



British Heart  
Foundation

**claire's**

Proud partner of the Young Heart Hero Awards

# Young Heart Hero Awards 2024

15 November 2024 | Chessington World of Adventures



# 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 just your mobile and a cushion.

Scan the QR code or visit  
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## RevivR™



# What to expect from the day

- From 1pm, begin your Young Heart Hero Awards experience by joining the Chessington Zookeepers on special private zoo tours.
- After your animal adventures, it's time to get red-carpet ready! If staying at the hotel the night of the awards, you can check-in early to your room. Otherwise, you can use our coat check with the opportunity to freshen up for your 'paparazzi moment'.
- The red-carpet starts at 2pm when our mascot, Hearty, and other character guests will meet and greet you. It's time for your glitzy photo opportunity!
- Enjoy a drinks reception as our official awards partner, Claire's, hosts a variety of party games and surprises.
- Enter the Serengeti Suite for the awards, where BHF Chief Executive – Dr Charmaine Griffiths will kick off the ceremony and introduce your hosts, CBBC's Operation Ouch! presenters, Dr Dan and Dr Raph Olaiya (aka "The O-Twins").
- Sit back, take in the ambience while you tuck into a tasty main course.
- Once dinner is complete, we will invite our Young Heart Heroes to sit by the stage where we'll begin our presentation of awards.
- We'll take a short break as you delight in a mouthwatering dessert.
- Join us back on the red-carpet with your award for photos to capture your amazing achievement.
- The awards will wrap up by 6:30pm.

# Our menu 2024

## Main

### Adults'

Rosemary and wild mushroom chicken supreme

With potato parmentier and braised cavolo nero

Grilled cauliflower steak (VE)

Served with a barley and herb risotto, tahini dressing and pomegranate seeds

### Children's

BBQ chicken skewers

Served on a bed of basmati rice with a medley of seasonal vegetables

Cheesy tomato penne pasta (V)

Penne pasta in a tomato and basil sauce topped with grated cheese

## Dessert

Chocolate brownie

With vanilla ice cream and chocolate sauce

Pineapple tropicana

Sweet, caramelised pineapple served with mango sorbet and flaked coconut

All dietary requirements will be catered for

# Welcome



It is an absolute pleasure to open our  
2nd annual Young Heart Hero Awards.

This very special event celebrates our young  
fundraisers, advocates and heart patients aged  
11 and under who have done amazing things in support  
of British Heart Foundation's (BHF)'s lifesaving work.

Whether you're a fundraiser for our lifesaving research, an advocate for BHF by raising  
the profile of heart disease within your school, local community or one of our brave and  
resilient young people living with a heart and circulatory condition – you are amazing!

Your courage is so inspiring to us all, and you are the reason why we do what we do.

Our heartfelt appreciation also goes to our youngsters' loved ones, family members and  
friends who have made their own huge contributions in aiding our Young Heart Heroes  
– by raising money, training others in lifesaving skills, campaigning for change or taking  
part in pioneering BHF-funded research.

You have all shown such resilience and determination, while helping to raise awareness  
and funds for lifesaving science. Facing adversity while helping others is your superpower.

You have all shown such bravery and strength, while helping to raise funds and awareness  
of lifesaving research. Facing difficult challenges while helping others is your superpower.

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".

**Dr Charmaine Griffiths**

British Heart Foundation Chief Executive

# Our Young Heart Hero Awards 2024 hosts



Introducing your Young Heart Hero Awards hosts, Dr Dan and Dr Raph Olaiya, also known as 'The O-Twins'.

Real-life twin brothers, medical doctors and captivating storytellers. This energetic duo combine the excitement of cutting-edge science and technology with their relatable, cool and funky style.

The O-Twins can currently be seen on our screens as the new docs on the block on the BAFTA award-winning CBBC show Operation Ouch!

With a wealth of experience being in front of the camera through presenting and journalism, they also have experience in emergency, pre-hospital and extreme environments medicine as well as medical technology and innovation.

Both brothers work as frontline doctors. Dr Dan is a Flying Doctor, repatriating sick patients from all over the world back to the UK. Dr Raph is a General Practice resident, fitness trainer and a wellbeing data-scientist at the University College of London.





