

North East, Yorkshire & Humber Monthly Update

February 2024

With Easter around the corner, there are choices we can make to keep ourselves as healthy as possible while still having treats! Try our Heart Matters quiz 'Do you know how to have a healthy Easter?' [here](#).

Heart Month February 2024 Highlights

Thank you to everyone that took part in the BHF's national Heart Month Campaign this February 2024. Across our UK wide Community Fundraising team, we had over 460 supporters involved, resulting in over £277,000 of pledged fundraising! Here are some of our fab Heart Month supporters from North Yorkshire & County Durham!



Thank you to Robyn (top left) for raising £421 from her Park Run Takeover and delivery of CPR training at work!

Thank you to Marjorie, Stuart and our Durham BHF Branch (top right) for raising £565 at their Heart Month Coffee Morning!

Thank you to Authentix (bottom right) for going red at work and raising just under £100!

And of course, to our fabulous advocates at Ridding Park Hotel, Network Rail, Flamingo Land, Pocklington BHF Branch, North Riding FA, ZF Automotive, York University, Northumbrian Water Group, Swim England North East, Best Western Parkmore Hotel, PX Group, Delta Hotels Durham, Gear4Music, Venator Corp & Niche Living, for your kind support!



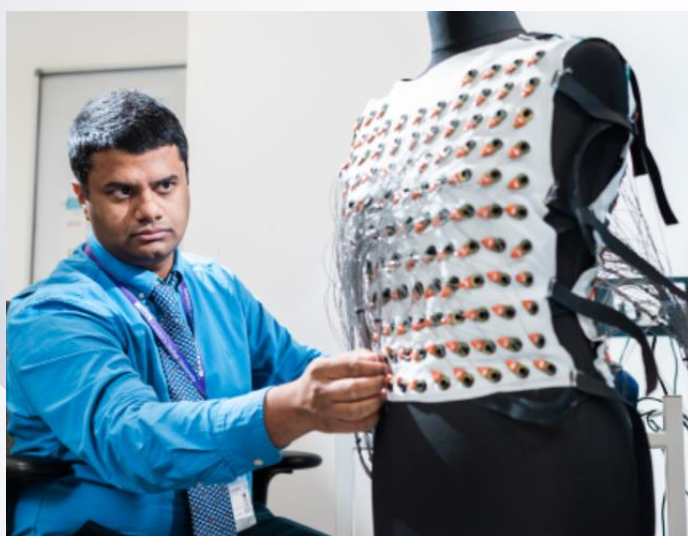
Have a fundraising idea? Contact your Local Fundraising Manager Leya: bakshl@bhf.org.uk

Research Spotlight

Meet the CureHeart team! You may remember that back in 2022 we announced the winner of our Big Beat Challenge, CureHeart, which looks to develop a cure for genetic cardiomyopathies. In the first of our 'Meet the team' interviews, Rosie Kirk, PhD student, shares her story so far, and how it brought her to the CureHeart team, working towards developing lifesaving cures for inherited heart muscle diseases. [Read more here.](#)



Science Update



A reusable vest that can map the electric impulses of the heart in fine detail, could detect abnormalities from a potentially fatal heart disease much earlier than is currently possible, according to a new study we've part-funded. The ECGI vest has 256 sensors rather than the 12 used in a standard electrocardiogram (ECG) and can provide detailed electrical mapping of the heart in just five minutes. [Read the story here.](#)

Row Your Own Way!

We're delighted to announce we are official charity partner for The Gemini Boat Race 2024. The partnership is particularly poignant as it follows the tragic death of former Chair of The Boat Race Company, Tim Senior, who died of a cardiac arrest in 2023. [Read about it here.](#) Boat Race, one of the world's most famous annual sporting events, is taking place in Putney on Saturday 30th March and we need your help to spread the word to your local rowing clubs and gyms to get involved and 'Row their own way'. [Link to share here.](#)



Volunteer with the BHF this year.

Join our 'Action Team' [here](#) to see what volunteering opportunities arise in your area!