

#CRY4TOM

On the 12th September 2015 Andy and I surprised Tom on his first day as the Deputy Manager of B&M at the opening of its new flagship store. At 5am four days later, I had a knock on the door by the Police; Tom had suffered a fatal accident on the A38 just after midnight.

We did not see the post-mortem report for another 8 months, just before his inquest. Tom had a very large heart, probably causing cardiac arrest thus resulting in his accident. He had suffered Sudden Adult Death Syndrome (**SADS**), becoming one of the statistics- 12 young people die every week from SADS - **#12AWeek**.

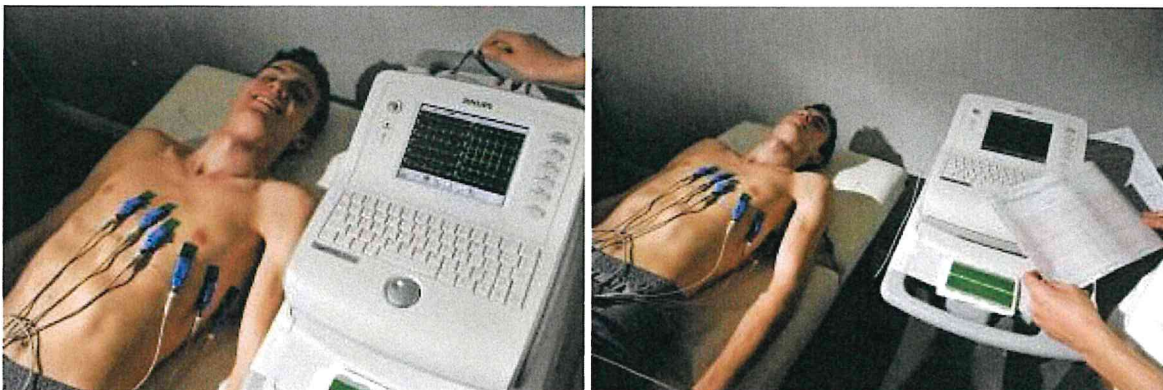
We were eventually referred to the Inherited Cardiac Conditions team at St George's Hospital in London. Andy, Lucy, Oliver and I had thorough heart testing; the medical team was fantastic! Fortunately, we were not at risk of sudden death. We now know that it is possible to pick up the vast majority of young people at risk of **SADS** with a simple ECG. The Government does not currently offer screening; until it does, families who have lost a young person must raise funds to ensure it can happen. Through the Cardiac Risk in the Young (**C.R.Y**) charity we have set up a ring-fenced memorial fund to collect donations for local screening.

Three years later, we now feel strong enough to make the commitment to raise the funds for heart screening of 14-35 year olds in our own community. Two days' screening costs ~£13,500 screening >200 people - a challenge!

We really hope that you can make a donation in the next few months when you see our CRY activity! Donations, from collection pots or on-line to the **CRY Thomas Demaine Memorial Fund**, go directly towards our **local** screening efforts. Nearer the time, young people will be able to book a screening place on-line – we think that it is a WIN-WIN situation!

<https://www.c-r-y.org.uk/donations/product/memorial-fund-a-f/>

Please then choose **DEMAINE, THOMAS** from the drop down list.





**Cardiac
Risk in the
Young**

Registered Charity: 1050845

Every week in the UK
at least 12 apparently
fit and **healthy**
young people die of
undiagnosed heart
conditions

Free heart test

For anyone aged 14 - 35

To book visit www.testmyheart.org.uk
or call CRY on **0203 691 0000**

Date:

6th & 7th November 2018

Password: AUS2018

Location:

**St Austell College
John Keay House
Tregonissey Road
Saint Austell
Cornwall
PL25 4DJ**

Every
young person
should have the
choice to have
their **heart**
checked



*These screenings
have been funded in
memory of*

Debbie Rendle

Thomas Demaine

Offering **help**
and **support** to
affected families



CardiacRiskintheYoung
www.c-r-y.org.uk



@CRY_UK



Cardiac Risk in the Young test my heart

UK Screening Service



Thomas Demaine

*Memorial Fund for
cardiac screening*

#CRY4TOM

FREE Heart Test

for anyone aged 14-35y

- ♥ We are collecting **NOW** to fund sessions locally
- ♥ <https://www.c-r-y.org.uk/donations/product/memorial-fund-a-f/>
Please then choose **DEMAINE, THOMAS** from the drop down list.
Thank you. Your donation will make a difference.

Did you know?

- ♥ Every week **at least 12** fit and healthy young people, under the age of 35, die suddenly from undiagnosed cardiac conditions **#12AWeek**
- ♥ **80%** of those deaths have no prior symptoms
- ♥ Cardiac screening with a simple **ECG** results in an **89%** reduction in Young Sudden Cardiac Death **#YSCD**



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Risk in the
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Visit www.c-r-y.org.uk