We are so grateful to Claire's, our official Young Heart Hero Awards partner, who are generously supporting today's celebrations in honour of our amazing young supporters.

Claire's have been an important retail partner to BHF for several years and have used their national profile and commercial power as a force for good. Their outstanding support is simply essential to help fund lifesaving research at a time when it has never been more needed.

As well as being the lead partner for our Young Heart Hero Awards, Claire's also donates ex-display, end-of-line, and overstock items to BHF retail shops, raising over £3 million and diverting 173 tonnes of reusable items from waste streams.

Claire's outstanding contribution to BHF is commendable and we are so pleased to be working with them on our awards, enabling all of our Young Heart Heroes to be celebrated.



# Our 2024 Young Heart Heroes



## Poppy Brown (4)

Poppy was born with hypoplastic right heart syndrome (HRHS), and had an operation at three days old.

In total Poppy has had 10 operations, with the latest taking place in January 2024. This procedure was very long and difficult for Poppy, as she was in theatre for 11 hours, and spent 91 minutes on bypass – longer than the usual time during a procedure.

Spending a week in intensive care, doctors informed the family that there could be weeks ahead for further operations and treatment. However, Poppy dug deep, and after one week she amazed all the doctors and surgeons at the hospital with how well she managed and recovered.

Poppy's dad, Ben, said, "We are all really proud of her and thought this would be an amazing award for her, so she knows just what a little hero and warrior she is. She's an inspiration and my hero."



## Alba Butler (7)

Alba was diagnosed with the heart condition transposition of the great arteries (TGA) before she was born, following the 20-week scan, leaving her parents Alejandra and Daniel shocked and terrified.

She underwent her first heart operation at an hour old and then had open-heart surgery at eight days old. Alba has since developed pulmonary stenosis, and it's expected she'll need further surgery in the future.

Alba and Alejandra featured in BHF's Spotlight campaign in September 2023 and have also supported the work of the Philanthropy team. Alba is now at primary school and openly talks about her heart health journey as she's proud of her surgery scar.

"Alba is amazing and wise beyond her years. She tells people: 'When I was born my heart was the wrong way round – so they switched it,'" says Alejandra. "I still have the BHF booklet I was given at the hospital after Alba, then not yet born, was diagnosed. Alba now looks at it and says: 'Look Mummy, there's people that have special hearts like me.'"





### Mia Clarke (5)

Before birth, Mia was diagnosed with the congenital heart condition coarctation of the aorta. At just 10 days old, Mia underwent corrective surgery carried out by previous Heart Hero Award winner and BHF-funded researcher, Professor Massimo Caputo.

Mia underwent a second heart operation at five months old to widen her left ventricle – again surgery was done by Professor Caputo. She then had a third operation at two years old. The day after this surgery, Mia had a cardiac arrest with doctors having to perform CPR.

“I have a mended heart. I’m brave because of my heart,” declares Mia about her surgery scar.

In October 2022, at age three, Mia underwent a balloon stent on her aortic valve and is expected she will need more surgery in the future. She’s now in Year 1 at school, is confident and happy, with a lovely group of friends.

Parents, Lee and Jo married in July 2023 and Mia was a flower girl. Jo says: “Life could have been so different but we’re so proud of Mia. She’s confident, happy and loves school. The bond between the three of us cannot be broken.”



### Lennox and Sonny Crook (6 and 3)

Nicknamed ‘the heart brothers’ by their proud parents, Danielle and Joe, the boys were both born with heart conditions – just two years apart. The brave brothers both underwent lifesaving open-heart surgery shortly after birth and spent the first weeks of their life in hospital – unable to celebrate their first Christmas together.

Mum Danielle says, “When I look at Lennox and Sonny, I just feel so emotional and full of pride in how they’ve dealt with everything. We try not to hold them back because of their heart conditions.”



