

## PART C: Heart Adult Details

First Name(s): .....  
Last Name: .....  
Mr  Mrs  Ms  Other: ..... Gender: Male / Female  
Heart Condition: .....  
Ethnic Group (optional): .....  
Home Address: .....  
.....

Postcode: ..... Date of Birth: ..... / ..... / .....  
Home Ph: ( ) ..... Mobile: .....  
E-Mail: .....

## PART D: Contact and Personal Privacy

The information collected in this form is for the use of @Heart Inc and affiliated branches only. Information is confidential, and will not be shared with any third party without prior consent. The Privacy Act of 1993 allows applicants to access and amend their personal information at any time.

From time to time, @Heart uses email to share relevant resources and newsletters with our families@Heart, as well as sending information about upcoming events and fundraising opportunities.

Please tick here if you do NOT wish to receive e-mail from @Heart.

## PART E: Declaration

All the information given on this form is true and correct.

Name: .....

Signature: .....

Date: ..... / ..... / .....

When complete, please give this form to your Family Support Worker, post to @Heart, PO Box 108-034, Symonds Street, Auckland 1150, or scan and email to [familysupport@heartnz.org.nz](mailto:familysupport@heartnz.org.nz)

### FOR OFFICE USE ONLY

HC ConsID: ..... PC 1 ConsID: .....

PC 2 ConsID: ..... RFSC: .....

Branch: ..... Information Pack Sent: .....

Entered by: ..... / ..... / .....

Date entered: ..... / ..... / .....



@Heart Inc  
Charities Commission # CC20102  
PO Box 108 034 Symonds Street, Auckland 1150  
Free Phone: 0800 543 943 or Office: 09 377 9950  
Email: [info@heartnz.org.nz](mailto:info@heartnz.org.nz) Website: [www.heartnz.org.nz](http://www.heartnz.org.nz)

# Get involved

## Participate in a fundraising event

- Take the plunge** The Heart Stopper Challenge is a signature event of @Heart. Costume-clad teams of 4-6 people seek sponsorship to plunge into a pool of icy water for 5 minutes. Visit [www.heartstopper.org.nz](http://www.heartstopper.org.nz) to find more information on the next Heart Stopper Challenge in your region (events run annually)
- Get on your bike** @Heart is the Official Charity of the prestigious Lake Taupo Cycle Challenge, held in November each year. Cyclists have the option to raise money as they pedal around the lake to help @Heart provide vital practical and emotional support services to our families. Visit [www.cyclechallenge.com](http://www.cyclechallenge.com) to learn more about participating in the Lake Taupo Cycle Challenge and riding for @Heart
- Have a Cuppa for Kids@Heart** Set a date to host a morning or afternoon tea, register your event on our website, and we'll send you a hosting pack. Then invite your friends, family or colleagues to bring a donation and join you for a cuppa and a catch up! To find out more or to register your Cuppa for Kids@Heart event, email [cuppaforkids@heartnz.org.nz](mailto:cuppaforkids@heartnz.org.nz)
- Do it yourself!** Do you have an event you wish to hold or participate in at the same time as fundraising for @Heart? Visit [www.heartnz.org.nz](http://www.heartnz.org.nz) and select the Get Involved tab. There you will find a registration form and plenty of information about either participating in or running your own event for @Heart. Once you've registered, you can set up an online fundraising page and start raising valuable funds

## Get your workplace involved

- Payroll Giving** Staff can choose to make a donation to @Heart directly from their salary or wages
- Safe@Heart and Excel@Heart** Both programmes are designed to help staff adhere to targets or KPIs within the workplace by incentivising the team with a donation to @Heart. These programmes can be tailored to suit the culture and strategy of your workplace

To arrange for an @Heart representative to visit your workplace to discuss these programmes please email [giving@heartnz.org.nz](mailto:giving@heartnz.org.nz) or call 0800 543 943

## Give a helping hand

- Assist with our campaign** Each year @Heart runs a nationwide campaign to raise awareness of the scale and scope of childhood heart conditions in New Zealand, and highlight the needs of those affected. We are always looking for volunteers to help in the lead-up to the campaign, and at our National Street Appeal. To find out more or to lend a hand please email [events@heartnz.org.nz](mailto:events@heartnz.org.nz)
- Volunteer** @Heart is always on the lookout for volunteers. If you have some spare time or expertise to offer please email [volunteer@heartnz.org.nz](mailto:volunteer@heartnz.org.nz)

## Make a donation

- Make a donation online** using your credit card by visiting our secure donation site [www.givingatheart.org.nz](http://www.givingatheart.org.nz)
- Post a cheque** made payable to At Heart to P O Box 108034, Symonds Street, Auckland 1150. Please include your contact details so we can send you a receipt
- Make a one-off donation** or set up a regular automatic payment into our ASB bank account (named At Heart) 12-3209-0368133-00
- Become a Guardian Angel@Heart** and commit to a regular annual donation for five years
- Leave a gift** by including a bequest in your will
- Donate by scanning our QR code** (see below). Use your smartphone's inbuilt barcode scanning software (or download a scanning application from your app store) to scan our QR code and be taken straight to our online credit card donation site



For further information on donating or to request a receipt, please email [giving@heartnz.org.nz](mailto:giving@heartnz.org.nz) or call 0800 543 943

Supporting heart kids  
through life



@Heart is the only organisation in New Zealand dedicated to providing life long support for all those affected by a childhood heart condition.

**@Heart** (say: at heart), we know what life is like living with a childhood heart condition. We have been providing support services to children with heart conditions and their families since 1984.

