

HEARTS&MINDS

THE RICHMOND HEAVIES FOUNDATION



ISSUE NO. 02 - APRIL 2022



HEADLINES

DEFIBS ACROSS THE COUNTRY

swimming and cycling across the channel and across the country have allowed us to make rugby clubs safer

PAGE 5

MENTAL WELLBEING

covid and mental health are still ever present things in life but what next for our clubs wellbeing

PAGE 10

WHAT'S FOR LUNCH?

we are delighted to say that our 4th fundraising lunch will be held on Friday 30th September 2022

PAGE 15

PROTECTED HEARTS

and like that, 3 years have passed since our first heart screening session and it's time to repeat

PAGE 11





CHAIRMAN'S REPORT

We are delighted to be updating you again on the progress that The Foundation continues to make. Like most charitable enterprises there was not a lot of activity in 2021.

But despite the well documented difficulties of operating in a COVID environment I am delighted to say that The Foundation has continued to drive forward and deliver against its main stated objectives.

We have also managed to broaden our reach outside of Richmond Rugby club with the delivery of many more defibrillators to rugby clubs that cannot afford them.

Within the club, our mental wellbeing programme was rolled out to all members and was of enormous help during COVID.

We are extremely grateful to everyone who has helped us during this difficult year.

The future looks much healthier, but it remains a tricky landscape for all charitable enterprises. We will continue to work hard and earn your continued support.

Richard Holman


KEY ACTIONS



We have screened over 450 players and members, and our sustainable plan is fully established. We are about to re-screen players from our first wave of screening as per our medical partners' advice.

The in-depth mental wellbeing support programme is now available for all Richmond Rugby members. This has proven to be invaluable to a number of people during the difficult recent times.

We have extended the sporting bursaries for the children of Stephen Fairn until they leave further education. It remains a privilege to be helping this family.



We have helped 55 community rugby clubs get a working defibrillator, a potentially life-saving piece of kit.

Under Stewart Barlow's name we continue to offer bursaries to youth members who would not have been able to afford to join the club.

We enjoyed a highly successful third fundraising lunch and have secured a date for our next one of 30 September 2022. We hope to see so many of you again.



Extending our impact beyond Richmond Rugby, we have also helped other clubs establish heart screenings. We have shared our contacts and experiences within the world of mental wellbeing and are in constant dialogue with other sports clubs outside of rugby to share our experiences.

We have added more volunteers to our operational departments and are looking for more people to get involved. We continue to take our roles as trustees, and the carrying of the Richmond name, very seriously.

We are indebted to so many people and look forward to a continued repayment of their faith and support, in the year ahead as we attempt to catch up on this previously challenging year. We are optimistic of the future.



“

AS THE DONATIONS ROLLED IN, WE
WEREN'T MEASURING SUCCESS IN
POUNDS, WE MEASURED IT IN THE
NUMBER OF DEFIBRILLATORS IT
WOULD FUND “ NEIL DARKE



DEFIBRILLATOR FUND



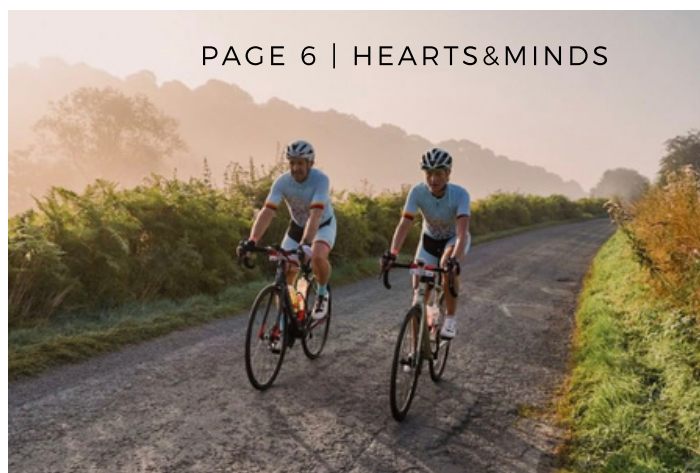
AS REPORTED IN OUR INAUGURAL REVIEW, WE LAUNCHED OUR DEFIBRILLATOR FUND IN 2020, OUR FIRST PROJECT IN THE WIDER RUGBY COMMUNITY OUTSIDE OF RICHMOND RUGBY CLUB.

