

A Guide to Our Youth Services

We're the specialist charity for people affected by cardiomyopathy

Although the condition can be lifechanging, with the right treatment and support people can feel empowered to face and overcome challenges.

Whether you're looking for information to understand the condition or would like to speak to someone who understands what you're going through, we're here for you. Whatever stage you're at in your cardiomyopathy journey, you can come to us.



Our Youth Hub

We ensure that young people affected by cardiomyopathy are listened to & understood.

Our Youth Hub is a dedicated space for young people and contains lots of information & resources about living well with the condition and offers opportunities to **connect with other young people** who are going through a similar experience.



[cardiomyopathy.org/
young-people](https://cardiomyopathy.org/young-people)



Emotional Support

We've created spaces for young people to come together to share experiences, speak openly about challenges and share information. These include:



14 – 25 Closed Facebook Group

A private group for young people to connect. This page is monitored by our Nurse specialists, so if you ever needed a question answered this is a great way to find out.



'Heart to Heart' Telephone Peer Support

1-to-1 emotional well-being support over the phone with one of the charity's trained volunteers. Our volunteers are there to share their experiences of living with cardiomyopathy, and to listen to any questions or concerns you might have about any aspect of living with the condition.



Instagram


[@youth_cardiomyopathyuk](https://www.instagram.com/youth_cardiomyopathyuk)

Cardiomyopathy support/advice and connection.




For more information about Our Youth Services:

 youthhub@cardiomyopathy.org

 0800 018 1024

 cardiomyopathy.org

 **Cardiomyopathy UK**
75A Woodside Road
Amersham
Buckinghamshire
HP6 6AA



Cardiomyopathy UK
is a registered charity in
England and Wales no 1164263

Cardiomyopathy^{UK}
the heart muscle charity



Practical Support

Speak to a Specialist Cardiac Nurse

Our Cardiomyopathy UK Specialist Nurses are here to listen, answer your questions and share their expertise for as long as you need.

Our specialist nurses are available:

Monday to Friday 8:30am - 4:30pm

Dedicated Young Person Nurse Helpline
6pm – 9pm open on the second and fourth
Wednesday of every month **0800 018 1024**


 0800 018 1024 (free phone)


 supportnurse@cardiomyopathy.org

Join Our Youth Panel

Our Youth Panel has been designed to make sure that young people affected by cardiomyopathy are listened to and understood. It is a collective of young volunteers from across the UK who:

 Raise awareness of cardiomyopathy in young people

 Advise and educate us on what life is really like as a young person living with cardiomyopathy

 Influence and inform the services that we provide for young people



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