The needs of those with a childhood heart condition are different from the needs of those who acquire heart disease later in life. Whilst there are other organisations that focus on promoting healthy living and the prevention of heart disease acquired through lifestyle choice, @Heart's focus is on those who are living with a childhood heart condition that has existed from conception or as a result of rheumatic fever, cardiomyopathy, or Kawasaki disease. We are the only organisation in New Zealand dedicated to supporting all those affected by a childhood heart condition.

We believe that no child, teen, adult or family affected by a childhood heart condition should travel the journey alone or unsupported. We are there every step of the way – from the time of diagnosis, through childhood, the teenage years, and into adulthood. Our practical and emotional support is vital for those affected, helping them to cope with the day-to-day challenges of living with a childhood heart condition.

The services we provide include (but are not limited to) information, training, counselling and psychological support, specialised equipment, camps, family matching, social affiliation, and financial assistance.

## Local Branches

Our affiliated local branches are run by parents and caregivers who know first-hand how important a strong local network is when you have a heart child in the family. Branches provide support at a local level and create opportunities for families to meet.

## Family Support

We have a team of dedicated family support workers who provide vital support to families all over the country when they are in hospital and when they return home. They visit families, assess their needs, provide practical and emotional assistance, and connect them to appropriate community services and professional help.

## Palliative & Bereavement Support

As no two heart journeys are the same, please contact us at [familysupport@heartnz.org.nz](mailto:familysupport@heartnz.org.nz) or call us on 0800 543 943 to discuss your situation and how we can support your family.

## Counselling

The birth of a baby with a heart condition can have a profound effect on the whole family. It helps to be able to talk about and acknowledge your feelings. We facilitate a national counselling service with individual or group counselling available to kids, teens, adults and families@Heart, either in person, by phone or via Skype.

## Practical Assistance

We understand how little things can help, especially when you are in an emergency situation or in hospital. We may be able to assist with hospital care packs, food packs, mobile phone vouchers, travel subsidies and other assistance, as resources allow.

## Family Matching

We know how important it is to be able to talk to someone who understands. We can connect families with others whose children have similar needs, enabling them to share feelings, challenges and experiences.

## Information & Resources

We have a variety of easy to understand publications and online information resources available. The publications have been written by parents and medical professionals for use by parents, teachers, caregivers, nurses, and anyone else affected by a childhood heart condition.

## CoaguChek Machines

These blood testing machines (designed for home use) can be provided free of charge to @Heart members on anticoagulant medication. A CoaguChek machine eliminates the need for regular laboratory venous blood testing.

## MedicAlert® Bracelets

We provide MedicAlert bracelets for @Heart members. The bracelet contains the toll-free number of a specialised emergency response centre. Emergency responders can call the centre to quickly access the wearer's medical information, enabling appropriate emergency treatment.

## CPR Training

This service can be made available to any family@Heart.

**To find out more about how we can help you, please call us on 0800 543 943, email us at [info@heartnz.org.nz](mailto:info@heartnz.org.nz) or visit our website [www.heartnz.org.nz](http://www.heartnz.org.nz)**

## Camp Brave Hearts

A dynamic national camp where kids@Heart aged between 8 and 12 years can participate in a range of outdoor activities in a fun, safe environment under the careful supervision of a medical team.

## Camp Teen Beat

For teens@Heart aged between 13 and 17 years, this five-day outdoor pursuit camp focuses on learning life skills and building friendships, confidence, and self-esteem in teenagers.

## Heart Forum

Heart Forum gives an opportunity for adults@Heart aged between 18 and 25 years to attend workshops and training sessions that cover a range of topics. They also have the opportunity to network and socialise.

## National Conference

Through lectures, workshops, and open forum discussions, we aim to empower attendees with the necessary knowledge and skills to cope with the day-to-day challenges of living with a childhood heart condition. The national conference is held biennially (funds allowing).

### Did you know?

- Every week 12 babies are born in NZ with a congenital heart condition
- *Congenital* means present at birth
- Each year, a number of children will develop a heart condition through rheumatic fever, cardiomyopathy or Kawasaki disease. This is known as an acquired childhood heart condition
- A congenital heart condition is the most common serious birth abnormality in NZ needing ongoing medical intervention
- A heart beats for the first time around 21 days after conception
- One in every hundred of those tiny beating hearts will form incorrectly (this is when our work @Heart begins...)
- 450 children have open heart surgery each year in New Zealand
- Annually, 30-40 heart children will lose their battle and become heart angels
- There is no prevention or cure for a congenital heart condition. Once a heart child, always a heart child

## Membership@Heart

If you are the parent/caregiver of a heart child or heart teen, please fill in PARTS A, B, D & E. If you are a heart adult, please fill in PARTS C, D & E.

### PART A: Heart Child/Teen's Details

First Name(s): .....

Last Name: .....

Heart Condition: .....

Date of Birth: ..... / ..... / ..... Gender: Male / Female

Ethnic Group (optional): .....

### PART B: Parent/Caregiver Details

Parent/Caregiver (1)

First Name(s): .....

Last Name: .....

Mr  Mrs  Ms  Other: .....

Relationship to heart child/teen: .....

Home Address: .....

Postcode: .....

Home Ph: ( ) ..... Mobile: .....

E-Mail: .....

Parent/Caregiver (2)

First Name(s): .....

Last Name: .....

Mr  Mrs  Ms  Other: .....

Relationship to heart child/teen: .....

Home Address: .....

Postcode: .....

Home Ph: ( ) ..... Mobile: .....

E-Mail: .....

Continued over...