



**British Heart
Foundation**

Heart Hero Awards 2025

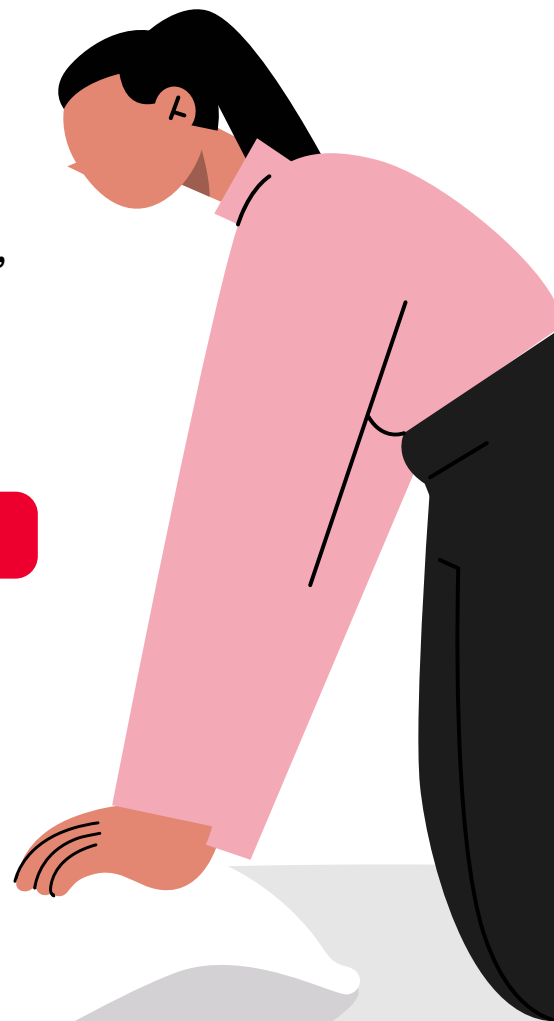
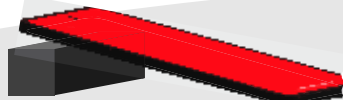
**25 November 2025
Bloomsbury Ballroom,
London, WC1B 4DA**

What would you do if somebody's heart stopped?

Many of us will witness a cardiac arrest in our lifetime. Be ready for that day.

Learn lifesaving CPR in 15 minutes for free, with RevivR, your mobile and a cushion.

Scan the QR code or search BHF RevivR



What to expect on the day

- From 6pm, begin your Heart Hero Awards experience by hitting the red-carpet for a glitzy photo opportunity.
- Receive a warm welcome and enter the Ballroom for the main event, where BHF Chief Executive, Dr Charmaine Griffiths will kick off the ceremony and introduce your host, radio and television presenter, Vernon Kay.
- You will hear the incredible stories and speeches of each of our winners through short films, as they are invited to the stage to collect their awards.
- You can't celebrate on an empty stomach. So, throughout the ceremony you will be served a delicious two course dinner.
- The awards draw to a close at 10:30pm.

Silent Auction – Get Involved!

We're excited to announce that our first ever Heart Hero Awards silent auction will be running throughout the evening, giving you the chance to bid on some fantastic prizes. Simply use the iPads provided on your tables to browse the items and place your bids. It's quick, easy, and a great way to support this incredible cause while adding a little extra excitement to your night. Don't miss out – take part and see if you can secure a winning bid!



[Click here to get involved or scan the QR code](#)

Menu

Main

Truffle roasted chicken, truffle jus (D)
mousseline potato, roasted artichokes
& baby leek

or

Vegan/Vegetarian option
Miso aubergine (VG)
Black garlic emulsion, olive oil mash,
tenderstem broccoli
& preserved lemon dressing

Dessert

Vanilla crème brûlée, coconut praline (E) (D)

or

Chocolate mousse, chocolate dome
passionfruit with caramel crisp (VG) (G)

(D) Dairy | (E) Eggs | (G) Gluten | (SE) Sesame
(MD) Mustard | (VG) Vegan
All dietary requirements will be catered for

Welcome



It is such a pleasure to welcome you to our 2025 British Heart Foundation (BHF) Heart Hero Awards. These awards are just magical and are the highlight of my year, bringing us together to recognise the most inspiring stories of bravery, commitment and selflessness.

