



British Heart
Foundation

Young Heart Hero Awards 2025

19 September 2025 | Paradox Museum

What to expect on the day

Get ready for an afternoon full of discovery, celebration, and fun at the incredible Paradox Museum in London! From mind-bending illusions to heartfelt moments, there's something for everyone – kids and grown ups alike.

- You'll be greeted at the entrance and guided to check in coats and buggies – don't forget to strike a pose before you start and make the most of your 'paparazzi moment!'
- Before the ceremony begins, enjoy exclusive access to the Paradox Museum – prepare to be amazed by mind-twisting exhibits that challenge your senses.
- Tuck into beautifully prepared grazing boards, tailored with treats for both children and adults.
- The awards ceremony will be hosted by CBBC's brilliant Dr Dan and Dr Raph Olaiya (AKA 'The O-Twins'), alongside our very own Director of Fun, Teresa Hicks. Expect plenty of smiles, energy and maybe even a few surprises!
- Celebrate the incredible achievements and bravery of our Young Heart Heroes during our awards presentation. Bring your tissues – there might be some proud tears!
- Snap a picture with your trophies before enjoying the museum for longer or heading off.
- Guests are welcome to stay and enjoy the museum until 6pm.

Welcome



Hello and a huge welcome to our 2nd Annual Young Heart Hero Awards!

I'm Teresa Hicks, Director of Partnership and Relationship Fundraising, but today you can call me the Director of Fun here at British Heart Foundation. I've got the best job ever: celebrating amazing young people like you!

This event is all about you, our brilliant young fundraisers, heart heroes and super supporters aged 11 and under who have done incredible things for the BHF. Whether you've raised money, spoken up for others, taken on challenges, or shared your own story, we think you're nothing short of amazing.

You've inspired your schools, your friends, your communities and you've inspired all of us at BHF too.

We also want to say a big thank you to all the families, friends, teachers and cheerleaders who support our Young Heart Heroes behind the scenes. You're part of the team too!

Every one of you here today has shown strength, kindness, and the kind of determination that changes lives. You've helped us raise awareness, fund lifesaving research, and bring people together with hope and heart.

Being brave and kind while facing challenges? That's your superpower and we're here to celebrate it.

So sit back, smile big, and let's cheer loudly for our amazing Young Heart Heroes. Let the fun begin!

Teresa Hicks

Director of Fun (a.k.a. Director of Partnership and Relationship Fundraising)
British Heart Foundation

PARADOX
MUSEUM



VISIT US TODAY!

Next stop: Paradox Museum

Let reality take a holiday and explore **50+ illusions** that will turn your world upside down!



Knightsbridge
Opposite Harrods

Buy your tickets now at
fever or
paradoxmuseumlondon.com



Our awards hosts



Returning as this year's 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 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 University College London.

Our 2025 Young Heart Heroes



James Bravery

James, 7, was born with three holes in his heart and a bicuspid aortic valve. He faces a lifelong heart condition with incredible courage, resilience, and strength.

Despite experiencing chest pain, tiredness, and shortness of breath, James is determined to live life to the fullest.

After seeing an advert for BHF's Heart Month, he decided to take action – organising a 10-mile sponsored walk around his hometown.

His mum, Emma, described it as “heartbreaking and inspiring” to watch him persevere when he felt he couldn't go on.

James ended up smashing his £500 target, collecting over £1,350 for BHF. His strength, compassion, and desire to help others make him a true Young Heart Hero, whose bravery deserves to be celebrated by all.





Maisie Briggs

Maisie Briggs has faced more than most children her age. Born with a serious heart condition, she has undergone two open-heart operations and numerous catheter procedures, all while staying a cheerful and happy young girl.

This year, as she started new medication, Maisie also helped care for her dad through a cancer diagnosis and five months of recovery. Through it all, she stayed positive, supportive and full of smiles.