THE FUND'S MISSION IS A SIMPLE BUT AMBITIOUS ONE: TO ENSURE EVERY RUGBY CLUB IN THE LAND HAS A WORKING DEFIBRILLATOR, WITH PEOPLE TRAINED IN ITS USE.

The initial funding came from Rupert Allhusen's epic cross-channel swim and afforded us the opportunity to provide a whole rugby team's – 15 – worth of defibrillators for community rugby clubs.

After advertising in an RFU Newsletter, we received numerous applications and the first defibrillator was shipped by our wonderful defibrillator partner, Community Heartbeat Trust, to Marple Rugby Club in Cheshire in March 2021.

Over the following few months, we then distributed the rest of the initial wave of defibrillators to appreciative community rugby clubs in counties up and down England as well as helping several clubs resuscitate (no pun intended!) non-functioning defibrillators.



PAGE 6 | HEARTS&MINDS

The Fund's next major fund-raising initiative was a team of 10 riders from the Foundation, including trustees Neil Darke, Richard Holman and Jim Kottler planning to cycle the iconic Land's End to John O'Groats, a near 1,000-mile journey across the length of Britain in the Deloitte Ride Across Britain.

Then, in June 2021, came the frightening images of Danish footballer Christian Eriksen receiving life-saving care on the pitch during the delayed Euro 2020 which certainly helped to raise the awareness of defibrillators.



However, whilst the availability of a working defibrillator and trained medical support is standard procedure for elite sport, the sad fact is within community sport lives are lost every year due to sudden cardiac events and a lack of working defibrillators and trained personnel.

This was tragically demonstrated in the weeks after the Eriksen incident when two young rugby players died after suffering cardiac arrests.

These heart-rending stories helped provide the Foundation team with a renewed sense of purpose as they undertook their mammoth cycling challenge.



So, at the start of September, the team, many of whom were relatively new to cycling, made their way to Land's End in Cornwall for the start of their epic journey.



The ride itself was epic, but as the organiser warned during the ride “nobody else is really very interested in the details” so we have limited our Ride commentary to a few highlights (and lowlights) from the riders:

- The bloody headwinds in Cornwall
- The beauty of Cheddar Gorge
- Ice creams in Chepstow Castle
- Stunning scenery in Wye Valley
- The pub just before the finish at Carlisle
- The bum doctor in basecamp! A life saver!
- Some 'WOW' moments in the Highlands
- The camaraderie throughout the ride
- The bloody midgies on Day 9



And so after nearly 1,000 miles, 16,000 metres of climbing (twice the height of Everest) and despite the wind, cold, rain, lack of sleep, injuries, sore bottoms, broken bikes, punctures, crashes and detours, all ten riders crossed the finish line at John O’Groats.

