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*Heartstart Havering*

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## **NEWS RELEASE**

### **Andrew reaches new heights in fundraising**

On 12<sup>th</sup> September Andrew Attack will be taking part in a 122-foot abseil at Romford YMCA. Andrew is raising funds for *Heartstart Havering*, an organisation that he and his wife Anneliese started three years ago.

One hundred people will be taking part on the day raising money for 23 charities.

When asked if he had done this sort of thing before, Andrew replied “Several years ago, I took part in an abseil at Mercury House in Romford to raise money for charity. If I get another chance to do this again, I will do so for Heartstart Havering.”

Heartstart Havering runs two-hour Emergency Life Support (ELS) classes for anybody who lives or works on the Havering area. The courses are free of charge although donations are asked for, but this causes a massive need for fund raising. At the end of each course, everyone receives a certificate, a book about ELS, a CPR reminder card and a resuscitation key ring. We received a donation from the Rotary Club of Hornchurch two years ago to purchase the first 250 of these key rings but now we need to raise £850 to purchase another 250.

Any one wishing to sponsor Andrew can either send a cheque made out to “Romford YMCA” to Heartstart Havering, PO Box 4144, Hornchurch RM11 1GE or Debit and Credit Card donations can be made securely via our web site [www.havering.org.uk](http://www.havering.org.uk) and clicking on the ‘news’ button. We are also happy to train staff at local companies in return for suitable donations.

— Ends —

Notes to the editor

Heartstart Havering is an independent body, but is affiliated to Heartstart UK and is one of 1000 such groups around the UK

If you have any questions, Andrew can be contacted on \*\*\*\*\* (number not to be published)

Attached photograph – Andrew outside the YMCA building

Heartstart Havering is affiliated to Heartstart UK.  
Heartstart UK is an initiative co-ordinated by the British Heart Foundation to teach members of the public what to do in a life-threatening emergency: simple skills that can save lives.



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