



Alison Cox MBE
CRY Founder & Chief Executive

September

Great North Swim cancelled

4 and 5 September

There was disappointment for our 5 intrepid entrants and 8,995 other participants in the Great North Swim across Lake Windermere, who learned at the last minute that it had been cancelled because of lake algae. We also had to break the news to our "bacon butty team" led by CRY Representative in Cumbria Sharen Stables who had a feast of homemade hot soup and bacon butties awaiting Andy and CRY supporters. Fortunately



Sarah Morgan, Tony Hillier and Matthew Otten were able to transfer their entries over to the Great Salford Swim on 26 September; and Judith Burgess received permission from her employers at Sefton Council to swim a mile across their lakeside facility in Crosby

on 24 September. Our celebrity swimmer - The Rt. Honourable Andy Burnham MP - has also said he is looking forward to donning his wetsuit if another swim can be arranged.



South West Regional Bereavement Support Day 12 September



The Bristol Golf Club; 17 people registered for this event and groups were led on the day by CRY Bereavement Supporters Julie Donnelly, Anne Reynolds, Vanessa Tardif (pictured) and myself.



CRY / Philips testmyheart Tour launched

18-20 September



After the success of the 2009 tour, the second national screening tour was launched – again from Durham – on 18 September.

The event, at Tesco's Dragonville store, was held in memory of Levon Morland.

For more details and pictures of the tour see pages 25-27.

Andrew Triggs-Hodge MBE becomes a CRY Patron

28 September

GB Rowing's Andrew Triggs-Hodge MBE, gold medal winner at the 2008 Olympic Games, has become a CRY Patron. Andrew says "CRY used to be an organisation that I thought would only touch a few people and that I would be lucky enough not to be one of those. In 2008 a good friend died without warning on a rugby pitch, he was extraordinarily fit and in his 50s; his son was playing in the same game. Ewan Adamson leaves behind his family. In 2009 another good friend and fellow rower - again without warning - died on the rowing machine while warming up. Scott Rennie was in his early 20s, fit and strong and vying for a slot in the GB rowing team, but was denied his chance.



Both leave a big hole without them and if there was a chance that an organisation like CRY could have forewarned their fate, then their deaths may have been avoided. I hope that CRY goes from strength to strength and I hope to commit as much as I can to help this."

October

CRY Patron Graeme McDowell MBE secures the winning point for Europe in the 2010 Ryder Cup

4 October

Graeme secured the winning point in the final match to win the Ryder Cup for Europe after an enthralling final days play at Celtic Manor.

Graeme recorded a 3&1 victory over Hunter Mahan to clinch a dramatic 14.5 to 13.5 triumph for the European team.



CRY Patron Pixie Lott appeared on ITV's Lorraine show

8 October

As well as performing her new single Broken Arrow, Pixie's hit Boys & Girls that she allowed Amesbury School to perform and make into a video for CRY was featured. Pixie also spoke about her upcoming appearance at the CRY Parliamentary Reception.



CRY Awareness Week 9-17 October

Throughout CRY's Awareness week, and the whole of October, our supporters helped us to raise awareness and funds in their local community.

For more details and pictures see pages 19-20.

70 people take part in the first CRY Durham Riverside Walk

9 October

We held this new event to help mark CRY's 15th anniversary and to launch CRY Awareness Week. The event gave CRY supporters from the North East a chance to meet each other, enjoy the day and, perhaps in passing, talk about why they had decided to join the walk. Many of those taking part walked in memory of a young person who had tragically died from sudden death syndrome.



For more details and pictures of the event see pages 21-22 and www.c-r-y.org.uk/durham_walk_2010.htm

CRY Parliamentary Reception

13 October

As part of CRY Awareness Week, we hosted our annual Parliamentary Reception in the Terrace Marquee in the palace



of Westminster. Over 40 MPs attended the event and the Guest of Honour Patron Pixie Lott received special permission from the Speaker of the House to treat the 200 guests to a short acoustic set delighting us all with her wonderful voice and natural charm. The event was hosted

by Roger Gale MP (Conservative – North Thanet and Chairman of the Cardiac Risk in the Young All Party Parliamentary Group), The Rt Hon George Howarth MP (Labour – Knowsley) and Dr John Pugh MP (Liberal Democrat – Southport). Dr Julian Lewis MP (Conservative – New Forest East) was the very first MP to support CRY in 1997 after the sudden death of his constituent Adrian Woodhead's young wife Sarah. With Roger Gale unable to take the stand because of illness Julian nobly stepped up to the podium to expertly MC the evening.

Speakers included Minister of State for Health Simon Burns MP, CRY's Consultant Cardiologist Professor Sanjay Sharma, Surgery Supporters Network member James Bailey, and myself.