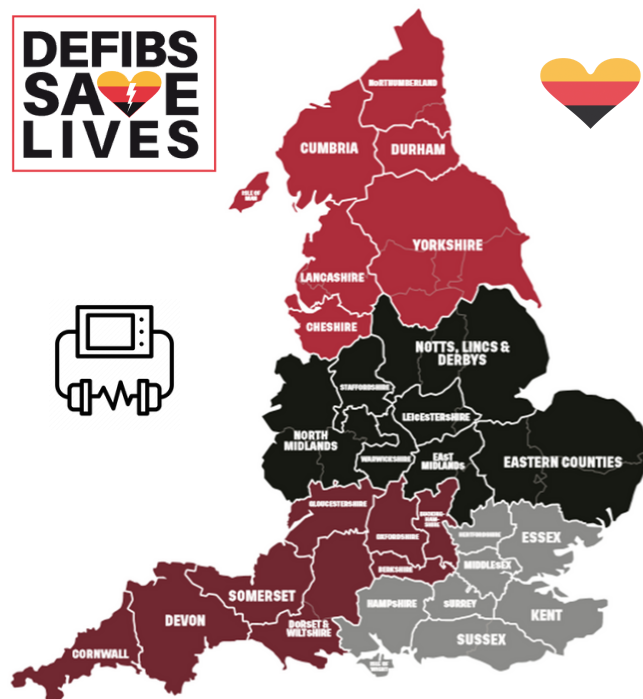
Whilst the team set out to raise enough funds to help get working defibrillators into 30 rugby clubs, they ended up smashing our target and raising enough to fund over 40 defibrillators. As organiser Neil Darke affirmed:

“as the donations rolled in, we weren’t measuring success in pounds, we measured it in the number of defibrillators it would fund.”

The riders were also able to hand deliver defibrillators to several community rugby clubs across the UK along their ride. Trustee Richard Holman said:

“The deliveries to rugby clubs undoubtedly helped the riders connect what they were doing with helping members of the rugby community. It put a spring in their step.”

Darke added “Talking with these local rugby clubs, in the current post-Covid climate, they haven’t had any income for two years and with the running costs of keeping their club afloat, sadly the only way a defibrillator is going to get to the top of the list is if something tragic happens.”



Since the ride we are delighted to report we have been able to use these funds to help a total of 55 clubs from 21 RFU Counties across England.

WHILST WE ARE PLEASED WITH THE PROGRESS OF OUR DEFIBRILLATOR ROLL-OUT SO FAR, WE STILL HAVE SOME FUNDS LEFT TO HELP A FEW MORE COMMUNITY RUGBY CLUBS.

SO IF YOU KNOW A CLUB THAT DOESN'T HAVE A WORKING DEFIBRILLATOR AND WOULD LIKE TO APPLY FOR A GRANT, PLEASE ENCOURAGE THEM TO VISIT OUR WEBSITE: [HTTPS://RICHHEAVIESFDN.ORG/DEFIBRILLATOR-FUND/](https://richheaviesfdn.org/defibrillator-fund/)

55

RUGBY CLUBS IN ENGLAND WE HAVE HELPED GET NEW WORKING DEFIBS

PAGE 9 | HEARTS&MINDS



MIDLANDS

15 DEFIBS TO CLUBS

Bakewell Mannerians RFC (Notts, Lincs & Derby)
 Bourne RFC (Notts, Lincs & Derby)
 Erdington RFC (North Midlands)
 Hinckley RFC (Leicestershire)
 Ipswich RFC (Eastern Counties)
 Ludlow RFC (North Midlands)
 Market Drayton RFC (North Midlands)
 Newmarket RFC (East Counties)
 Rugeley RFC (Staffordshire)
 Sleaford RFC (Notts, Lincs & Derby)
 Stone RFC (Staffordshire)
 Tenbury RFC (North Midlands)
 Thorney RFC (East Midlands)
 Wednesbury RFC (Staffordshire)
 Worksop RFC (Notts, Lincs & Derby)



NORTH

12 DEFIBS TO CLUBS

Carlisle RFC (Cumbria)
 Eccles RFC (Lancashire)
 Hessle RFC (Yorkshire)
 Jarrowians RFC (Durham County)
 Marple RFC (Cheshire)
 Netherhall RFC (Cumbria)
 North Manchester RFC (Lancashire)
 Rotherham Titans RFC (Yorkshire)
 St Benedicts RFC (Cumbria)
 Wallasey RFC (Cheshire)
 Wythenshawe RFC (Lancashire)
 York RI RFC (Yorkshire)



