



Welcome to The Daniel Wilkinson Foundation Newsletter!

Firstly, a huge thanks to everyone that has contributed to the charity since we were established in 2017. Your dedicated efforts make it possible for us to provide heart screenings and defibrillators primarily to grassroots sports clubs. It has been a very busy 2019 for us as we continuously seek ways that we can grow and improve as a foundation.

Looking to the future, we have three dates for our heart screenings in 2020 and have already booked three dates for 2021. We are progressing with a revitalised website, have new charity merchandise to offer and plenty of fundraising and events to look forward to.

MEET THE TRUSTEES



Barry Wilkinson



Gillian Wilkinson



Helen Bush



Tony Grantham



Craig Wood

SCREENINGS AND DEFIBRILLATORS



2019 saw us launch our first three heart screening days in Hull, Sheffield and Maldon, Essex.

A total of 291 young people (ages 14 to 35) were screened with 18 of those screened requiring further investigations. This just goes to show the importance of heart screenings in seemingly fit young people. We were also able to provide 14 defibrillators to grass roots sports teams around the country. This brought the total number of defibs handed out to 28.

291
screened

28
defibs
supplied

If your team or you know of any teams that may require a defibrillator, please enquire at:
defibs@thedanielwilkinsonfoundation.org

*Providing Screening and Defibrillators to
prevent Sudden Cardiac Death in the young*

Remember #DoltForDan

FUNDRAISING AND EVENTS

Our supporters took part in some fantastic fundraising events last year including The Hull Marathon, The Maldon Mud Race, The Snowdonia Ultimate 32-mile Marathon and our very popular Annual 6 a-side Football Tournament.

A special mention goes to Kathryn Townsley of the Official Hull City Supporters Club (OHCSC) for her outstanding efforts with the Quiz Nights at The Constable Arms in Sproatley, East Yorkshire. Although the OHCSC will be supporting another worthy charity in 2020, The Daniel Wilkinson Foundation has benefitted from their support for the last three years and they have raised an incredible £5,000 for us. This amount will help us screen 100 young people or donate five defibrillators. We can't thank her and The Constable Arms enough for hosting the events!

A big thank you also needs to go to Guy Moxon and The Pub Lads. They are a band local to the East Riding of Yorkshire who display their musical talents in local pubs for charity. They have, to date, raised in excess of £5,200 for The Foundation. A huge thanks also goes to Amy's Bar and Kitchen in Patrington, East Yorkshire for hosting most of The Pub Lads' events for The Foundation.



There's much more to look forward to in 2020!

THANKS GO TO...



**Mac Medical
Services Ltd**

The Foundation greatly appreciates the support it has received from Rob and his team at Mac Medical Services Limited. They have attended a number of our defib handovers and provided CPR demonstrations/training to the attendees. Rob also ensures we have first aid/paramedic cover at our annual football tournament. He does all this for us free of charge. This is a fantastic professional support to The Foundation and we can't thank him enough.

#DoltForDan

MERCHANDISE

We are able to sell the following merchandise if anyone is interested in promoting The Foundation. We have a very small amount of stock, but we can order supplies on request for a very fast turnaround. This way, The Foundation doesn't have to commit its much-needed funds to stock.

Wrist Bands

(Adult or Youth)

£1.00
plus postage



Badges

£2.00
plus postage



Hats

£7.00
plus postage



T-shirts & Vests

£12.00
plus postage



Hoodies

Adult (Sml-2XL)

£21.00
plus postage

Child

£15.00
plus postage



Fleece Jackets

£30.00
plus postage



Shell Jackets

£30.00
plus postage



HOW CAN YOU HELP US?

Go to our website and see our Starting Eleven

www.thedanielwilkinsonfoundation.org/get-involved

HOW CAN YOU HELP YOURSELF?

Look out for details of our screening dates or visit Cardiac Risk in the Young's Test My Heart site
www.testmyheart.org.uk

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HOW TO USE A DEFIB

HOW TO USE A DEFIBRILLATOR IN THE EVENT OF A SUDDEN CARDIAC ARREST



For every minute after Sudden Cardiac Arrest, the chances of the patient's recovery drop by 10%. If a defibrillator is used within the first minute, the patient has a 90% chance of survival, within three minutes, the patient has a 70% chance.

Defibrillators are designed to be as simple to use as possible. Anybody can save a life in the event of a Cardiac Arrest emergency; you don't need to have a medical background or medical training to use a defibrillator.

The defibrillator makes all the decisions and will guide you through the process step by step. You can't make a mistake – it's impossible to shock someone who isn't having a cardiac arrest.

1

If you suspect a Sudden Cardiac Arrest and the patient is unresponsive, your first action should be to call for help.

2

Get someone to call the emergency services, make sure the patient's airways are open so that they can breathe and immediately begin CPR. CPR is essential to keep oxygen flowing to the brain.

3

While the emergency services are on their way, continue CPR and send someone to bring the AED.

4

Keep administering CPR to the patient until the AED is attached to the patient.

5

Attach the AED. This will assess the heartbeat rhythm and decide whether a shock is necessary. If it isn't, continue with CPR until the patient's breathing is normal or until the emergency services arrive and take over.

If you would like to make a donation to The Foundation please visit:
virginmoneygiving.com/charities/thedanielwilkinsonfoundation



@dannywilks5



thedanielwilkinsonfoundation



dwfoundation5



contact@thedanielwilkinsonfoundation.org



www.thedanielwilkinsonfoundation.org

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