

HEARTS&MINDS

THE RICHMOND HEAVIES FOUNDATION



ISSUE NO. 03 | JUNE 2023

TRUSTEES' REPORT



Dear Friends of The Foundation,

It's hard to believe it is five years since we first discussed the idea of a 'charitable entity', one that would do its best to shine some light from the shock of losing friends so early in their lives.

What we have achieved with your support, is something we are all proud of. More importantly, it can continue to grow and develop.

There are now 60 rugby clubs throughout the UK who now have working defibrillators in their clubhouses, helping to protect thousands of community rugby players and supporters.

Around 750 individuals aged 14-75 have now had a heart screening. For those who required further exploration and treatment, we have accompanied them on that journey and ensured they are on the right path.

Through both of these undertakings, we know we have made a difference and saved lives.

Mental wellbeing continues to be a more publicly discussed and accepted part of our society. Our confidential, non-judgemental 24/7 service has been one of our best achievements, but less easy to measure and record for obvious reasons. But we know of many men and women who are grateful for our continued championing.



We will continue to look for new areas to add our support, but only with careful consideration. We will apply the same diligence to that as we have to the funds we have raised.

A core part of the last few years, have been our central London lunches, that not only raise money, but offer a great social gathering. Whilst we take a break from an autumn lunch this year, due to the Rugby World Cup, we will definitely be back next year!

We do, however, continue to need funds, so instead we will be co-ordinating 'A Series of Extraordinary Events' in September and encouraging you all to get involved!

Finally, we would like to thank the Fairn, Williams and Barlow family. You have allowed us into your lives at the most difficult of times. You have been unwavering in your support and consistent in your request for us to help others, not you.

Together we have created something meaningful, and with the support of everyone reading this, we can continue for many more years to come.

Thank you for your continued support.



*Richard, Ian, Neil and Jim
(plus Matt and Geoff)*

The headlines of our work

which started back in 2018 and over the past 5 years, we have been able to impact more than 30,000 people with our mission. Our success wouldn't have been possible without your support.



600

PLAYERS, COACHES, STAFF AND MEMBERS
HAVE HAD HEARTS SCREENING AT
CLUB SCREENING EVENTS



10

PEOPLE HAD SPECIALIST REFERRALS
OR TREATMENTS THAT HAVE
EXTENDED THEIR LIFESPAN



14 to 75

IS THE AGE SPAN OF PEOPLE
WHO HAVE HAD HEART SCREENING
ACROSS THE CLUB



2

PEOPLE HAD TREATMENTS
FROM SPECIALIST CARDIOLOGISTS
EXTENDING THEIR LIFESPAN



75

HEARTS SCREENED DIRECTLY AT
THE NEW VICTORIA HOSPITAL
IN KINGSTON



2500

RICHMOND CLUB MEMBERS HAVE
MENTAL WELLBEING SUPPORT
24/7 AND 365 DAYS OF THE YEAR



30

SPORTING BURSARIES
AVAILABLE TO MINIS AND YOUTH
PLAYERS TO JOIN THE CLUB



55

DEFIBRILLATORS FUNDED
TO COMMUNITY RUGBY CLUBS
ACROSS ENGLAND



25,000

PEOPLE WILL BE IMPACTED AND
HAVE ACCESS TO THE
DEFIBRILLATORS PLACED IN
COMMUNITY RUGBY CLUBS

5 YEARS OF OUR ACHIEVEMENTS



Are you able to help?
TO DONATE



SCAN ME



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Protecting Players. Supporting Families.

HEART SCREENING

As the statistics on the previous page demonstrate, we continue to screen more players, coaches, volunteers and staff through regular cardio screening events at the club, and screenings at The New Victoria Hospital.

We have settled into an annual cycle where we offer screening for:

- Senior Men & Women players on a training night in pre/ early season
- Youth players on a Sunday in the Autumn



The screening dates for the 2023/24 season will be published on [The Foundation website](#) as soon as agreed.

MENTAL WELLBEING

We are delighted to announce our Mental Wellbeing service, originally extended to all Richmond members during Covid, remains in place for all for another 12 months.

To raise awareness of the service we have spoken about it at Seniors training (Men & Women) and one of our medium-term objectives is to put in place a joined-up community of mental health first-aiders (MHFA) throughout the Club in much the same way as regular first-aiders.

DEFIBRILLATOR USE



“THE THING ABOUT DEFIBRILLATORS IS YOU HOPE YOU NEVER USE THEM, A BIT LIKE FIRE EXTINGUISHERS, BUT WHEN YOU DO NEED THEM, YOU WANT THEM THERE.” OLD ISLEWORTHIAN RFC

This happened at York RI RUFC, one of the clubs we helped get a working defibrillator. As Women’s Manager Cat Tottie explains:



“We recently played a match where a girl on the pitch went down with an underlying heart condition but because we had a defibrillator, by the time the ambulance arrived, despite her heart stopping on the pitch, she was up and chatting. The defibrillator helped save her life and we can’t thank you enough!”



