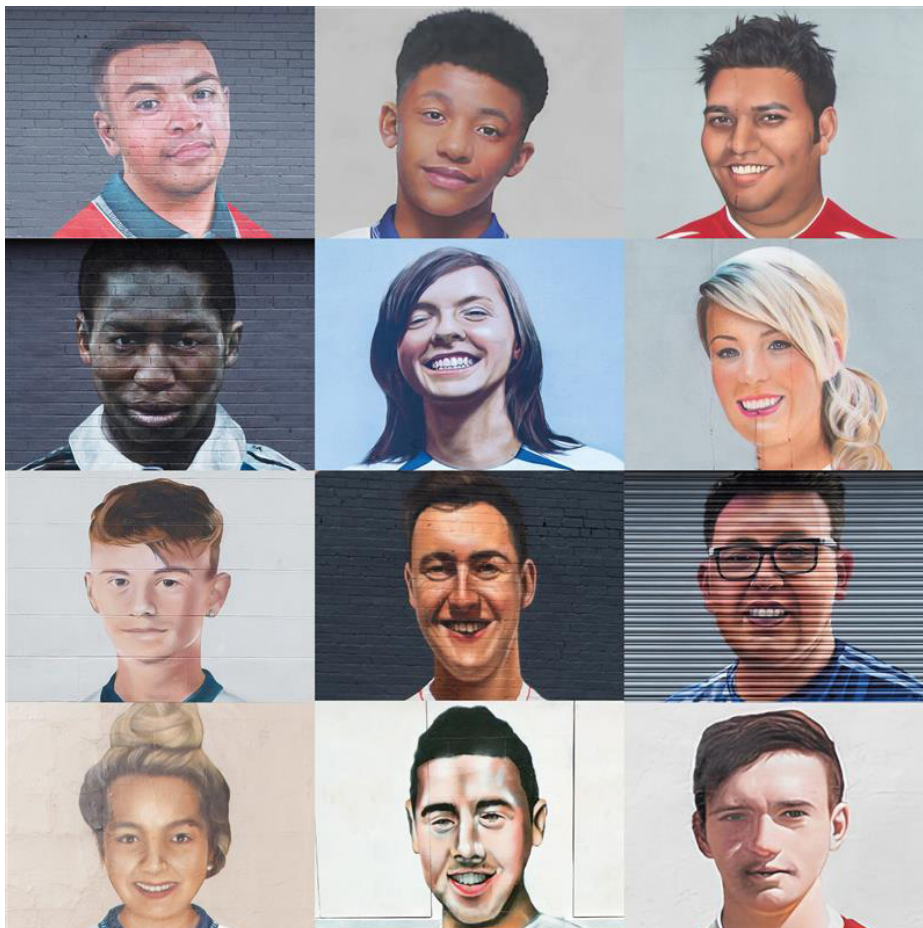
Sadly, 12 young lives under 35 are lost to sudden cardiac death each week in the UK. The campaign, which launched in June, sought to increase public awareness of this tragic reality and encourage support for BHF-funded research.

Twelve extraordinary families entrusted us with something immeasurable: their grief, love, and hope for change. Without their kindness, courage, and resilience this impactful and emotive campaign would not have been possible.

Each family trusted us with the likeness of their loved ones and the belief that this campaign could make a difference. Together, we created one of the most powerful messages that British Heart Foundation has ever delivered – through telling the stories of young people who had their lives cut short because of heart disease.

It touched every single person involved, deepened the public's understanding of heart disease, and brought urgency to our mission – Thank you to the families of Chris, Claire, Danny, Jake, Jamie, Jenny, Joseph, Josh, Libbey, Myles, Taylor and Tom.

To find out more about the campaign, visit bhf.org.uk/tillidied.



Young Heart Hero winners 2024



Sonny and Lennox Crook (6 and 3)

Nicknamed 'the heart brothers' by their proud parents, Danielle and Joe, the boys were both born with heart conditions – just two years apart. The brave brothers both underwent lifesaving open-heart surgery shortly after birth and spent the first weeks of their life in hospital – unable to celebrate their first Christmas together.

Mum Danielle says, “When I look at Lennox and Sonny, I just feel so emotional and full of pride in how they’ve dealt with everything. We try not to hold them back because of their heart conditions”.

Esme Mariani (3)

Emily and her partner Mathew, were looking forward to life's next chapter when their daughter Esme was born on New Year's Day 2021. After a relatively normal pregnancy, the couple thought everything had gone to plan, but they quickly became concerned with Esme's health.

