



Sisters with heart conditions reaping the benefits of parkrun

Jia and Karina

Jia and Karina were both born with heart murmurs due to an [Atrial Septal Defect](#), Karina who is now eight had a closure repair done at Great Ormond Street Hospital before she was two. The girls regularly participate in their local junior parkrun at Barking and Dagenham where their mother Hardeep volunteers.



Hardeep explains how they got involved:

“Karina and Jia are pupils at St Peter & Paul’s Primary School in Ilford. parkrun volunteers delivered an assembly at the school inviting the children to come along and try nearby Barking & Dagenham parkrun.”

“We knew nothing about junior parkrun before the assembly and the girls came home from school really excited about giving it a go. We all went along to Central Park the next Sunday morning and now we go every week, no matter the weather. It has completely transformed our whole family’s lifestyle. It kick-starts our week and gives the girls lots of energy. We have even noticed their concentration levels at school have improved and we feel it has definitely made them mentally stronger too.

“We wanted to strengthen our children’s hearts and this provided the opportunity we needed. I recommend any families with children who have heart conditions to take their child/children to junior parkrun. It’s a great free social event. The children are not under any pressure to run or come first. Every week it is based on their individual abilities.”

Karina has been nominated for a Young Citizen Award.

<http://www.ilfordrecorder.co.uk/news/young-citizen-2018-karina-iadhar-1-5645378>