Tonight, you'll hear from some extraordinary people who have made a difference for countless others, while often overcoming impossible challenges.

We will also celebrate the loved ones, friends, advocates, organisations and researchers who power our work to save and improve lives at a time when BHF has never been more needed. From raising vital funds to training others in lifesaving skills, from campaigning for change to leading BHF-funded research – these people truly are heroes.

Let me also take this moment to thank our fabulous judges who had the unenviable task of choosing some of our Heart Hero winners from so many exceptional nominees. We're grateful to them, as well as our special celebrity guests and ambassadors who generously give their time and support in raising awareness and funds for the cardiovascular breakthroughs we so desperately need.

Tonight unites so many people from across our BHF family, and it's incredibly special to be celebrating all your remarkable and inspirational achievements of courage and determination.

So, I give you my heartfelt thanks for joining us tonight and for your continued support towards BHF and our lifesaving research, so that in the future, nobody loses a loved one too soon.

A handwritten signature in black ink that reads "Charmaine Griffiths". The signature is fluid and cursive, with the first name "Charmaine" written in a larger, more prominent script than the surname "Griffiths".

British Heart Foundation Chief Executive

A special message from our Royal Patron, His Majesty the King



BUCKINGHAM PALACE

Dr. Charmaine Griffiths,
Chief Executive,
British Heart Foundation

Please convey my warmest thanks to the British Heart Foundation for their loyal greetings, sent on the occasion of their Heart Hero Awards which is being held this evening.

As your Patron, I was truly touched to learn about the dedicated work of those individuals who continue to transform the lives of those affected by heart and circulatory diseases. In return, I send my warmest good wishes to all those who are present for a most memorable event.

CHARLES R

25th November, 2025

Our host



Vernon Kay is one of the most experienced and versatile broadcasters in the UK, with a career spanning over 20 years across live entertainment, magazine features, radio and sports broadcasting.

Having been spotted by a model scout at the BBC's 'Clothes Show Live', Vernon began a successful modelling career before moving into TV in 2000 with a regular presenting opportunity on Channel 4's hugely popular show 'T4'.

His love of music led Vernon to join Radio 1 in 2006 presenting his weekend show until he left the station in 2012. He then fronted his own mid-morning show on the re-launched Radio X from 2015 until 2017.

Vernon has also hosted a number of high-profile entertainment shows across numerous channels. Vernon's portfolio includes; All Star Family Fortunes, Splash!,

1000 Heartbeats, Beat The Star and Game Of Talents for ITV1 – Just The Two Of Us, The World's Greatest Elvis and Comic Relief for BBC1 – and Girls & Boys and Home For The Holidays for Channel 4.

Vernon has also successfully transferred his passion for sport to the screen, having co-presented the live Formula E & NFL coverage for Channel 4, the Golf Sixes event, and The Hero Challenge Golf Series.

He currently presents on Radio 2, doing the Mid-Morning show and Dance Sounds of the 90s – and is host of M&S Dress The Nation on ITV1. In 2023, Vernon raised over £6,000,000 for Children In Need, by running an Ultra-Ultramarathon from Leicester to Bolton.

Our 2025 judges



Professor Andy Baker

Professor Andy Baker is a BHF-funded researcher whose work aims to save and improve lives affected by heart disease. In 2022, that mission became personal when his son George suffered a cardiac arrest in a swimming pool. With his daughter's help, Andy performed CPR and saved him. In 2024, he was named a BHF Heart Hero.



Elliot Awin

In December 2023 Elliot set sail from the Canary Islands and went on to row the Atlantic Ocean solo in aid of BHF – the first person to do it with a pacemaker. Elliot was diagnosed with heart condition Wolff-Parkinson-White Syndrome after suffering with episodes of arrhythmia, and had a pacemaker fitted in early 2020. At the 2024 Heart Heroes Elliot received the Hero of the Year award.



James Buchanan

With more than ten years' experience as a senior leader within Laerdal Medical, a long standing and valued partner of BHF, James Buchanan shares our passion for accessible training solutions which can increase survival from out-of-hospital cardiac arrest and improve patient outcomes.



Jeannette O'Neill

Jeanette O'Neill has been supporting the BHF for 8 years and in that time has raised over £12,000. Jeanette began supporting the BHF after losing her 23-year-old brother, Joseph Burns, very suddenly in 2014 to an inherited heart condition which was undiagnosed at the time. Along with fantastic fundraising, Jeanette has bravely shared her family's story multiple times to raise awareness about the importance of the BHF's vital work and to help others.