## George Donnelly (1)

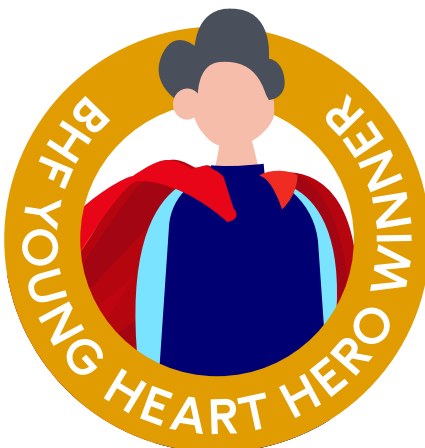
After George was born at 40 weeks it became evident that he was unable to circulate oxygen properly around his little body. Rushed to a neonatal intensive care unit, it was discovered he had an undiagnosed congenital heart condition – total anomalous pulmonary venous drainage (TAPVD).

At less than 12 hours old, George was taken for immediate open-heart surgery to Bristol Children's Hospital, where he remained in ICU for 7 weeks due to a further condition and complications.

After 3 months, George was cleared to go home, but a scan revealed he had developed pulmonary stenosis and rushed for another open-heart operation. Soon after surgery, the stenosis returned and the family were given the choice between one more open-heart surgery or end of life care.

The family chose to fight for George. So, in January 2023, George had one last operation at just 6 months old with no further interventions.

"Throughout this entire ordeal George has done nothing but smile, laugh and make everyone around him feel his love," said mum, Chloe. "His courage and fight for life is nothing short of amazing."



## Loui Evans (7)

Loui has the congenital heart condition, complex transposition of the great arteries (TGA). Since he was born, the family have supported BHF and have raised awareness of heart and circulatory disease.

A resilient, sassy, happy little boy, Loui lets nothing get in his way.

"I picked out Loui's name before we knew about his heart defect, low and behold his name means warrior," said mum, Jasmine, "He's been a warrior since the day he took his first breathe. Loui will always be my hero, he taught me to never give up."



## Freeman-Ware / Donne family

Isabelle (12) was diagnosed at birth with truncus arteriosus and has since had three open-heart surgeries between 2011 – 2023.

Siblings, Courtney (17), Freya (7) and George (6) have been relentless in their practical and emotional support to Isabelle through her decline in health and surgeries.

George and Freya have fundraised for BHF through cake sales, corporate golf days, collecting change in a supermarket and even gave up their Christmas Eve for a collection in their local high street.

In August 2023, Courtney completed Tough Mudder raising just over £1,000, while Freya and George took part in the Lidl Mudder at the same time. The family constantly raise awareness for BHF and talk openly and confidently about heart disease amongst their friends and at school.

The siblings are selfless, considerate, and never complain about the impact of Isabelle's heart disease on their own childhoods.



## Reuben Foster (4)

Before birth, Reuben was diagnosed with hypoplastic left heart syndrome (HLHS). Although the family are from Glasgow, Reuben's condition meant he had to be born at London's St Thomas Hospital in London.

Arriving 4 weeks early, he was too small for his first of 3 planned open-heart surgeries. So, at just 2 days old, he had to undergo other lifesaving interventions. At over a month old, Reuben underwent his first open-heart surgery and recovered well.

During the family's first ever day out, Reuben went into cardiac arrest at 7 weeks old and was taken to hospital where he was rushed to resuscitation. After seizures and becoming increasingly ill, he was airlifted back to London, fighting sepsis before undergoing his second open heart-surgery at 4 months old.

After the procedure he suffered a haemorrhage and went back on an ECMO machine, and the family told to prepare for the worst.

Thankfully, Reuben overcame this difficult time and had his third open-heart surgery in February 2024 with no complications.

Reuben is proud of his 'zip' and 'special heart' and lights up every room he walks with his smile and amazing sense of humour.



### Ava Jayson (9)

Ava has a rare heart condition called PP2, which leaves her at high risk of cardiac arrest and heart failure.

She has suffered two cardiac arrests in her young life, at just 16 months old and at age 7. Both times led to Ava spending many months in intensive care, on ECMO, life support, and going through rehabs. Ava will require a heart transplant in the future.

Recently, Ava completed a gymnastic fundraiser to help fund a defibrillator in her school as she knows the importance of these lifesaving devices, as she requires to carry a portable defib wherever she goes.

Despite this, Ava's zest for life and cheeky sense of humour are addictive. Though small in stature, Ava is known to have a huge personality and faces any obstacles with determination and a big smile on her face.