For more details and pictures see pages 23-24 and www.c-r-y.org.uk/CRY_parliamentary_reception_2010.htm

CRY International Medical Conference

15 and 16 October

CRY's 2 day international academic conferences were offered free to delegates for the first time in appreciation of funding difficulties many medics were experiencing. This was clearly greatly appreciated ensuring a full conference of enthusiastic medics from around the UK. 99 % of delegates were there for the first time and delighted with the quality of the international speakers.

The conference on Friday focused on Sports Cardiology and as always Professor Sanjay Sharma's research and experience provoked challenging debates. This year the event included talks from CRY Research Fellows Dr Hari Raju and Dr Navin Chandra on the first day and Dr Michael Papadakis who spoke both days. Michael was given this accolade after receiving the 2010 prestigious Young Investigators Award from the European Association for Cardiovascular Prevention and Rehabilitation of the European Society of Cardiology. He was selected after speaking at the EuroPREvent 2010 conference (May 2010), where he presented the abstract of the research paper "Ethnic differences in the electrocardiographic repolarisation patterns in elite male athletes and short-term outcomes". This abstract was selected as the best scientific work by the Congress Programme Committee, from over 700 submissions.

Saturday's Inherited Cardiovascular Disease conference included a moving account from Health Nurse Paddy Jelen representing "the family perspective" after the loss of her daughter Nina, and Dr Tony Hillier giving "the GP's perspective" after the loss of his daughter Laura. Tony's heart-breaking talk represented every GP's nightmare - the impact of being called to try and resuscitate a member of your own family. His daughter Laura died suddenly on a work placement in his surgery. Sanjay also invited me to speak on the contribution that bereavement support can make to CRY families' journey through their grief.



Perhaps the greatest commendation for the success of the event was that most of the delegates – who notoriously usually leave conferences after the tea break – were still there at the close of the event to participate in a dynamic interactive review of Sanjay's case studies – reflecting a very happy audience who emphasised how worthwhile the conferences had been.

Meeting of the Coroners Bill Bereavement Charter group

25 October

The Bereavement Charter group met with Jonathan Djanogly MP, Parliamentary Under-Secretary of State at the Ministry of Justice for Coronial Reform. The meeting was hastily convened to discuss the difficult issue of funding being withdrawn. Predictably - as this was 8 years after the reform process was initiated and within 12 months of it going through Parliament under the previous government – this news was not happily received by the group who protested vigorously! I was very lucky that CRY Representative James Brown was prepared to take on this complicated brief as frustratingly I was unable to attend because of the very short notice given.



Premiership Rugby to offer CRY screening

26 October

Rugby now lead the way in sport with their screening programme the expansion of which to all elite players over 16 last summer significantly increased the number that screening was offered to. Testing sessions took place at Aviva Premiership Rugby clubs as well as at England representative squad training sessions



with over 600 players tested. This screening programme is consistent with policy recommended by the International Olympic Committee, the International Rugby Board, the American Heart Association and the European Society of Cardiology.

For more information see 28 or visit www.c-r-y.org.uk/rugby_screening.htm

South East RBSD

30 October



Held at Wimbledon Park Golf Club, which is funded in memory of James Paterson.



20 delegates travelled from various parts of the South East to attend the day and groups were led by CRY Bereavement Supporters Margy Al Chalabi, Diana Bower, Caroline Gard, Barbara Holland, Stephanie Paterson, Diane Tolley (pictured) and myself.

November

9 November

Professor Roger Boyle, National Director of Heart Disease and Stroke, held a meeting for the Heart Disease Advisory Group at the Department of Health inviting for the first time Professor Bill McKenna; Trudie Lobban of the Arrhythmia Alliance & myself to represent the Chapter 8 Board. This, as we had been informed it would be in 2005 at its inception, was discontinued at the end of 2010. Professionals from all disciplines travelled from towns and cities around England and Wales to contribute to the debate on a number of pertinent cardiac issues.



Seminar for cardiac health professionals

18 November

CRY Representative Rosemary Attridge represented CRY at a seminar for cardiac health professionals held by the National Heart and Lung Institute in London. Attendees ranged from Cardiac Specialists to Cardiac Nurses and the charities SADS UK and CMA were also represented. The seminar was designed to share best practice and to discuss ways to improve handling of those affected by inherited cardiovascular conditions as well as those who have had an ICD fitted. Rosemary was able to share her experiences on these issues and also tell them about CRY. They are aiming to publish a booklet with answers to all the questions people usually ask after they have been diagnosed. There were concerns about the support available to young people who have had surgery and Rosemary explained that CRY's Surgery Supporters Network had been operating for 8 years and suggested CRY should be included in the booklet.