Jenni Hammond

Jenni is Senior ESG Manager at Royal Mail, leading on sustainability and community programmes, including Royal Mail's partnership with BHF. With experience spanning a variety of sectors, Jenni specialises in unlocking the power of partnerships between charities and business. Jenni is a keen supporter of BHF, championing the charity across Royal Mail.



Dr Kathryn Hentges

Dr Kathryn Hentges is a Reader at the University of Manchester. Kathy and her team are harnessing the power of Artificial Intelligence (AI) to help identify the unknown gene variations that can lead to babies being born with congenital heart disease.



Lucy Robin

In March 2023 Lucy woke in the middle of the night to find her newly born, premature twin son Sammie wasn't breathing. She saved his life by performing CPR. Lucy now works as volunteer lead for a local charity, ABC Parents, and teaches CPR in the community. She received a CPR Hero award in 2024.



Mariani Family

Emily and her partner Mathew, from Hendy in Carmarthenshire, were looking forward to life's next chapter when their daughter Esme was born on New Year's Day 2021. 'After a relatively normal pregnancy, the couple thought everything had gone to plan, but they quickly became concerned with Esme's health. After a series of tests, Esme was diagnosed with Atrioventricular Septal Defect (AVSD) and had open heart surgery at Bristol Childrens' Hospital when she was 6 months old. Four years on, Esme doesn't let her condition hold her back. She loves animals, riding her scooter, and has even been skiing!



Professor Mark Kearney

Professor Mark Kearney is BHF Professor of Cardiovascular and Diabetes Research at the University of Leeds. Mark and his team are leading several groundbreaking research projects to develop new treatments for people with type 2 diabetes.



Paresh Raja

Paresh is the founder and CEO of Market Financial Solutions, a specialist finance company offering bridging loans and buy-to-let mortgages to property investors. He is a major donor to the BHF, and his philanthropy extends to children's charities, disaster relief, and mental health initiatives.



Paul Knight, CEO of PHD UK

Paul became CEO of PHD in February 2025, driving rapid success with major awards and a landmark UK partnership. A champion of creativity and collaboration, he previously led OmniGOV for seven years, transforming government media buying and earning multiple industry accolades after 25 years at MG OMD.



Roisin Donnelley, BHF Trustee

Roisin is a global business and marketing leader, having spent more than 30 years leading many of the world's best known consumer brands at Procter and Gamble. Roisin brings extensive board experience to the BHF, holding non-executive director at leading organisations including NatWest, Sage and Premier Foods. She has also been President of the Marketing Society and Women in Advertising and Communications Leadership (WACL).



Dr Sarah Clarke

Dr Sarah Clarke has recently concluded her tenure as Trustee and Deputy Chair of BHF. Sarah dedicated an impressive seven years to the Board of Trustees demonstrating an unwavering commitment to BHF. Beyond her formal responsibilities, Sarah played an active role in support our fundraising efforts, notably participating in the London Marathon, raising both awareness and vital funds for our cause.



Professor Vivek Muthurangu

Vivek Muthurangu is Professor of Cardiovascular Imaging and Physics at the UCL Institute of Cardiovascular Science. He leads a multi-disciplinary team developing cutting-edge imaging technologies, helping hospitals like Great Ormond Street treat more patients without extra resources. He also directs UCL's 4-year BHF PhD programme, training the next generation of heart researchers.

Lifetime Achievement Award



“Supporting BHF research is ... an investment in humanity”

Professor Magdi Yacoub

Professor Sir Magdi Yacoub was only four or five years old when he told his father, “Dad I’m going to be a heart surgeon.”

As a child, seeing his beloved father – a general surgeon - struggle to cope with the tragedy of losing his younger sister (Sir Magdi’s aunt) at 22 from heart valve disease, he was inspired to devote his life to changing the face of cardiovascular medicine for thousands of patients. This talented surgeon, trailblazing researcher, and tireless charity campaigner has pioneered scientific innovation and saved lives over seven decades. Yet Sir Magdi remains incredibly humble.

“My dad fell to pieces when he lost his sister whom he loved so much,” Sir Magdi explains. “He told me that there were surgeons in the UK and US starting to open the heart valve and that this disaster could have been prevented. From then, I just followed my dream.”