"Her bravery and zest for life is inspiring, she's strong, courageous and loved by everyone for her sassy nature and infectious laugh," says mum, Krystina. "Ava and our family support and fundraise for BHF in hope to fund research and development to help more heart patients like us in the future."



### Ivy Lloyd (7)

Holly and Mark Lloyd were expecting their first baby in August 2017, but at the 20-week scan they discovered that their daughter had a congenital heart condition – transposition of the great arteries (TGA). This condition meant that Ivy needed open-heart surgery – the 'switch procedure' – to swap the major heart arteries back to their normal position.

In November 2018, Holly and Mark appeared on BBC's The One Show to talk about Ivy's story and surgery. After their appearance, they were contacted by Alejandra Garcia, mum of fellow 2024 Young Heart Hero Alba Butler, who went on to have the same corrective surgery as Ivy.

Ivy is now seven and thriving with both families now friends, brought together in part by BHF.



### Esme Mariani (3)

Emily and her partner Mathew, 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 Children's Hospital when she was 6 months old. Three years on, Esme doesn't let her condition hold her back. She loves animals, riding her scooter, and has even been skiing!





## Raphie Marquiss (7)

During a regular autism check-up with Raphie's specialist paediatric consultant, the doctor informed the family that Raphie may have a heart murmur.

After a 6 month wait, in July 2023, Raphie was diagnosed with a congenital heart defect and heart failure.

Undergoing further tests two weeks later, doctors discovered that Raphie at just 6 years old had a 'functionally bicuspid valve with mild stenosis and mild regurgitation'. Raphie will need multiple open-heart surgeries throughout his lifetime. His life is now, and will forever be, in the hands of doctors.

"The one thing as a parent you want to do is to protect your child, but that had just been taken away from us. We wanted to swap places with him," explains mum, Candice.

However, the youngster has been amazingly understanding about his heart condition and has since raised awareness and over £15,000 for lifesaving research.

"Raphie's life is full of sport. Something that he excels at," said Candice.



## Teddy McPhee (2)

Teddy was diagnosed with aortic stenosis in August 2022 at just 10 days old.

Undergoing a procedure at 2 weeks old, a dissection, or rip, of his artery was found which meant staying a further 2 weeks in hospital.

Surgeons from all around the world questioned whether it was safe for the youngster to have open-heart surgery. It was decided that it was the only option.

Teddy's life was saved after 13 hours in theatre, making him one of the youngest babies in the UK to have the Ross Procedure – a cardiac surgery in which a diseased aortic valve is replaced with the patient's own pulmonary valve.

Teddy, from West Dunbartonshire, now enjoys an action-packed life with big brothers Bradley and Robson with the family regularly fundraising for BHF.

"We will be forever thankful that Teddy is a true Heart Hero and pulled through," said mum, Gillian.





## Mindy and Sonny Page (6 and 4)

After their nan underwent lifesaving heart surgery to replace a leaking heart valve and aneurysm in 2021, grandkids Mindy and Sonny wanted to help.

The siblings walked a mile from Weston's Grand Pier to the seaside town's waterfront to raise money for lifesaving research.

Mindy was 3-years-old at the time, and younger brother Sonny just 18 months, when they took on the challenge.

'Mindy's Mile' raised just under £1,000 with all proceeds donated to BHF to further research into preventing heart disease.



## Ivy Scott (7)

Ivy has hypoplastic left heart syndrome (HLHS) which is a life limiting heart condition. Born just before Christmas, Ivy had to undergo her first open-heart surgery at just 8 days old.

Two more open-heart surgeries were required at 7 months old and again at 4-years-old – the day before Ivy was due to start school.

As a baby, Ivy struggled to eat and had a peg, and a Mic-key button fitted, which were removed when she was 5-years-old.

Ivy fundraises for the cardiac ward of Alder Hey Children's Hospital, which saved her life. She also raises awareness of her condition on social media and by sharing her story with other heart charities like BHF.

She takes her heart condition in her stride and is proud of her scars, and she does it all with a smile on her face whilst also thinking of others.



## Maia Wiggett (10)

Maia was born 6 weeks premature weighing just 3lb 1oz.

