

**REGISTERED CHARITY NUMBER: 1152647**

**REPORT OF THE TRUSTEES  
AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE  
YEAR ENDED 31 OCTOBER 2023  
FOR  
THE JOE HUMPHRIES MEMORIAL TRUST**

**JOE HUMPHRIES MEMORIAL TRUST**

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**JOE HUMPHRIES MEMORIAL TRUST**

**REFERENCE AND ADMINISTRATIVE DETAILS**

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<b>Charity Name</b>	<b>Joe Humphries Memorial Trust</b>
<b>Charity Registration Number</b>	<b>1152647</b>
<b>Principle Office</b>	<b>61 Chaveney Road</b> <b>Quorn</b> <b>Leicestershire</b> <b>LE12 8AB</b>
<b>Trustees</b>	<b>Steve Humphries (Chair)</b> <b>Lauren Humphries</b> <b>Alan Harrison White</b>

**Mike Ferguson**

**Simon Taylor**

**Teresa Dalby**

**David Hastings**

**Val Lewis**

**JOE HUMPHRIES MEMORIAL TRUST  
TRUSTEES' REPORT**

The Trustees have pleasure in presenting their report and the audited financial statements of the Charity for the year ended 31st October 2023.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

The Joe Humphries Memorial Trust was established, as a legal entity, on the 12th October 2012 and became a Registered Charity (No 1152647) with the Charities Commission on the 1st July 2013.

## **THE TRUSTEES**

The Trustees of the Trust are as follows:

Steve Humphries (Chair)

Lauren Humphries

Alan Harrison White

Mike Ferguson

Simon Taylor

Teresa Dalby

David Hastings

Val Lewis

## **OBJECTIVES AND ORIGINS OF THE TRUST**

The Trust was established and is registered by the Charity Commission for the following purposes:

The advancement of health and the saving of lives by the provision of training, in particular but not limited to, cardiopulmonary resuscitation and emergency life support skills, and the advancement of education into the causes of sudden unexpected death in young people by whatever means the Trustees think fit;

To help young people, especially but not exclusively, through leisure time activities, so as to develop their capabilities that they may grow to full maturity as individuals and members of society.

The Trust was set up in October 2012 following the tragic sudden death of 14 year old Joe Humphries whilst out running near his home in Rothley on 4 October 2012. Within hours of the tragic loss of his son, Steve Humphries was surfing the Internet to find out more about this dreaded occurrence and to his horror he found it difficult to discover relevant information about the condition that Joe had suffered, known as SADS (Sudden Arrhythmic Death Syndrome). As a result he felt an urge to extend both his own knowledge and also to look further into what actions may help to reduce the loss of life of other young people in similar circumstances. It became immediately apparent that there was work to be done and the Trust was formed in October 2012, gaining recognition from the Charity Commission in June 2013, the aim being to help transform the lives of other young people.

The Trust was officially launched at Joe's school, De Lisle College in March 2013, followed by a 'local launch' in Rothley Parish Church in April 2013. The response was overwhelming from so many different perspectives. The need for a cultural change is gaining momentum and our dream is that Leicestershire and Rutland will become a beacon for other areas to follow in relation to awareness of SADS and emergency life saving skills for young people and the wider community, and that one day defibrillators will be seen as equal to the need for fire extinguishers.

It soon became apparent that an area that needed our focus was to implement CPR (cardiopulmonary resuscitation) training in schools and sports organizations, coupled with promoting the placement of defibrillators where young people are most at risk.

A multi-agency approach including sign-up from head teachers within both the City and County secondary schools and the JHMT collaboration with the East Midlands Pacemaker Fund (EMPF), the University Hospitals of Leicester NHS Trust (UHL), the University of Leicester, the British Heart Foundation (BHF), East Midlands Ambulance Service (EMAS) and Resuscitation Council (UK) and Heartwize ensured a new focused CPR based training package is being delivered across schools in Leicester and Leicestershire.

In addition a pioneering scheme, Joe's Mini Heartstart, is being rolled out across community sports clubs in Leicestershire that is also teaching people vital life saving skills.

2014 also saw the launch of the Inspire Awards to promote the trust's second objective.

Other landmark developments included the platform to address key leaders in the EAST Midlands property and construction industry about how they can play a key part role creating 'heart safe' communities by including public access defibrillators within

the planning stage of projects. The Trust also provided key heart care evidence into a comprehensive independent review into safety and welfare in UK sport, led by Baroness Tanni Grey-Thompson. The finalized report was published on 21 April 2017.

