

Braveheart 2013 Annual Report



Yarrow Gillis, Chair
Braveheart Support Society
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info@braveheartsupport.ca

Executive Summary

2013 has been another amazing year for Braveheart. We have experienced great growth in our provided programs including, our 3rd annual Braveheart walk, surgery care packages, playgroups and family parties and family meetings. Also once again this year, kids attended Camp Braveheart at Brigadoon and their siblings were provided an opportunity to attend Camp Triumph. Braveheart also worked this year to increase CHD awareness through media interviews and fundraising events.



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3rd Annual

Braveheart Walk

The 3rd Annual Braveheart Walk took place on June 8th, 2013. Due to weather, the walk took place indoors this year at the Sexton Gymnasium, Sexton Campus, Dalhousie University. The children and parents alike were happy with the venue!! We had munchies, balloons, music and tshirts, what could be better? This year the Braveheart walk raised almost \$3000.



Our 4th Annual Braveheart walk will take place on June 8th, 2014.



Surgery Care Packages

Braveheart is proud that surgery care packages carried on in 2013. Through generous product and monetary donations, including some from the Braveheart walk, about 45 care packages were delivered to courageous families during a very difficult time. The care packages carried a variety of products meant to support and show families they are being thought of during their challenges.

Camp Braveheart, and Camp Triumph

Once again this year, Camp Braveheart took place this summer at Brigadoon Village in Aylesford, NS. As stated last year, Braveheart was able to provide support to Brigadoon to help CHD kids attend. As expected, Camp Braveheart was yet again a success with both parents and campers! This year over 30 campers attended Brigadoon's week of fun. Also noteworthy is that this year several siblings of CHD kids attended their own camp called Camp Triumph, in Prince Edward Island. Camp Triumph is for kids who have a family member with a disability or a chronic illness. The experiences proved positive for the kids to interact with other kids who are experiencing similar issues.



Parent Meetings

Parent meetings were once again held monthly in Halifax, NS. Through the IWK Community Grants funding program, 2013 saw the continuation of our travelling parent meetings throughout the Maritimes Provinces. In all, we were able to host meetings in Sydney and Windsor, NS as well as Moncton, NB and Charlottetown, PE.

Christmas Family Day

Once again in 2013, Braveheart held a successful Christmas Family Day that took place on December 7th, 2013 at St. Margaret's Centre in Upper Tantallon. The event provided lots of activities, including a bouncy castle and skating as well as some tasty snacks. The events provide a fun environment for children experiencing CHD to come together with their families to talk and connect supports.



Raising Awareness

As always, Braveheart is constantly working to raise awareness about congenital heart disease. This year Braveheart founder Yarrow Gillis and her daughter were featured on Global Morning News as well as Global's Evening News on February 14th, 2013. This feature coincided with Congenital Heart Defect Awareness Day, celebrated at the IWK. Braveheart also held an info booth at the Cardio Health Show that took place in early February 2013. Yarrow also spoke about Braveheart at a 'momcafe' networking event in April. During the Canadian Association of Pediatric Health Centres (CAPHC) conference in September, Braveheart was invited to present on the morning of the CFAN Day (Canadian Family Advisory Network). While no Braveheart board members were able to attend, we were happy to send along a small presentation.