FURTHER TO THE WORK DONE IN SUPPLYING DEFIBS TO RUGBY CLUBS, THE FOUNDATION HAS ALSO HELPED COMMUNITY GROUPS TO RAISE FUNDS TO INSTALL DEFIBS IN LOCAL PUBS

At The Rookwood Village in Leytonstone E11, RHF Trustee Ian Grundy worked with the local residents’ group to raise money and then held a live CPR & defib training evening at the pub, attended by 50 residents, pub staff and local small business owners. Since it has been installed, the defib has been used when a resident collapsed in a local shop, another resident dialled 999 and was directed to the pub by the ambulance service. Thankfully, there was a positive outcome!

RAMBLE 4 ROG



AFTER A CHANCE VIEWING OF RHF TRUSTEE IAN GRUNDY TALKING ABOUT THE WORK OF THE FOUNDATION ON THE LONDON NEWS, JO WITHERS, WHO HAD LOST HER HUSBAND ROGER TO A SUDDEN CARDIAC ARREST AGED 49 DECIDED TO ORGANISE A “RAMBLE 4 ROG”, A SPONSORED WALK TO YORKSHIRE’S THREE PEAKS TO RAISE MONEY FOR THE FOUNDATION

Roger Withers, a fit and healthy 49-year old from Oxford, was out running with his dog Rodney when he suffered an unexpected sudden cardiac arrest and sadly passed away.

Roger was a much-loved husband to his widow Jo, but also a dad, a husband, a stepdad, a brother, an uncle and a friend. Everyone who met him loved him, nothing was ever too much to ask and he was one of life's genuine good guys.



Roger loved all sport, especially rugby, golf, and cricket and in his younger days played volleyball for the South African Navy. In recent years, his vociferous support of Chinnor RFC’s Wild Boys, captained by Jo’s nephews, George and Tom White, earned him an Honorary Membership of the Wild Boys.



This is what Jo had to say about the Ramble:

“We had an amazing weekend, and I was genuinely moved by the fantastic support of so many people in so many different ways.

Rog had made the sunshine for us that day, but had the last laugh, sending the strongest wind they'd seen in the Peaks for a fair while. Gusting at up to 50mph, we genuinely thought we'd be blown from the ridge of Whernside, the highest of Yorkshire's Three Peaks.

There were a few scary moments up there as we hung on to our hats, each other and anything nailed down we could get our hands on!

We all conquered our own personal challenges on the Ramble, with fears of heights, combating disabilities, and just achieving more than each of us set out to do in terms of time or peaks climbed.

We stayed at Dalesbridge, who were brilliant at supporting the evening events and the boys did a superb job running the silent auction and raffle to drum up more funds.”



Jo summed up:

The weekend was great family fun and we couldn't believe how much we raised, it was far more than our £5k target. And we're thrilled to hear the news of the 1st defib being installed."



WEDNESBURY RUFC



THIS DEFIBRILLATOR HAS BEEN KINDLY FUNDED
BY MEMBERS OF THE "RAMBLE FOR ROG" TEAM AND
IN MEMORY OF ROGER WITHERS AND PROVIDED BY



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"WE FOUND OUT ROGER'S FATHER AND HALF-BROTHER HAD ALSO SUFFERED FATAL HEART ATTACKS IN THEIR EARLY 50S. SO THE MORE PREVENTATIVE ACTION THAT CAN BE TAKEN TO IDENTIFY EARLY SIGNS/ WARNINGS, THE BETTER..."

MEMBERS OFFER

Through our partnership with New Victoria Hospital (NVH), we are delighted to extend our offer of discounted cardiac screening to Richmond members for another 12 months. For £60 (normal cost £300) members can book an appointment at the NVH and an ECG will be taken, and the results reviewed by one of the in-house cardiac consultants along with a pre-circulated lifestyle questionnaire. If any issues are detected, patients will either be referred back to their GP & the NHS or their private medical insurance for further tests. Details of this offer are on our website.

2022 RHF LUNCH



It seems strange to say the 2022 lunch may have been our best ever. But the feedback was fantastic. We were slightly down on numbers vs previous years and made less money than before (both indications of the economic climate) but everybody was so pleased to be there and meeting old friends. We were blessed with great speakers and honoured to have the Founders of the Womens Rugby World Cup tell their story. Mark Durden-Smith offended anyone he could. The food was fantastic and everyone was so generous with the raffle, the 'try or no try', and the auction. Once again, the venue tried to usher us out on time, and were still trying an hour later! Please forgive us for skipping a year, but we promise we will be doing it all again next year!