## **JHMT annual Review 22/23 – Year 11**

### **JHMT Highlights: November to March 23**

The start to the new JHMT year got off with some excellent news with the appointment of Chloe Ferguson as the Leicestershire's first Inherited Cardiac Conditions (ICC) special nurse, funded (approx. £65,000) in the first year by Joe's Trust. Chloe was due to start her new role on 10 April at the ICC service at Glenfield alongside Dr Harshil Dhutia (Consultant Cardiologist, Glenfield Hospital UHL, Medical lead for JHMT) and his team.

Other good news was the ongoing development of the Heartshield City partnership project between JHMT/Leicester Public Health (LPH) and EMAS. Bringing together the intelligence (data/mapping) resources of EMAS and LPH has enabled the project to gain a much clearer and understanding of which communities don't have access CPADs and haven't so far undergone any lifesaving training. The JHMT has agreed to donate funds towards the project for both AEDs and cabinets with PHL having agreed to match fund the JHMT resource.

The Inspire small grant applications continued to have an impact on young people's lives with Trust awarding another 7 x grants to young people during this period.

The HEART-SAFE AEDs in the community programme led by Charles Poole (JHMT AED lead) continued to receive requests from local sports and community organisations from across the city and county on wanting advice and support to create a heart- safe environment Current CPAD Projects in progress including:

- Groby Allotments Society, Grace Dieu Cricket Club, Mountsorrel Junior Football Club, Enderby Town Tennis Club, Market Overton CC, Rothley Tennis Club and Bowls Club and a small caravan and motorhome site in Sibleby.

JHMT was invited to attend and deliver how to save a life using CPR and AED workshops at the PL Kicks Cup regional qualifiers held 18/02/23 at LCFC's new training ground at Seagrave, Leicester. Young people from Mansfield Town, Stoke City and Notts Forest Community Trusts took time out during the competition to learn CPR skills and how to use an AED. The training workshop sessions were delivered by JHMT trainers, Alan White, Eliot Forman and James Pilbeam

### **JHMT Highlights:**

- **Loughborough Dynamo FC team up with JHMT to create a heartsafe community for ALL:** <http://tinyurl.com/mtxun2x3>
- **A Leicestershire Allotment Society get hands on to create a heartsafe community with support from JHMT:** <http://tinyurl.com/bdh2cv4x>

- [Leicestershire tennis club are on the ball to create a heart-safe community for all with help from JHMT: http://tinyurl.com/4padm2yp](http://tinyurl.com/4padm2yp)

### **Highlights April to August 2023**

The period March to August was another busy period of activity across all areas of the Trust's ongoing work. We finally managed to, through UHL/JHMT joint comms, officially announce and welcome Chloe Ferguson in her new role becoming the UHL's first ICC specialist nurse, funded in the 1<sup>st</sup> year by JHMT. The partnership work with EMAS and Public Health Leicester is gathering momentum as the project has begun drilling down to identify communities in the city that don't have any access CPADS and training.

Alan White (JHMT Lead trainer) and Charles Poole (AED Lead) were busy delivering training and the installation of CPADs in sports and community. This has been followed up with a number of press releases with pics to officially mark the siting of each CPAD and achievement by each group to help create a heart- safe community (See below PR headlines). A key milestone of the heart-safe sports work is the collaboration with the Leicester Lawn Tennis Association who are now only three clubs away (soon to be one) from having a heart-safe league with each club having access to an AED and members trained in CPR and AED familiarisation.

HEARTSAFE sport and community CPR & AED training between April to August period included: Groby Allotments, Broughton Astley Runners, Rothley Tennis Club, Gynsills Tennis Club, Netherhall Secondary School, Rothley Cricket Club, Sileby Town TC and marina residents, De Lisle School, Steve Walsh Academy, Forest lodge Primary School, Birstall Runner, St Pauls Primary School Wood house eves, SEAGRAVE Primary School, Kibworth Tennis Club, Total trained: 337 – 18 x sessions