Maisie's strength and spirit shine through in everything she does, showing that even with a heart condition, she gives life her all.



Alfie Chadwick

Alfie Chadwick was born with transposition of the great arteries. At only 6 days old, he underwent open-heart surgery. Following his surgery, he spent three weeks in Birmingham Children's Hospital. Alfie also developed supraventricular tachycardia (SVT), a condition where the heart suddenly beats much faster than normal, but this has now resolved.

He is now a cheeky 18-month-old who loves Teletubbies and playing with his big sister.

Alfie's family are incredibly proud of him and how far he has come. They're excited to see him thrive and looking forward to telling him his story when he grows up.

It is our honour to recognise Alfie as a Young Heart Hero for his strength, resilience, and the inspiration he brings to countless people.



**Amelia and
Annabel
Chamberlain**

Amelia and Annabel have shown incredible courage and resilience from a very young age. When Amelia was just two, she had a sudden cardiac arrest while playing at home. Her sister Annabel witnessed it all and stayed calm and brave as their mum performed CPR.

Since then, Amelia has faced multiple surgeries and two ICD implants, always with strength and determination. Annabel has also taken every hospital trip and late-night change of plan in her stride, never complaining.

Together, they are a shining example of bravery, love and the powerful bond between sisters.



Tomos Coleman

Tomos Coleman has shown extraordinary courage, compassion and leadership well beyond his years. Following the loss of his baby brother Macsen to congenital heart disease, he channelled his grief into action, becoming a passionate fundraiser and advocate for BHF.

Tomos, his family, and friends have raised £14,460 in Macsen's memory. This powerful tribute helps BHF fund lifesaving research that will lead to scientific breakthroughs.

Tomos's strength lies not only in his fundraising efforts but in the way he inspires those around him. He has taken a deeply personal tragedy and turned it into a mission of hope, helping others and driving change.

We are honoured to celebrate Tomos with a Young Heart Hero Award for his determination, advocacy, and heart.



**Evie and Theo
Green**

Evie was diagnosed with dilated cardiomyopathy at just 4 months old. Thanks to medical management, she thrived at home for three years — but in early 2023, her heart deteriorated.

Evie spent 18 months in hospital, including time on the transplant list. In summer 2024, her gift of life finally came. Despite a bumpy recovery, she is now home and doing incredibly well — a bright, brave, and resilient girl whose courage has inspired all who know her.

Alongside her, every step of the way, was her older brother Theo. His love, patience and strength make him a hero too.

We are honoured to recognise both Evie and Theo with Young Heart Hero Awards for their courage, compassion and unwavering bond.



Heaton Hare

Heaton was diagnosed with atrioventricular septal defect (AVSD) in late 2023, and had surgery in September 2024. He has faced his challenges with bravery and positivity, even encouraging other children on the ward to laugh, colour, and visit the fish tanks with him as he recovered.

Thanks to his strength and cheeky charm, Heaton made such fast progress that he was discharged just four days after surgery. Heaton proudly calls himself the hospital's 'Morale Officer' and it's easy to see why!

Now recovered, he's proudly showing off his "superhero scar" at school, talking to classmates and helping his parents raise awareness and funds for heart charities.

We're delighted to honour him as a Young Heart Hero.



Maisie Jefferies

Maisie is a determined and inspiring 10-year-old who faced open-heart surgery in April 2024 after discovering she had a serious heart condition. Despite such a daunting experience, Maisie remained positive and focused. Maisie now proudly wears her scar and speaks openly about her journey, showing maturity and confidence beyond her years.

A keen footballer, Maisie plays for the under-11 Undy Girls team and has returned to the pitch with her teammates. Her story inspired her team and local community to raise over £2,000 for BHF — a touching show of solidarity and a tribute to Maisie's resilience.

Maisie continues to fundraise to help other children and families facing similar challenges. She is a role model for young people and a true Young Heart Hero.