SOUTH WEST

14 DEFIBS TO CLUBS

Bathwick Recs RFC (Somerset)
 Combe Down RFC (Somerset)
 Crewkerne RFC (Somerset)
 Crowthorne RFC (Berkshire)
 Gosport & Fareham RFC (Hampshire)
 Littlemore RFC (Oxfordshire)
 Old Redcliffians RFC (Somerset)
 Old Sulians' RFC (Somerset)
 Overton RFC (Hampshire)
 Oxford Uni RFC (Oxfordshire)
 Southmead RFC (Gloucestershire)
 St Columba & Torpoint RFC (Devon)
 Thatcham RFC (Berkshire)
 Wellington RFC (Somerset)



LONDON & SOUTH EAST

14 DEFIBS TO CLUBS

Croydon RFC (Surrey)
 Dover Sharks RFC (Kent)
 Finchley RFC (Middlesex)
 Folkestone RFC (Kent)
 Hackney RFC (Middlesex)
 Haringey Rhinos RFC (Middlesex)
 Harlequins Amateur RFC (Middlesex)
 Hendon RFC (Middlesex)
 Kilburn Cosmos RFC (Middlesex)
 Millwall RFC (Middlesex)
 Old Isleworthians RFC (Middlesex)
 Park House RFC (Kent)
 Stanford Le Hope RFC (Essex)
 Swanley RFC (Kent)





MENTAL WELLBEING



" A CLUB THAT PLAYS AND SUPPORTS TOGETHER, STAYS TOGETHER "

Mental wellbeing has become increasingly important within our society and is now recognised as a key component.

The Foundation continues to play its part in providing a world class service to all our members.

What started as a roll out during COVID is now being woven into the fabric of the club, with all members having access to 24/7 support and further specific follow up help if required.

Care First continue to be a fantastic partner as our provider of these services and have also helped make their use as easy as possible. Our [website](#) takes those interested through clear step by step processes and provides videos where appropriate.

Working with the rugby club we have ensured all members are aware of the service, and posters are now positioned in key areas throughout the building.

We are pleased that members are now more aware that the mental wellbeing programme also offers advice and help in many areas, not just mental wellbeing, but also debt, employment, family issues to name just a few.

It is our intention for the 2022/23 season to develop training for coaches at all levels and to continue to drive awareness.

Our under 18 section continue to be supported by STEM4 who specialise in supporting positive mental health in teenagers.

The words of Libby Povey still ring true.

WHATEVER YOUR STRESS IS
WE ARE HERE TO HELP

WORK | FAMILY | DEBT | RELATIONSHIPS | HEALTH | FUTURE

Together, we'll guide you through life's challenges
and help you take care of yourself.
Imagine the possibilities.

THIS SUPPORT IS AVAILABLE TO ALL RICHMOND PLAYERS AND MEMBERS

CALL
You can access support services 24/7 by calling the dedicated Richmond number on: 0800 174319

ONLINE
Go online to the Care First Lifestyle website for online resources and guidance tools for how you can best manage stress

APP
Download the My Possible Self App, which aims to reduce stress, anxiety and help improve and monitor your mood

STEM4
UNDER 18'S
For under 18's contact stem4, who specialise in supporting positive mental health in teenagers

PAID OUT MORE BY SCANNING THE QR CODE

SCAN ME WITH YOUR PHONE (EXTRA)

" A CLUB THAT PLAYS AND SUPPORTS TOGETHER, STAYS TOGETHER "