### **JHMT Highlights: April to August period:**

- [Eight more talented young people from Leicestershire & Leicester benefit from JHMT's Inspire Awards: http://tinyurl.com/42znsfr4](http://tinyurl.com/42znsfr4)
- **Leicestershire farm campsite take steps to create a HEARTSAFE community with support from JHMT: <http://tinyurl.com/yf6etv63>**
- **On your marks, get set and be ready to GO! for the (8th) Joe's Jog: <http://tinyurl.com/3k25fvyy>**
- [JHMT funding helps UHL's first ICC nurse: http://tinyurl.com/cr6r4fdz](http://tinyurl.com/cr6r4fdz)
- **Grace Dieu Cricket club becomes heart-safe with the help of JHMT: <http://tinyurl.com/bdf49uh9>**
- **Leicestershire Tennis and Bowls Clubs become HEARTSAFE with support from JHMT: <http://tinyurl.com/4ve3xjzp>**
- **Community spirit at the heart of Joe's Jog Family Fun Run Mile 2023: <http://tinyurl.com/mv7etdts>**
- **Gilmorton community gets extra peace of mind following successful fundraising efforts to site key lifesaving equipment at a local playing fields pavilion: <http://tinyurl.com/ycyh3mrf>**

## **JHMT Highlights: August to October 31<sup>st</sup>**

The work continued throughout the August to October period culminating with the partnership work with EMAS and Public Health Leicester finally managing to launch the first of many CPADs with the first being sited at Spence Street Sports Centre during SADS Week. This was quickly followed up with 3 x CPADs in the West End of the city by De Montfort University.

Once again, the JHMT in partnership with UHL NHS Trust and thanks to the involvement of many other community partners marked this year's annual SADS Awareness Week from 2-8 October 2023. The programme included both online awareness messaging and hands on training activity across the community.

The Inspire small grant applications have continued to arrive in and the Trust has awarded another 4 x grants to young people between August to November period. This takes the total grants awarded for the year 22/23 to 18.

HEARTSAFE sport and community CPR & AED training between August to October period included: Kibworth Tennis Club, FVC Football Academy, Huncote Harriers Running, Harborough Town FC, Market Bosworth School, Enderby Town TC AND Bowls Club, Steve Walsh Football Academy, Whetstone Junior Football Club, Loughborough College, Leicester Rowing Club and Spence Street Sports Centre, Total trained: 283 – 18 sessions.

### **Headline stats for year ending 31<sup>st</sup> October include:**

- **1,000 people trained in CPR and defibrillation for the year end 31 October.**
- **5420 people at local sports and community groups trained in CPR and how to use an AED.**
- **80 CPAD boxes donated to date.**
- **184 clubs/groups/schools for year ending 31/10**
- **293 community training sessions carried out by JHMT, year ending 31/10.**

**The annual JHMT SADS Awareness Week** ( <https://www.jhmt.org.uk/sads-week-2023>) in collaboration with University Hospitals Leicester NHS Trust was held between 2-8 October 2023.

Every year during the week of the anniversary of Joe's untimely death, JHMT hold the annual SADS Awareness Week to remind and educate healthcare professionals, sports-related professionals and parents and carers of young people about the dangers of undiagnosed heart conditions like SADS. Every week in the UK, 12 young people (12-35 years old) die due to undiagnosed genetic heart conditions like SADS.

To launch the week, on Monday 2 October the focus was on the Heartshield city project work carried out by JHMT, the public health team at Leicester City Council



and East Midlands Ambulance Service to identify the current locations of defibrillators across the city and provide a better distribution of devices which are accessible 24/7 in case of a cardiac emergency.

On Tuesday 3 October, the spotlight turned to the importance of cardiovascular safety in sport with the award-winning UK coaching e-learning module and its impact on the training of coaches across the country as first responders. The toolkit, funded by Sport England was developed in 2021 in collaboration with The Joe Humphries Memorial Trust, Resuscitation Council and St John Ambulance.

This also included news on a AED flag initiative led by Marijke van Eerd, one of JHMT's community trainers which hopefully will become part of the standard of cardiovascular safety care across all UK sports.

On Wednesday 4 October, the day was dedicated to highlighting the partnership between the JHMT and University Hospitals of Leicester. This includes an updated on recent developments within the inherited cardiac conditions (ICC) service with by JHMT funding the first ICC specialist nurse in UHL.

In addition, Dr Steve Mears (Senior Lecturer in Sport and Exercise Nutrition, Loughborough University) once again reminds us of the importance of why exercise is so important for us all!

On Thursday 5th October, the SADS in sport talk & 'hands on' lifesaving training to students on the Talented Athletes Scholarship Scheme (TASS) took place at Loughborough College.