Aaron Johnson

Aaron, 6, comes from a family affected by a genetic heart condition – apical hypertrophic cardiomyopathy. There’s a 50% chance he may have the same genetic change, so he attends regular hospital check-ups.

Aaron channels his energy into learning how to help others and has become a young champion for heart health and BHF. During a family fundraiser this year, he proudly demonstrated CPR – a skill he took time to learn so he could show others how to save lives.

Aaron is always understanding when his loved ones experience symptoms. His efforts are a powerful reminder that awareness and action can begin early.

His family are incredibly proud, and so are we. Aaron’s willingness to learn, help, and raise awareness makes him a true Young Heart Hero.



**Oliver & Arianna
Liddle**

Oliver and Arianna Liddle showed extraordinary courage and quick thinking when their mum suffered a sudden cardiac arrest at home in June 2024. Oliver, 11 at the time, took care of his mum while Arianna, 9, called 999 before running to find neighbours for help.

Thanks to their fast actions, the neighbours began CPR until police and paramedics arrived. Despite the terrifying situation, both children worked together with remarkable calm, bravery, and maturity beyond their years.

Since the event, the family have been actively supporting BHF, helping raise over £21,000 and spreading awareness about CPR through media and fundraising.

We are honoured to present Oliver and Arianna with Young Heart Hero Awards for their bravery, teamwork, and life-saving actions.



**Harrison John
O'Neill**

Born at 37 weeks with a rare condition called heterotaxy syndrome, Harrison has faced more health challenges in his young life than most ever will. This complex condition means his internal organs are arranged differently, creating serious challenges, especially for his heart.

Harrison lives with multiple complex heart defects and has already undergone five heart surgeries. He has even survived a cardiac arrest.

His strength, resilience, and courage make him a remarkable little boy – and a source of endless pride for his family. Harrison may have a complicated heart, but it beats with incredible strength and love. He is a true Young Heart Hero.



**Atticus Robinson -
Bending**

Atticus is one of the bravest little boys you could ever meet. Despite the challenges he faces, Atticus continues to shine with joy, spirit and resilience.

Funny, cheeky and full of light, he brings happiness to everyone who knows him.

His family are passionate advocates for the British Heart Foundation and are committed to raising awareness of congenital heart disease.

We are proud to celebrate Atticus as a Young Heart Hero for the strength, love and inspiration he brings to so many.



Kai Saint

Kai Saint was diagnosed with a congenital heart defect at 40 days old, after he became critically unwell. Since then, he has endured multiple surgeries and survived two cardiac arrests.

Even through these challenges, Kai has shown extraordinary courage, strength, and positivity. Today, he gives back by taking part in fundraising activities to support the charities that supported him and his family.

He continues to live with a ventricular septal defect (VSD) and a leaking valve, but he doesn't let it define him. Kai has a deep empathy for children going through tough times in hospital, and always looks for ways to support others.

Kai is a shining example of resilience, kindness and determination, and we are proud to honour him as a Young Heart Hero.



**Sophia & Joshua
Taylor**

Sophia, 4, and her brother, Joshua, 8, have demonstrated incredible strength despite years of hardship. Sophia was born during the COVID-19 pandemic in May 2020 and, just days later, underwent heart surgery to save her life.

After her surgery, Sophia was diagnosed with DiGeorge syndrome, a complex condition requiring ongoing treatment and multiple hospital stays.

Despite everything, Sophia has remained a true warrior, and Joshua has been her greatest support and advocate. He has shown a level of maturity, kindness, and resilience well beyond his years. Together, they've raised thousands for children's heart surgery causes, taking part in sponsored walks, school awareness events, and charity collections.

We are proud to honour Sophia and Joshua with Young Heart Hero Awards for their extraordinary courage, love, and determination.



**Eloise & Isla
Thomas**

When Eloise learned that both her Granny and Grandad were living with heart conditions, she decided she wanted to raise money for BHF. What started as a simple school cake sale quickly turned into a heartfelt family mission, with her younger sister Isla joining in too.