WWW.RICHMONDFC.CO.UK

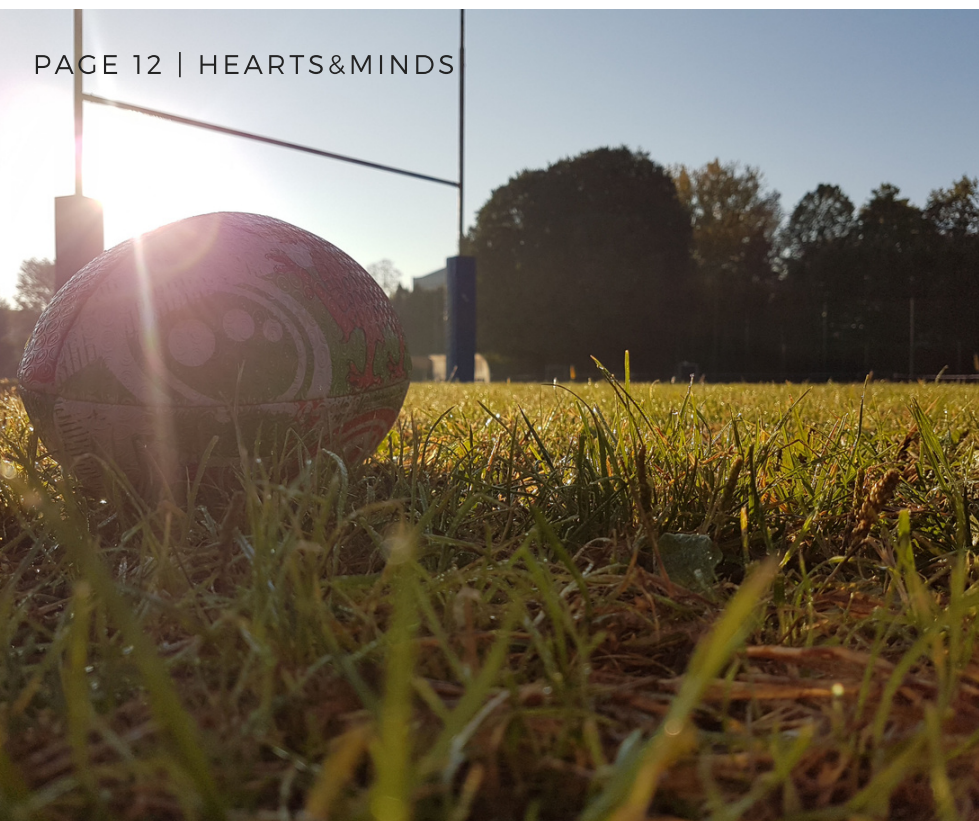
“

It was like the club was giving you a bit of a hug

“

I AND MY FAMILY OWE A DEBT OF GRATITUDE
TO THE RHF FOR THE INITIATIVES THEY HAVE
PUT IN PLACE “ IAN BOTES





CARDIAC SCREENING



EVERY WEEK IN THE UK AT LEAST 12 YOUNG PEOPLE (AGED UNDER 35) DIE FROM AN UNDIAGNOSED HEART CONDITION (BHF, JAN 2022)

Cardiac screening is at the heart of the Richmond Heavies Foundation. A core aim is to ensure that every opportunity is given to safeguard against undiagnosed heart conditions and thereby prevent tragedy within our rugby community. We provide the resources and support network required to deliver Cardiac screening across the club.

If you are a player 14 years or older, a coach, a medic or physio then this service is provided free of charge up to the point of any diagnosis. For the wider membership, we offer a reduced fee service of £60 at The New Victoria Hospital.

Despite COVID restrictions, we delivered over 125 individual screenings over two sessions at the club in late 2021. Since we started the programme in 2019, over 450 people have now been screened, and within this group more than a dozen cardiac issues have been identified and successfully treated.

**OVER 450
PEOPLE HAVE
NOW BEEN
SCREENED**



If you wish to take up the members screening offer at The New Victoria Hospital, please [click the link here](#) to our website and details about how to book yourself in for a heart screening.

Richmond Heavies Foundation

Guide to booking appointments

Issued March 2022. Review March 2024

NEW VICTORIA HOSPITAL

184 Coombe Lane West, Kingston upon Thames, Surrey, KT2 7EG
Telephone Enquiries: +44 (0) 20 8949 9000 Fax: 020 8949 90982 Email: enquiries@newvictoria.co.uk

Congratulations on taking the first step to organising your Cardiac Screening at New Victoria Hospital. As a part of a special collaboration between the Richmond Heavies Foundation and New Victoria Hospital we are able to offer you a Baseline Cardiac Screen for the heavily subsidised price of £60.