After a series of tests, Esme was diagnosed with atrioventricular septal defect (AVSD) and had open-heart surgery at Bristol Childrens' Hospital when she was six months old. Three years on, Esme doesn't let her condition hold her back. She loves animals, riding her scooter, and has even been skiing!



Young Heart Hero winners 2024



Siena Wilshere (6)

During a family holiday in Cyprus, a doctor detected that Siena had a heart murmur and urged the family to take her to a cardiologist.

Back in the UK, Siena, who was five at the time, had further tests and it was confirmed she had a congenital heart defect – a hole in her heart.

“We never thought it would be as serious as it was. I remember just breaking down, thinking ‘where do we go from here’, said former England and Arsenal footballer, dad, Jack. “My mind was racing to the worst-case scenario – the first thing that came to my mind was that we might lose her.”

Mum, Andriani added, “When we went down to the intensive care unit, it was all such a blur. I heard Siena cry, and it was then I knew she was going to be OK.”

Just one month after diagnosis, Siena underwent a successful operation to repair the defect in February 2024. Now aged six, she has recovered well from the surgery and no longer suffers from breathlessness.

“We call her our heart warrior,” said Jack. “The bravery and strength she’s shown has been incredible, and we are just so proud of her.”



Special thanks to Dr Dan and Dr Raph Olaiya

Known as the ‘O Twins’, the twin brothers, medical doctors and captivating storytellers were the amazing hosts for the 2024 Young Heart Hero Awards, and compares to this year’s Heart Hero Awards afterparty. You can also catch them on the BAFTA award-winning CBBC show Operation Ouch!

Our 2024 Young Heart Heroes

On Friday 15 November we held our second annual Young Heart Hero Awards at Chessington World of Adventures.

These very special awards celebrate young fundraisers, advocates and heart patients – age 11 and under – who have done amazing things in support of BHF's lifesaving research while facing their own difficult challenges.

Claire's were our wonderful official sponsor of the awards for a second year, providing our young stars and their families with a party, prizes and surprises.

We were delighted to have twin brothers, frontline doctors and presenters of CBBC's Operation Ouch! bring high-energy by hosting the festivities.

Our amazing winners:

- **Poppy Brown (4)** – Born with hypoplastic right heart syndrome, Poppy has undergone 10 operations.
- **Alba Butler (7)** – Diagnosed with transposition of the great arteries before birth and underwent two open-heart surgeries within her first eight days. Proud of her surgery scars, Alba and mum Alejandra featured in BHF's 2023 Spotlight campaign.
- **Mia Clarke (5)** – Mia has had three open-heart surgeries – two of which were performed by previous Heart Hero Award winner and BHF-funded researcher, Professor Massimo Caputo.
- **George Donnelly** – George has had two open-heart surgeries – the first when he was less than 12 hours old.

- **Reuben Foster (4)** – Diagnosed with hypoplastic left heart syndrome, Reuben has had three open-heart operations and is proud of his ‘special heart’.
- **Freeman-Ware/Donne family** – Isabelle (13) has a congenital heart condition and had three open-heart surgeries. Siblings, Courtney (17), Freya (8) and George (7) have supported Isabelle by raising awareness and just over £1,000 for BHF research.
- **Ava Jayson (9)** – Ava has a rare condition that leaves her at high risk of cardiac arrest and heart failure. Suffering two cardiac arrests in her young life, this led her to fundraise for BHF and towards a defibrillator for her school.
- **Ivy Lloyd (7)** – Diagnosed with a congenital heart condition that meant she needed open-heart surgery. In 2018, Ivy’s parents appeared on BBC’s The One Show to talk about the youngster’s story and her surgery.
- **Raphie Marquiss (7)** – Raphie will need multiple open-heart surgeries throughout his lifetime as he was diagnosed with a congenital heart defect and heart failure. The incredible youngster has raised over £15,000 for lifesaving research.
- **Teddy McPhee (2)** – At just 10 days old, Teddy was diagnosed with aortic stenosis, and his little life was saved after a 13-hour operation – making him one of the youngest babies in the UK to have the Ross procedure.
- **Ivy Scott (7)** – Ivy was born with hypoplastic left heart syndrome and has had to undergo three open-heart surgeries, and now raises funds and awareness about her condition through social media.
- **Maia Wiggett (10)** – Maia was diagnosed with several cardiac conditions and is a young carer for her brother. Maia also raises funds and awareness through her own YouTube channel to promote educational activities for children.

Our official awards partners and suppliers

Special thanks go to our official 2024 BHF Heart Hero Awards partners and suppliers.



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Special thanks to

S Club

S Club are pop royalty, having released their first single in 1999. The band has since sold more than 10 million albums worldwide. They won Brit Awards in 2000 for British breakthrough act and in 2002 for best British single. In 2001, they earned the Record of the Year award.