With support from their mum, Abi, the girls didn't stop at cakes. They sold their unwanted items on Vinted, generously donating a portion of their sales to BHF. Their efforts have raised vital funds and spread awareness of heart health throughout their school and wider community.

The girls smashed their original target and raised an incredible £436.50, including donations via JustGiving. Their determination, teamwork, and kindness are a shining example of young people making a real difference.



Bella Tutt

For the past three years, Bella has been making a big difference in her community, one ink cartridge at a time! Working alongside her family, Bella has dedicated her time and energy to raising money for BHF in a unique and eco-friendly way.

Collecting used ink cartridges from friends, neighbours, and local businesses, Bella carefully boxes them up and sends them off to Recycle4Charity, turning everyday waste into vital funds for lifesaving research.

Thanks to Bella's commitment and hard work, she has already helped raise over £1,000 for BHF.

Bella is a shining example of how young people can make a real impact. She truly is a Young Heart Hero – proving that every effort counts when it comes to saving lives.



Nicolas Walter

At just 8 years old, while playing competitive football, Nicolas began to experience chest pain, dizziness, and breathlessness.

After several tests, Nicolas learned he had a rare congenital heart condition. He now takes daily medication and has had to give up competitive football, facing a lifelong restriction to low-intensity exercise – a devastating blow for such an active young boy.

Despite the challenges, Nicolas has embraced his new path. Now he channels his energy into drumming, speech, and drama. He also donates his monthly pocket money to the Great Ormond Street research team to help others with conditions like his.

By trusting his instincts and choosing to help others, he has shown wisdom well beyond his years. He is a true Young Heart Hero and an inspiration to all.



Sadie and Jude Waters

Sadie and Jude Waters were aged just 10 and seven when in March 2022 life for their family changed forever, in a matter of minutes.

Their dad Stuart suffered a sudden cardiac arrest at the wheel of his car whilst reversing into the drive of the family's home, having just driven home from coaching Sadie's football team. Their quick thinking that evening helped to save his life. Sadie alerted mum Leanne, whilst Jude undid Stuart's seatbelt. Two of the family's neighbours then gave Stu lifesaving CPR until the paramedics arrived.

While Stuart recovered from heart surgery in hospital and Leanne provided essential care for him whilst working and juggling many plates, Sadie and Jude also helped support both their parents through this challenging time.

The bravery and resilience Sadie and Jude have shown is inspiring and Stuart and Leanne are rightly immensely proud of them.



Eddison Watts

Eddison, 6, from Norfolk, was born with Tetralogy of Fallot, a complex condition involving four congenital heart defects. He underwent his first lifesaving surgery at just 10 days old.

Although he's made a remarkable recovery, Eddison still faces ongoing challenges and he is expected to need further surgery during his teenage years. Earlier this year, his school, with only 128 pupils, held a bake sale and "Wear What You Love" day, hoping to raise £100 for BHF. Thanks to Ed's shining spirit and the community's love, they raised over three times that amount.

Eddison's mum, Jo, has become a passionate BHF speaker, sharing their story to support other families. The Watts family, and especially Eddison, are true Heart Heroes – showing courage, kindness, and a determination to help others.





Finlay Wilson

Finlay was born with a congenital heart defect and was diagnosed at age 5 with a 2cm hole in his heart. In March 2022, he underwent life-changing open-heart surgery – a moment that transformed his life. Now 8, he's full of energy, playing football three times a week and embracing every opportunity with joy and determination.

To mark the third anniversary of his surgery – lovingly known as his “Heart Day” – Finlay decided to give back. Alongside 13 family and friends he climbed Dumyat, a steep hill in Stirlingshire, and raised an incredible £1,235 for BHF.

Finlay's resilience and positivity shine through in everything he does. He is a true Young Heart Hero, and a symbol of just how far strength, support, and love can carry you.