The Cardiac Screen will include:

- Health and Lifestyle



Step one

Telephone New Victoria Hospital 020 8949 9020. Book your appointment quoting 'RFC Member Cardio Screen'. You will be asked to show proof of your membership upon arrival at the Hospital.



Step two

You will receive by email the 'Health and Lifestyle Questionnaire'. It is important you take the time to fill this out thoroughly **before** attending for your appointment. Please print the questionnaire and bring to your consultation.



Former Richmond Rugby club President Ian Botes was treated following a heart screening, he tells his story here:



“I was surprised to receive an invitation from RHF to have Cardiac Screening as I assumed that this initiative only applied to players, and whilst I had not experienced any symptoms of heart problems - chest pains, shortness of breath etc, I thought ‘Why Not’.

The Cardiac Consultant at The New Victoria Hospital carried out an ECG and identified a problem, although not life threatening, he explained that further investigation was necessary, this led to three further procedures before the cause of the problem was established. Luckily, I did not require surgery or the insertion of a pacemaker, but I now will have to take drugs for the rest of my life.

The Consultant told me that had this problem not been identified, my condition may well have led to heart disease with possible fatal consequences. I and my family owe a debt of gratitude to the RHF for the initiatives they have put in place."

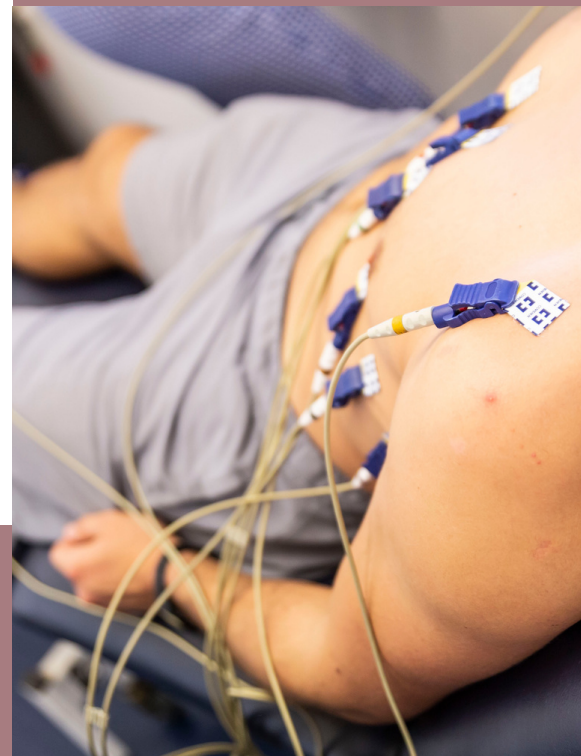
THE IMPORTANCE OF GETTING YOURSELF SCREENED CANNOT BE OVERSTATED, THERE ARE NO CIRCUMSTANCES WHERE NOT KNOWING IS BETTER THAN KNOWING!

Cam Mitchell, 1st XV Captain was part of the group screened in December at the club and expressed his support for the cardiac screening programme

“The recent cases of athletes suffering serious cardiac issues whilst competing have been well documented in the media, I would urge anyone who is eligible at Richmond Rugby to take advantage of the fantastic screening programme provided by the Richmond Heavies Foundation, let's all get it done!"

WE WILL BE ANNOUNCING THE 2022 DATES FOR SENIOR/YOUTH SCREENING DAYS TO BE HELD AT THE CLUB BEFORE THE SEASON FINISHES.

WE RECOMMEND A SCREENING TO BE DONE EVERY 3 YEARS SO KNOW THIS WILL BE A BUSY YEAR WITH BOTH NEW PLAYERS AND CURRENT PLAYERS PREVIOUSLY SCREENED IN 2019 ALL TO BE DONE.