CRY Patrons Matt Wells and Andrew Triggs-Hodge MBE win silver medals at the 2010 World Rowing Championships in New Zealand

Congratulations to Matt Wells and Andrew Triggs-Hodge MBE who both won silver medals at the 2010 World Rowing Championships in Karapiro, New Zealand.

Matt earned his silver in the men's double scull; whilst Andrew's medal came in an extremely close men's pair final. For the 2010



World Cup series Matt teamed up with Marcus Bateman to race the men's double scull, winning gold in Bled and Munich and silver in Lucerne.

Conclusion of CRY / Philips testmyheart tour

27-29 November

The second CRY / Philips testmyheart tour concluded in West Ealing's massive Waitrose store. CRY Patron Andy Scott braved the dreadful weather to support the final day with the temperature hovering around -4°C ! 286 young people registered for a screening across this final weekend, with 102 booking in for the free cardiac test on the Sunday.



For more details and pictures of the tour see 25-27.



December

John Barrowman becomes CRY Patron

2 December



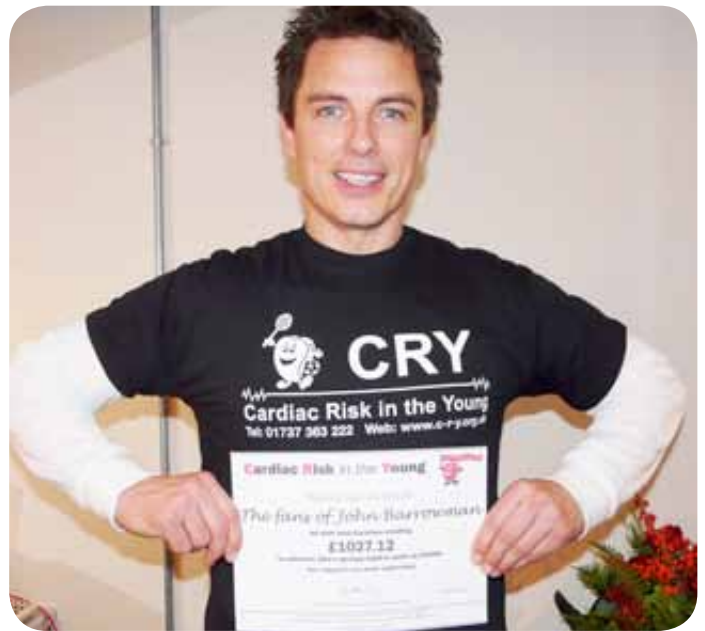
Tom Reid - a huge fan of John Barrowman's - died of sudden arrhythmic death syndrome (SADS) in 2009, aged 19. One of the highlights of his adolescence had been when he had met John at a book signing.



Halina and Antony, Tom's mum and dad, contacted John to explain what had happened to Tom telling him that he had been out with friends when he began to feel unwell, saying that his heart was beating very fast. Tom then collapsed and, despite the best efforts of the emergency services and hospital staff, could not be resuscitated.

After meeting with Halina and Antony, and sharing some of their memories of Tom, John very kindly offered his support to CRY and has become a Patron.

John said "I'm pleased to offer my support to this truly worthy organisation. That so many healthy young people die from this silent syndrome is tragic. CRY is working hard to protect our young people with their programs for research and prevention. I'm glad to add my voice to CRY."



CRY Patron John Barrowman asks for donations to CRY instead of opening night gifts

11 December Photograph courtesy of www.johnbarrowman.com

Shortly after becoming a Patron John Barrowman confirmed his intention to help when he asked his fans to donate money to CRY instead of buying him gifts to celebrate his opening night in panto as Aladdin. A wonderful response from his fans meant that £1,027.12 (including Gift Aid) was raised.

CRY office affected by snow

The Arctic conditions that suddenly descended on the UK did not exclude this little corner of England and like so many other organisations we finally had to submit to the atrocious travelling conditions and for the very first time in 15 years perilous snow



and ice closed our office for 3.5 days during December. I would like to thank the extraordinary efforts of our Office Manager Kerry Gray who on several occasions during this bleak period braved the treacherous pavements to walk 7 miles to the office and another 7 back to his home to ensure that the office was not at risk of flood, fire or icing up at this time – and who sent out regular bulletins to all staff updating them of the state of the roads in the vicinity. When it was possible for the first cars to take to the streets again Kerry ran a virtual shuttle collecting and taking home those staff who kept the office going on the days it was possible to travel. An outstanding effort from some very special members of CRY staff and most especially an inspirational contribution from our Office Manager.