Orla Wray

Orla is living with double-outlet left ventricle (DOLV), a rare congenital heart condition. She has been a vital part of Alder Hey's innovative Little Hearts at Home digital monitoring programme – a platform designed to support families of children with complex heart needs.

Now, as Alder Hey and BHF begin developing the next phase, The Parental Portal, Orla and her family will play a key role in shaping its future through active involvement in focus groups. This type of input ensures this technology truly meets the needs of families.

With the support of BHF and Alder Hey Children's Charity, Orla's journey is a shining example of how compassion, courage, and collaboration can transform the future of children's heart care.

A special thanks to...

...our official 2025 BHF Heart Hero Awards partners and suppliers.



Our terms and conditions

This year, we received dozens of nominations for 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 award categories. Below is a snapshot of this year's terms and conditions.

- The Heart Hero Awards are run by British Heart Foundation (BHF), Greater London House, 180 Hampstead Road, London, NW1 7AW.
- Nominations will be open for the period as stated on the Heart Hero Awards webpages.
- Only nominees that have not previously won a Heart Hero Award are eligible.
- Nominees must live in the UK or be a UK resident to be eligible to win an award.
- Only those aged 11 and under are eligible to be nominated for a Young Heart Hero Award.
- BHF reserves the right to change the category a person/s has been nominated in if the submitted nomination details are deemed better suited to another category.
- The BHF team reviews every fully completed nomination received.
- The BHF judging panel's decision is final and binding.
- Winners may not be invited to attend the awards ceremony due to capacity.
- Information that is submitted as part of a nomination may be included on the BHF website, with exception of contact details.
- We may also use a nominee's story for media/press activity, our website and/or social media, with the nominee's consent.
- 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.
- 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.

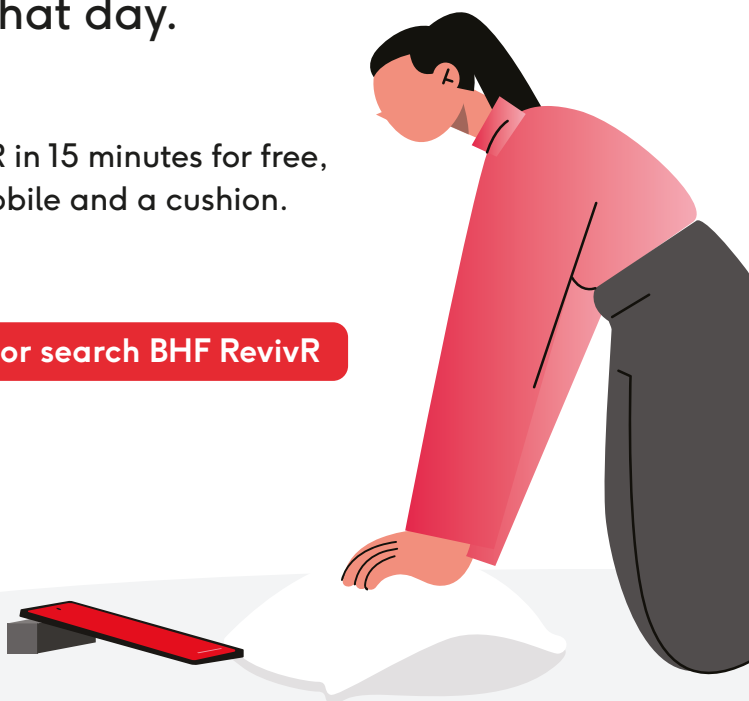
For more information on how personal data is processed by BHF please see our privacy policy. For this year's full Heart Hero Awards terms and conditions, please visit [2025 Terms & Conditions](#).

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 was your favourite
part of the day?**

Colour me in!





bhf.org.uk

© British Heart Foundation 2025, a registered charity in England and Wales (225971), Scotland (SC039426) and the Isle of Man (1295).