THE FANTASTIC SUPPORT THE RICHMOND HEAVIES FOUNDATION HAS RECEIVED IN FUNDRAISING MAKES ALL THIS POSSIBLE,

WE SIMPLY COULD NOT DO THIS WITHOUT YOU, AND PLEASE WHEN YOU GET THE CHANCE, DO GET SCREENED - IT REALLY MIGHT SAVE YOUR LIFE!

FINANCIAL



THE FOUNDATION HAS A SIMPLE SET OF GOALS IN RELATION TO ITS FINANCIAL PERFORMANCE, AND THESE ARE TO RAISE SUFFICIENT FUNDS FROM ONE-OFF EVENTS (SUCH AS ANNUAL LUNCHESES), SPONSORED ACTIVITIES AND DONATIONS TO MEET OUR AGREED 'PROTECT' AND 'SUPPORT' GOALS.

Operationally these 'Protect' and 'Support' activities cost approximately £35,000 per annum.

In some additional circumstances, funds may be raised for a particular initiative, such as the Defibrillator Sub-Fund. These funds with specific aims are classified as Designated funds. All monies raised for these are clearly stated and used entirely for those initiatives. We have no set annual financial goals but look to find new initiatives to help fund continued activity.

The activities of the Foundation were severely curtailed by the restrictions placed on all of us as a result of the Covid-19 pandemic. From March 2020, through the remainder of the financial year ended 30 June, and well into 2021, it was impossible to hold large (or even small) events to raise funds. In addition, the same restrictions made mass heart screening impossible. The result of these restrictions is that the Foundation was not able to substantially increase our funds, nor spend them on large Protect and Support activities. This led to a modest reduction in our funds at the year end.

It is important that we maintain these residual funds to ensure we always have enough money to deliver a minimum of a three-year screening plan, should we not be able raise sufficient money to cover our annual operational costs.

In keeping with our impact objectives, we continue to try to keep the costs of administering The Foundation to a minimum. None of the Trustees receives any remuneration from The Foundation for their services, and where possible we rely on the contributions of volunteers, from the Richmond Rugby family and wider, to manage The Foundation and the activities that we promote. Where it is not possible or preferable to use unpaid volunteers, the Trustees discuss and agree on a reasonable budget for the third-party services. Those support costs were less than £2500 last year.



WHAT'S FOR LUNCH?



Well we haven't actually chosen the menu yet but, we have secured a date for our next epic fundraising lunch so please save the date, Friday 30 September 2022.



SAVE THE DATE



30

DAY

09

MONTH

22

YEAR

SAVE THE DATE FOR OUR 4TH FUNDRAISING LUNCH
AT THE GRAND CONNAUGHT ROOMS, WC2



EAT | DRINK | ENJOY | REPEAT

www.richheaviesfdn.org | @richheaviesfdn

FUNDRAISER DOWN UNDER

A massive thank you to Dougal and Trent for organising the first ever Richmond Heavies Foundation fundraiser in Sydney at the end of 2021 and to Addi for hosting the auction at 4am UK time!

We were very impressed to hear that they raised \$3000 Aussie Dollars and that their lunch had all the hallmarks of our own lunch, good food, good wine & good humour. Albeit not our dress code!



CAN YOU FOLLOW IN THEIR FOOTSTEPS ...



Over the past 4 years ordinary people have done extraordinary things to help The Foundation in its mission of protecting players and supporting families.

If you would like to follow in their footsteps, we would love to hear from you and support you with your challenge and fundraising, whatever it may be. Please contact us on info@richheaviesfdn.org.



The Foundation Trustees: Richard Holman (Chairman), Jim Kottler (Treasurer), Ian Grundy and Neil Darke
The Foundation Team: Geoff Lewis (Cardiac Screening) and Matt Brown (Marketing & Social Media)

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).



**RICHMOND
HEAVIES
FOUNDATION**

Protecting Players. Supporting Families.