Born in Egypt, Sir Magdi graduated from Cairo University Medical School in 1957. His incredible impact in the field of cardiovascular medicine spans across borders; Sir Magdi has worked and developed cardiac services in many countries including the US, Egypt, Nigeria, Jamaica, Ethiopia, Rwanda and Uganda, alongside the UK. He has worked tirelessly to tackle inequalities in the delivery of global cardiac healthcare.

Sir Magdi served as the first BHF Professor of Cardiothoracic Surgery for more than 20 years and established the largest heart and lung transplantation programme in the world at Harefield Hospital.

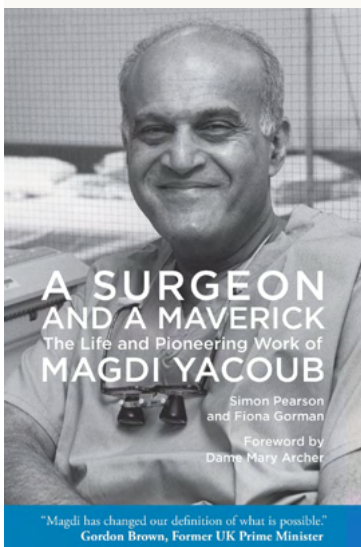
His incredible expertise and creativity have led to many medical milestones. He invented and improved several important heart surgeries, including during the 1970s when he pioneered the arterial switch procedure, used to correct transposition of the great arteries - a congenital heart defect. He operated on Europe’s longest-surviving heart transplant patient, performed the UK’s first combined heart and lung transplant and carried out the UK’s first ‘piggyback transplant’ - where a donor heart is grafted onto the patient’s own failing heart, allowing it the chance to recover.

Of his pioneering surgeries, he reflects: “I was always asking myself what could I do to help a patient who had no other chance of being cured. I would think and think about it... Then when the time came to perform the surgery I knew precisely what I was going to do and more often than not, it did work. There is nothing more exciting than seeing a patient who is about to die or in dire trouble coming to life again.

“When transplantation started, we were greeted with a lot of scepticism ...but now I’m so delighted when a patient comes to see me 36 years after transplantation and brings his children and grandchildren.”

On his long-time association with BHF, Sir Magdi says: “Being a BHF Professor of Cardiothoracic Surgery meant a lot to me because I’ve always admired the research BHF funds. I’m proud to have served the charity for so long. Supporting BHF research is an investment in humanity.”

We are thrilled to be presenting Sir Magdi with the first ever Lifetime Achievement Award at the 2025 Heart Heroes. We can think of no more deserving recipient.



“On many occasions, as he operated at Harefield, he played music — usually Bach or Mozart. On this occasion, he worked in silence, retrieving the heart of a woman who had suffered a brain haemorrhage and been certified as brain dead late the previous day. By consenting to be an organ donor when she was alive, she was, unknowingly, helping to save another person and making an important contribution to the future of heart transplants.”

[Click here to purchase the book](#)

Our 2025 Young Heart Heroes

On Friday 19 September, we held our third annual Young Heart Hero Awards at Paradox Museum in London.

These awards shine a spotlight on remarkable young fundraisers, advocates, and heart patients – all aged 11 and under – who have shown extraordinary bravery and dedication in supporting the BHF's lifesaving research, often while overcoming their own personal challenges.

Alongside our very own Director of Fun, Teresa Hicks, we were delighted to have twin brothers, frontline doctors, and presenters of CBBC's Operation Ouch! Dr Dan and Dr Raph Olaiya return as this year's Young Heart Hero Awards hosts – bringing their signature energy and warmth to the event.

[Click here to watch our Young Heart Hero Awards highlights](#)





Laerdal

helping save lives

Laerdal was founded in 1940 as a children's book publishing and toy company, driven by the mission of "creating children's joy". Over the following years, 100 million of Laerdal's Tomte cars were sold in 100 countries and Laerdal's Anne dolls became popular throughout Europe.

In 1960, following a family drowning incident, founder Asmund Laerdal collaborated with Dr Bjørn Lind and Dr Peter Safar to leverage his expertise in soft plastics to develop Resusci Anne, a lifelike manikin designed to train the new concept of mouth-to-mouth ventilation.

This innovation marked the birth of Laerdal Medical and a new mission: helping save lives.

