

How Knitting Can Save Lives – Heart Rhythm Charity Goes To The Fair

30 May 2011, Shipston on Stour - Knitting and saving lives may not be two things you naturally put together, but that's just what will happen when the Shipston-based Heart Rhythm Charity, Arrhythmia Alliance, exhibits at the Shipston Wool Fair on Monday 30th May 2011.

The charity, that supports people with heart rhythm disorders (cardiac arrhythmias) across the country, will have a stall at the fair and are planning to launch a knitting group.

Trudie Lobban MBE, Founder and Trustee of Arrhythmia Alliance, said, "*Knitting is apparently the new A-list celebrity pastime and we're excited to join in. It'll be a great chance to meet people in the community and spread our message that people should 'Know Their Pulse' because it could literally save your life.*"

A cardiac arrhythmia can affect anyone, of any age and fitness. They can range from mild in symptoms to potentially fatal and many people don't know they have one until they end up in hospital, or worse. A simple pulse check can detect a heart rhythm abnormality that can be followed up with your GP and the charity is campaigning to get checks introduced into routine GP care.

The heart rhythm charity stall will be decorating their stall with an array of knitted hearts and invite everyone visiting the Wool Fair to come and see them.

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Ends

Notes to editors:

1. For more information, contact Wendy Adams on 01789 451829 or email wendy.adams@heartrhythmcharity.org.uk

2. The A-A website is at www.heartrhythmcharity.org.uk

3 For a story about celebrity knitters, visit

<http://www.independent.co.uk/news/uk/this-britain/the-new-knitting-pattern-everybodys-at-it-these-days-518196.html>