



## Emily and David Video Transcript

### David:

My name is David Park, I live in Livingston, West Lothian,  
And my daughter and I are jumping for Chest Heart and Stroke on my birthday.  
I think the main reason that we decided to do it is 33 years ago...

### Emily:

Oh, dad!

### David:

When I was 21 my dad passed away of a heart attack.  
My daughter's in medicine now at Edinburgh University and she tells me what she  
sees every day and I thought:  
I'm going to do this jump with you darling, on my birthday.  
So- sorry everybody! But that's the reason we're here.

### Emily:

Well- it's a disease that obviously effects lots of people.  
Ischaemic heart disease is the number one cause of death in Scotland,  
and it's a great charity to raise money for.



## **Chest Heart & Stroke Scotland**

[www.chss.org.uk](http://www.chss.org.uk)

So my dad had a stent put in about 10 years ago, and obviously my granddad passed away as well. So it's just a nice charity for us.

### **David:**

Yes, it's a very special day.

My wife and my other two daughters are out there supporting us, we've had lots of friends who have been very generous in sponsoring us which is a fantastic thing.

The day is going absolutely fantastic, but now the fear element is kicking in! But we'll get there. And hopefully we'll see my 55th birthday next year!

### **Emily:** Yes!

Obviously it's great just to raise money for charities that can help make their lives better and easier... for charities that can help make their lives better and easier in any way that they can... when they're going through hard times and they need support from these charities that run.

### **David:**

And this is why it's important that you never count your blessings, And always donate to a charity that has affected someone in your life.

### **Text:**

New skills

New friends

New experiences



## Chest Heart & Stroke Scotland

[www.chss.org.uk](http://www.chss.org.uk)

New possibilities

Volunteer

[www.chss.org.uk/volunteer](http://www.chss.org.uk/volunteer)

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