From its inception, Laerdal has worked with doctors, nurses, educators, researchers, and leading industry organisations like the British Heart Foundation.

Mutual respect and shared values form the foundation of these relationships; however, the key to long-term success lies in the complementary nature of our missions. Today, more than 500 million people have been trained in CPR, some of them using Resusci Anne, and it is estimated at least 2.5 million lives have been saved.



Our official awards partners and suppliers

Special thanks go to our official
2025 BHF Heart Hero Awards
partners and suppliers.

THE
BLOOMSBURY
BALLROOM



Laerdal

helping save lives



Travelodge

HAUTE

Our terms and conditions

1. Heart Hero Awards (“Awards”) are run by British Heart Foundation, Greater London House, 180 Hampstead Road, London, NW1 7AW (“BHF”).
2. Nominations will be open for the period as stated on the Heart Hero Awards webpages.
3. BHF reserves the right to close the nomination period early or to change the nomination period at any time.
4. Only nominees that have not previously won a Heart Hero Award will be eligible.
5. Nominees must live in the UK to be eligible to win an award.
6. There is no age limit to who can be nominated with exception of the Young Heart Hero category where only those aged 11 and under are eligible to be nominated.
7. BHF will not be responsible for any delay or failure of any nomination forms to be submitted by the entry deadline or any incomplete nomination forms received.
8. BHF take no responsibility or liability for any lost, damaged, or incomplete nomination forms howsoever caused.
9. All nomination forms must be completed in full to be eligible for inclusion in the process. Incomplete nomination forms will not be processed and for the avoidance of doubt the nominee(s) will not be eligible for an award.
10. Nominators shall be responsible for ensuring that the form is fully completed on submission and that all contact details they provide are up to date and accurate.
11. BHF reserves the right to change an award category or cancel the Awards at any time.
12. All submitted nominations undergo a review process and our judging panel reserves the right to consider your nominee for an alternative category.
13. BHF reserves the right to change the category a person(s) has been nominated for if the submitted nomination details are deemed better suited to another category. In this circumstance BHF will inform the nominator of any changes.
14. The BHF panel reserves the right to reject any nomination, including Young Heart Hero or CPR Hero nominations, that does not meet the Awards criteria and/or that do not give enough information about the nominee and why they should receive an award.
15. Nominees are shortlisted by the BHF team according to the criteria set against each

category as stated on the Heart Hero Awards webpages. The shortlist details will be anonymised and then judged by a panel of judges to give an overall winner per category, except Young Heart Hero and CPR Hero categories.

16. All CPR Hero and Young Heart Hero nominees, who are eligible for an award following each category criteria, will not be judged and will automatically qualify as a winner.
17. All nominees will be notified after the judging process has taken place if they have been shortlisted or unsuccessful.
18. The BHF judging panel's decision is final and binding.
19. Submitting a nomination does not guarantee that the nominee(s) will receive an invitation to attend the Awards ceremony.
20. Winners may be invited to attend the Awards ceremony and BHF reserve the right not to invite winners to attend the Awards at their discretion.
21. BHF reserves the right at their discretion to withdraw an award from any confirmed winner before or after the Award ceremony without giving notice of any reason.
22. Submitting a nomination does not guarantee that the nominee(s) will receive an award or an acknowledgment from BHF.
23. Information that is submitted as part of a nomination may be included on the BHF website, with exception of contact details.
24. It is the nominator's responsibility to obtain permission from the nominee before submitting the nominee's personal details and information as requested in the online nomination form.
25. Once a nomination is submitted, BHF will contact the nominee to inform of their nomination and ascertain if they are happy to progress it further.
26. By submitting a nomination, and if you are the nominee and do not object following contact under point 23 (if you are over the age of 18), you will be deemed to have accepted these terms and conditions for yourself and the nominee (if under 18).
27. Personal data collected will be used for the consideration and awarding of the Awards, including to contact nominees and nominators to verify the information. We may also use a nominee's story for media/press activity, our website and/or social media, with the nominee's consent.
28. For more information on how personal data is processed by BHF please see our privacy policy.
29. Eligible winners will be encouraged to share their award publicly and may be contacted with the option to feature in BHF promotional activity (including media, etc).
30. BHF may contact nominees and winners at any time with the option to be involved in campaign or promotional work outside of the Heart Hero Awards.



bhf.org.uk

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