She was diagnosed with an atrial septal defect (ASD) and a ventricular septal defect (VSD) as well as with a rare condition, tracheal stenosis.

As well as her own challenges, Maia is a young carer for her disabled younger brother. Maia has created her own YouTube channel to promote educational fun activities for all children, but especially for her brother who has learnt Makaton signing.

Maia has embraced her condition by raising funds and awareness to help others.

Mum Meera said, "Maia is an incredible little girl, and it would be great to recognise what she has done since."



## Sienna Wilshere (6)

During a family holiday in Cyprus, a doctor detected that Sienna had a heart murmur and urged the family to take her to a cardiologist.

Back in the UK, Sienna, who was five at the time, had further tests and it was confirmed she had a congenital heart defect – a hole in her heart.

“We never thought it would be as serious as it was. I remember just breaking down, thinking where do we go from here.” said former England and Arsenal footballer, dad, Jack. “My mind was racing to the worst-case scenario – the first thing that came to my mind was that we might lose her.”

Mum, Adrianna added, “When we went down to the intensive care unit, it was all such a blur. I heard Sienna cry, and it was then I knew she was going to be OK.”

Just one month after diagnosis, Sienna underwent a successful operation to repair the defect in February 2024. Now aged six, she has recovered well from the surgery and no longer suffers from breathlessness.

“We call her our heart warrior,” said Jack, “The bravery and strength she’s shown has been incredible, and we are just so proud of her.”

# Special thanks to...



## **Annabelle Main – 2023 Young Heart Hero**

At just 3-years-old, Annabelle Main has inspired others from the moment she was born. Diagnosed with hypoplastic left heart syndrome, she's endured several lifesaving operations. Her first 7 months were spent in hospital during the Covid pandemic, a worrying time for parents Christine and Barry who couldn't always be by her side.

The family now raises awareness of BHF's lifesaving work into the condition while Annabelle continues to defy all odds, happy and loving life to the full. She's always ready to show where she had her heart surgery proudly announcing to anyone who asks, "I'm super strong. I have a brave scar".



## **Ivy Wright – 2023 Young Heart Hero**

In March 2022, when Ivy was just 3-years-old, she suffered a sudden cardiac arrest at home, whilst asleep on a Saturday evening. Dad Stuart found Ivy in her bedroom, carried her downstairs and bravely performed CPR for six minutes until the paramedics arrived. He saved her life.

Ivy went on to be diagnosed with a cardiac fibroma – an extended growth of the heart muscle tissue. Now, almost three years on, Ivy is thriving. She loves school and gymnastics and is an amazing big sister to Briony.

# Our official BHF Young Heart Hero Awards 2024

Special thanks go to our official 2024 BHF Heart Hero Awards partners and suppliers.

claire's®



# Our terms & conditions

This year, we received dozens of nominations about the incredible young advocates who go above and beyond for BHF.

All our Young Heart Heroes are winners – so they don't go through the judging process like most of our other awards categories. Below is a snapshot of this year's terms and conditions.

1. The Heart Hero Awards are run by British Heart Foundation (BHF), Greater London House, 180 Hampstead Road, London, NW1 7AW.
2. Nominations for 2024 opened on Friday 1 March and closed on Tuesday 30 April.
3. Only nominees that have not previously won a Heart Hero Award are eligible.
4. Nominees must live in the UK or are a UK resident to be eligible to win an award.
5. Only those aged 11 and under are eligible to be nominated for a Young Heart Hero Award.
6. 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.
7. The BHF team reviews every fully completed nomination received.
8. The BHF judging panel's decision is final and binding.
9. Winners may be invited to attend the awards ceremony.
10. Information that is submitted as part of a nomination may be included on the BHF website, with exception of contact details.
11. We may also use a nominee's story for media/press activity, our website and/or social media, with the nominee's consent.
12. Eligible winners will be encouraged to share their award publicly and will be contacted with the option to feature in BHF promotional activity, including media, etc.
13. 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.

For more information on how personal data is processed by BHF please see our [privacy policy](#).

For this year's full Heart Hero Awards terms and conditions, please click [2024 Terms & Conditions](#).





**British Heart  
Foundation**

[bhf.org.uk](http://bhf.org.uk)

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