A FULL SET OF PHOTOS FROM THE 2022 RHF LUNCH ARE AVAILABLE ON OUR FACEBOOK ACCOUNT @RICHEAVIESFDN



2023 FUNDRAISING



With the Rugby World Cup in September and October we have decided to skip a year with the RHF Lunch this year. We will return to the Lunch in 2024. In the meantime, as a 'bridge' between Lunches, to keep the fundraising efforts going, we are planning a series of smaller fundraising events in September ('A Series of Extraordinary Events'), a bit like the 'Come Dine With the Heavies' a couple of years ago.

The main Foundation-organised event will be:

- **South West London Bridges Walk:** On Saturday 23rd September, a 15km walk starting at Putney Bridge and finishing at the Club with a BBQ and Beers and then watch the Mens 1st XV / England v Chile in RWC / Ireland vs South Africa in RWC

So far, other events in the series (you'll notice a bit of a bridge theme!):

- **20 Bridges Swim (Rupert Allhusen):** Our swimming prop is planning another extraordinary swim, a 28.5 mile swim around Manhattan island in New York tandem in tandem with another ex-Richmond guy, Ben Leigh on the 3rd September. You can donate here:

<https://www.theatlascharity.org/fundraisers/rupert-and-ben-swim-around-manhattan>

- **London Bridges Overnight Walk (Ian Grundy):** a 40km walk starting from Tower Bridge.

- **Severn Bridge to Richmond Bridge Cycle (Neil Darke):** a 200km+ cycle.

- Overseas, so far, we have Heavies doing bridge-related stuff in **Sydney, Dubai and Chicago.**

- We are also looking at rowing and paddleboarding challenges around local bridges.

Please do join us in one of these challenges or feel free to do your own bridges event.

Please contact me at neil.darke@btinternet.com

TIME PLEDGE PLEASE!



We are always looking for more people to help, especially around events. However, we also have needs 'behind the scenes' so we can continue doing what we do. One of the things you can do is to make a time pledge to help us e.g. half a day a month. We always have something for you to do, although we are particularly looking for the following skills:

- **Book-keeping**
- **Social media and PR**
- **Sponsorships and commercial partnerships**
- **Company secretariat**

Please do get in touch if you can help: neil.darke@btinternet.com

WE ARE RECRUITING



TO DATE WE HAVE NOT PAID ANYONE FOR RUNNING THE FOUNDATION AND ARE GRATEFUL TO SO MANY PEOPLE FOR THEIR SUPPORT AND TIME.

TO CONTINUE TO GROW OVER THE NEXT FIVE YEARS, WE ARE LOOKING TO RECRUIT A GENERAL MANAGER TO DRIVE THE OPERATIONS AND FUNDRAISING.

THIS WILL BE A PART-TIME PAID ROLE AND WE WILL BE FRUGAL, AS EVER, WITH THE MONEY YOU HAVE KINDLY HELPED US RAISE.

WE BELIEVE THIS IS AN EXCITING OPPORTUNITY FOR SOMEONE AND WE LOOK FORWARD TO ANY ENTHUSIASTIC APPLICANTS.

IF YOU ARE INTERESTED, OR KNOW SOMEONE WHO IS, PLEASE DO GET IN TOUCH: NEIL.DARKE@BTINTERNET.COM

FIVE FOR FIVE



In our fifth year, here are FIVE ways you can help your Foundation:



SOME THANK YOUS



Our cardiac screening partners The Cardiovascular Diagnostics Centre and New Victoria Hospital.

Our mental wellbeing partners, Care first.

Our defibrillator partners, Community Heartbeat Trust.

Our charity partner, The Atlas Foundation.

Our lunch organisers, Legend Events; drinks sponsors, Heineken and Molson Coors; MC, Mark Durden-Smith and our guest speakers; auctioneers, Chris Mills and Addison Gelpey; artist, Ben Mosley; all our lunch table captains & everyone who donated auction items or raffle prizes (and those who generously bought them).

The Wates family for their generous donation.

Jo Withers, Tom & George White and all those involved in the Ramble 4 Rog.

The Richmond Heavies Foundation has a mission to:

💛 Protect the 'hearts and minds' of Richmond Rugby players, coaches, volunteers and staff and prevent avoidable tragedies through the provision of cardiac screening and mental wellbeing support.

❤️ Support the families of Richmond Rugby players affected by life-changing injuries or sudden death.

🖤 Make a difference in the wider rugby community through the provision of defibrillators to community rugby clubs.

www.richheaviesfdn.org @richheaviesfdn   

The Richmond Heavies Foundation is a self-funded charitable arm of Richmond Rugby.

We are governed as part of the rugby charity, The Atlas Foundation (registered charity no: 1161179). We are indebted for their continued support.

The Richmond Heavies Foundation CIC (Company number: 12454030).



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