The band has released four studio albums and in July 2023, S Club released their first new single in more than 20 years,

“These Are the Days”, in memory of their bandmate Paul who they lost due to an undiagnosed heart condition. The band partnered with BHF on their Good Times Tour in 2023, raising awareness of heart conditions and funds for research.

S Club are proud to be BHF Ambassadors.



Special thanks to



Matt Green

On top of being the owner and director of JGM Science Tutors, TikTok sensation Matt is also known as The Rapping Science Teacher.

After producing multiple viral videos, an acclaimed freestyle on BBC iXtra, The One Show and Blue Peter, as well as being picked by Will.i.am on ITV's The Voice UK, Matt is now a mainstay on TV and radio and uses his skills to educate and entertain millions of students through the art of rap.

Matt creates one-minute-long GCSE science rap videos with subjects ranging from respiration to electrolysis teamed with soundtracks from Central Cee, Stormzy, Skepta, and Dave.

As well as being an educator, Matt has also created campaign rap videos for leading brands such as Disney, Marvel, YouTube, Three, Oxford University Press, Unite Students and many more.

With over 1 million followers on social media, content creator, Matt, says his ambition is to help as many students as possible excel in science.



Inés Rae

Inés Rae has rapidly surfaced as one of the most exciting young UK pop artists of the moment. The 22-year-old has gathered huge support from BBC Radio 1, as well as Spotify, appearing on multiple editorial playlists including New Music Friday UK and New Pop UK.

The singer-songwriter has worked with the likes of Bastille and Fickle Friends and has written alongside prolific songwriters including Jake Gosling (Ed Sheeran, Lady Gaga, One Direction) and Adam Rust (Little Mix, Becky Hill, Nathan Dawe).

Inés also worked alongside the award-winning artist and producer Shura on a remix of 'Never Get It Right' which featured on the official soundtrack for the Golden Globe and Emmy Award nominated Netflix series Emily in Paris. Additionally, Inés' music was used as the soundtrack for the 2023 and 2024 BHF Heart Hero Awards.

Have you heard our Ticker Tapes?

If you've been inspired by the incredible stories of this year's Heart Heroes, then you can discover more through BHF's podcast series – The Ticker Tapes.

During each episode a heart patient candidly shares their real-life experience and journey of heart and circulatory disease with a member of BHF's Heart Stories team.

The Ticker Tapes will also soon feature members from our vast research community, who will discuss their innovative BHF-funded research and how it can impact patient care and outcomes.

To find out more details and listen for free, visit bhf.org.uk/engagement.



The Ticker Tapes

Our terms and conditions

This year, we received hundreds of nominations about the incredible fundraisers, young advocates, lifesavers, healthcare professionals and outstanding supporters who go above and beyond for BHF.

Our Heart Hero Awards team and judges had a difficult time in shortlisting our 2024 nominees, as the quality of nominations was so strong. Below is a snapshot of this year's terms and conditions.

1. The Heart Hero Awards are run by British Heart Foundation (BHF), Greater London House, 180 Hampstead Road, London, NW1 7AW.
2. Nominations for 2024 opened on Friday 1 March and closed on Tuesday 30 April.
3. Only nominees that have not previously won a Heart Hero Award are eligible.
4. Nominees must live in the UK or are a UK resident to be eligible to win an award.
5. There is no age limit to who can be nominated with exception of Young Heart Hero category where only those aged 11 and under are eligible to be nominated.
6. BHF reserves the right to change the category a person/s has been nominated for if the submitted nomination details are deemed better suited to another category.
7. The BHF team reviews every fully completed nomination received.
8. Nominees are shortlisted by the BHF team. The shortlisted details are anonymised and then judged by a panel of judges to give an overall winner per category, except Young Heart Hero and CPR Hero categories.
9. The BHF judging panel's decision is final and binding.
10. Winners may be invited to attend the awards ceremony.
11. Information that is submitted as part of a nomination may be included on the BHF website, with exception of contact details.
12. We may also use a nominee's story for media/press activity, our website and/or social media, with the nominee's consent.
13. Eligible winners will be encouraged to share their award publicly and will be contacted with the option to feature in BHF promotional activity, including media, etc.
14. BHF may contact nominees and winners at any time with the option to be involved in campaign or promotional work outside of the Heart Hero Awards.

For more information on how personal data is processed by BHF please see our [privacy policy](#).

For this year's full Heart Hero Awards terms and conditions, please click [2024 Terms & Conditions](#).



**British Heart
Foundation**

bhf.org.uk

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