On Friday 6th October, the SADS Awareness programme once again highlighted the importance of cardiovascular safety in schools. This year's example of good practise was the work carried out by Market Bosworth School who have taken steps to create a heart safe environment both inside and outside the school's premises, including working with JHMT's lead trainer Alan White. Alan has been regularly delivering a series of lifesaving training sessions for both students and staff on CPR and knowing how to use a Defibrillator.

In addition, there was a series of community events with Joe's Mini Heart -Start for Sports Clubs CPR and AED familiarization training CPR at several community sporting locations across the county and city and to complete SADS Awareness Week, the popular annual Joe's Bike Ride will take place on Sunday 8 October from Rothley.

### **JHMT Highlights: August to October 31 period:**

- **11 more talented young people from Leicestershire & Leicester benefit from JHMT's Inspire Awards.**
- **Leicestershire tennis club ( Kibworth TC) takes steps to create a heart-safe environment for members and local community.**
- **World Restart a Heart Day: Life-saving defibrillators fitted around DMU campus.**

- **FCV International Football Academy have taken steps to create a heart-safe community ( CPR training and installation of a new CPAD) at their Grace Dieu Manor Park facilities in Thringstone, Leicestershire with support from The Joe Humphries Memorial Trust (JHMT).**
- **A life-saving defibrillator has been fitted to the outside of Spence Street Sports Centre thanks to the support of local heart charity, the Joe Humphries Memorial Trust (JHMT) in partnership with Leicester Public Health.**
- **SADS Awareness Week took place from 2-8 October 2023 and is organised by Leicestershire based heart charity The Joe Humphries Memorial Trust (JHMT) in collaboration with University Hospitals Leicester NHS Trust.**

### **Summary:**

Once again, JHMT has been able to make further progress during 2022/23 to raise awareness of SADS and help to create a safer sporting community environment with the roll out of further community public access defibrillators across Leicestershire and Leicester thanks to fantastic efforts of JHMT volunteers and by strengthening links with local partners as highlighted above as noted and reported within the yearly review.

This has resulted in another 1,000 people trained in CPR and how to use an AED with a key landmark achievement by JHMT's lead trainer Alan White surpassing 5,000 people trained in lifesaving skills.

Thanks also to the Trust's AED lead Charles Poole, another 12 x AED cabinets were donated to local groups to enable Public Access Defibrillators being available 24/7. To date, JHMT has donated and sited over 80 x CPAD boxes (£48,000) across the city and county.

Other notable landmarks was the work with the Leicestershire Lawn Tennis Association who are now only two clubs away from being a fully-fledged Heart-safe league with all clubs having club members trained in CPR and defibrillation and providing an onsite defibrillator.

The Heartshield City partnership project between JHMT/Leicester Public Health (LPH) and EMAS gained further traction during the year. Bringing together the intelligence (data/mapping) resources of EMAS and LPH has enabled the project to gain a much clearer and understanding of which communities don't have access CPADs and haven't so far undergone any lifesaving training. By combing resources the project is now in a strong position to pull the gaps during 23/24 in the community in particular for those identified as currently having no access to the lifesaving equipment and training.

Following six years of hard work behind the scenes by JHMT in partnership with UHL (NHS Trust), Chloe Ferguson was able to start work as the first Clinical Nurse Specialist in Inherited Cardiac Conditions Services at UHL.

Chloe, whose role was funded by the Joe Humphries Memorial Trust (JHMT) will work with Laura Vilajuana, a specialist genetic counsellor to enhance the care for patients with inherited cardiac conditions and their family members across the Trust.

The Inherited Cardiovascular Conditions service at UHL offers specialized care for diagnosing, evaluating symptoms and managing patients and families affected with inherited cardiac conditions. The team is multi-disciplinary and includes adult and paediatric cardiology, specialist nursing, physiology and clinical genetics/counselling.

Other notable highlights included The Inspire Awards small grants scheme which help to support another 18 x young people across the arts, community, business, and sports. This taking the total to over 250 x young people who have benefited from an Inspire grant with the scheme awarding its first grant in 2014, (to date £50,000 + invested in young people JHMT).

The work goes on as there's still much to be done in 2023/2024 and beyond to keep raising awareness to help reduce the incidence of sudden, unexpected death in young people, and in doing so, helping to create a heart safe community for ALL.